10 Rules of Anal Sex by Jack Morin

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Anal Eroticism is surrounded by a powerful taboo. Yet millions of men and women - straight, gay and Bisexual – are experimenting with anal sex. The anus, richly endowed with nerve endings and Interconnected with the main pelvic muscles, is the closest erogenous neighbor of the genitals and contracts Rhythmically during orgasm. Thirty-five years ago, Kinsey stated that the anal region had erotic Significance for about half of the population. In a survey of 100,000 Playboy readers, 47 percent of the men And 61 percent of the women admitted to having tried anal intercourse.

Yet the anal taboo inhibits most people from thinking, talking and learning about the sexual use of the Anus. Listed here are the ten things most men and women still do not know about anal sex.

1. Anal intercourse is the least practiced form of anal sex.

There are many ways to enjoy the anus erotically. The most common techniques include touching the Anal opening while masturbating or stimulating a partner's anus during intercourse or oral sex. Some people enjoy the sensation of a finger - there own or a lover's - insinuated into their anal opening and gently rotated. Others may prefer the insertion of a dildo or vibrator beyond the anal opening and short anal canal into the larger rectum. Many men, including heterosexuals, prefer this form of penetration.

Oral-anal lovemaking is popularly known as rimming. The very idea disgusts some people. Others enjoy performing it or allowing themselves to be probed in this special way.

2. Anal stimulation, including intercourse, is not painful if done properly.

The belief that anal stimulation, especially intercourse, has to hurt is a persistent and dangerous myth. Just as pain anywhere in the body indicates that something is wrong, so is the same true of the anal area. With its high concentration of nerve endings, the anus can produce extreme agony when it is mistreated. Yet it can be a source of great pleasure.

When a finger, object or penis is introduced into the anus, the anal muscles go into spasm, as if fighting off an invasion. Pain will result if the partners do not wait for these muscles to relax. Under sufficient stress they will eventually collapse and the pain subside, unless further damage is done. But, any 'pleasure' afforded from this kind of activity derives mostly from the absence of discomfort.

Maximum anal pleasure requires the elimination of all pain or physical trauma from the anal experience. Self-protection on the part of the passive partner involves being ready to say "no" until he or she is ready to proceed. Readiness is a combination of physical relaxation, usually helped along by plenty of leisurely anal touching, and desire.

Occasionally the anal muscles are relaxes, but the passive partner is still not in the mood. Stimulation should mount only in proportion to the degree of receptivity.

3. Anal sex can be enjoyed even if it has been consistently uncomfortable in the past.

Sufficient desires alone does not necessarily guarantee pleasurable anal sex. Nor is an uncomfortable previous experience always the reason for a lack of interest in or desire for anal sex.

Chronic anal tension is the most common cause of anal discomfort during sex. Hemorrhoids and constipation is usually a sign of this condition. Tension can be relieved by touching the anus and becoming more familiar with it. An ideal time to explore the anal opening is while taking a shower or bath.
Deep breathing also affects the anal muscles. Tensing the anus and the letting go in another way of learning to relax it. Anyone who enjoys masturbation might want to experiment with some form of anal stimulation, though he or she should stop if any discomfort occurs.

For many people the turning point in anal sex is when they allow a partner to massage the anus with the understanding that intercourse will not be attempted. Then the recipient of anal caresses can concentrate solely on the pleasure that this erogenous zone is capable of generating.

4. Two muscle rings called sphincters surround the anal opening. Each functions independently.

If you insert a finger about one half-inch into your anus and press your fingertip against the side, you can clearly feel the two sphincter muscles. There is less than a quarter-inch between them. The external sphincter is controlled by the central nervous system - just like the muscles of the hand, for example. You can readily tense and relax this sphincter whenever you want.

The internal sphincter is quite different. This muscle is controlled by the involuntary or autonomic part of the nervous system, which governs such functions as heartbeat and stress response. The internal sphincter reflects and responds to fear and anxiety during anal sex. It will cause the anus to tense up automatically even if the passive partner is trying to relax. Thus, precautions about safety and comfort is essential here.

Even if a person does feel comfortable during anal sex, he or she may still need to learn voluntary control over his or her internal sphincter in order to relax it at will. Doing so requires regularly inserting a finger, perhaps in the shower each day, and feeling the internal sphincter. The muscle changes spontaneously and in response to behavior. In this instance, simply paying attention is more important than trying to relax. Anyone can gradually learn to control the internal sphincter at will.

5. Anal stimulation provides many kinds of pleasure

The highest concentration of nerve endings is around the anal opening itself. A finger can focus on them especially effectively. When an object or penis is inserted beyond the anal opening into the rectum, other pleasures are involved. The outer portion of the rectum, like the vagina, has several nerve endings. The inner portion responds mostly to pressure.

Some people enjoy the feelings of pressure and fullness once they understand that these sensations do not presage an impending bowel movement. Rectal pressure is especially important to enthusiasts of "fisting," a form of anal sex in which several fingers or even the entire hand and forearm are inserted into the rectum and sometimes into the lower colon.

In men, the prostate - which is just beyond the rectal wall, a few inches in, towards the front of the body can be a source of pleasure when massaged by a finger, an object, or a penis. Also, the lower end of the penis, or "bulb," is near the anal opening it is stimulated indirectly by most types of anal sex.

Anal pleasure can be psychological as well as physical. The anal taboo adds to the thrill of the forbidden. The most common anti-anal message (it's dirty!) sometimes returns as a source of raunchy, sleazy excitement. Rimming enthusiasts may enjoy the feeling that they are being disgustingly - and delightfully - perverse. Other people regard the anus as a secret, special place. Sharing it with a partner is an act of openness and giving.

6. Anal stimulation can lead to orgasm
A minority of men and women can respond orgasmically to anal sex without direct genital stimulation. Women probably do so through pelvic muscle contractions - and a small minority even though the sheer excitement of being anally penetrated. When men experience an orgasm from anal stimulation, they tend to focus on the prostate. No doubt they are also responding to indirect stimulation of the penile bulb.

Orgasms from anal stimulation are most likely to occur when the participants become thoroughly absorbed in their sensations and fantasies. An almost certain way to prevent such an orgasm is to become determined to have one. Seeking an anal orgasm will create new pressures and disrupt the pleasure.

It must be remembered that most people require direct genital stimulation in order to climax. On the other hand, a few people have orgasms only with anal stimulation.

7. Diet contributes to the enjoyment of anal sex

Regular bowel movements are the major function of the anus and rectum. There must be sufficient fiber in a person's diet to make his or her feces soft, bulky and well formed. This allows a bowel movement to be produced without force or effort. Forced evacuations irritate anal tissues, causing discomfort and adding to muscular tensions. Fresh fruits, vegetables, whole grains or unprocessed bran are important sources of fiber.

8. Different rules of hygiene apply to the vagina and rectum

Since intercourse can be vaginal or rectal, many people assume the same rules apply for the penetration of the vagina and rectum. Although both are lined with soft tissue and are capable of expanding, they are radically dissimilar.

The rectum is not straight. After the short anal canal, which connects the anal opening to the rectum, the rectum tilts toward the front of the body. A few inches in, it curves back - sometimes as much as 90 degrees. Then, after a few more inches, it swoops toward the front of the body once again. A person can learn about the shape of his or her rectum by gently inserting a soft object, trying different angles and body positions and concentrating on how it feels. Make sure the object has a flared base so that if you loose your grip, it won't slip into the rectum and become irretrievable.

The rectum does not produce lubrication like the vagina but only a small amount of mucus. Therefore, rectal penetration always requires a lubricant. Chemical additives should be avoided. Water-based lubricants are latex-compatible.

The main function of the rectum is to act as a passageway for feces. But feces are not normally stored in the rectum except just prior to a bowel movement. Yet small amounts may remain in the rectum, especially if the feces are not well formed. Anal douching before lovemaking will help some people especially concerned with cleanliness to relax. For others the idea of dirtiness heightens the joy of the forbidden; for them, douching is anti-erotic.

9. Anal intercourse is not necessarily an act of dominance and submission.

The top-bottom imagery associated with anal intercourse is widespread. No doubt the belief that anal sex has to hurt contributes to this notion. And in fact some people are intensely excited by top-bottom fantasies about anal sex. The thought that they are submitting to such a degrading act is a terrific thrill. However, actual, not fantasized, anal pain can lead to trouble.

For others, the enjoyment of anal sex is inhibited by top-bottom imagery. The idea of surrendering control, and perhaps submitting to humiliation, causes immediate, protective tensing of the anal muscles. These individuals are more likely to relax and enjoy themselves if they can learn to regard anal sex as
pleasurable rather than as an expression of power.

10. Anal sex can be perfectly safe, even beneficial.

The taboo against anal eroticism is perpetuated by the almost universal belief among physicians that anal sex is inevitably dangerous. No physical injury from anal stimulation results if both partners refuse to tolerate pain, never use force and avoid the use of drugs.

All the other risks center on sexually transmitted diseases. Each of the common STDs - gonorrhea, syphilis, herpes - can affect the anus. Intestinal parasites, bacteria or tiny bugs are usually passed along when fecal matter finds its way into someone's mouth or vagina, most likely through rimming.

AIDS has complicated the matter. The HIV virus can pass from the semen or blood of an infected person to the bloodstream of a partner through a tiny break in the rectal tissue during anal intercourse.

To avoid this risk, anal intercourse and rimming should not be practiced casually. Those who do enjoy anal intercourse should always use a condom. Rimming should always be accomplished by a latex barrier. Of course, in a monogamous relationship with two healthy people, the risk of disease transmitted anally is reduced.

Thousands of men and women with chronic anal medical problems have restored their anal health by challenging their negative attitudes. This approach is indispensable for full erotic enjoyment of the anus.
Seth's Ultimate Guide to Anal Intercourse for Women

This tutorial is for all of you who kept asking about anal intercourse. I finally got busy and put something together. I am hoping this will help you out on your sexual journey and that the information I provide for you here will prove useful. Those of you who have been here before will notice that this article doesn’t look the same as it once did. I was on a roll and decided that it needed some revamping. So here we are again. I have also received suggestions and ideas from my visitors that I have tried to include here as well so that I might provide you with the best information possible.

I’m sure that you’ve all heard the jokes that end something like this "If sex is a pain in the ass then you’re doing it wrong". Believe it or not it does have some bearing on this tutorial. Anal intercourse should not be painful.

Lack of preparation is probably the single biggest turn-off about anal intercourse. A typical scenario goes something like so. The couple decide to attempt anal intercourse but are not really fully prepared for it, he tries to push into her anus without much warning, she screams in shock and agony and ends up throwing herself away from the offending member and hits her head on the headboard. That's the end of anal sex in their relationship.

With the proper preparations anal intercourse can not only be as safe as any other kind of sex, but at least as enjoyable if not more so than just regular intercourse. The anus can be a very erogenous zone and it contains more nerve endings than any other part of the body except for the clitoris. That said, I will also throw in my usual, this doesn’t necessarily work for everyone comment. Some will find it enjoyable and others won’t.

There are a lot of people who get hung up on the "you’re not sticking that thing in there" mentality. We have been so thoroughly conditioned to believe that touching our anus is bad never mind actually playing with it on purpose. I must confess that five years ago you would not have been able to convince me that I would ever have anal intercourse much less like it. And I do have to admit now that I do thoroughly enjoy it and it is a regular part of my sex life.

There is no necessary medical reason for the perceived taboo against anal intercourse. If we are honest with ourselves the idea of doing something we’re not supposed to is exciting. If you practice good hygiene there isn't anything repulsive at all about it. It is a good idea to make sure that you’ve gone to the washroom prior to commencing your anal play. If you desire you can use an enema if you so desire, but it isn’t necessary. If you’re really worried, hop in the shower together and lather each other up and then you can be assured that everything is as clean as possible.

If you haven’t been with your partner for a very long time, then you should certainly be using a condom for anal intercourse. Many couples will use a condom for anal intercourse anyway. It’s not a good idea to go from anal sex to vaginal sex without first cleaning yourself very thoroughly. The bacteria that live in your rectum can really create havoc if they take up residence in the vaginal canal.
Self Exploration

Now that you are a little more comfortable with the fact that it's ok to be interested in anal sex you can start exploring your ass. If you've never had any experience with anyone playing with your ass you need to explore a bit on your own and see how it feels and get comfortable with the idea. In order to enjoy anal intercourse you have to be able to exercise control over your mind. If you are tense then your asshole is going to be closed tighter than a drum and nothing will be able to penetrate it. It is incredible just how big a part your mind plays in anal intercourse. I have experienced anal intercourse on numerous occasions and have enjoyed it thoroughly, however I have found that the times I've enjoyed it the most has been those times where I've been the one to initiate it. It seems to be so easy then, where on other occasions it is a bit more of struggle to get into the right frame of mind and relax.

The best place to start your explorations would be in the bathtub. Draw yourself a nice warm bath and climb in. Alternatives would be the shower or even just lying down on your bed. Take your fingers and begin running them over the insides of your thighs and over your pussy. As you become comfortable, draw your legs up and run your fingers down the crack that runs from your pussy to your anus. See how it feels when you lightly touch your anus with your finger. Try pushing several of your fingers down against your anus. If it feels pleasurable, you might want to try masturbating while your fingers are pushing down on your anus.

If you find that this produces pleasurable feelings for you or you think that it might keep up the exploration. Take it nice and slow, there isn't any big hurry. The rectum is similar to an elastic pipe with a set of muscular rings at the end, the anus. The anus acts as a plug, to stop things from going out or letting them in. It tightens and loosens like purse strings on a bag and is fairly strong. The rectum can easily accommodate a large penis. Think about it, if the rectum can handle all your excrement then the smaller things like penises and fingers are really not a problem. The rectum is a sturdy flexible organ and isn't going to be hurt by fingers or a penis or other similar objects unless there is intent to hurt. Before inserting a finger into your anus make sure that your fingernails are cut short and don't have any sharp edges as they could easily scratch or tear the tissue inside the rectum and that won't be a fun feeling at all.

Exploring Your Ass

After some preliminary touching you will find that you want to move on and actually insert a finger into your anus. At this point it is a good idea to have some good lubricant on hand. I personally would recommend a lubricant that is water soluble. I have been advised by some of my readers that Vaseline is also an acceptable lubricant as the rectum is a selfcleaning organism, unlike the vagina.

Make yourself comfortable on your bed or whatever spot you've chosen for your exploration and bend your legs slightly bringing your feet closer to your ass. Using one hand get into a comfortable rhythm of masturbation and take a finger of the other hand, usually the index or the middle finger works best, and apply the lubricant of your choice to it.
Gently start to push the tip of your finger into your anus. You will feel it give way and your finger will go in a little ways. To insert the finger further you need to keep pushing gently and try to relax your anus. This will enable you to get past the thick muscle and into the rectum. This may feel a bit uncomfortable at first, and there may be a little bit of a burning sensation or irritation. This is a normal response, just try to relax your ass completely and continue the masturbation with your other hand. If you want to, bring yourself to climax with your finger still in your rectum and see how it feels. If this feels good to you, then by all means continue with your exploration. If it doesn't feel good then withdraw the finger and try again another time. Take all the time you need to become comfortable with yourself.

If you have enjoyed yourself so far, then you might want to try wiggling your finger around inside your rectum and see what it feels like. The inside of the rectum is very soft and comfy. I find it's a rather interesting sensation. Try moving your finger around in different directions and see what different movements feel like. If you have your fingers from your other hand inside your pussy you can push them towards each other and feel them pushing on walls that separate them. Eventually you will want to stretch the rectum a bit more so that you can prepare for your partner's cock at a later point.

One way to do this is to try sliding another finger into your rectum to join the first one and to try spreading the fingers as far apart as you can. Only do what feels comfortable for you. Don't feel that you have to accomplish everything in the same day. You may do better if you explore a bit at a time over several days. Practice tensing and relaxing your anus around your fingers.

More than fingers

Now that you are comfortable with fingers, it's time to move on to something a bit more realistic. A good dildo is excellent to practice with. You can obtain one at a love shop or order from many places on the Internet. I would recommend one made of plastic rather than latex. Latex dildos are difficult to clean and have soft pores that bacteria could be harbored in. Don't use anything with sharp edges or that can easily break.

On your own try inserting the dildo into your ass gradually, making sure that it is well lubricated. Try pushing it in and out of your anus while you masturbate yourself with the other hand. I have found that if I'm already excited from masturbating it is much simpler to push the dildo further into my anus.

From this point you can move on and involve your partner in the exploration process. Make sure that he is aware that you are setting the pace and not to rush the whole process. He will be greatly rewarded by the results of patience when he finally gets to experience your ass, especially if this will be a first for you

Postillioning

There are a couple of ways to get your partner involved in the exploration of your ass. They are postillioning and analingus.
Postillioning is the insertion of fingers into the anus and may involve massaging it and the rectum. At its most extreme you can end up with anal fisting, but that's a whole topic on its own.

The insertion of your partner's fingers into your anus is a great lead up to the ultimate of anal sex or it can even be a pleasant enhancement to regular intercourse. This allows your partner to become familiar with how you may react during anal sex. It gives him a chance to explore your body with you.

Normally, I find that the index or middle fingers work the best, being a little longer than the others and stronger as well. Don't forget the lubel Run your fingers over the anal opening, kneading and pressing against it. You can use a circular motion if you like. It's just like giving a massage, you are helping the area around the anus to relax. Make the insertion by pressing gently and firmly inwards, wiggling the tip of your finger as necessary. At this point if your partner is comfortable and relaxed the finger should slide in fairly easily. On the other hand, if the ass is tense then your finger will not make any headway at all. You and your partner will have to decide at this point whether or not to continue or to perhaps leave it and come back to it another time.

Once your finger is past the anal opening you will feel the thick, strong, muscular ring which is the anus and beyond it, the soft sides of the rectum. You will need to keep at least your fingertip beyond the anus or the contraction of the muscle could just force the finger right out. When your finger is inside explore a bit, pushing the finger as far in as it will go, flicking back and forth.

A great way to enhance this exploration would be to suck on your partner's clit or stick your other fingers in her pussy. I have found that this combination makes for some pretty powerful orgasms. There is nothing better than having his mouth wrapped around my clit and fingers wiggling in my ass. It's a great feeling.

Analingus

Now for the other way to explore the rear end. This method is typically called rimming or can also be known as "analingus". It involves kissing, licking and sucking the anus. A lot of people have a problem with this concept since we've been taught for so long that we're not supposed to play with our asses, that they are dirty and bad. There is the possibility of getting VD or hepatitis from an infected person but the primary fears of rimming are mainly to do with smell, taste and personal preference. If these things are a concern to you, then perhaps the ideal time for this sort of exploration would be right after getting out of the shower. You can also buy dams, which are made from latex, very similar to the dams they use in the dental offices, only a lot thinner. You would apply this to the area, so that you would not be coming in direct contact with the person's ass but they would still get all the great sensations.
Analingus works so well because the anus opening is so incredibly sensitive and the lips and tongue are warm and expressive. It’s easy to do and can be done in any positions where the buttocks can be spread far enough apart to admit the tongue. Run your tongue over the anus, licking it in soft wet strokes or circle it, running your tongue around the edge of it slowly and delicately. You can flick the tip of your tongue rapidly over the opening or try inserting your tongue as far as it will go pushing and stroking it back and forth. Try brushing your lips over the spot or sucking hard on the anus. If you are being rimmed try to push down the anus and relax the anus as if you were shitting, it will expand a little outward giving your partner more area to caress or nibble at. Use your imagination and experiment. Just remember to pay attention to your partner’s reactions to your different techniques.

First Time Position

Now we can get into the really fun stuff... positions, positions, and positions. Your positions should only be limited by your physical ability to get in and out of them and by what feels comfortable. Some positions will work wonderfully for some and not for others. It’s up to you to determine which ones work best. I will give you a few suggestions to start with.

The first one and probably the most important one in my mind is with the woman on top facing toward the man. I say this because if it’s your first time experiencing anal sex, this position will allow you to have control of the insertion of his penis into your ass. This was what I used for my first anal experience and I felt comfortable because I had the control over how far his penis was going or not going to penetrate me. I could stop when I felt I needed time to adjust to the sensation and then continue when I felt ready to. This is still my all time favorite position.

Ladies, all you need to do is to straddle your partner facing toward him. Make sure that you’ve got lots of lubricant applied to his penis and to your ass. You want to be able to have his penis slide in smoothly. Grasp his penis firmly and position the head at the opening of your anus. Hold it in place while you gently push your ass down against it. It will move fairly smoothly for the first little bit and then you are going to encounter some resistance, this is where the muscular ring is. To get past this point, you really need to relax and push down gently until you feel it pop past the muscle. Now, you might want to take a minute here to absorb how it feels so far. You may feel like you’re going to shit yourself. This is a normal feeling and you don’t actually shit yourself.

One of my readers had suggested that breathing plays a very big role in successful anal intercourse. It has been their experience that a woman will have a much easier time of it if she controls her breathing. If the woman takes a deep breath and exhales slowly during the initial penetration it makes the act more pleasurable for both partners.

Once you’ve adjusted, try pressing down further on his penis, taking more inside your ass. This is a good time for your partner to play with your breasts, stroke and play with your pussy or whatever else works for turning you on. The more sexually excited you are the less attention you are going to pay to any discomfort you might feel. Then you can start moving up and down on his penis, letting it slide in and out of your ass. You are in complete control
and can wiggle side to side, move up and down as slow or as fast as you’d like. You can also control the depth and force of penetration.

When you’re comfortable with this, you may allow your partner to become more of a participant instead of having him remain passive. It’s all up to you and ladies I don’t think that he’s going to argue too much, especially if this is something that he’s been wanting to do and is finally getting the opportunity.

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Other Positions

Here are some other positions that you can try out to see what you like best.

**Doggie Style:**

This position that works so well for regular vaginal intercourse is also a good choice for anal intercourse as well. Kneel on your knees and elbows, remembering to relax your ass. Your partner kneels directly behind your ass, facing towards you. He will then bend forward guiding his penis to your anus opening and gently pushes it inside. Entry is made easier if you try to draw his penis into your ass as he is pushing. Your partner can then move his penis around inside your ass by thrusting his hips forward and back, while you either remains still or can move your hips from side to side. This position allows for fairly easy and deep penetration.

**Full Front:**

In this position the woman lies on her back and pulls her knees up as close to her chest as she can manage and then rests her feet on her partner’s shoulders. The man pushes down on her face to face. If required a pillow can be inserted under the woman’s pelvis to raise it higher up. The man can also push the woman’s feet up over her head. This position allows for easy and deep penetration.

**Standing:**

In this position both partners are standing facing the same direction. The woman can then bend over at the waist (it is a good idea to use a wall or chair or something for support). This can also be accomplished from a kneeling position at the edge of the bed. Depending on the height difference some adjustments may need to be made. This position is a convenient one for outdoor use and allows easy penetration and full movement provided there is something solid to hang on to.

**Flat on stomach:**

In this position, have the woman lay flat on her stomach (use a pillow to raise the hips if needed). This allows the woman to relax more fully and her hands are free to move wherever they like. Since the man will lie on top of the woman he can also be more relaxed and have freer hand movements. The penetration in this position is not as easily accomplished and thrusting is difficult. The woman is also fairly restricted in her movement.

**Side by Side:**

From the position above, the partners can fairly easily roll over onto their sides, both facing the same way, drawing one leg up. This position allows for greater relaxation of the bodies and hands are free to explore and caress. Entry is easy and penetration is fairly deep for this position. Movement can be rather limited, although vigorous thrusting is possible once you get used to the posture of the position.
**Side by Side - facing together:**

This is another variation to the two previous positions. In this particular position, the partners lie on their sides facing one another. The man must extend his pelvis in between the woman's bent legs. This position allows deep entry and the hands are free for exploration. This position is also a little more intimate and allows for kissing and eye contact to take happen. Movement is fairly easy once insertion is made.

That's it for this tutorial. If you have any comments or suggestions please feel free to send me an email. If you'd like to share your first time experience with others let me know and we will start a section for them. I hope that this tutorial has made sense to you and provided you with some useful information.
How To Talk Dirty To Your Lover

After writing Blowjobs for Dummies and How to Eat Pussy Like a Champ, these ‘How To’ articles are becoming habit forming for me! However, I’ve received some of the most wonderful, kindest feedback that a writer could ever ask for, and I’m grateful.

One thing I’ve been asked to write about – very often – is talking dirty. The kind of erotic talk that heats things up in bed – on the floor, over the kitchen sink – wherever. I do understand the fascination with it. Hearing is of course one the five senses, and along with sight, touch, smell and taste, can add to the excitement and enjoyment of having sex. If you’re into it, dirty talk – and mind you I don’t think it’s dirty at all – can make good sex better, and great sex down right memorable.

In the classic porn film, "Talk Dirty To Me,” starring the incomparable John Leslie, his dirty talk drives women absolutely wild. They’re out of control, fucking and sucking him, without really even knowing why. It turns them on so much that even though they don’t originally want him, they can’t help themselves. Does it really work this way? With the right people and done properly, I believe it can. So read on.

First, I need to point out that although I’ve had my share of experience, I don’t hold myself out as an ‘expert.’ Then again, is there a degree one can get for dirty erotic talk? I haven’t seen it in any of the adult evening classes at the local college. Like anyone else, my experience has been through personal trial and error, reading and hearing an awful lot of suggestions from erotica readers and sexual addicts such as myself and being a devout student of erotic human behavior. So I guess, in a sense, I’m as much of an expert as anyone else.

By the way, you’ll notice I call it dirty ‘erotic’ talk. In the future I’ll just try and shorten it to dirty talk. It’s just that here in NJ, you hear dirty talk on the radio, at the deli, and especially in traffic, along with dirty gestures. None of it is erotic. At least I don’t think it’s supposed to be, unless "that was my parking spot, you motherfucker" turns you on.

Before we get started, a quick mission statement. Why this article? Done right, talking dirty to your lover can be a powerful aphrodisiac. It can bring out hidden desires and fantasies in both men and women. It can be hot – oh man, you have no idea how hot – and add an aspect to sex that kicks it up several notches. I promise. The rules are, there are no rules. But I have some suggestions and observations that can get you on the right track and get you going. After that, it’s up to you my friends. You don’t want me there as a coach…

What is dirty talk anyway? What is considered dirty? Is it, "mmm, that feels so good," or "get on your knees and suck my cock you whore." The answer is – both, depending on who’s talking and who’s listening. One person’s dirty is another’s mild. To yet another person, it’s downright perverted and filthy. This is important to keep in mind. On one end of the spectrum, you have sex so silent that it could qualify for a covert
operation behind enemy lines. I think there are some concrete reasons for this speechless sex.

Either one or both of the parties feels uncomfortable or embarrassed about sex.
A. Either one or both of the parties feels uncomfortable or embarrassed about any talking during sex because of upbringing, religious beliefs or what have you.
B. There is a high level of inexperience.
C. Nobody knows what to say or how to get started.

The remarkable thing about it, which always perplexes me, it that some of these men whose mouths are sewn shut during sex won’t stop talking during a sporting event. Their excitement is overwhelming. They yell, scream and jump up and down when a touchdown is scored or a home run hit. And some of the women just won’t get off the phone with their friends and family. But get them in bed – wham – you shut them right up. The middle ground would consist of some moaning and groaning, perhaps a little, "yes" or "that feels good" here and there. These people clearly enjoy sex, and may benefit from this article the most, but don’t want to or know how to take it to the next level.

The other end of the spectrum, God bless it, is when the lady expresses herself in a dignified manner such as, "I want to suck your cock like a ten dollar whore," and the man replies "That’s right, baby, I want to taste the juices flowing from your cunt." Its hot, tasty, salty sex. My favorite kind, I’d like to add! Any or all of these variations are fine, as long as the people involved are satisfied. And if you want to get on this train, if you’ve been looking for a way to add that extra ingredient to augment your sex life, read on.

Dodger’s manager Tommy Lasorda was once asked, "Did you ever think in your wildest dreams that you’d be in the World Series?" and replied "My wildest dreams have nothing to do with baseball." Well put.

The point is that if your girl asks you to "talk dirty" to them and you say, "Fuck me hard and long, I want to cum on your face, you slut," she may freak because what she expected to hear was "I can’t wait to be inside you." If she says "suck my cunt lips until I scream your name, I want to be your cock whore," he may be shocked, because to him, dirty is, "Do me, honey." In either case, expectation is far from reality and may be embarrassing enough to prevent either one from ever trying to talk dirty again.

Obviously, it would be better to have some idea of what the other person would like to hear before you say "I’m gonna spank your nasty ass ‘til you squeal like a pig" to a monastery candidate. Before you begin to talk dirty to your lover, ask yourself, what kind of a person are they? Are they easily offended by harsh language or do they swear like a truck driver (no offense)? Do they appear to be open minded in other ways, about oral sex or different positions for example? How do they like their sex? Fast, furious and balls to the walls, or slow and tender? This can at least give you some kind of gauge where to start experimenting.
**WARNING!** - do not judge a book by its cover. I’ve known some girls who were demure and seemingly innocent at work or school. But once the passions of desire had been stoked – they played with live ammo - pass the Vaseline, duct tape and batteries, we’re having a party!

If your adventures in talking dirty start with your lover asking you to do it, ask them what they have in mind, what they’d like you to say. If this is too embarrassing for them, ask them to write it down. I’ve always been more comfortable writing than saying it, too. I once knew a girl, wonder where she is now, who would leave me little notes in private places telling me what she wanted to do to me. It was a different kind of dirty talk, sure, but it got me fired up all right. More on that later.

You can always start out slow. No one expects to go from silence to waking the neighbors with your screams in just one night. It would seem too labored, too artificial, as well. I believe it would be more natural to begin with light fare, such as "yeah, that feels really good." One of my absolute favorites is the simple, elegant and unfailingly hot, "Oh God." You don’t get an "Oh God" unless you’re doing really well. Maybe an "Oh," possibly an "Oh my," but when you get a nod the to Big Guy, you’re on the right track.

Once you start out slow and comfortable, see how that goes, where it takes you, and decide to move on or not. If you are the instigator, it usually follows that you begin the dirty talk, and your lover gets the idea. If they don’t, try asking them questions which will prompt a response, such as "How does that feel baby, is that good?" Or, "Do you like it when I do that?" Again, if you like the idea of dirty talk and want to make it a regular part of your sexual behavior, it’s far better to start slow, even though you may want to blurt out, "Your cock is so big I feel like I’m being fucked by a horse," which I don’t hear often enough for some strange reason beyond my comprehension, or even, "spread those ass cheeks wide, doctor enema is coming in for a landing." Outrageously dirty talk is wild fun, and can spice the hell out of a sexual liaison, but it can truly turn off the uninitiated, so be cautious at first.

Which brings me to another very important issue. What you do in the bedroom stays in the bedroom. It may be OK for you to call her ‘your slut whore’ when you’re fucking, or for her to call you her daddy (oh baby!), but not back in the real world. You do that and you’ll spoil your bedroom fun in the long run. Unless your lover likes it, leave it in bed. She may want to be treated like a naughty little girl who likes to be punished in bed, tied up, blindfolded, whip out the vibrator and…don’t get me started, but you should separate fantasy from reality.

Just to clarify a little further though, when I say keep it in bed, I mean keep it in the context of sexual situations. I once had a girlfriend who would write little notes on cocktail napkins when we were out to a fancy dinner, "When I get you home I’m going to suck your cock until you cum in my mouth." Waiter? Check please! A buddy of mine leaves explicit letters to his wife, and calls her during the day to tell her where they are. By the time he gets home she’s ready to rock the Casbah. I know a young
lady, and she knows who she is, who with one sentence on the computer keyboard can put a lump in my throat and my pants. I can’t see her face or hear her voice on the internet, but her desire comes through loud and clear. Yours can, too.

But I repeat, you can call her during the day and say "I miss my sweet little whore," or she can tell you she "longs for her guy’s meaty cock down her throat," when you’re away on business and it’s all great fun and in the right spirit of sexuality and desire. Just keep in that way and in perspective. It definitely doesn’t have to be restricted to the bedroom, but there is still a time and place.

This also means of course that your lover knows you mean no disrespect in what you say or write. You may call her ‘your cum sucking cock hound’, but that’s only in the realm of sexual fun and fantasy. She probably doesn’t want you to think of her as a whore in the real world, so let her or him know you understand the difference. I think it also should be said that dirty talk, like any other delicacy, can get old fast is overused. I love a good steak, but not every night or I’ll get sick of it. If you talk dirty and take it to the limit every time, it’ll lose its erotic value, which would be a shame. Perhaps its best to save it for those times when sex is the menu for the evening, instead of a quick appetizer or late night dessert.

OK, are you almost ready to get started? Great. Do keep one last thing in mind before we summarize. Tone of voice is all-important. Think of Minnie Mouse bellowing "Fuck me with your huge little mouse cock, Mickey!" in her squeaky little cartoon voice. Does that turn you on? If so, you may be related to Walt Disney. You can’t use your daily student, motherly or business meeting voice. It may sound like you’re giving instructions. "Now stick that big cock or yours in me. You ready to cum? Good, then cum, I’ve got errands to do." Instead...

In your sexiest voice, shaking with desire and passion, say something like, "mmm…your cock feels so good inside of me…so warm…your making me…you’re gonna make me cum so hard…so hard, baby…” Or if you’re a guy, in your lowest, most measured tones it may be "Oh, baby, you’re so beautiful…I just love to fuck you…to have my cock inside of you…I love to watch your face when it’s full of my cock…I’m so hard for you…” Whatever the words, whispered in her ear, they’re magic.

And unless you are in fact whispering in your lover’s ear, the best way to talk dirty to them is when looking into their eyes. The hottest, most erotic words will have little effect if you look away to say them, as though you’re shy or embarrassed about it. If you practically mumble them to the floor, you may not even be heard. Speak up – we’re all friends here! Look your lover in the eyes and tell them you love what they’re doing, or what you’re dying to do to them or have them do to you. Don’t be timid, be proud! Speak it, shout it, whisper it, but let them see and hear you. Can you imagine how hot it is when your lady’s face is near your cock as she looks up at you and says in her sexiest voice, "mmmm…I just love your cock…I’m gonna rub it all over my face and then tickle my tonsils with it…I’m gonna suck your cock until you beg me to
let you cum…” This has got to add another inch to that erection! Two if she’s rubbing her tits all over it while she’s talking…there I go again.

OK now, before we adjourn for some practice of our own, let me suggest that you do indeed practice on your own, at least at first. The greatest speakers rehearse. You do want to know what you’re going to sound like, even to yourself. So say some erotic lines out loud a few times. Adjust your tone, your pace. Just say it a few times until it sounds good to you, this isn’t Broadway. It will alleviate some of the jitters of trying something new. And to me that’s what good sex is all about, trying something new. I can practically hear some of you saying, "OK fine, I get the picture, but what do I say, what are the actual words." And no, I can’t send you a recording. But let’s look at it this way. Even taco sauce comes in mild, medium and spicy, right? Sometimes you might feel like mild or medium, sometimes you want some hot spice. It’s the same with dirty erotic talk.

Mild would probably phrases like, "mmm…that’s nice," "feels so good," "yes…yes, right there," "Oh God, baby…yes," "I can’t wait to taste you," "I love what you’re doing to me…I love how it feels…I’ve been wanting you all day…" "Let’s make love until the sun comes up…" You get the picture, mix and match as you like. These are erotic words that should not have the beginner choking on them.

Once you get used to the mild sauce, or saucy comments, you may want to get a bit more creative. "I love how your cock feels inside of me," "Your pussy is so wet…I love how my cock feels inside of you," "Your juices taste so good," "Your body is so beautiful… oh my God, I can’t wait to taste every inch of you," "I love these breasts, I want to lick and suck them so hard…" "Wrap your legs around me, I want every inch of me inside of you," "I’m gonna suck your cock now baby…hold in tight."

Let me just start breathing normally again for a minute. There. Now, you want spice? You want to bring it home to papa? Those who really like the salty stuff probably don’t need my suggestions. But hey, I’m the writer here, indulge me. When you graduate to, "Spread those cunt lips my sweet little whore, I’m gonna slam you like Hulk Hogan," "I’m gonna suck your cock until every last drop of cum fills my mouth," "Don’t you dare cum until I give you permission," "Suck my cock you little whore," "Can’t you fuck any harder than that? – be a man!" "I want to taste your seed…cum on my face," "Bend over baby…you’ve been a bad girl and it’s time for your ass to pay…" now you know you don’t need my words. God, I do wish I could be there! How about sending me a tape?

My friends, I mean it when I say that some girls, and guys, are so aroused by dirty talk – often to their surprise – they can’t believe it themselves. Imagine a girl who is the definition of proper at work, in the kitchen, at the gym, in church – whatever, but in the bedroom she likes to be called a ‘whore’ and have her ‘cunt fucked hard by you’. Or the conservative business dude who likes to tell her to ‘suck my cock like an ice cream cone until I tell you to stop.’ It can be so very hot, and you may not even know this vista of opportunity exists until you try it at least on some level. I sincerely
hope you do.
I wish you good luck, good health and good sex. No matter what your age or sexual preference, live a passionate life and keep the spirit alive. I’d love to hear your feedback. It means a great deal to me, and I learn a lot from it. If you liked the article, please take a moment to comment. If you didn’t, oh well to each his own! Peace.
----- The Sex Guru
Oral Sex: What Women Like

I've had my share of conversations with women regarding how they prefer their reception of oral sex and although I cannot speak for all women, this article will certainly be speaking for most. If you've always wanted to know how you're doing in the "cunning linguist" department, today's your lucky day. I know it's difficult when your partner doesn't let you in on what you're doing right or wrong. It sometimes feels as though you're venturing into a shady area where you don't have a clue as to what your partner might be feeling. But not to worry gentlemen, I am here to help you further your mastery of the mystery that is the vagina. If you've ever asked yourself the following questions, here I am to answer them for you.

**how important is oral sex?**

As I've informed readers over and over again, all women are different and so the level of importance regarding cunnilingus differs as well. But from what most women tell me, oral sex, if done right, becomes a very important aspect of sexual encounters. How do you feel about fellatio? That's what I thought. But if your woman bit and chewed your penis every time she went down on you, you wouldn't be too thrilled about her mutilating your penis whenever she decided to give you your "treat," now would you? The same applies for women; if you're horrible at it, she may decide that oral sex isn't that important, especially if you're great in other venues. But if you're the master of her castor, then she'll be coming round the mountain when she comes. Most of the women I ask about cunnilingus get this weird, elated look on their faces just before they let out a sigh and say, "oh, it's very important." There's nothing quite like the feel of a warm, wet tongue against the vulva, I always say.

**is oral better than sex?**

Now there's a question that's difficult to get a handle on. Most women would say that both elements of sex are important, but then again, many women say that they only reach orgasm via oral sex. But the combination of both oral sex and intercourse is definitely awesome. A lot of women reveal that the penis is a pretty straightforward tool, but the tongue can manipulate the vagina and the clitoris in a variety of ways. Think about it; our vaginas have holes with which you can insert your penis rhythmically -- our mouths are holes as well, yes, but there's that tongue attached to it and the tongue can manipulate your penis in ways you never imagined. You do the math. And depending on the performer, oral sex can leave a woman weak and shaking. And if you're the type of guy who throws his fingers into the mix, then chances are you're the master of her domain.

So what do women like when guys go down on them?

**what do women like?**

So how can you perform oral sex in a way that'll make her toes curl and have her digging her nails into the bed? That's easy:

Tease first:
Don't just head straight for the vagina. Tease your woman by kissing the inside of her thighs, her hips and her belly button. Let your tongue brush up against the vaginal area, but don't start licking and sucking right away. Give her time to get wet and make her beg if you have the stamina.

**Enjoy yourself:** If you're having a good time down there, it will help her feel comfortable about your being there. Most women are somewhat neurotic about smelling and tasting good so if you love it down there, she'll know you enjoy the flavor.

**Move slowly:** Spending more than 30 seconds down there is also nice. Taking your sweet time to inhale the bouquet and taste every section of the vagina is appreciated.

**Stimulate the clitoris:** Licking and lightly sucking the clitoris and its hood are much appreciated since the area rarely receives attention amid intercourse. As well, many women achieve clitoral orgasm much more easily than they do vaginal or G-spot ones.

**Penetrate with tongue:** There's nothing quite like the feeling of a hardened tongue penetrating the throbbing lips of a woman (you know which ones I'm talking about). Take your time and explore the entire area with your mouth.

**Massage the outer lips:** While you're using your tongue to suck and lick her vulva and clitoris, use your thumbs to massage her outer lips, pulling them apart and pushing them together gently. This will drive her crazy.

**Use your fingers:** If you can gently suck on her clitoris for a while and then use your fingers to penetrate her, chances are her legs will start trembling. Before long, she'll be begging for a piece of your penis. As well, you can simultaneously massage her clitoris with your fingers while your mouth is sucking on it.

**Use a pillow:** Place a pillow under her butt so that her vagina is in a position where you can easily enjoy your meal.

**Massage her nipples:** Many women enjoy having their nipples stimulated. So while your mouth is busy down there, use your fingers to massage her nipples and caress her breasts.

**Say something:** Hearing a man moan while he's eating his woman lets her know that he loves what he's doing. Saying something like, "I've been dying to taste you all day" or "you taste so good" will only make her more comfortable and prepared to show you the big O.

**Suck, then penetrate:** To stop in the middle of intercourse to taste her is a grand turnon. Every now and then, stop the penetration to go down on her. You'll shock her with pleasure.

**Use mints:** Whether it's a "curiously strong mint" or a Halls cough drop, menthol can work wonders and enhance the sexual experience like you wouldn't believe. And when you're done, you can let her try it out on you.
Hummer: Okay, not every woman loves this, but many do. When you place your lips over her clitoris, hum lightly -- you'll know instantly if she’s enjoying it. And of course, there is an abundance of things you should avoid doing at all costs...

what should you avoid?

And as always, there are certain actions you should steer clear of at all costs.

Bad reaction: Saying things like "man, you smell!" or "did you shower today?" are not recommended. Not only will she feel bad, she'll lose that sexual mood.

Don't insist: If she's not fresh, don't insist on going downtown on her. Most women prefer being freshly showered before they let their men venture down there. Respect that, even if you have a thing for stronger odors.

Keep nails trim: Make sure your nails are trim and your hands are clean. The vagina is a very sensitive area so be cautious.

Don't go faster: Women's biggest complaint by far begins once they get very sexually aroused by what you're doing. Men take their moaning as a signal that they should move their mouth and tongue as fast as humanly possible. This only serves to make your woman numb. If she moans, keep up the same tempo unless she indicates otherwise.

It's not a lollipop: When you lick her clitoris, don't look up at her with every swipe as if to ask, "Was that okay?" Practice, take your time and enjoy your moment of intimacy with her vagina. You'll know when she's enjoying it.

No enthusiasm: If your girlfriend performed fellatio with no fervor and even gagged on occasion, you wouldn't enjoy it. Show some enthusiasm when you're down there.

No limits: You don't have to restrict yourself to the clitoris and vulva; relish the vagina in its entirety. And if you and she are the bold types, you can explore her backside with your tongue and/or fingers as well.

Don't blow air inside her: Believe it or not, blowing air directly into the vulva can seriously harm a woman. Do not, under any circumstances, do it.

Bargaining chip: "I went down on you, now you have to go down on me." Come on guys, you have to acquire a taste for your woman's genitals. Learn to love and enjoy the area without keeping a mental scorecard.

But my ex liked this: Like I already mentioned, all women are different. So if you go down on a new partner, assume that she might not like what your last woman did. Start out slow, that's your safest bet.

practice makes perfect

Enjoying the taste and aroma of your woman should be a given. Couples should try to
experience everything together when it comes to lovemaking. Don't limit yourself; expose yourself to the acts you're somewhat apprehensive about, namely oral sex. If you want to be an amazing lover, then you need to take on her vagina with more than just your penis. Take the time to learn about her body and enjoy it slowly. Then you can give her what you want, one inch at a time.

Oh and always play it safe.
How to make a woman orgasm...
and scream for more...
every time!

by Jeanette Harper

In a Four Part Series
(as apparently published originally in Playgal ?!?)

--- Part One ---

Introduction

Sex is a wonderful thing - I haven't met a person yet who would dispute this. Everybody loves sex, whether they like talking about it openly or not. One of the reasons you're reading this is because you enjoy sex and you would like to enjoy it more and have your partner enjoy it more. For all you males reading this, wouldn't you like to be known around town as the greatest fuck of all time? Or husbands and men in steady relationship - wouldn't you like your woman to be amazed at your new found sexual knowledge and have her beg you for more sex? Sex can be the greatest pleasure a person can ever experience - or a major disappointment.

Surveys have shown that 75% of women fake orgasm every time, 15% faked it most of the time and about 9.5% said they occasionally faked it. Which leaves about 0.5% who said they never faked it. I know most of you men out there will find this hard to believe, but it's true. I'm a woman, I know.

Women, by faking orgasms, are missing out on one of the most pleasurable experiences imagineable - but so are their partners. You will realize the difference once you have read this Playgal exclusive article. Both the male and females sexual pleasure increases to unbelievable new heights once you know how to bring a woman to an orgasm every time. Your woman will want you as never before - she will never want or need another man. And girls, if you want to have better sex, then teach your man what I am about to tell you.

Most men I have met were anxious to learn how to satisfy women during sex. Each man I interviewed I asked 'What do you think makes a woman orgasm most during intercourse?' Most responses were along the lines of:

'Just putting my penis inside her gets her excited' - It may get your partner excited but it is not enough - no where near enough.

'She just loves me ramming her hard' - This is so far from the truth it is ridiculous!

' Fucking her fast' - Wrong!

It is generally easy for men to become sexually aroused because his sexual organs are on the outside of the body and are easily stimulated. Men that are unfit mentally or physically can sometimes take longer to arouse, as do men that are bored with their partners. Do you know the main reason men get bored with their partners sexually? Could it be that the woman herself is
bored because she is not getting sexual pleasure and therefore doesn't seem interested in sex as much. Sex would get boring if the pleasure is all one sided, don't you think guys? Imagine having sex every few days and never reaching an orgasm. Doesn't sound like much fun does it?

Some men can get a woman worked into a sexual frenzy during foreplay, but then when it comes to intercourse .. the momentum doesn't continue and in most cases, both the man and woman don't know what is wrong. Then the woman finally pretends to have an orgasm because she wants the whole event to be over to end the boredom and/or pain.

If a man doesn't know how to handle intercourse properly the woman will become bored and unsatisfied in the relationship, and look for other options. Most women will tell their men everything is great - just to keep them feeling like a man. The men usually are unsuspecting that there is a problem.

But guys, it's not your fault - you're a man; how could you possibly know what it feels like? Only a woman really knows how to satisfy a woman. Only a woman knows the physical sensations of a woman's body. Most women don't like talking about it with their partners because it may make them feel less manly.

Most literature is written about rough, ramming and hard sex, so why would anyone think sex should be different - most women think this is the way to have sex too. But I'm going to help you and your partner enjoy sex to its maximum over the next few editions of Playgal.

**Tease your Partner First**

Women like affection. They like to have their bodies gently caressed. Imagine yourself lying totally naked and 100% relaxed with hands slowly and gently touching your body. Try running your fingertips gently, so gentle you are barely touching your body along the inside of your own arm down to your hand. It tickles a bit but it feels nice, even if it feels like you need to scratch it a little.

When making love with your partner you need to give their body a desire. Gently run your fingertips all over her body barely touching the skin. Do this for 3-4 minutes without touching the breasts or clitoris then slowly work your way up to her breasts but DON'T touch her nipples. Circle her breasts with the palms of your hands and fingertips. You can occasionally kiss gently around her breasts but DON'T touch her nipples yet - touch below and above them but not on them.

This will start to drive her crazy - you have created a desire for you to touch her nipples. You are not giving her something she wants. After a few minutes of teasing her very very softly touch her nipples. Then continue to circle the nipples gently with your fingers then gently lick once or twice next to each nipple but not on it.

You are in total control - she is being driven insane by now. You have created an excitement and desire within her sexual being. Now when you feel she is ready - she will let you know it is time to move on to the next step .. The beginning of Intercourse, in PART 2, next month.

Note to Part 1: It is important not to weaken and begin to grope and paw at her breasts and body and do not touch her clitoris in this teasing phase - it will only turn her off. The purpose is to create a want. Don't weaken - stay in control, this is only the warm-up for great love making.

--- Part Two ---

Ready for Action!
Now, you're both ready to go .. you're hard and ready, and she's giving you that look that says she wants it. You just want to plunge straight in - and she's cheering you on.

DON'T DO IT!

You haven't gone to all this effort to blow it all now, pardon the pun. Now - you've got to really start torturing her..

Touch your penis to the lips of her clitoris .. gently. Softly rub your penis over her clit, letting her know it's there, ready to enter .. if you want it to. You are now completely in charge, and in total control of the situation. You're going to tease her until she screams for you to put it in!

Now, she's asking you to put it in .. but you don't. Keep teasing. She asks more urgently .. you still don't. You are in control, and she's loving it - not knowing when you're going to enter! Keep teasing, gently rubbing, even if she does scream for you to put it in.

Only when she begins building towards orgasm to you move it further in .. just half an inch or so, very slowly, in and out. After a little while (staying in control!) move it slowly in a full inch .. gradually, keep increasing the amount you put it in, until it's almost the whole length.

Remember, if you enter the entire length - ram it in - you will make contact with her clit, and this we don't want; the object is to tease her, make her want you to thrust all the way. The longer you tease her, and yourself, the more intense your orgasms will be.

The Point of Surrender

Now, she's quivering with desire. Speed up a little - not to ramming speed though - and it'll push her over the edge. She may scream, she may call at your name (hopefully!) or she may just whimper softly - but you'll know you've given her an orgasm. But keep going! Keep moving in and out, faster now; she'll orgasm again - more quickly now, with no need for teasing. You can speed up even more if you wish (and can) - but don't resort to 'ramming' her hard.

She may have several more orgasms .. or only one more. Two to five is the norm, and this may be the first one she's had in a long time! If you've been able to keep going past the first one, that's great .. but even if you cum now, it will be one of the deepest and most incredible orgasms you yourself have ever had.

Refine your technique; try to make yourself hold off longer and longer. It will enrich the sexual experience for both you and your partner.

Note to Part 2: If you're both adventurous - and really willing to torture each other, wait until the point of orgasm and stop - dead. Withdraw, and lie down beside her.. then resume again later that or the next day. The anticipation will peak, until the next time you'll both be ready with hardly any teasing!

--- Part Three ---

The Fantasy!

Most of us, when it comes to sex, have a good imagination. We might fantasise about the woman who works in the office next door, someone who eats lunch at the same place we do, or even imagine ourselves playing out different roles that we usually perform.

So - why not harness this natural power of fantasies for sex? If you're more excited and aroused, your partner will know it and go further herself. And, as long as she doesn't know what you're thinking, you can imagine anything.
There are those, both men and women, who like to imagine themselves dominating their partner, or being submissive. This is perfectly harmless as long as it goes no further than the mind - or, if it does go further, with a partner who is attracted to the idea and wants to play out the other role.

And don't let appearances fool you .. a sedate appearing person may have some very kinky thoughts bubbling under the surface; in fact, if a person is more self-repressed, it's more likely they'll be making up for it in their minds.

... vs. Reality
You, and your partner, both probably have many secret little fantasies that you've always wanted to try. Although dressing up as King Tutankahmen and having your lover wait on you hand and foot may not be something you can confide in with someone you've just met, you can imagine yourself in that position .. and, when you reach a stage with someone where you feel you can trust each other, let her know about this little fantasy .. and encourage her to tell you her own.

If you do become open to each other's fantasies, it's important that you don't let them take over .. or you may find yourself resorting to kinkier and kinkier role-playing, until one day, you stop yourself and say 'Whoah! This is getting scary .. I'm getting out!' It's important to realise that although fantasies - and role playing - are a great adjunct to 'normal' sexual encounters, they can't replace them .. and, the more you indulge in fantasies to spice up your sex life, the more you will come to rely on them. Strike a balance - use the anticipation of an upcoming role-playing 'session' to fuel your desire; and maybe even run the fantasy through your mind until you can both no longer resist. In this way, you can get the most 'mileage' out of your imaginations.

--- Part Four ---

Healthy Body - Great Sex!
One of the biggest factors affecting the enjoyment of sex is the health of the body. Smoking cigarettes constricts the capillaries and blood vessels in the body, which restricts blood flow to the genitals and thus decreases sexual enjoyment; alcohol and other caffeine sources destroy vital vitamin B elements within the body, making us more lethargic.

This lethargy and lack of physical vitality not only communicates itself to our partner during sex, but also comes across when we're on the look-out for a partner; it's ironic that the two most consumed items in a bar or night-club environment - alcohol and cigarettes - are the two greatest killers of good sex! Vitamin B, which is burnt up by the metabolising of alcohol, also makes us more relaxed - so while the alcohol is loosening us up on the one hand, it's destroying our Vitamin B levels. So when the alcohol has been metabolised from our bodies, we are VERY low on Vitamin B - and thus the hangover.

Our bodies function best when they contain optimum levels of amino acids, nutrients and other chemicals required for the chemical lab we call a body. Unfortunately, modern lifestyles generally do not allow for the proper intake of such chemicals; and so, the majority of the population is functioning improperly.
So, YOU can stand out from the crowd by simply being healthier; you'll project an aura of energy and vitality that will make you feel great - and if you feel great, other people feel great about you.

Getting Healthier
More and more vitamins and other nutrients, and how they power our body, are being discovered every year. But the basics are:

**Vitamin A**: essential for good skin; gets rid of those pimples and other skin impurities. It improves your hair condition, and helps your vision, both night and day.

**Vitamin B**: actually a broad spectrum of Vitamins, including B1, B2, B6, B12, folic acid, niacin, inositol and pantothenic acid, among others. They are what’s called synergistic, meaning that if you take too much of one type, it can make you deficient in the others; so you should take a B complex supplement every day (because B groups are water soluble, they must be replenished every day)

**Vitamin C**: Or ascorbic acid, assists the immune system. It should be taken with a lot of liquid. If you keep your doses high in this (say, 10,000 mgs a day) you're likely to reduce your risk of catching colds and flus.

**Vitamin D**: Also gotten from exposure to the sun, it helps the body to absorb and retain calcium. Vitamin D in itself needs fat or oils to be absorbed, so take it after a meal that includes some.

**Vitamin E**: Assists in the transport and efficient use of oxygen; more oxygen gets to your cells, particularly your brain. It's also called the 'sex vitamin' because it assists in the production of sex hormones.

These are the basic vitamins; however, one indespensible way to a healthy body has to be at least a minimum amount of exercise. Even if you work out lightly for half an hour every day or two, your body will function more efficiently, the blood circulate better, and your whole body function better with less stress.

And of course, let's not forget the best form of exercise - sex!
A Guide to Cunnilingus

Since I voiced my woes about never seeing a "how-to" text for cunnilingus on the net, I was sent this guide from a wonderful gentleman on the net. I think the woman who wrote this did a good job, so I am passing it on to you all, since undoubtedly, you all know people who could use the info!

Happy licking! (uh, yah. whatever! ;)

Unlike the extraordinary gentleman who wrote the article on cock-sucking, I am not an expert. I am simply a woman who knows what she likes, and has had all too many experiences with men who didn't seem to have the vaguest idea what they were doing between her legs.

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Eating a woman's pussy is about the most wonderful thing you can do for her. It makes her feel loved, admired, sexy, and of course it makes her cum like crazy. Many women prefer it to intercourse, and for most, it is the easiest way to cum with a man. You may have the littlest dick on the planet, but if you give great head, you will be appreciated as a fabulous lover. Yes, it's that important. Besides, lots of women expect it these days - you might as well know what your doing.

First off, guys seem to have a strange love/hate relationship with women's genitalia. Guys that can't wait to get their dick into one are often reluctant to put their face "down there". For every guy who says he loves to eat pussy, there's another one who's squeamish. Women know this, and it affects their ability to lay back and enjoy the experience. There is nothing more exciting to a woman than to know that her partner finds her delicious. Don't be coy; tell her. When a guy fingers a lady and then smells, licks, sucks the juice off his finger and sighs as if in heaven, she _knows_ this is her lucky day.

What if your sweet lady doesn't smell or taste very sweet? Don't suffer. (Don't complain, either.) Take a nice hot shower or bath together. Lather up both of your bodies and slide them together. It's like a whole body fuck. Soap up her vulva, washing between her outer and inner lips. Spread her lips apart and gently wash her clitoris. Hey, don't stop - this feels great! Run your soapy hand down the crack of her ass, and rub a finger all around her anus. You can stick one finger in and wash around inside too, if you anticipate any anal play, and I suggest you do. But don't put those soapy fingers up her vagina. Instead, rinse them off well and stick one or two inside, making a circular motion. Think about washing the inside of a tall glass - same thing. Now wasn't that fun? And now you can feel free to let your tongue wander anywhere it pleases...

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So now what? You've found a comfy spot to play, you've been kissing passionately, your tongues darting around each other's mouths like playful otters. You've moved down to nibble one of her hardening nipples and she's starting to groan, grinding her pelvis against your stomach. STOP. I know it was just starting to get good. But was
she really groaning and humping you, or was it your own excitement you were detecting? I strongly prefer to be excited _before_ a guy starts plunging his tongue into my inner recesses. Use your judgement, and kiss, lick, and fondle your way down her stomach, up her thighs, until she's arching up her back trying to get you to eat her.

Of course, if she really _was_ groaning and grinding, go for it...I also don't particularly enjoy a guy endlessly nibbling my inner thigh while my clit is quivering in anticipation.

POSITIONS
If the woman you are with is somewhat hesitant about your going down on her, start off with her lying on her back, perhaps half-sitting. Lay down between her legs, with her legs over your shoulders. She may enjoy laying or sitting at the edge of the bed with you kneeling. She can also straddle your face, but be prepared to get _very_ wet. There are endless varieties of positions where you can press your face up to her cunt, some of which strike me as more acrobatic than erotic, but feel free to experiment. And then there's 69...

69 is one of my favorite positions. On the plus side, you both get to enjoy the sublime sensations of getting head, simultaneously. The upside down positioning of a woman's pussy and your mouth is an easy fit and there's more room for your hands. On the negative side, it's a less than ideal position for a woman to give head. Plus, if you need to read this article, you may be better off concentrating your energies on pleasing her, without too much distraction. But even for experienced 69'ers, it's easy to short-change your partner. "It feels soooo good, I'm just gonna stop for a second and concentrate on what you're...aaaarrggghh". Get the picture? Some show of willpower is in order.

69 can be done male on top, female on top, or side by side. The latter two are easier, though it's more restful with both partners laying down. Some women love being licked on all fours, so if female-on-top 69 drives her wild, take the hint and find some other ways to eat her in this position. I happen to enjoy male on top, but for many women this is a sure choking position. If a woman can, or wants to try, to deep-throat you, this is THE position. When her head is thrust back you can really slide your cock all the way down her throat. But don't forget what _you're_ supposed to be doing!

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So there you are staring at it - the mysterious hole from whence you came, and into which you hope to cum again... First, an anatomy lesson...

THE CLITORIS
Before I go any further, a few words about the clitoris, accent on the first syllable. Most of you know it, but for those who don't, it is THE woman's sex organ, period. It may feel great to be fucked vaginally, anally or otherwise, but if the stimulation is not right there, on the clitoris, you're ignoring the place that's going to make her cum, and presumably that's why you're reading this, right? It's right there at the top juncture of her inner lips, a small knob of pink flesh. This is where it's at boys, and don't forget it.
Almost any licking and sucking of the labia or vaginal entrance is going to feel just
dandy; just remember that this is pleasurable teasing, not the main event. I can't tell
you how many guys have thrust their tongues up my vagina thinking that this was
going to make me cum. They were wrong. Of course, with a little manual
stimulation...but I'm getting ahead of myself.

Women feel differently about how much direct stimulation they can take on their
clitoris. Some women will adore it if you suck hard on their exposed clits, others will
shriek in pain. You may encounter a woman who is completely unable to take direct
stimulation of her clit; the goal is still the same, but you'll have to stimulate it
indirectly, such as through her labia. IMPORTANT NOTE: Often, what is
unacceptably rough at first may be fine after she's very excited. The fact is, most
women really need a good bit of stimulation before a targeted attack on their clitoris,
but once they're there, that's where you want to devote your attention.

The key here is go slow, ask questions, and if she's comfortable with it, leave the
lights on and really explore. Body language often does tell what feels best, but I
promise, she will appreciate your attentiveness if you ask outright. If she seems shy,
get her to guide your hands and mouth with her own hand, and pay attention. If she
starts bucking up against your mouth and gasping in ragged little breaths, for God's
sake, don't use this opportunity to try something different. Just keep doing exactly
what you're doing.

THE TONGUE
I want to reiterate, there is almost nothing you can do that won't feel terrific, so relax!
I promise, you may be confused and uncertain, but she's in heaven. Any licking and
sucking of the labia, vaginal entrance, clitoris, or anal area is going to feel just great,
and I'd no sooner tell guys to "do it exactly like this" than I would tell every chef to
follow the same recipe. But for those who are compelled to RTFM, here are a few
techniques that you might like to try:

Try lapping her pussy from vaginal entrance up to her clit, leaving your tongue soft
and jaw relaxed. This is a good way to start your tonguing.
Run your tongue between the inner and outer labia on one side, while holding the two
together with your lips. Good job, now do the other side.

Fuck her pussy with your tongue - in and out, around and around, etc. This feels nice.
Not wonderful or incredible or earth-shaking; nice.

Spread her outer lips with your hand. Then, with your tongue pointed and stiff, gently
flick here and there. Feel free to roam, but keep coming back to her clit. This drives
some women wild, and others can't take it. Some may prefer that you always leave
your tongue soft, so when you try this, pay attention to whether those moans are
ecstasy or pain.

The following techniques should not be introduced until your partner is really hot (i.e.
she's no longer coherent). These are very intense actions which may be "too much" for some women, even when nearing orgasm.

With her clit still exposed, give it a quick little suck - pulling it into your mouth briefly and letting it go. This is a lot like licking a bit of cake batter off of your pinky. This feels incredible, and is a fine thing to do if you feel like torturing her (see PUTTING IT ALL TOGETHER below).

Take her exposed clit into your mouth and gently (at first, anyway) suck on it, simultaneously flicking your tongue over and around it. This can be done very lightly or very aggressively, and combined with fingering, will usually rapidly produce an intense orgasm.

Another choice technique involves rolling your tongue into a tube. If you can't do this with your tongue, you can't learn it - it's genetic. For those who can, this works best in an inverted or 69 position. Roll your tongue into a tube _around_ the shaft of her clitoris. Slide it up and down; in effect, your tongue makes a tiny pussy for her clit to fuck. This also is likely to bring her over the edge.
Exotic Sex Positions

If you want to learn the techniques, first, you have to notice what your orgasm reflex is. Just observe it a few times (ten or more times) and pay attention to how it works. (You might want to do this while masturbating, as it could prove distracting to a partner.) Especially, notice that there is a brief moment at the onset of orgasm when you are consciously aware that it is about to occur but it has not yet become inevitable.

That's where you will later spend your time. In the typical orgasm (both male and female) there are 8 to 25 muscular contractions. Women may have more than men; how many you have will vary at times. Get to know how many contractions you usually experience. (For instance, my usual number is 18-20; it's never fewer, but sometimes more, and that has not changed in 30 years).

Now, rather than "suppressing" an orgasm, try to let one or two contractions happen and then relax. If you can learn to let one or two waves of orgasmic contractions occur and then relax by breathing slowly, and being attentive, and letting your abdominal muscles go limp (NOT by trying to think of something else to "distract" yourself), then you can learn to repeat this over and over again.

Imagine yourself at the edge of a wave of pleasure, a wave which does not break over and run onto the shore. You can practice this with a partner or while masturbating. It's easier with a partner, because he or she can hold you at the wave-edge, gently changing position and thus slowing you from going into the stage of involuntary pelvic thrusts you have been trying to "suppress." While you are learning to ride the wave-edge, take turns with your partner.

As one of you rides the wave of bliss, the other acts as a "lookout," keeping the waverider from falling into the undertow of orgasm. When the wave-rider reaches saturation and relaxes, you trade roles. During the course of one sexual encounter, you may trade roles often, for an hour or more. You may also rest (in a semi-detumescent state), and begin again later if you like.

When you and your partner become attuned to one another, you will no longer think about who is riding the wave and who is guiding; the roles will blend and mesh and you will both simply "be" there. That is basically the "secret teaching" of tantra. Sometimes, while learning these techniques, the lookout partner becomes suffused with a feeling of personal power, knowing that he or she can cause the wave-riding partner to have an orgasm, simply by making a slight gesture at the point when the wave-rider is letting go and relaxing.

This experience of power should not be devalued. It is profoundly moving to realize that someone has given his or her sexuality into your control and it is a pleasure of high magnitude to watch the process of your partner's orgasm unfold -- but once you understand your power in the situation, don't force your partner over the edge, for mistrust may develop, and the partner who is continually forced into orgasm may lose the fine proprioceptive senses he or she should be developing. Occasionally, when one
partner is sexually needy (for instance, a woman during the ovulation or pre-menstrual portion of her cycle), the gift of release into orgasm may be offered and accepted, but be prepared for the offer to be refused, too.

Remember, at all times your goal should be to share equally in the experience, not to second-guess what you think your partner wants. One recommended minimum length of time to spend exchanging off-and-on waves between partners is twenty minutes. It is believed by many who have practiced and studied this, including myself, that although less than forty minutes will be pleasant, it will not produce the sought-after spiritual experience. Remember, this time is shared between the two of you; typically, that does not even mean exactly ten minutes each at the edge-point, for it may take you a few seconds or a minute to get back to that place of wave-riding after you have had your turn being the lookout for your partner. As your experience increases, you may find that you can switch from lookout to wave-rider in less than a handful of seconds; when that happens, you have only to be careful that you do not become over-confident and "forget" to relax when your training tells you it is time to relax.

If, by reason of forgetfulness or over-excitement, either partner is drawn inexorably into orgasm, neither party should be alarmed, angry, or distressed. For one thing, if you have been very close to the edge for a long time and you see your partner slipping over, it's a simple matter to dive in and join the orgasmic experience. Or, if you prefer, you can watch, content in viewing from the vantage point of calm contemplation. It has been my experience that when one partner fails to maintain the wave-riding technique, he or she usually half-apologizes and is forgiven with tender kisses; there is no sense of disappointment or resentment, because both partners know that the supply of pleasure is not meted out stingily and that balance will be restored in due time.

If you get good at these techniques and enjoy them, you may find that you will have achieved the "satisfaction" of an orgasm (that is, your sex drive will be temporarily sated) after twenty or thirty minutes and you will not necessarily want an orgasm, or you may experience orgasmic sensations which are not accompanied by contractions. On the other hand, you may find that the moment you both decide you are sated and that neither of you wants a conventional orgasm, you both do, RIGHT NOW, and you may finish the sex act rather tumultuously. In non-religious tantric practices like karezza there is no premium placed on avoidance of the fully contractive orgasm -- that is, there is no theorizing about a man's kundalini energy shooting up from his testicles into his brain and being sucked back down and "wasted" if he ejaculates -- so choosing to have or not have orgasms may depend on your personalities, the time of month (for a woman), how the two of you feel about the benefits of "pure" (non-orgasmic) tantra, and how much each of you enjoy the sheer physical workout of the push toward orgasm.

For more on the techniques espoused in karezza that do not occur in the better-known discipline of tantra yoga, see my pages on Karezza Techniques and Male Control of Ejaculation. IS THIS SACRED SEX...OR JUST "GREAT SEX"? No amount of practicing "techniques" is going to guarantee a spiritual experience, and i would be loathe to promise anything of the kind to one who reads this. In fact, it might be said that the search for mastery over "techniques" is a blind alley of a sort, for studying methodology to the exclusion of developing heartfelt reverence for life and sexual union may not lead to anything beyond a certain measure of control over the sex act, without the sense of
holy awe and spiritual bliss that is central to the tantra and karezza experience.

Still, in my opinion -- based on my personal experience and that of my friends -- these techniques are more than a recipe for great sex. I believe that if you engage in them with a reverent heart, you WILL experience spiritual feelings while doing them. These spiritual feelings have formed the basis for several sexually-oriented religions and magic cults, but it is up to you to place them into whatever metaphysical context best suits your own self.

Traditional Hindu tantric practices -- eating the five sacred foods, raising kundalini energy through your chakras, seeing the blue light, and so forth -- are of use to you only insofar as you accept the allegorical, religious, alchemical, or symbolic premises that underlie them. If you perceive the heart-chakra as nothing more than the location of a muscle-pump, it would be meaningless for you to visualize kundalini energy in your heart.

But something will happen in your heart, nonetheless, and you will find a name for it. If you think that the god Shiva and the goddess Durga are remote and obscure from your daily experience or cultural conditioning, it would be a waste of your time to learn their names or their iconographic and gestural attributes.

But nameless or named, sitting lotus-fashion or not, you and your partner will enter a realm of divinity, so be prepared, for tantra will take you there. To allow sexually spiritual feelings to evolve without embedding them in a religious context, try the karezza technique of looking into your partner's eyes, thinking about the universality of sexual congress among all species, and then extending your awareness out beyond the pair of you to the world and to the cosmos.

You may find yourself in what is called by some "the magnetic ocean," a sensation that you are partaking of a universal, ongoing sexual experience that is life itself. This sensation of magnetism during meditation gave rise to another 19th century American name for karezza -- magnetation, a term coined by John William Lloyd.
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THE ART OF KISSING
"ARRANGE IT SO THAT THE GIRL IS SEATED AGAINST THE ARM OF THE SOFA"

The dictionary says that a kiss is "a salute made by touching with the lips pressed closely together and suddenly parting them." From this it is quite obvious that, although a dictionary-may know something about words, it knows nothing about kissing.

If we are to get the real meaning of the word kiss, instead of going to the old fogies who compile dictionaries, we should go to the poets who still have the hot blood of youth coursing in their veins. For, instance, Coleridge called a kiss, "nectar breathing." Shakespeare says that a kiss is -a "seal of love. Martial, that old Roman poet who hid ample opportunity to do research work on the subject, says that a kiss was "the fragrance of balsam extracted- from aromatic trees; the rise odor yielded by the teeming saffron; the perfume of fruits mellowing in their winter buds; the flowery meadows in the summer; amber warmed by the hand of a girl; a bouquet of flowers that attracts the bees."

Yes, a kiss is all of these ... and more.

Others have said that a kiss was: the balm of love; the first and last of joys; love's language; the seal of bliss; love's tribute; the melting sip; the nectar of Venus; the language of love.

Yes, a kiss is all of these . . . and more.

For a kiss can never be absolutely defined. Because each kiss is different from the one before and the one after. just as no two people are alike, so are no two kisses alike. For it is people who make kisses. Real, live people pulsating with life and love and extreme happiness.
DIFFERENT KINDS OF KISSES

Of course, there are different kinds of kisses. For instance, there is the kiss that the devout person implants on the ring of the Pope. There is the maternal kiss of a mother on her child. There is the friendly kiss of two people who are meeting or are separating. There is the kiss that a king exacts from his conquered subjects. But although all of these are called kisses, they are not the kisses* that we are going to concern ourselves with in this book. Our kisses are going to be the only kind of kisses worth considering – the kisses of love. The kiss perhaps, that Robert-Bums had in mind when he wrote:

Honeyed seal of soft affections,
Tenderest pledge of future bliss,
Dearest tie of young connections,
Love's first snowdrop, virgin kiss.

The amazing thing about the kiss is that although mankind has been kissing ever since Adam first turned over on his side and saw Eve lying next to him, there has been practically nothing written on the subject. Every year, hundreds of books are published telling you how to reduce, how to gain, how to get a job, how to cook, how to write and even how to live. But, on the art of kissing, very little has been written. - One reason for this lack of proper instruction is accounted for by the Victorian sense of morals which has persisted through the ages. To the blue-nosed Puritans of the past anything that concerned love was dirty, pornographical. John Bunyan's writings show what these Puritans thought of the kiss. He wrote in big infamous "The Pilgrim's Progress," "the common salutations of women I abhor. It is odious to me in whomsoever I see it. When I have seen good men salute those women that they have visted, or that have visited them, I have made my objections against it; and when they have answered that it was but a piece of civility, I have told them that it was not a comely sight. Some, indeed, have urged the holy kiss; but then, I have asked them why they make their balks; why they - did salute the most handsome and let the ill-favored ones go." Perhaps old Bunyan thought that way because be was one of the "ill-favored" who went un kissed and were let "go."

But, nowadays, people have taken a broader outlook on life. Our plays are becoming more civilized and less stiff. Our arts are no more censored by laws. Our books are being written about subjects that no self-respecting author would ever have dared to put into a book. Birth-control, divorce and the science of marriage are common subjects for books. Even the strange vices of mankind are brought out into the open and discussed and not allowed to fester in the dark chambers of censorship. Yes, books like Van de Velde's "Ideal Marriage" and Stope's "Married Love" Ire openly sold in bookstores. But, nowhere, do we find a book which instructs people in the art of kissing, an art which is an absolute essential to a happy -life, as we shall discuss in the oncoming pages of this book.

Is it because we are not absolutely freed from the shackles of prudishness? In certain parts of this country, men have been arrested for kissing their wives on the street! Is this civilization?
So it is, that this book is being written. It is going to be a manual of the kiss. In it we are going to discuss the most approved methods of kissing, the advantages of certain kinds and, with the disadvantages of others, the mental and physical reactions of kissers, historical episodes of kissing together with examples from the literature of the world in which kisses were the subject. So, gird up your loins, pucker up your lips and let's to the kissing arena!

**WHY PEOPLE KISS**

What happens when a man and a woman kiss? That is to say, what happens, to the various parts of the body when two people in love join their lips in bliss? Years ago, before our biologists knew of the existence of the glands in our bodies, one writer quoted a scientist as saying that "kissing is pleasant because the teeth, jawbones and lips are full of nerves, and when the lips meet an electric current is generated."

What nonsense! what utter nonsense!

In the first place, two people kiss because they are satisfying, a hunger within them, a hunger that is as natural as the hunger for food, water and knowledge. It is the hunger of sex that drives them to each other. After that, hunger has been satiated, then comes the hunger for a home, for children and for marital happiness. This hunger is instinctive, that is, we are born with it, all of us, and we cannot learn it or acquire it in any way.

**WHY KISSING IS PLEASANT**

Once this hunger for the opposite sex evidences itself, there occurs in the human body what is known as *tumescence* which, in simple language, is the rhythmical contraction of the various muscles of the body together with the functioning of certain glands, just which glands science has been unable to say definitely. Gland specialists know, by performing certain operations, that the adrenal, the pituitary, the gonad and certain other glands, control the sexual behavior of human beings. It is these glands that re-act, that secrete what are known as hormones into the blood which, in turn, carries them into the various organs effected by a sexual reaction.

Therefore, it can be seen that it is the partial satisfying of the sex-hunger that makes kissing pleasurable. Electricity is used for turning motors and lighting lamps and heating curling irons. But electricity does not give complete satisfaction to the kiss.

But enough of dry science!

We have ahead of us pleasurable reading of the bliss of the kiss. Now that we have learned why it is that men and women kiss, let us go into the methods used in kissing so as to derive the most satisfaction from this most soul-appeasing of pleasures.
APPROVED METHODS OF KISSING

The only kiss that counts is the one exchanged by two people who are in love with each other. That is the first essential of the satisfying kiss. For a kiss is really the union of two soul-mates who have come together because they were made for each other. The reason for this is that the kiss is really the introduction to love, true love. The kiss prepares the participants for the love life of the future. It is the foundation, the starting point of sexual love. And it is for that reason that the manner in which the kiss is performed is so vitally important.

There are still young women extant who believe that babies are the result of kisses. Actually! this is a fact! And this condition exists because our parents, in the main, are either ignorant of the methods of explaining sex to their children or are too embarrassed to enlighten them. The result is that their children obtain their sexual information from the streets and alley or else remain ignorant of it and believe such things as was mentioned above.

KISSES ARE BUT PRELUDES TO LOVE

Man and woman are born to love, marry and beget children. Woman is so physically constituted that she is the one who bears the child. Man, on the other hand, is given the duty of being the protector of his wife and, after they are born, of his children. Therefore, he must always be the one who takes the initiative. He must be strong, he must be willing, he must be physically able to take care of his charges, He must be the aggressor. It is, therefore, necessary that the man be taller than the woman. The psychological reason for this is that he must always give the impression of being his woman's superior, both mentally and especially physically. The physical reason, with which we are more concerned, is that if he is taller that his woman, he is better able to kiss her. He must be able to sweep her into his strong arms, and tower over her, and look down into her eyes, and cup her chin in his fingers and then, bend over her face and plant his eager, virile lips on her moist, slightly parted, inviting ones. All of this he must do with the vigor of an assertive male. And, all of these are impossible where the woman is the taller of the two. For when the situation is reversed, the kiss becomes only a ludicrous banality. The physical mastery is gone, the male prerogative is gone, everything is gone but the fact that two lips are touching two other lips. Nothing can be more disappointing.

PREPARING FOR THE KISS

A paragraph back, we mentioned that the woman's lips were slightly parted when she awaited the lips of her lover. There was a reason for using this description. Always, in any sort of kiss, just before the male's lips settle onto the lips of his partner, the female's lips should be slightly parted. One reason for this is that cherry-red lips serve as a charming frame for a row of gleaming, white, even teeth. The picture that confronts the kisser is one that draws him onward. And even, months later, when he thinks back to the kiss in the retrospect, he will remember that pretty little picture of the pearls of teeth nestling in their frame of cherries.
The deliciousness of a long-remembered kiss was beautifully expressed in a poem 'called, "Three Kisses," in which occurred the verse:

I gently raised her sweet, pure face,
Her eyes with radiant, love sight filled.
That trembling kiss I'll ne'er forget
Which both our hearts with rapture filled.

Another reason for-parting the lips is that there is a definite gratification the male obtains from the delicious odor that emanates from his loved one's mouth. John Secundus, in describing a kiss, said - that lover's kiss was like:

"... every aromatic breeze That wafts from Africa's spicy trees;"

The odor of a woman's hair can send shivers of joy coursing up and down a man's spine. The odor of her body can convulse him with throes of passion. Odors are as necessary to love as is love, itself. That is why it is so essential that the lips be parted just before the kiss. And that is why the breath should be kept always sweet and pure so that, when the lips are opened, the breath will be like an "aromatic breeze." Sometimes it is advisable to touch the corners of the mouth with perfume. But be certain that there is only the faintest suggestion of an odor and no more. Another thing, lipstick is definitely out in the kiss, because it comes off so readily. A very light coat of lipstick should be worn so that, when it does come off, it will not serve to betray you. Similarly, the teeth should be kept cleaned and polished. Nothing can dampen a young man's ardor, or a young woman's for that matter, than a row of brown-stained, unkempt teeth.

**HOW TO APPROACH A GIRL**

In kissing a girl whose experience with osculation is limited, it is a good thing to work up to the kissing of the lips. Only an arrant fool seizes hold of such a girl, when they are comfortably seated on the sofa, and suddenly shoves his face into her's and smacks her lips. Naturally, the first thing he should do is to arrange it so that the girl is seated against the arm of the sofa while he is seated at her side. In this way, she cannot edge away from him when he becomes serious in his attentions. This done, on some pretext or another, such as a gallant attempt to adjust the cushions behind her, he manages to insinuate his arm, first around the back of the sofa and then, gradually, around her shoulders. If she flinches, don't worry. If she flinches and makes an outcry, don't worry. If she flinches, makes an outcry and tries to get up from the sofa, don't worry. Hold her gently but firmly, and allay her fears with kind, reassuring words. Remember what Shakespeare said about "a woman's no! However., if she flinches and makes an outcry, a loud, stentorian outcry, mind you, and starts to scratch your face, then start to worry or start to get yourself out of a bad situation. Such girls are not to be trifled with ... or kissed. It is such as they, in most cases, who still believe the story of the stork which brings babies because of the consequences of a kiss.

But if your arm is comfortably reposed across the girl's shoulders and "all's right with the
world)" then your next step is to flatter her in some way. All women like to be flattered. They like to be told they are beautiful even when the mirror throws the lie back into their ugly faces.

Flatter her!

Catullus once wrote:

    Kiss me softly and speak to me low;
    Trust me darling, the time is near,
    When we may live with never a fear
    Kiss me dear!
    Kiss me softly, and speak to me low

"Take a Deep Sniff of the Perfume In Her Hair and comment On It"
Tell her she is beautiful!

Then, take a deep sniff of the perfume in her hair and comment on it. Tell her that the odor is like "heady wine." Tell her that her hair smells like a garden of roses. Tell her anything, but be sure to tell her something complimentary. This done, it is only a natural thing for you to do to, desire to sink your nose deeper into her hair so that you can get the full benefit of its bouquet.

THE TECHNIQUES OF KISSING

Now is your chance I The moment you feel the tip of your nose touch her scalp, purse your lips and kiss her, the while you inhale a deep breath of air that is redolent with the exquisite odor of her hair. it is then but a few inches to her ear. Touch the rim of her ear with your lips in a sort of brushing motion. Breathe gently into the delicate shell. Some women react passionately to this subtle act. Brush past her here in this way again and note her reaction. If she draws her head away, return to her hair and sniff luxuriously of it. Then: settle back to her ear, the while you murmur "sweet, airy nothings" into it. From the ear to her neck is but another few inches. Let your lips traverse this distance quickly and then dart into the nape and, with your lips well pursed, nip the skin there, using the same gentleness as would a cat lifting her precious kittens.

Then, with a series of little nips, bring your lips around from the nape of her neck to the curving, swerve of her jaw, close to the ear. Gently kiss the lobe of her ear. But be sure, to return to the tender softness of her jaw. From then on, the way should be clear to you. Nuzzle your lips along the soft, downy expanse until you reach the comer of her lips. You will know when this happens because, suddenly, you will feel a strange stiffening of her shoulders under your arm. The reason for this is that the lips constitute one of the main erogenous zones of the body. The nerve ends in it are so sensitive that the slightest contact with them sends a pleasurable thrill immediately through the nervous system, through the medulla portion of the brain, back through the nervous system again, through branches which connect up with motor nerves, in this case the nerves that control the
sphyncter muscles of the mouth and lips, and the sexual glands which were mentioned before.
In plain English, the kissee knows she is to be kissed.

Alright. You have subtly kissed the corner of her mouth. Don't hesitate. Push on further to more pleasurable spots. Ahead of you lies that which had been promised in your dreams, the tender, luscious lips of the girl you love. But don't sit idly by and watch them quivering.

Act!

Lift your lips away slightly, center them so that when you make contact there will be a perfect union. Notice, only momentarily, the picture of her teeth in her lips. And, then, like a sea-gull 'swooping gracefully down through the air, bring your lips down firmly onto the lips of the girl who is quivering in; your arms.

Kiss her!

Kiss her as though, at that moment, nothing else exists in the world. Kiss her as though your entire life is wrapped up into the period of the kiss. Kiss her as though there is nothing else that you would rather be doing. Kiss her!

At this point, it is necessary for us to discuss a few subjects which are germane to the art of kissing, particularly in so far as they apply to what has just been described. For instance, there has been raised quite a full in regard to whether one should close one's eyes while kissing or while being kissed. Personally, I disagree with those who advise closed eyes. To me, there is an additional thrill in seeing, before my eyes, the drama of bliss and pleasure as it is played on the face of my beloved. I can see tiny wrinkles form at the comers of her eyes, wrinkles of joy. I can see fleeting spasms of happiness flit across her eyes. I can see these things and, in seeing them, my pleasurable reactions to the kiss are considerably heightened. In keeping my eyes open, I am giving pleasure not to one sense alone, the sense of touch, but to two senses, the senses of touch and of sight. These two, coupled with the sense of smell which is actuated by the perfume of her breath, all combine to make the kiss an exquisite, ineffable epitome of unalloyed bliss.

**HOW TO KISS GIRLS WITH DIFFERENT SIZES OF MOUTHS**

Another question which must be settled at this time concerns the size of the kissee's mouth. A consideration of this factor is important. Where the girl's mouth is of the tiny, rosebud type, then one need not worry about what to do. Merely follow the directions as
they were outlined above. However, there are many girls whose lips are broad and generous', whose lips are on the order of Joan Crawford's, for instance.. The technique in kissing such lips is different.

Different Sizes of Mouths Require a Different Technique in Kissing

For, were one to allow his lips to remain centered, there would be wide expanses of lips, untouched and, therefore, wasted. In such cases,. instead of remaining adhered to the center of the lips, the young man should lift up his lips a trifle and begin to travel around the girl's lips, stopping a number of times to drop a firm kiss in passing. When you have made a complete round of the lips, return immediately to the center bud and feast there.

Feast there as did that lover of Fatimas, in Tennysen's poem, in which it was written that: "Once he drew, with one long kiss, my whole soul through my lips-as sunlight drinketh dew."

Then, sip of the honey.

Like the bee that settles on the fragrant pistils of a flower, and sips in the nectar for honey, so should you sip in the nectar from between the lips of your love. And it is nectar. For there is in this mingling a symbol of the holy communion of the spirits of two soul-mates, joined together in the bonds of an indissoluble love. It was a kiss such as this which caused the writer of an old German novel to write:

"Sophia returned my kiss and the earth went from under my feet; my soul was no longer in my body; I touched the stars; I knew the happiness of angels!"

ENJOY THE THRILLS OF KISSING

But don't be in a hurry I As in all matters pertaining to love, don't hurry the process of kissing. A kiss is too rapturous a thing to be enjoyed for the moment and the moment only. Linger longer on her lips than you have ever lingered before. Forget time. Forget everything but the kiss in which you are in the midst of. Don't be like that bashful young lover who, after a sweet, long kiss, drew his lips away from the lips of his charmer. Immediately, She burst out into tears.

"What's the matter?" he asked solicitously.

"You don't love me I" she said between sobs.

"But I do!"

"Then why did you draw your lips away?"

"I couldn't breathe," he said naively.

Breathe? Who wants to breathe, who even wants to think of breathing in the middle of an impassioned kiss? Breathe through your nose if you have to breathe. But kiss, keep on kissing, as long as there! Is one minim of breath in you. Kiss, as Byron said we should
kiss, with the "long, long kiss of youth and love."

Recently, in Chicago, there was held a marathon kissing contest to determine which couple could hold their kiss the longest without being forced to separate. One pair was able to hold their kiss for fifteen hours. Think of that! Fifteen hours. And yet the naive lad stopped kissing because he couldn't breathe.

Elizabeth Barrett Browning must have spent many an ecstatic night of kissing with the poet, Robert Browning, if we are to judge from an excerpt from her "Aurora Leigh," in which she described a kiss as being "As long and silent as the ecstatic night."

Another poet, unknown, but certainly one who knew whereof he speaks, wrote the following poem which deserves to be quoted in its entirety.

Oh, that a joy so soon should waste,
Or so sweet a bliss as a kiss
Might not forever last!
So sugared, so melting, -so delicious.
The dew that lies on roses,
When the morn herself discloses,
Is not so precious.
Oh, rather than I would it smother
Were I to taste such another.
It. should be my wishing
That I might die kissing.

At this point, it should be explained that the lips are not the only part of the mouth which should be joined in kissing. Every lover is a glutton. He wants everything that is part of his sweetheart, everything. He doesn't want to miss a single iota of her "million-pleasured joys" as Keats once wrote of them. That is why, when kissing, there should be as many contacts, bodily contacts, as is possible.

Snuggle up closely together. Feel the warm touch of each other's bodies. Be so close that the rise and fall of each other's bosoms is felt by one another.
Get next to each other.

"Snuggle Up Closely Together"

And, this same thing applies to the mouth in kissing. Don't be afraid to kiss with more than your lips. After your lips have been glued together for some time, open them slightly. Then put the tip of your tongue out so that you can feel the smooth surface of your kissee's teeth. This will be a signal for her to respond in kind. If she is wholly in accord with you, if she is, truly, your real love-mate, then you will notice that she, too, has opened her lips slightly and that, soon, her teeth will be parted. Then, if she is all that she should be, she should project the tip of her tongue so that it meets with the tip of yours.
Heaven will be in that union!

Lava will run through your veins instead of blood. Your breath will come in short gasps. There will rise up in you an Overpowering, overwhelming surge of emotion such as you have never before experienced. If you are a man, you will clutch the shoulders of your loved one and sense a shudder course through you that makes you pant. If you are a woman, and being kissed, you will feel a strange languor passing through your limbs, your entire body. A shudder will go through you. You will moan in the delicious transports of love. And, in all probabilities, you will go faint because the blood in your veins will be rushing furiously into your entire system and away from your head. Thus, you will be unable to think any longer. You will only be able to feel, to feel the most exquisite of pleasures that it has been your lot to feel.

THE FRENCH "SOUL" KISS

But don't stop at this.

Surely, there is more to your tongue than merely its tip. Probe further. Go deeper. Gently caress each other's tongues. For, in doing this, you are merging your souls. That is why this kiss was called the "soul" kiss by the French who were said to be the first people to have perfected it. The French have always been a liberal minded people. And, it is because of the fact that they dropped Puritanism many years ago, that they were able to perfect themselves in the art of love and, particularly, in the art of kissing.

Learn from the French.

Learn also from the Old Romans, especially Catullus, whose love poems to Lesbia have lived through the ages because of the sincerity of his passion and the genius of his ability to express his emotions in the form of beautiful poetry. For it was Catullus who wrote:

"Then to those kisses add a hundred more,
A thousand to that hundred so, kiss on!
To make that thousand up to a million;
Treble this million, and when that is done,
Let's kiss afresh, as when we first begun."

Kisses cost nothing. So kiss on. There is one thing that you cannot take away from people and that is the ability to make love to each other. Despite the fact that the world suffered from a long depression, people continued to get married and they continued to have children. In fact, according to recently released figures, there were more children born during the depression than there had been in good times. This means that, although married people did not have money, they still had themselves. They still had love. They still had the ability to kiss as they pleased and when they pleased and as often as they pleased.
Another poet asks:

What is a kiss? alack, at worst,  
A single drop to quench a thirst,  
Tho oft it proves in happier hour,  
The first sweet drop of one long shower.

Because kisses cost nothing.

So kiss on. Keep on kissing. Rare old Ben Jonson realized this when he wrote that, if he had one wish, it would be that he could die kissing. But it is not only the robust and lusty poets, like Ben Jonson, who are gluttons for kisses. There has been attributed to John Ruskin, an old fogy of a philosopher if ever there was one, a request from him to a young lady friend of his that she "kiss him not sometimes but continually." Still another poet wrote:

Kisses told by hundreds o'er;  
Thousands told by thousands more.  
Millions, countless millions then  
Told by millions o'er again;  
Countless as the drops that glide  
In the ocean's billowy tide,  
Countless as yon orbs of light  
Spangled o'er the vault of night  
I'll with ceaseless love bestow  
On those cheeks of crimson glow,  
On those lips so gently swelling,  
On those eyes such fond tales telling.

PUT VARIETY INTO YOUR KISSES

It is with the last few lines of this poem that our next subject for discussion concerns itself. As was mentioned before, the true lover is not satisfied with only one or two contacts. He wants nothing to be held from him. It is for that reason that, when kissing a girl, after you have given sufficient time to the kissing of her lips, you should vary your kissing by diverting your zeal to other portions of her face. Robert Herrick, who wrote, many beautiful love lyrics in his day, has a poem which ideally synthesizes this idea of varied kisses. In it he says:

It isn't creature born and bred  
Between the lips all cherry-red;  
It is an active flame that flies  
First to the babies of the eyes;  
Then to the cheek, the chin and ear;  
It frisks and flies—now here, now there-
'Tis now far off, and then 'tis near;  
Here and there and everywhere.

Let us say that you have revelled in a sweet, long kiss. Suddenly, you see your loved one's eyes close as though in a moment of weariness. Gently detach your lips from her's and raise them up to her closed eyelids. Drop a kisslet first on one eyelid and then on the other. Feel the rolling orb quiver under your lips. Then, when you have done this, run your lips down along the line of her nose, stopping at odd times to purse them into a tiny kiss. When you reach the wrinkle of her nostrils, bury your lips deeply into the curve and kiss little niblets into first one and then the other. If her eyes still are closed, repeat the process.

But return to the lips.

Never forget this important injunction, "Return to the lips," for they can never become satiated with love's ardent kisses. The little kisses that you have deposited on her eyes and her nose serve only to vary the Menu of love. They are but spice to the course of love's banquet which should always be the "lip kiss."

THE VACUUM KISS

This time, when your eager lips have been deposited on the eager lips of the girl, try to vary the kiss. For instance' instead of using the soul kiss, try what is known as the "vacuum kiss." Here you start off by first opening your mouth a trifle just after you have been resting peacefully with closed lips. Indicate to your partner, by brushing her teeth with the tip of your tongue, that you wish for her to do likewise. The moment she responds, instead of caressing her mouth, suck inward as though you were trying to draw out the innards of an orange. If she knows of this kiss variations your maid will act in the same way and withdraw the air from your mouth. In this fashion, in a very short while, the, air will have been entirely drawn out of your mouths. Your lips will adhere so tightly that there will almost be pain, instead of pleasure. But it will be the sort of pain that is highly pleasurable. That may sound odd but, nevertheless, it is a fact. Pain becomes so excruciating as to become pleasure. This subject will be gone into very shortly in regard to what is known as the "bite kiss." But, at present let I us continue with the "vacuum kiss."

This kiss must, of necessity, last a comparatively short time. There is too rill4ch strain on the delicate mouth tissues and the muscles tire very easily. It is .for that reason that this kiss should be shortened. However, there is a special technique to be used to terminating it. When you decide that you have had enough of it, don't suddenly tear your mouth away. At least, don't do it if there are other people present in the house. For, they will become startled by the sound of a loud report which will result if you act suddenly. Any vacuum when suddenly opened to air gives off a loud popping noise. The procedure is simply to open first a comer of your mouth. You will hear a faint hissing sound when this is done. Immediately, you will find the pressure in your mouth lessen. The muscles will relax. And a delicious sense of torpor will creep over your entire body, giving it a lassitude that is almost beatific.
But that is not all.

To every large dinner, there is always added a dessert or a lagniappe which is a topping off tid-bit of the evening. The same should apply to the "vacuum kiss." The minute you release Your lips, lift them' away from the tired lips of your lover. Then, without wasting a minute's time, gently, delicately, softly, sensitively, oh so lightly, lower your pursed lips and place a tiny little kiss into the almost bruised lips of the girl. It is this little act of sympathy and condolence that makes the tie between you all the more firm. It tells the girl that you know how she feels and that you sympathize with her.

While resting from the joy-laden ardors of such a kiss, a few more variations are permissible and advisable. There should never be a let-down in a kissing session. Every moment must be filled with kisses. But they do not have to be kisses of the mouth. There are other kisses which, although they are not as satisfying as the lip kisses, still serve to keep the blood burning.

THE "SPIRITUAL" KISS
For instance, there can be kisses exchanged merely in intense glances. A sort of "spiritual kiss." can pass between the adoring eyes of a pair of lovers. The hot blooded Latin races know the power of such kisses. Their fiery temperaments are ever questing for new delights, for variations, for delightful and artful ways of adding to the pleasure of love. There is a poem extant written by a young Spanish poet to his sloe-eyed, raven-tressed senorita. No doubt it was sung by him under her balcony while the romantic moon streamed down liquid beams. But the poem quite amply describes this point of kissing with things other than your lips.

Then she kisses with her eyelids,
Kisses with her arching eye-brows,
With her soft cheek softly rubbing,
With her chin and hands and fingers,
All the frame of Manuela,
All her blood and all her spirit,
All melt down to burning kisses.

There, Perhaps fifteen feet away from him, was the light of her love. Yet, by means of her eyes, she was able to kiss him so that their love continued to flower.

THE EYELASH KISS
A variation of this eye kiss can be practiced as a tender diversion. After an intense period of "soul or "vacuum kissing" has been indulged in and both lovers lie back tiredly, looking into each other's eyes, the-young man should lean over the face of the girl. But, instead of implanting his lips on hers, he should bring his cheek into direct contact with her cheek again. Then, when this is done, he should lower his eyelash so that they enmesh with the eyelash of his partner. This, of course, is done one eye at a time. And when the enmeshing process is complete, each should gently raise and lower his or her
eyelids. The contact of the hair of the eyelash is one that is almost indescribable. Suffice it to say, it is a charming bypath in the meadows of love that is pleasant, provocative and yet not exhausting.

**THE "PAIN" KISS**

A while back, mention was made of the "Pain kiss." It is with this seemingly paradoxical pleasure that we shall deal with now. First of all, it is necessary to explain that, although an act can be painful, it can still be pleasurable. The explanation is merely another indication of the variability of human nature. To begin, there are some people who derive an extreme pleasure out of being whipped or burned or beaten. There is no rational explanation for this strange, delight. The fact remains that they react pleasurably to pain. These people are called masochists. Similarly, there are other people who derive the same pleasure out of being the ones who inflict pain or perform the beating. Their abnormality, too, is inexplicable. They are called sadists.

The point is this: these people have these strange desires in extremes. But normal people have similar desires but they are not so strong. They are present only in minute degrees. That is why some of us deliberately uncover ourselves in cold weather or continue to pick at a sore tooth although the act pains us. It is for this reason that most of us are able to derive pleasure from the "pain kiss."

The "pain kiss" is simply a tiny bite, a love nip.

Catullus, who knew his kissing, if we are to judge from the many poems he left on the subject, once rote:

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Whom wilt thou for thy lover choose?  
Whose shall they call thee, false one, whose?  
Who shall thy darted kisses sip,  
While thy keen love-bites scar his lip?
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**THE "NIP" KISS**

Horace, another Roman, whose kissing proclivities have come down through the ages because of his love poems, also wrote something about the "nip-kiss" when he said:

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Or on thy lips, the fierce, fond boy  
Marks with his teeth the furious joy.
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So you see, it is perfectly normal people, if you can call poets normal people, who indulge in the "pain kiss" and derive intense pleasure from it. Punishment, after all, can be more than painful. For instance, in another poem, a poet says:

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And if she dared her lips to pout,  
Like many pert young misses,
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I'd wind my arms her waist about
And punish her with kisses.

Naturally, in the "nip-kiss" the kisser is not supposed to open his mouth like the maw of a lion and then sink his fangs into the delicate-flesh of the kissee. Ridiculous! The procedure is the same as the ordinary kiss except that, instead of closing your lips with the kiss, you leave them slightly open and, as though you were going to nibble on a delicious tid-bit, take a playful nip into either the nape of the neck, the cheek or the lips. just a nip is enough. And the resultant pleasure, I assure you, will more than compensate for the slight inconvenience of pain.

Now there might be some of you who may wonder why such kissing subterfuges and substitutes are necessary. It is only that man is a questing animal. He is never satisfied with the ordinary and commonplace because the commonplace, after a time, becomes very boring. Not that I mean to infer that the usual "lip-kiss" is commonplace. Absolutely not. The "lip-kiss," as I have mentioned before, is the piece de resistance, the main course in the "banquet of love" as the poet, Qvid, called it. But imagine a meal in which there were seven courses of filet mignon or seven courses of lobster. You'd get sick and tired of a tender filet after the third course, wouldn't you? And after the second lobster, you wouldn't be able to look a lobster in the eye, that is, providing a lobster has eyes. So you see why it is that if the lip-kiss were indulged in exclusively, you would reach a point where it would lose all of its rapturous savor.

VARIATION, KISSES ARE THE SPICE OF LOVE

A variation of the "lip-kiss" can be performed very nicely. Instead of pressing the lips together at one spot, start at one corner of the mouth and brush your closed lips across the entire mouth. A variation of this, in turn, is to part your lips slightly and, with the tip of your tongue in the groove that separates the two lips, brush your lips from side to side. Naturally, additional variations to this last variation suggest themselves immediately to the aware practitioner of the kiss. In fact, to such a person there should come up hundreds of other variations to titillate and titivate the senses.

One such variation suggests itself. Technically, it is not exactly a variation but simply a variation in the technique of the ordinary "lip-kiss." It employs the use of the .delayed action in its execution. The old story of the fox and the grapes which were tantalizingly dangled over his head is the foundation for the method. Simply, the procedure is this: just before lowering your lips for the kiss, instead of planting the kiss, draw your head back again. Then, hold your lips in readiness but do not-kiss. Hold this position for as long as possible the while you smile tantalizingly into the eyes of the girl. Finally, when both you and she can stand the suspense no longer, then lower your lips, Slowly, as slowly as you possibly can, and imprint the seal of love onto the avid mouth of your loved one. After that, the technique calls for no specific action. Kissing, like loving, is instinctive.
ELECTRIC KISSING PARTIES

Some few years ago, a very peculiar kissing custom arose which deserves mention here because, from it, we can learn how to adapt the method to our modern devices. At that time, when young people got together, they held, what was then known as, "electric kissing parties." Young people are ever on the outlook for novel ways of entertaining themselves. In fact, when ether was first developed as an anesthetic, the young bloods of the town used to form "ether-sniffing" parties in which they got a perfectly squiffy ether "jag." But to return to the "electric kisses." An excerpt from a contemporary writer will, perhaps, give us some idea of what happened.

"The ladies and gentlemen range themselves about the room. In leap year the ladies select a partner, and together they shuffle about on the carpet until they are charged with electricity, the lights in the room having been first turned low. Then they kiss in the dark; and make the sparks fly for the amusement of the onlookers."

The same sort of experiment could be performed nowadays, on cold, dry nights when the air is overloaded with electricity. But be certain that neither you nor your partner touches each other after shuffling furiously on the carpet with your feet. Merely lean over slowly and, when your lips are about half an inch apart, slow the process down even more until the spark jumps. However, considerable practice should be had before this kiss variation can be done successfully. The natural reaction to this sort of shock is to pull away from each other. But, try to resist this natural impulse because, if you do not kiss the moment after the shock has been perpetrated, the pleasure will be all gone.

Once you have practiced this for some time, you will become so innured to the slight shock that you will seek more potent electric shocks. These can be obtained with the use of an electric vibrator or in fact, any device that is worked from a battery and a coil which steps up the weak 3 volts of the battery. Shooting galleries have electricity testing devices of this nature which have two handles. No matter what you use, the method is as following: first you take hold of one pole of the live wire, of the handle of the machine, if that is what you are using. Then, your partner should take hold of the other pole, or handle. This done, bring your lips together until there is about an eighth of an inch separating your lips. At this moment, turn the rheostat that increases the current. As soon as the charge is strong enough, a sudden, intense spark will jump the gap of your lips. Again, learn not to flinch but to seize hold of the opportunity of bringing your lips together in a grand, climactic kiss. The advantage of this, method is that you can regulate the electrical charges so that, when you become innured to one strength, you can increase the current almost indefinitely.

A word of warning, however, is apropos here. Be satisfied with the current generated by this battery set. Don't be like a young friend of mine who discovered that the battery set, even at its highest output, was too weak for him and his partner. Being of an experimental nature, he decided to see what would happen were he to use the ordinary house current as the electrical stimulus. And so, together with his partner, he placed himself in front of an electric wall outlet into which he had screwed a plug and a wire whose end had been, frayed so that the two wires were separated. Taking hold of one wire, he advised the girl
to take hold of the other. Then, using the usual "electric-kiss" technique, he bent over and started to bring his lips slowly towards the girl's lips. He got as far as about half an inch from her lips, and that's all. Because, a moment later, he saw a blinding flame sear across his eyes and he felt an enormous blow jolt him off his feet. When he came to enough to realize where he was, he found himself asprawl on the floor, his girl friend in a similar position a few feet away. The result was a pair of burned lips and a combined determination to stick to the old fashioned way of kissing. The burned lip will always spurn the flame.

THE DANCING KISS

The Dancing Kiss

A very pleasant way to kiss is found in the "dancing kiss." Here, again, it is the closeness of the bodies of the participants that adds to the enjoyment. What more could a pair of lovers ask for than a dimly lighted dance floor, the tender, rhythmical strains of a waltz being played by Wayne King, their arms around each other, their eager young bodies kissing each other in a myriad of excitable places, the while, their cheeks meet in glowing, velvety strokes? Naturally, in such situations, the rules of social etiquette will not allow the pair to enjoy an extremely appropriate "lip kiss." Although this can very easily be accomplished in the privacy of one's parlor while the radio is broadcasting the music. In fact, the "electric kiss" can be ideally performed under these circumstances. But, when dancing in a public place, the only kisses allowed would be those surreptitious ones stolen under the straying eye of the chaperone. Under the pretense of whispering pretty nothings into your partner's shell of an ear, allow your lips to touch her earlobe, her cheek and her chin. A few covert eye-kisses, perhaps, can be stolen in this manner, too. But, these stolen sweets should suffice the happy couple until they return home. Then, stimulated by the forepleasure of these previous non-lip kisses, the pair can indulge in all the variations listed in this booklet, to their hearts' and their lips' content. The while they recall, perhaps, those lines from Sir John Suckling's "Ballad of a Wedding," which went:

Oh, they sudden up -and rise and dance;  
Then sit again, and sigh, and glance;  
Then dance again, and kiss.

THE SURPRISE KISS

A most charming manner of kissing is called the "surprise kiss." This is performed when one of the parties has fallen asleep, on the sofa, let us say. On entering the room, when the other sees his lover asleep, he should tip-toe softly over to her. Then, lowering his head slowly, he should implant a soft, downy, feathery kiss squarely on her lips. This first kiss should be a very light one. -But, thereafter, the intensity of the kisses should increase until the sleeping one has awakened. and, of course, even beyond that. The effect of such an awakening to a sleeper is almost heavenly. For, while in the midst of a dream, a pleasant one, most likely, for it will concern the other half of the couple, she feels vaguely, faintly, as though it were the touch of a butterfly's wing, a subtle kiss on her lips. Naturally, in the depths of her sleep, she imagines that it is part of her dream and the
result, is a pleasant sensation, indeed. Then, gradually, although still asleep, she feels the kisses continue. And the pleasantness continues. Then, as she starts to come out of her sleep, she realizes that the kisses are to real for a dream. But she is sure that she is dreaming. And so, immediately, a relapse from the happiness sets in and a twinge of sadness comes over her because she knows that, instead of being with her lover, she is only dreaming of him. Imagine, then, her extreme gratification, when, while thinking these drab thoughts, she feels the actuality of an intense, ardent kiss on her lips. Her heart flutters wildly. Her pulse runs riot. Perhaps she is not asleep, she argues to herself. Then she opens her eyes. And she sees the darling face of her beloved bending over her. And she feels the sensuous touch of his lips on hers. Truly, no awakening can be more pleasurable!

**KISSING UNDER THE MISTLETOE**

Perhaps, in conclusion, it would be appropriate to make mention of a few kissing customs which have intrigued mankind. For instance, there is the rite of kissing under the mistletoe, at Christmas time. The origin of this custom is uncertain. Suffice it to say, it must have been started by some woman because, in it, She rule is that if a woman is caught standing under a sprig of mistletoe, any man has the right to kiss her, peremptorily, without asking her permission or begging her pardon. Here is one time when social convention does its eyes to lover's delights. For, then, you can seize hold of the girl with impunity and smack her to your heart's content without being socially ostracized for it.

**KISSING GAMES**

One wonders at the prevalence of kissing games in this civilization. Games on the order of "Postoffice," "Kiss the Pillow" and innumerable others which have been devised for the jovial disports of lovers. In these games, because they are games, it is perfectly legitimate for two people to lass. In fact, in the game Postoffice" this kissing is encouraged behind closed doors where the happy couple are alone in a room. The game is so widespread that comment in regard to the manner in which it is played would be extraneous here. But, what would make an excellent topping off for this booklet, would be a conjecture as to the reason for the prevalence of such games, even during the dreaded Victorian -times , when etiquette was so strict that the dictum was made forbidding the placing of a book by a female author next to a book written by a man!

These kissing games existed and shall continue to exist because man and woman must kiss. In fact, man is the only animal who uses the kiss to express his love and affection. Dogs, cats and bears lick their offspring. Horses and cows rub noses and necks. Birds nestle together.

But, only mankind kisses.

Only mankind has the reason, the logic, the happy faculty of being able to appreciate the
charm, the beauty, the extreme pleasure, the joy, the passionate fulfillment of the kiss! Nature kisses, in her way, but nature hasn't the brains to profit from the kiss. Only man can do this.

Perhaps it would be appropriate to conclude this summary of the art of kissing with an excerpt from Shelley's immortal poem in which occur the following lines:

See the mountains kiss high heaven,
And the waves-clasp one another.
No sister flower would be forgiven
If it disdained its brother.
And the sunlight clasps the earth,
And the moonbeams kiss the sea;
What are these kissings worth
If thou kiss not me?
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5 by Dryadae (copyright 1995 by Karen Chapdelaine)
Cunnilingus FAQ from Usenet

1.1 Introduction

Eating a woman’s pussy is about the most wonderful thing you can do for her. It makes her feel loved, admired, sexy, and of course it makes her cum like crazy. Many women prefer it to intercourse, and for most, it is the easiest way to cum with a man. You may have the littlest dick on the planet, but if you give great head, you will be appreciated as a fabulous lover. Yes, it’s that important.

Besides, lots of women expect it these days - you might as well know what you’re doing.

First off, guys seem to have a strange love/hate relationship with women’s genitalia. Guys that can’t wait to get their dick into one are often reluctant to put their face “down there”. For every guy who says he loves to eat pussy, there’s another one who’s squeamish. Women know this, and it affects their ability to lay back and enjoy the experience. There is nothing more exciting to a woman than to know that her partner finds her delicious. Don’t be coy; tell her. When a guy fingers a lady and then smells, licks, sucks the juice off his finger and sighs as if in heaven, she knows this is her lucky day.

What if your sweet lady doesn’t smell or taste very sweet? Don’t suffer. (Don’t complain, either.) Take a nice hot shower or bath together. Lather up both of your bodies and slide them together. It’s like a whole body fuck. Soap up her vulva, washing between her outer and inner lips. Spread her lips apart and gently wash her clitoris. Hey, don’t stop - this feels great!

Run your soapy hand down the crack of her ass, and rub a finger all around her anus. You can stick one finger in and wash around inside too, if you anticipate any anal play, and I suggest you do. But don’t put those soapy fingers up her vagina. Instead, rinse them off well and stick one or two inside, making a circular motion. Think about washing the inside of a tall glass - same thing.

Now wasn’t that fun? And now you can feel free to let your tongue wander anywhere it pleases. . .

So now what? You’ve found a comfy spot to play, you’ve been kissing passionately, your tongues darting around each other’s mouths like playful otters. You’ve moved down to nibble one of her hardening nipples and she’s starting to groan, grinding her pelvis against your stomach. STOP. I know it was just starting to get good. But was she really groaning and humping you, or was it your own excitement you were detecting?
I strongly prefer to be excited before a guy starts plunging his tongue into my inner recesses. Use your judgement, and kiss, lick, and fondle your way down her stomach, up her thighs, until she’s arching up her back trying to get you to eat her.

Of course, if she really was groaning and grinding, go for it.

I also don’t particularly enjoy a guy endlessly nibbling my inner thigh while my clit is quivering in anticipation.

1.2 Positions
If the woman you are with is somewhat hesitant about your going down on her, start off with her lying on her back, perhaps half-sitting. Lay down between her legs, with her legs over your shoulders. She may enjoy laying or sitting at the edge of the bed with you kneeling. She can also straddle your face, but be prepared to get very wet. There are endless varieties of positions where you can press your face up to her cunt, some of which strike me as more acrobatic than erotic, but feel free to experiment. And then there’s 69.

69 is one of my favorite positions:

- On the plus side, you both get to enjoy the sublime sensations of getting head, simultaneously. The upside down positioning of a woman’s pussy and your mouth is an easy fit and there’s more room for your hands.

- On the negative side, it’s a less than ideal position for a woman to give head. Plus, if you need to read this article, you may be better off concentrating your energies on pleasing her, without too much distraction. But even for experienced 69’ers, it’s easy to short-change your partner.

“It feels soooo good, I’m just gonna stop for a second and concentrate on what you’re...aaaarrggghhh”.

Get the picture? Some show of will-power is in order. 69 can be done male on top, female on top, or side by side. The latter two are easier, though it’s more restful with both partners laying down. Some women love being licked on all fours, so if female-on-top 69 drives her wild, take the hint and find some other ways to eat her in this position.

I happen to enjoy male on top, but for many women this is a sure choking position. If a woman can, or wants to try, to deep-throat you, this is THE position. When her head is thrust back you can really slide your cock all the way down her throat. But don’t forget what you’re supposed to be doing! So there you are staring at it - the mysterious hole from whence you came, and into which you hope to cum again.
1.3 Anatomy lesson

1.3.1 The clitoris

Before I go any further, a few words about the clitoris, accent on the first syllable. Most of you know it, but for those who don’t, it is THE woman’s sex organ, period. It may feel great to be fucked vaginally, anally or otherwise, but if the stimulation is not right there, on the clitoris, you’re ignoring the place that’s going to make her cum, and presumably that’s why you’re reading this, right?

It’s right there at the top juncture of her inner lips, a small knob of pink flesh. This is where it’s at boys, and don’t forget it. Almost any licking and sucking of the labia or vaginal entrance is going to feel just dandy; just remember that this is pleasurable teasing, not the main event. I can’t tell you how many guys have thrust their tongues up my vagina thinking that this was going to make me cum. They were wrong. Of course, with a little manual stimulation. . . but I’m getting ahead of myself.

Women feel differently about how much direct stimulation they can take on their clitoris. Some women will adore it if you suck hard on their exposed clits, others will shriek in pain. You may encounter a woman who is completely unable to take direct stimulation of her clit; the goal is still the same, but you’ll have to stimulate it indirectly, such as through her labia.

Important note: Often, what is unacceptably rough at first may be fine after she’s very excited. The fact is, most women really need a good bit of stimulation before a targeted attack on their clitoris, but once they’re there, that’s where you want to devote your attention. The key here is go slow, ask questions, and if she’s comfortable with it, leave the lights on and really explore. Body language often does tell what feels best, but I promise, she will appreciate your attentiveness if you ask outright.

If she seems shy, get her to guide your hands and mouth with her own hand, and pay attention. If she starts bucking up against your mouth and gasping in ragged little breaths, for God’s sake, don’t use this opportunity to try something different. Just keep doing exactly what you’re doing.

1.3.2 The tongue

I want to reiterate, there is almost nothing you can do that won’t feel terrific, so relax! I promise, you may be confused and uncertain, but she’s in heaven. Any licking and sucking of the labia, vaginal entrance, clitoris, or anal area is going to feel just great, and I’d no sooner tell guys to “do it exactly like this” than I would tell every chef to follow the same recipe. But for those who are compelled to RTFM1, here are a few techniques that you might like to try:

- Try lapping her pussy from vaginal entrance up to her clit, leaving your tongue soft and jaw relaxed. This is a good way to start your tonguing.
- Run your tongue between the inner and outer labia on one side, while holding the two together with your lips. Good job, now do the other side.
- Fuck her pussy with your tongue - in and out, around and around, etc. This feels nice. Not wonderful nor incredible nor earth-shaking; nice.
- Spread her outer lips with your hand. Then, with your tongue pointed and stiff,
gently flick here and there. Feel free to roam, but keep coming back to her clit. This drives some women wild, and others can’t take it. Some may prefer that you always leave your tongue soft, so when you try this, pay attention to whether those moans are ecstasy or pain.

The following techniques should not be introduced until your partner is really hot (i.e. she’s no longer coherent). These are very intense actions which may be “too much” for some women, even when nearing orgasm.

- With her clit still exposed, give it a quick little suck - pulling it into your mouth briefly and letting it go. This is a lot like licking a bit of cake batter off of your pinky. This feels incredible, and is a fine thing to do if you feel like torturing her (see Putting it all together below).
- Take her exposed clit into your mouth and gently (at first, anyway) suck on it, simultaneously flicking your tongue over and around it. This can be done very lightly or very aggressively, and combined with fingering, will usually rapidly produce an intense orgasm.
- Another choice technique involves rolling your tongue into a tube. If you can’t do this with your tongue, you can’t learn it - it’s genetic. For those who can, this works best in an inverted or 69 position. Roll your tongue into a tube around the shaft of her clitoris. Slide it up and down; in effect, your tongue makes a tiny pussy for her clit to fuck. This also is likely to bring her over the edge.

1.3.3 The fingers

**Fingers are a valuable adjunct to eating pussy.** Most women masturbate by pressing a finger or fingers over their clit, possibly “thru” the skin of their inner or outer lips, and vigorously rubbing in a circular or back-and-forth direction. You can do this too, and it is most helpful to ask, or better yet, have her show you how she likes it done. You will never be a good lover until you can bring your woman to climax with your hands.

**When you fuck her from behind,** or up her ass, or really in any position which doesn’t allow her to simultaneously rub her vulva against your body, reach down or around and rub her clit. I know it’s distracting, but just do it anyway.

**One important point to note:** Make sure that your fingers are well lubricated. There is nothing more uncomfortable (and sometimes downright painful) than a dry finger roughly rubbed across one’s clitoris.

**Of course, that’s not all you can do with your fingers.** One technique which is very exciting is to spread her lips wide apart with one hand, and with your index finger straight like a pencil, flick the side of it rapidly across her clit. This motion alone will often bring a woman to orgasm. Combining this with the addition of some tongue action elsewhere is nothing short of bliss. Sticking one or more fingers inside her vagina is also wonderful. You can simply move them in and out2, or wiggling them around.

**A particularly intense motion** is to face your hand so that you have two fingers inside her with your palm facing the front of her body. Now move your fingers rapidly, as if waving hello. You are aiming to stimulate a particular part of the woman’s vagina - namely the lower anterior (front) part. When combined with sucking her clit, this is nearly certain
to bring her to a fast and intense climax. An excellent way to begin manual stimulation is to stick one (and later two) fingers inside her, with your palm cupped over the mons area. I’m talking about that fleshy “mound” over her pubic bone. Your finger goes in and out and the ball of your hand is pressed hard against her vulva. You may want to rub or even shake the entire area with your palm. Fingers also do nice things to tight little butt holes, but that’s a whole other story...

1.4 Anal play
This stuff is purely optional. If anal play doesn’t turn you on, don’t do it. If you’re uncomfortable, she’ll pick up on your feelings and start wondering if it’s her pussy that’s turning you off. Don’t feel that you can’t be a good lover without anal play; you can.

Cleanliness is of the essence. Scoop out some luscious juices (from a very wet pussy) with your finger and rub it around her anus. (If she isn’t well lubricated, saliva works too.) If that’s all you or she feels comfortable with, fine - it still feels great. But I think most women enjoy the feel of a finger pushed up their ass while they’re being fucked or eaten. You need to be gentle, possibly even leaving your finger still. Try moving it in and out a little, or around in a circle. If she starts moaning, you know you’re doing something right. It’s really fun to feel a woman’s anus rhythmically squeezing your finger as she cumds.

You’re probably thinking about what that would feel like around your dick, and it’s something you should certainly explore. Ass-fucking is somewhat out of the scope of this article, but suffice to say, if she doesn’t like a finger up her butt, she sure as hell won’t want your big dick up there. Even if she does enjoy this sort of play, she may still be somewhat apprehensive about putting something so large up there.

The keys to success are sufficient (i.e. copious amounts of) lubrication (a water-soluble type such as K-Y, which is safe for condoms), relaxation on her part, and a slow, gentle, approach. She’ll certainly tell you if she wants you to thrust harder or deeper. And remember, if you want to feel that delicious squeezing around your cock, reach around and diddle that clit!

As for anallingsus - why not? Don’t feel like you HAVE to do it to satisfy your woman. But if the idea turns you on, great. Let your tongue rove as it pleases.

It’s not necessary to actually put your tongue inside her butt to stimulate the area. Back and forth, around and around, you get the picture. One hygiene note: once that finger (or your penis) has been inside her ass, don’t even think about putting it anywhere else. Carelessness in this regard can cause a horrendous infection.

1.5 Menstruation
I haven’t met a lot of men who are completely comfortable going down on a woman when she has her period. But some are. Most women are at their horniest before and sometimes during their period. You should definitely find a way to make her cum when she’s bleeding, be it thru intercourse, manual, or oral stimulation.

If you feel comfortable going down on her, great. It’s perfectly safe. You may suggest that she insert a tampon, and then wash up, or you could lay down a few old towels, turn out the lights, and forget about it.
1.6 Putting it all together
I think variety is crucial. Some guy posted an article detailing a road map of kissing and licking (first here, then here, etc.). Much better to do the unexpected; sometimes a hungry, aggressive approach, other times a laid-back, leisurely one. You can even even include your nose, or your chin into the act.

Start slow, that’s the key, and let your lover guide the speed of the crescendo. In all cases, start gently. Roughness and clumsiness are big turn-offs. As she gets more and more excited, pay more attention to her clitoris. When she’s three breathes away from cumming, moving your mouth off or away from her clit is agony.

That’s fine if you’re intentionally torturing her. Just understand that this is what you are doing. The only prohibition is to be reasonably gentle with her clit. Nibbling or biting is fine elsewhere, but we’re talking about a sensitive spot.

1.7 Speaking of prolonging the agony.

I think this is great fun. Bring your partner just to the edge of orgasm, and stop. This is not easy unless you really know your lover well. Instead, just have her help you. Say, “Grab my head and stop me just before you think you’re gonna cum.”

Then take your sweet time. Blow on her clit, take it into your mouth just briefly, flick it just the very slightest bit. You will have this woman squirming and moaning like she’s dying. Finger her deeply, enjoy the ecstasy you are imparting, and finally, have pity. Let the poor woman cum.

1.8 “Uuuunnnnggggghhhhhhh!!!!!!”

Okay, she’s practically suffocating you, she’s pressed so hard against your face; she’s screaming and bucking up in the air; you feel her pussy contracting wildly - how long should you keep it up?

The simple answer is, until she makes you stop. Some women may stop you after five seconds from the start of their climax, others may be able to roll right into another orgasm if you keep going.

Do come up for air, but remember, her excitement does not drop off as sharply as yours does. Play it safe by continuing the stimulation.

How many times does she need to cum? Some women are very content to have one orgasm. A whole lot of women would really like to cum again, but need about five minutes to recoup. Many women are so sensitive right after they cum that they may push your head violently away. This doesn’t necessarily mean they’ve had enough, only that you need to stop for a few minutes. In fact most women, given a short rest between, are capable of cumming again and again. A smaller percentage of women are able to cum repeatedly with continued stimulation.

This is the much-touted multiple-orgasm that is experienced by a minority of women. I know this makes it difficult to know when enough is enough, but there’s a simple answer:
1.9 God, I’m so excited, it feels great but I just can’t come

It happens to all of us sometimes - distraction, embarrassment, anxiety, or just an inability to “let go”. What do you do about it?

The first question is, can she easily bring herself to a climax in the privacy of her own home.

If the answer is no - then she needs to do some homework. There are two books on the subject that I know of: For Yourself: The Fulfillment of Female Sexuality by Lonnie Barbach, and Sex for One: The Joy of Selfloving by Betty Dodson; pick up one. Then tell her to read it, study it, and practice, practice, practice!

Now if your partner is orgasmic only when alone - ask her point blank: “Is there something different I can do?”

Many women are shy about criticizing their lovers, but if asked outright will surprise you with a very specific answer. It may be a simple matter of mechanics, like a little to right please, or not so rough, or more pressure and faster. Ah. . . perfect.

But suppose everything is wonderful. She says you’re doing everything right but she just can’t cum. There are two probable causes: selfconsciousness and/or self-loathing. For women who can’t help watching themselves, the best approach is to eliminate anything that focuses her attention on what the two of you are doing. This is a “be here now” kind of thing - definitely not an introspective activity.

Get that mirror off the ceiling. Dim the lights or turn them off completely. Put on some soft music. Share a glass of port.

Have her lay on her back, or propped up comfortably with some pillows. This is not the time for her to sit on your face, or the edge of the bed, or standing up against a wall. Arrange a time when you can devote a long period to eating her pussy, and then just keep it up. Forget everything I said about asking her questions - just close your eyes and get into it.

I know this can be a difficult and exhausting exercise, but she will be extravagantly thankful for your efforts. It gets easier each time. If all else fails, get accustomed to masturbating together.

Gradually begin to add your stimulation to her own, right before she’s about to cum anyway. Over time, you can take over completely.

For women who themselves feel that their cunts are dirty or distasteful, all of the above methods may be helpful, but the underlying issue must also be addressed. I am amazed at how many women are ambivalent about their own genitals. They don’t love “that part” of their body, and they can’t believe that you would either.
Yes, it is important to be clean. But clean means a daily shower which includes washing the vulva. It doesn’t mean vainly attempting to remove every trace of smell or taste. The natural fragrance and secretions of a healthy woman are beautiful and erotic. Hopefully you agree (and if not, try hard to cultivate this attitude).

When she learns to love her pussy, she will be infinitely more comfortable with your loving it too.

Chapter 2
“How to Eat Pussy” from grind.isca.uiowa.edu

Hey, I have a lot of respect for all you guys who like to eat pussy because there are too few of you out there. And I’m not the only woman who says this. Furthermore, some of you guys who are giving it the old college try are not doing too well, so maybe this little lesson will help you out.

When a woman finds a man who gives good head, she’s found a treasure she’s not going to let go of too quickly. This is one rare customer and she knows it. She won’t even tell her girlfriends about it or that guy will become the most popular man in town. So, remember, most guys can fuck, and those who can usually do it satisfactorily, but the guy who gives good head, he’s got it made.

Most women are shy about their bodies. Even if you’ve got the world’s most gorgeous woman in bed with you, she’s going to worry about how you like her body. Tell her it’s beautiful, tell her which parts you like best, tell her anything, but get her to trust you enough to let you down between her legs.

Now stop and look at what you see. Beautiful, isn’t it? There is nothing that makes a woman more unique than her pussy. I know. I’ve seen plenty of them. They come in all different sizes, colors and shapes; some are tucked inside like a little girl’s cunnie and some have thick luscious lips that come out to greet you. Some are nested in brushes of fur and others are covered with transparent fuzz. Appreciate your woman’s unique qualities and tell her what makes her special.

Women are a good deal more verbal than men, especially during love-making. They also respond more to verbal love, which means, the more you talk to her, the easier it will be to get her off. So all the time you’re petting and stroking her beautiful pussy, talk to her about it.

Now look at it again. Gently pull the lips apart and look at her inner lips, even lick them if you want to. Now spread the tops of her pussy up until you can find her clit. Women have clits in all different sizes, just like you guys have different sized cocks. It doesn’t mean a thing as far as her capacity for orgasm. All it means is more of her is hidden underneath her foreskin.

Whenever you touch a woman’s pussy, make sure your finger is wet. You can lick it or moisten it with juices from inside her. Be sure, by all means, to wet it before you touch her clit because it doesn’t have any juices of it’s own and it’s extremely sensitive. Your
finger will stick to it if it’s dry and that hurts. But you don’t want to touch her clit anyway. You have to work up to that. Before she becomes aroused, her clit is too delicate to be handled.

**Approach her pussy slowly.** Women, even more so than men, love to be teased. The inner part of her thigh is her most tender spot. Lick it, kiss it, make designs on it with the tip of your tongue. Come dangerously close to her pussy, then float away. Make her anticipate it.

**Now lick the crease where her leg joins her pussy.** Nuzzle your face into her bush. Brush your lips over her slit without pressing down on it to further excite her. After you’ve done this to the point where your lady is bucking up from her seat and she’s straining to get more of you closer to her, then put your lips right on top of her slit. Kiss her, gently, then harder.

Now use your tongue to separate her pussy lips and when she opens up, run your tongue up and down between the layers of pussy flesh.

**Gently spread her legs more with your hands.** Everything you do with a woman you’re about to eat must be done gently.

**Tongue-fuck her.** This feels divine. It also teases the hell out of her because by now she wants some attention given to her clit. Check it out.

**See if her clit has gotten hard enough to peek out of it’s covering.** If so, lick it. If you can’t see it, it might still be waiting for you underneath. So bring your tongue up to the top of her slit and feel for her clit. You may barely experience it’s presence. But even if you can’t feel the tiny pearl, you can make it rise by licking the skin that covers it. Lick hard now and press into her skin.

Gently pull the pussy lips away and flick your tongue against the clit, hood covered or not. Do this quickly. This should cause her legs to shudder. When you sense she’s getting up there toward orgasm, make your lips into an O and take the clit into your mouth. Start to suck gently and watch your lady’s face for her reaction. If she can handle it, begin to suck harder. If she digs it, suck even harder. Go with her. If she lifts her pelvis into the air with the tension of her rising orgasm, move with her, don’t fight her. Hang on, and keep your hot mouth on her clit. Don’t let go. That’s what she’ll be saying too: “Don’t stop. Don’t ever stop!”

There’s a reason for that, most men stop too soon. Just like with cock sucking, this is something worth learning about and worth learning to do well. I know a man who’s a lousy fuck, simply lousy, but he can eat pussy like nobody I know and he never has trouble getting a date. Girls are falling all over him.

**But back to your pussy eating session. . .** There’s another thing you can do to intensify your woman’s pleasure. You can finger-fuck her while she’s enjoying your clit-licking talents. Before, during or after. She’ll really like it.

In addition to the erogenous zones surrounding her clit, a woman has another extremely sensitive area at the roof of her vagina. This is what you rub up against when you’re fucking her. Well, since your cock is pretty far away from your mouth, your fingers will have to do the fucking.
Take two fingers. One is too skinny and three is too wide and therefore can’t get deep enough. Make sure they’re wet so you don’t irritate her skin. Slide them inside, slowly at first, then a little faster. Fuck her with them rhythmically. Speed up only when she does.

Listen to her breathing. She’ll let you know what to do. If you’re sucking her clit and finger-fucking her at the same time, you’re giving her far more stimulation than you would be giving her with your cock alone. So you can count on it that she’s getting high on this. If there’s any doubt, check her out for symptoms. Each woman is unique. You may have one who’s nipples get hard when she’s excited or only when she’s having an orgasm. Your girl might flush red or begin to tremble. Get to know her symptoms and you’ll be a more sensitive lover.

When she starts to have an orgasm, for heaven’s sakes, don’t let go of that clit. Hang in there for the duration. When she starts to come down from the first orgasm, press your tongue along the underside of the clit, leaving your lips covering the top. Move your tongue in and out of her cunt. If your fingers are inside, move them a little too, gently though, things are extremely sensitive just now.

If you play your cards right, you’ll get some multiple orgasms this way. A woman stays excited for a full hour after she’s had an orgasm. Do you realize the full impact of that information? The potential? One woman was clocked at 56 orgasms at one sitting. Do you know what effect you would have on a woman you gave 56 orgasms to? She’d be yours as long as you wanted her.

The last advice I have for you is this: After you’ve made her come, make her your slave by giving her the best head she’s ever had, don’t leave her alone just yet. Talk to her, stroke her body, caress her breasts. Keep making love to her quietly until she’s come all the way down. A man can get off and go to sleep in the same breath and feel no remorse, no sense of loss. But a woman by nature requires some sensitivity from her lover in those first few moments after sex.

Oral sex can be the most exciting sexual experiences you can have. But it’s what you make it. Take your time, practice often, pay attention to your lover’s signals, and most of all, enjoy yourself.
Chapter 3
“Female Oral Sex Techniques”
from alt.sex.wizards

3.1 Taste
In my experience, one of the main reasons that partners avoid female oral sex is due to a perceived or even experienced poor taste. While it is true that women run the range from pleasant (tasty!) to sour or uric tasting, there are easy steps to ensure that your partner will be tasting her sweetest.

- First and most obviously, a good vigorous shower will do much to neutralize the taste of your partner. In fact, oral sex in the shower, while not a favorite method of mine, has a completely neutral taste if you stick to the upper regions of your partner’s sex. If your partner has not showered recently, or has physically exerted herself recently, her taste will be much stronger. This, however, can be a good thing!

- Secondly, foreplay will improve upon both the taste and the experience in general if your can get her juices flowing. I have never found an extremely aroused, wet woman to taste unpleasant. Quite the contrary!

3.2 Foreplay
Do it! Take your time! Have fun! Experiment! A common male misunderstanding is that females are aroused most through physical contact. Not true. I have aroused women greatly simply by acting sexy.

Tension is a wonderful tool, use it. If you can build tension to the point where the barest touch sends electric shivers through both of you, you can’t lose! Similarly, even the best love techniques will not turn on a woman who isn’t in the mood
Take your time, explore your partner, build tension, have fun.

3.3 Positions
There are two basic positions that I have found very versatile and successful.
- For a very comfortable session, have her lie on her back with legs spread and knees bent slightly. Lie on your stomach between her legs, put your right arm under her left leg and your left arm under her right - somewhat of an intimate hug. Now you should find your head situated conveniently and comfortably near the center of your attention.

- Less comfortable, but a bit wilder is the following. Lie on your back, prop a couple of pillows (or fold one over) under your head. Have your partner kneel facing you with one knee on each side of your head, above your shoulders. The sexy part of this position (IMHO) is that your partner can look down at you and watch you eating her out. (Yum) Versatility and comfort are reduced for the giver, so I only occasionally partake in this position.

These are by no means the only positions. Again, experiment, have fun. If you can find a bed where your partner can lie down with her legs dangling off the bed and resting flat on
the floor, you’re in luck. Now you can have her sit just at the edge of the bed, lie back, and give you plenty of access while you kneel/sit in front of her sex.

3.4 Geography
Women are very different in some respects of their genitalia, but the major parts are the same. A woman’s sex from the oral sex point of view consists of two sets of lips (outer and inner) that meet just below the vaginal opening and some variable distance above the clitoris; the vaginal opening (immediately above the nether meeting of above-mentioned lips), a smooth section of skin between the vaginal opening and the clitoris and the clitoris and its surrounding folds.

If you get the chance, explore your partner in a location with decent lighting. Use your hand to spread her sex and explore her, find out what’s where and what’s what. Like I said earlier, women are different. Especially the location and shape of the clitoris. It can be buried, protruding, surrounded by many folds of flesh, or hanging out it the open. The best method I have found for finding your partner's clitoris is to place a finger at the very base of her sex and gently run it up her scav until you feel a slight bump. That’s it.

3.5 Ok, enough of the details, now the nitty-gritty
So your partner is showered, excited and feeling sexy. It's the big moment, what to do? Don’t simply dive in. Take your time, excite her. In my opinion, I can usually tell how good my partner is at oral sex by how she “goes down” on me. By “going down” I mean the process by which she goes from kising my lips to sucking oh-so-wonderfully on my sex.

Depending on your partner, different methods of going down will work more effectively. If you've gotten to this point with your partner, you should have a fair idea of what she likes. Take advantage of that knowledge.

One thing that I highly recommend however, is a sexy look. Sexy looks can make all the difference, and the best place to throw one in is as you're licking, sucking and kissing your way down her stomach stop, look up and smile devilishly.

Unbutton your partners jean’s, pull the tabs back and kiss her newly exposed flesh. Unzip her pants, pull the tabs back as far as they can go and place light, tender kisses on her abdomen and around the top of her panties. Watch it, some women are very ticklish here!

Once you’ve removed everything but her panties, stop. You have a unique opportunity for further arousal. Kiss her legs and inner thighs with gentle kisses. Work your way up each leg and make a point of stopping at the line of her underwear. Kiss again along the top of her underwear, and along the other two borders.

Now move to her cotton covered sex. Plant firm, dry kisses through her underwear on her sex, low and right around the vaginal entrance works best for me. If your partner is really excited, often her underwear will be damp and will smell (pleasantly) of her sex. Removing the underwear is again a matter of choice. You know your partner best, I prefer either gently sliding it all the way off with my fingers, or pulling it part way down with my teeth first.

3.6 Direct kissing
It is not unusual for your partner’s lips to be closed together. A very excited woman’s lips may be slightly spread already ("pouting"). Again, building tension can be accomplished by light kisses on either side of her sex as well as light blowing.

Spreading her lips can be accomplished by placing your tongue first at the base of her sex, and then firmly running your tongue all the way up. Continue with a few long licks from the base of her sex all the way to the top past her clitoris. Vary the firmness of your tongue from hard and pointed to broad and soft.

3.7 The Big “O”
The best and most proven method of making your partner cum through oral sex is by repeated, rhythmic stroking of her clitoris with your tongue. The tongue is uniquely suited for this purpose because of its texture, versatility, and pliability. It is difficult (and tiring) to apply too much pressure to your partner’s clitoris. Some women are much more sensitive than others however. Be receptive to any sharp gasps, you could be being too affectionate. If this is the case, move away from direct contact or adopt a gentler technique.

Repeated, rhythmic stroking can be accomplished in a variety of ways. I prefer either rapid, repeated vertical licks with a firm, pointed tongue, or planting your tongue firmly against your partner’s clitoris and vigorously shaking your head back and forth. (Tiring, maybe. But it’s worth it!) If you are having trouble finding the correct angle or method for rhythmically lingually caressing her clitoris, or if you want to try something fun and new:

Tongue the abc’s. No seriously! This is a great oral excercise on any part of the body. Tongue the abc’s starting with lower case, and moving though upper case.

. Be especially perceptive while you do this, vary your speed and watch for sharp intakes of breath - chances are you’ve hit the right angle. The abc’s give a large variety of different strokes, so come back to this exercize as often as you’d like.

A general rule of thumb (tongue?) is to start slow and pick up the pace as you go along. This is definately a general rule though, feel free to break it by varying your rhythm, both slowly and predictably as well as quickly and startlingly.

3.8 Other fun things to do
Lick between the inner and outer lips; penetrate the vagina deeply9; “tease” the entrance to her vagina with rapid pokes of your tongue at varying depths; don’t forget your hands, often a woman will feel a need or ache for something inside of her while very aroused, oblige her with a finger or two.

Both kissing and manually manipulating your partner is tough, anyone with succesful methods is welcome to pipe in.

Talk to your partner, ask her what she likes. Experiment (if you can) with many different partners. What excites one woman a lot may not excite another as much, but may still be well worth trying. On the other hand, you may not notice a subtle pleasurable technique on one woman that can be easily learned on another.

The better you know your partner, the more effectively you can please her. Have fun!
3.9 A final note
I tried to be a lot less pretentious than the male version of this article for a few reasons. The major one is that women are very different, the above suggestions may work wonderfully with one woman and so-so with another. Some women simply aren’t responsive to oral sex due to strong moral constraints.
Secondly, I am not an expert, though I love oral sex and have had the joy of pleasuring 10-20 women. Third, I am still young (18) and have a lot to learn.
So feel free to comment on what you’ve read (men and women) and reply either over the net or to me personally. Thanks. Hope you found this helpfull and enjoy!

Chapter 4
from the alt.sex FAQ

Q. What is cunnilingus? Cunnilingus is the fine art of making love to a vagina with your mouth and tongue. It is a delicate skill, requiring patience, practice, and dedication to get it right, but any woman you learn to do it right for will appreciate you all the more for it.
What applies to the penis applies to the vulva– every one is different, requiring a different touch to make its owner happy. But few tools can equal the tongue for the amount of pleasure it can deliver to a happy vagina.
This article assumes that you know what a vulva looks like and can identify with some precision the mons veneris, labia majora, clitoral hood, clitoris, labia minora, urethra, vagina, and perineum, to name them (approximately) from top to bottom.

Q. How fast should I go? This isn’t an attack. Don’t go after the clitoris like a fireman attacking a fire. Quite often at first, the clitoris is far too sensitive for direct stimulation. Lick around it, stimulating the hood, teasing her inner labia, tasting her. Take your time and listen to her. Some women make noise, and some do not. It will be a while before you learn exactly what your lover prefers as far as oral sex is concerned.
Some women may like additional stimulation– a finger or two into the vagina, or perhaps even the anus. She may want your hands to reach up and play with her breasts, or she may want your fingers to hold her labia apart so that your tongue can get at her vulva more directly.

Q. I’ve heard cunnilingus doesn’t taste good. If the taste or smell bothers you or is a concern, ask her to wash first. Most people who enjoy cunnilingus agree that a clean vagina is a good, if acquired, taste.
As a woman nears her climax, she may want more direct stimulation. In general, fast, rhythmic stimulation is most effective at causing climax– but there shouldn’t be a rush to get there. Take your time and learn to appreciate what you can do for her.

Q. What about cunnilingus during menstruation? Some people are particularly turned off at the suggestion of cunnilingus during menstruation. If it is a concern to you, then wait. A tampon may well hold the blood back, as will a diaphragm, but some men can’t stand the taste anyway. If your partner is healthy, however, there is no particular danger in menstrual blood, and some women find that orgasms during their periods allievate cramps.
Chapter 5
by Dryadae (copyright 1995 by Karen Chapdelaine)

In my experience, when you try to explain to a man “in the moment” that he is doing oral sex (or sometimes anything) wrong, often the result is a disaster.

You aren’t into it, because you are trying to direct, and I guess for many guys it comes off as simply insulting. It isn’t a very “supportive process,” to borrow a friend’s phraseology.

**Example:** “No, not there,. . . there. . .” (Quizzical looks, no change in behavior.)
Now, if you go looking for diagrams of women’s vaginas, you will find yourself either looking at medical textbooks or special references, such as *Our Bodies, Ourselves* — which, is presented as a “for women only” sort of thing. The original edition even gave this little rap to men about not buying it “for” women.

Yeesh! Good book, but talk about “attitude”. The new edition has thankfully dropped this negative proscription.

You will sometimes NOT even find a clear picture of a woman’s vagina in a general sex reference, such as the original *The Joy of Sex*. And you won’t find a discussion of the parts of the vulva in most places. Now, go look for a picture of a man’s penis that is reasonably edifying, and you’ll find them all over. I only discovered this when I tried to look it up, and since I had never purchased

*Our Bodies, Ourselves*, I was SOL (corrected that, recently). I however, and all women, have a ready-made “reference manual”, provided we have gotten over the idea, or never had it, that looking at it will somehow be a “bad thing”. Men don’t have this reference manual readily “at hand”, at least if their partner, if they have one, is not immediately available and cooperative.

I have also read, and just reread, the *Cunnilingus FAQ*.

Though it seemed excellent in terms of mood, style of approach, all the “beginning” stuff, I found when I applied her technique suggestions to me and my experience as a recipient, or my experience as a giver, it was a bit short on specifics. I am sure the described approach works very well for the woman who wrote it :) , but I have a few things that seem unsaid. So, you have gone through all the beginning motions, taking a reasonable amount of time, and you are starting to “get down to business”.

**First, PLEASE turn on the lights.** Working in the dark is for experts at best. I am assuming you are sitting between her legs, facing her, or some variation on this. Now really LOOK at what is there.

- Where her hair1 is the mons veneris, the pubic mound. If she is not aroused, everything is likely, but not guaranteed, to be enclosed within the outer lips or labia majora, the edges of the pubic mound that comes together to enclose her vulva.
- As you spread this apart, you will now see the inner folds of skin of the vulva, the inner lips or labia minora. These (usually) go all around the vaginal opening, and come in a variety of interesting and pleasing shapes and textures.

- As you observe that this encircles the vaginal opening, at the top of this you will find what might look like a button or might look like a very tiny penis, covered by an additional flap of skin. The flap of skin is the “hood” of the clitoris, and is very sensitive, as is the clitoris. This is the female equivalent of the male foreskin, though it is much looser than that corresponding organ.

- If you see what looks like a button underneath the hood, then what you are seeing is the glans of the clitoris, exactly equivalent to your own penis glans, or head of the penis. If you see a bit more than that, then there is probably some of the shaft of the clitoris extending in your partner. I stress this since most men would not be particularly enthused by a blow job that only gave attention to their penis head and extended not a centimeter below there. Many might find it annoying or even painful, depending on how rough their partner is with them and how sensitive they are to pain in that area. However, told “give attention to the clitoris”, by fable and book, many brave soldiers run to do battle on the field of their woman’s desires with their tongue, only to find their partner is telling them to please stop, it hurts, or it doesn’t do anything for me. This may or may not be a comment on your technique, some women don’t like oral sex. I would just like to suggest an approach that probably has a higher average success rate.

- The shaft of the clitoris is attached internally, back into the body of the woman. Pressure on the spot above the glans and underneath the hood will generally give you access to the part of the shaft equivalent to the part of your penis that is towards your body, whereas underneath the glans will give you access to the part of the shaft that is equivalent to the part of your penis that is away from your body. It is likely that the skin directly below the glans will be functionally equivalent to what is for most men the most sensitive and pleasurable part of the penis for play, and the inner vaginal lips are also usually quite sensitive “in a good way”.

- Going down/in/back, you may or may not see the urethra, if you do this is the location of the grafenberg spot (g-spot), which we have all heard on this newsgroup is quite varied in response, some women love stimulation there, others do not. Try licking your tongue around there, if it is visible, and see, in the course of your “investigations”.

**Ok, so now you have the picture.** You did trim/file your nails first, didn’t you? Play with your hands, play with your mouth, go all over, gently at first, increasing stimulation and focus as her body responds, and coming in “closer on” the clitoral area as she becomes more aroused.

Lick, suck, point your tongue and apply pressure, use it like a “miniature penis” under the glans, penetrating her as you go, make little circles with your tongue, lick up and down along the skin in front of the clitoris, up and down the inner vaginal lips, etc. These are ideas, find some others, listen to her responses and comments.

Remember to GO SLOW — I believe impatience and expectations of quick response are “generally recognized as” the most common error in sexual encounters. Eventually the clitoris will become probably become erect, and stimulation that is “more direct” (like enclosing your mouth on the area and gently sucking) will stimulate a sufficient amount of the organ in question to be interesting.

Watch what you are doing, and what happens, the entire area will become “engorged” and
swollen if things are proceeding closer to orgasm. Some women may not, or may prefer not, to orgasm this way. Most will probably, however, enjoy the experience a great deal. Hopefully this “explanation and comparison” to the corresponding male body parts will allow you to not be (still) in the dark with the lights on.
The Art of Oral Sex
by Anonymous

General Introduction
People have been using their mouths to stimulate each other sexually for about as long as there have been people. How about kissing each other? Men have been kissing women on their necks, ears, breasts, backs, thighs, and any where else they can think of that'll arouse them sexually ever since they found out it works. It didn't take long for some enterprising man to find out that kissing a woman's vulva worked, did it ever. The Latin word cunnilingus was coined to describe licking the vulva.

Men were not alone in searching for ways to arouse the opposite sex. Some equally enterprising woman found out that men liked for her to suck their penis, it worked just as well. The Latin word fellatio was coined to describe sucking the penis.

Let's define and use the more common words to describe men and women's genitalia and the various sexual acts. Pinus, cock; vulva, pussy; vagina, cunt; Coitus, fuck; cunnilingus, eating pussy; fellatio, sucking cock, blowjob; performing cunnilingus or fellatio, giving head; ejaculate, cum or shoot his load; orgasm, cum or climax; pubic hair, women muff or bush, men bush.

Many men and women, today probably most, use some form of oral massage or kissing of the sex organs as a normal part of foreplay to warm up their partners prior to fucking. They probably don't think of that as "giving head," and I would agree that it's not. It's simply a part of the foreplay used to prepare each other for fucking and hopefully achieving a sexual climax.

Giving head, on the other hand, is used by one to bring the other to climax by use of, primarily, the mouth and tongue. For those couples who develop the required skills and self restraint, both can cum together using the 69 position. For me, although the sensations of a man's cock thrusting in my cunt are great and I do love a good fuck, cuming together during 69 is more emotionally satisfying than cuming together by fucking.

You have to develop an understanding of the intimate feelings and emotions that occur while you're performing oral sex and during a climax, and how to respond to those feelings. Giving head is much more intimate than fucking and, if approached with the right attitude, can be more emotionally satisfying. Both the man and woman need to become familiar with what the other's emotional needs are, not just what it takes to make each other cum.

Only in the movies does a man grab a woman and say, take your clothes off, I want to fuck, or vise-versa. You have to pick a time and place other than the kitchen where the baby has just thrown a bowl of food all over your wife, although it might be a welcome distraction right about then. Giving head requires at least as much emotional preparation as fucking. For the subject to even come up, one partner has to have built up the desire. That partner then has to build up the desire in the other partner.

Getting the other to let you bring them to orgasm is generally the easiest. If you just want to eat her pussy or she just wants to suck your cock, then all that's required is a willingness to submit, and this is important, with the expectation of achieving orgasm. Getting the other to bring you to orgasm requires the art of gentle persuasion. If you just want her to suck your cock or she just wants' you to eat her pussy, a slightly different
situation exists. A woman can probably convince a man to eat her pussy without much effort. All that's generally required is for him to be in a reasonably good mood. If he just wants her to suck his cock, and she wasn't already thinking about sex, then he's going to have to get her in the proper mood first.

You'll find out that no matter who starts, the other will probably end up getting head also, either that or you'll end up fucking. Given this inevitable result, it's nice if both of you can build each other up first. Once you're both ready, he should give her head first, or you should use 69. A man comes down from his climax too quickly, and takes too long to build back up sufficiently to move right into doing a good job of eating pussy, unless he had that on his mind from the beginning.

It's fairly easy for a man to learn to do a good job of eating a woman's pussy. If he's sensitive, gentle and pays attention to what's in this book, she'll love it.

About the only problem the uninitiated man has is over the perceived bad smell and taste of a woman's secretions. Many men, and women, think that the tastes and odors associated with a woman's pussy are offensive. This isn't so, the natural fragrance and taste of the fresh secretions from a clean healthy woman are usually beautiful and erotic to a man. This question needs to be settled at the very beginning. A couple should take turns tasting and smelling her pussy's natural fluids when she's fresh and clean. Once a man tries it, the taste and smell of a woman's sex will excite him and he'll look forward to it. When a man fingers a woman and then smells, licks, sucks the juice off his finger and sighs as if in heaven, she'll forget this problem and he can dive right in.

It's more difficult for a woman to become a good cock-sucker, but the rewards can be worth the effort. There are three basic problems that confront a woman, the first two are, how much of his cock should she take into her mouth, and what does she do with his cum. The answers to the first two are, all of it, and swallow it. The third problem is, how does she get all of that cock in her mouth. The answer to the third is in the following lessons.

As you'll see later, the shaft of a man's cock isn't overly sensitive to touch on any particular spot, but it does respond to pressure, and there are a lot of nerve endings when you include all of it. Don't forget that much of the pleasure we derive from sex is in the mind, it's psychological, emotional. When a man feels a woman's warm soft mouth and tongue giving his cock a workout, feels her trying to suck his balls out through it, sees her look up at him as her lips slide down over it until her face is buried in his bush, the overall feeling is hard to describe. When you take all of this into account, she should take all of his cock into her mouth and throat at appropriate times while she's giving head.

It's not a big deal with most men if a woman doesn't want to swallow his cum, he just doesn't want her to take his cock out of her mouth until he's finished cuming. When he's fucking you, you feel that you're drawing him into yourself when you cum, part of his sexual makeup is a mirror image of yours, he feels that he's being drawn into you when he cums. He needs you for you to keep his cock in your mouth, continuing to increase the intensity of your fellatio, until he cums and his climax lets down. It's a real letdown for him if you take his cock out of your warm soft mouth just as he's reaching the climax that you've both worked so hard for and jack him off into a wet towel.

I said that the rewards can be worth the effort. Lying there with a man's throbbing cock buried deep in your throat and your face buried in his bush can feel almost as good as having it in your cunt, and a lot more intimate. Feeling a man cum in her mouth while she
carries him through the end of his orgasm and then swallowing it after he's finished becomes a sensual thing for a woman, part of her natural desire to participate in his orgasm to the fullest extent, drawing his love juices into her as he climaxes. You'll find out that taking his cum into your mouth and swallowing it can be an intensely intimate act for both, it can be a significant symbolic gesture of love.

Good sex isn't just the pleasure of reaching a climax, it's when you share each other's climax, it's when a woman's efforts to bring her man to climax excite her to the point where she could almost cum, sometimes his climax drives her over the top. It's the same for the man. When a man is passionately eating out a woman's pussy, he's got a hard-on that won't quit. He wants to bury his face in her muff and thrust his tongue into her cunt, join with her body. It's not unusual for a man to get so worked up emotionally while he's eating a woman's pussy that he cums while he's doing it, and none of his sex organs are involved except his mind.

Sex should not be all oral. When the opportunity presents itself, like when you're passionately eating her out, she's starting on her second orgasm and is really hot, you've got a hard-on that just won't quit and she's lying at the edge of the bed with you between her legs. You look down and see that if you just got up on your knees your cock would find itself in her cunt, go ahead and shove it in there and give each other a good fuck. Some women say that they feel lonesome when they're receiving head, they want to be held and kissed. This is why moving from eating her pussy smoothly into fucking her can be very satisfying, it's also a good reason for 69.

This book is in two parts, the first, how to eat pussy, the second, how to suck cock. A final section gives an example of how to blend the best of both sexual worlds, oral and coitus. I hope you learn your lessons well and have many years of pleasure putting what you learn into practice.

The Art of Cunnilingus
or
How to Eat Pussy

Introduction
This section is for men who want learn how to properly eat a woman's pussy, or who've heard that it might not be all that bad to put their face down there, and for women who want to get their man to eat them period, improvement in performance can come later. I am not an expert. I am simply a woman who knows what she likes, and has had all too many experiences with men who didn't seem to have the vaguest idea what they were doing between her legs.

Eating a woman's pussy is about the most wonderful thing you can do for her. It makes her feel loved, admired, sexy, and of course it makes her cum like crazy. Many women prefer it to intercourse, and for most, it's the easiest way to cum with a man. You may have the littlest cock on the planet, but if you give great head, you'll be appreciated as a fabulous lover. Yes, it's that important. Besides, lots of women expect it these days so you might as well get to know what you're doing. Studies show that 90 percent of married couples under 25 give head and for couples over 50, at least 55 percent of the men are eating pussy, with 95 percent of the men and 82 percent of the women enjoying it. Many guys seem to have a strange love/hate relationship with women's genitalia. Guys
that can't wait to get their cock into one are often reluctant to put their face "down there." For every guy who says he loves to eat pussy, there's another one who's squeamish. Women know this, and it affects their ability to lie back and enjoy the experience.

This is for you gals. Before you can get him to eat pussy for the first time, you need to get him worked up about the idea, that is, get him to think about sex for a few minutes, but don't do anything to make him cum yet. He's got a sex switch in his brain that turns on when he sees a woman, especially a naked one, and turns off as soon as he cum, this is why who does what first can be very important in the beginning, less so as the two of you mature. Fortunately, it won't take much to get him to eat you the first time, just undress and ask him to, let him look at your pussy for a while, show him your clit and let him play with it, promise him a good fuck afterwards or a blowjob if you've read the second section, if he seems the least bit interested straddle his head and rub your bush over his face.

**What's Down There?**

This is for you guys. Most men don't really know what they've been sticking their cock into. Many women also don't appreciate what they have, and can't understand why a man would think that it was beautiful, let alone want to put his face in it.

Why would a man like to eat pussy? Most men I know who really love women and want make having sex with them a joint endeavor rather than a conquest, also like to eat pussy. They don't want to just eat her, they want to bring her to a great climax and then build her up for a fuck that neither will forget, or maybe get a good blowjob if that's what she wants to do. I think that there are two basic reasons. First, many men want to give their woman the most sexual satisfaction they can, they enjoy pleasing her and will go to great lengths to do so, the more their woman likes what they are doing to her, the harder their cocks get until sometimes they cum just from eating her. The second is the role that the mouth, tongue, taste and smell play in sex. Why do people kiss? They receive pleasure from the interaction that takes place during a kiss. The mouth, lips and tongue are some of the more erogenous zones of the body and are active rather than passive, you do something with them. You nibble on her ears, kiss and suck on her nipples, kiss her navel, why not kiss and suck on the most sexual part of her body, her pussy. The tastes and odors of the fresh secretions from a clean healthy woman's pussy are also erotic to many men. Put this all together and your mouth in her pussy is where it's at guys.

Now that you've got your woman out of the shower, on the bed, and fairly well warmed up (or she's got you there), stop and look at what you see. Leave the lights on, or get a flashlight or something, so that you can examine her carefully. Take a good look at what's between her legs. Beautiful, isn't it? There's nothing that makes a woman more unique than her pussy. I know. I've seen plenty of them. They come in all different sizes, colors and shapes; some are tucked inside like a little girl's cunnie and some have thick luscious lips that come out to greet you. Some are nested in brushes of fur and others are covered with transparent fuzz.

The first thing you see is her muff. It should be the same color as the rest of her hair but who knows these days. It has a slightly different texture than the hair on her head and can cover a large or small area but usually just up over the mons area, that fleshy mound over her pelvic bone, and down each side of her pussy to its lower end. It usually does not spread out to her thighs and has sparse growth partially onto the outer lips. Don't worry, looking at it won't make you go blind. Nestled in the midst of her muff are
the outer, or major, lips of her pussy (they are vertical on all women). They are not overly sensitive to touch on the outside (but it's a good place to start), about the same as the shaft of your cock. They extend from the upper part of the hood that covers her clit to more or less the bottom of her pussy. They're thick and luscious in the middle and thin out at each end blending into her body. Some are almost closed while others are open to varying extents, allowing the inner pleasures to peep through. They don't generally come together completely at the top, exposing the upper cone of the clitoral hood, and less so at the bottom, giving you a glimpse of the bottom of the vaginal entrance where the lower parts of the inner lips surround it.

Underneath the outer lips are the inner, or minor, lips. These are much thinner, more sensitive and fun to play with. At the top they form the cone-shaped hood that protects the sensitive clit, closing in under the clit and then coming back out to continue down to the bottom of the vaginal entrance. They tend to blossom out between the outer lips, especially near the bottom.

Between the underside of the clit and the bottom of the vaginal opening lies the vestibule, your new playground. Although the clit's hood is a part of the inner lips, they appear to only cover the vestibule. The urethra and vagina open into the vestibule. Excluding the obvious first place role of the clit, it's the vestibule and the entrance to the vagina where a lot of the action takes place.

I've saved the best for last, the clitoris or clit, accent on the first syllable. Most of you know it, but for those who don't, it's THE woman's sex organ, period. It may feel great to be fucked vaginally or otherwise, but if the stimulation isn't right there, on the clit, you're ignoring the place that's going to make her cum, and presumably that's why you're reading this, right? It's right there at the top juncture of her inner lips, a small knob of pink flesh. This is where it's at boys, and don't forget it. Almost any licking and sucking of the labia or vaginal entrance are going to feel just dandy; just remember that's pleasurable, teasing, not the main event. I can't tell you how many guys have thrust their tongues up my cunt thinking that that was going to make me cum. They were wrong. Of course, with a little manual stimulation . . . but I'm getting ahead of myself.

Women feel differently about how much direct stimulation they can take on their clit. Some women will adore it if you suck hard on their exposed clits, others will shriek in pain. You may encounter a woman who is completely unable to take direct stimulation of her clit; the goal is still the same, but you'll have to stimulate it indirectly, such as through her labia. IMPORTANT NOTE: Often, what is unacceptably rough at first, may be fine after she's very excited. The fact is, most women really need a good bit of stimulation before a targeted attack on their clit, but once they're ready, that's where you want to devote your attention.

Back off for now, rest your head on her thigh and just admire the view. Learn to appreciate your woman's unique qualities and tell her what makes her special. Describe what you see, in poets' words if you can, but in any way you can as long as it's with love and admiration.

**Positions**

You can give head to your woman in just about any position she can get herself into, floating on her back in a swimming pool with her legs around your neck, standing on a picnic table, however, some positions are obviously better than others. Giving good head to your woman on a lazy summer afternoon can take an hour or more if you play it right.
That means that you both have to be in comfortable positions to enjoy it, or even endure it. That usually means a lying, sitting or reclining position. She has to be able to spread her legs comfortably and hold them in that position. She should not have to have the weight of your body on her, or hers on you. She also needs to be able to put her hands on your head and pull it against her. You need to be able to make eye contact with her while you are eating her. You have to be able to press your mouth to and your tongue in all of her pussy, including holding it deep in her cunt without getting a crick in your neck. You also have to be able to easily place your hands on her pussy and your fingers in her cunt. The obvious place to start is a bed. She can recline comfortably against some pillows and watch you work. You can lie on your stomach between her legs, however, you'll have to tilt your head too far back to get your tongue in her cunt comfortably. Putting a couple of pillows under her hips to tilt her pelvis up will help with that problem. This is probably one of the better positions. Another good one, maybe the best, is for her to slide her hips to the edge of the bed and rest her feet on two overstuffed chairs that are spread apart enough for you to rest between them. They can be turned so that she can rest her knees against the arms or backs. A couple of pillows under her head and she can reach your head and watch to her harts content. You can rest on a soft cushion on the floor, your head resting on her thigh, sucking on her clit for hours and have easy access to all of your afternoon's pleasures.

And then there's 69. . . . 69 is one of my favorite positions. On the plus side, you both get to enjoy the sublime sensations of getting head simultaneously. The upside down positioning of a woman's pussy and your mouth is an easy fit and there's more room for your hands. On the negative side, it's a less than ideal position for a woman to suck cock and you may not feel comfortable with your nose in her anus when you French kiss her cunt. I also love for a man to reach down, thrust his tongue deep in my cunt and then slowly lap it back up to my clit which doesn't work well upside down. Plus, if you need to read this book, you may be better off concentrating your energies on pleasing her without too much distraction at first. But even for experienced 69'ers, it's easy to shortchange your partner. "It feels soooo good, I'm just gonna stop for a second and concentrate on what you're . . . aaaarrgghhhh." Get the picture? Some show of willpower is in order.

She can also straddle your face which can be a lot of fun, but be prepared to get very wet. There are endless varieties of positions where you can press your face up to her pussy, some of which strike me as more acrobatic than erotic, but feel free to experiment.

**Getting Started**

For you gals who need instruction . . . just lie back and enjoy it, it'll grow on you. When he does something you like, tell him. Hold his head gently with your hands and guide him, talk to him, he'll love it.

Now for the men. So there you are, staring at it - the mysterious hole from whence you came, and into which you hope to cum again . . .

The key here is to go slow, ask questions, really explore her body. Body language often tells what feels best, but I promise, she'll appreciate your attentiveness if you ask outright. If she seems shy, get her to guide your hands and mouth with her own hands, and pay attention. Most women are shy about their bodies. Even if you've got the world's most gorgeous woman in bed with you, she's going to worry about how you like her body. Tell her it's beautiful, tell her which parts you like best, tell her anything, but get her to trust
you enough to let you down between her legs. Women are a good deal more verbal than men, especially during lovemaking. They respond more to verbal love, which means, the more you talk to her, the easier it will be to get her off. So all the time you're petting and stroking her beautiful pussy, talk to her about it. There's nothing more exciting to a woman than to know that her partner finds her delicious. Don't be coy; tell her.

Many men, and women, feel that the tastes and odors associated with a woman's pussy are offensive. This isn't so, the natural fragrance and secretions of a healthy woman are beautiful and erotic, especially to a man. You both need to settle this question at the very beginning. Take turns tasting and smelling her pussy's natural fluids when she's fresh and clean. When you finger her and then smell, lick, suck the juice off your finger and sigh as if in heaven, she'll forget this problem and you can dive right in.

What if your sweet lady doesn't smell or taste very sweet? Don't suffer. (Don't complain, either.) Take a nice hot shower or bath together. Lather up both of your bodies and slide them together. It's like a whole body fuck. Soap up her pussy, washing between her outer and inner lips. Spread her lips apart and gently wash her clit. Hey, don't stop - this feels great! Run your soapy hand down the crack of her ass, and rub a finger all around her anus, washing the entrance/exit well. But don't put those soapy fingers up her cunt.

Instead, rinse them off well and stick one or two inside, making a circular motion. Think about washing the inside of a tall glass - same thing. She may prefer to use a douche, if she does, help her do it, you can get your fingers in her cunt later. Now wasn't that fun? Now you can feel free to let your tongue wander anywhere it pleases . . .

Even though your woman wants you to eat her, she may still be somewhat hesitant about your going down on her. Don't just dive right in, warm her up with some serious kissing and cuddling. Move over on top of her and put your legs between hers. Use your elbows to keep some of your weight off her. Slowly work your way down her body, caressing, licking and kissing her ears, eyes, throat, breasts, navel, and wherever she likes. Press your body down on her muff and slide it around as you move down, getting her used to something being on it besides your hand and cock. Lap your tongue on down from her navel to the inside of her thigh. Raise her legs over your shoulders and rest your cheek on her muff while you continue to lick and kiss her thigh. Lick the crease between her thigh and pussy. Brush your lips over her muff as you turn your head over to work on her other thigh. Look up at her, make eye contact and smile while you rub your cheek over her pussy. When you see her facial expression begin to change to one of anticipation and feel her tilt her pussy up toward you, you know she's forgotten all about her hesitancy and you can start getting into the good stuff.

So now what? You've found a comfy spot to play, you've been kissing passionately, your tongues darting around in each other's mouths like playful otters. You've moved on down to some of the other interesting parts of her body and she's starting to groan, ready for you to eat her now, grinding her pelvis against you. STOP. I know it was just starting to get good. But was she really groaning and humping you, or was it your own excitement you were detecting?

I strongly prefer to be excited before a guy starts plunging his tongue into my inner recesses. Use your judgment, women, even more so than men, love to be teased. The inner part of her thigh is one of her more tender spots. Lick it, kiss it, make designs on it with the tip of your tongue. Come dangerously close to her pussy, then float away. Make her anticipate it. Now lick the crease where her leg joins her pussy.
Nuzzle your face into her muff. Brush your lips over her pussy without pressing down on it to further excite her until she's arching up her back trying to get you to eat her. Of course, if she really was groaning and grinding, go for it . . . I also don't particularly enjoy a guy endlessly nibbling my inner thigh while my clit is quivering in anticipation. Moisten your fingers and open her outer lips, examine them, taste the texture of the inner side with your tongue. See if her clit is starting to peek out from under its hood. Play with her inner lips with your lips and tongue. Open her inner lips and examine the vestibule. See if you can find her meatus, the opening for her urethra. Its sort of like the opening in the head of your cock that she plays with, now play with hers with your tongue. Look at the hole your cock has been playing around in. The entrance to her cunt looks like an open flower with its lower petals blending into the larger lowermost petals of the inner lips. Taste its juices with your tongue, they should be flowing now. Slip your tongue farther in and feel the texture, move it around in her cunt and watch her response. But I'm getting ahead of myself again.

**The Tongue**

I want to repeat, there's almost nothing you can do with your tongue that won't feel terrific, so relax! I promise, you may be confused and uncertain, but she's in heaven. Any licking and sucking of her lips, cunt, or clit are going to feel just great, and I'd no sooner tell guys to "do it exactly like this" than I would tell every chef to follow the same recipe. But for those who are compelled to RTMF, here are a few techniques that you might like to try:

Play around in the vestibule, try lapping her pussy from her cunt up to her clit, leaving your tongue soft and jaw relaxed. This is a good way to start your tonguing. Run your tongue between the inner and outer lips on one side, while holding the two together with your lips. Good job, now do the other side. Fuck her cunt with your tongue - in and out, around and around, etc. This feels nice. Not wonderful or incredible or earthshaking, nice. Keep your tongue in her cunt for a while, moving the tip around and around and . . . That feels better, now lick up to her clit again and kiss it, watch her shudder. Feel the texture of the tip of her clit with your tongue, notice the taste of it. Spend some time slowly licking your tongue over all of her pussy, savoring the various tastes and textures. Spread her outer lips with your hand. Then, with your tongue pointed and stiff, gently flick here and there. Feel free to roam, but keep coming back to her clit. This drives some women wild, and others can't take it. Some may prefer that you always leave your tongue soft, so when you try this, pay attention to whether those moans are ecstasy or pain. The following techniques should not be introduced until your partner is really hot (i.e., she's no longer coherent). These are very intense actions which may be "too much" for some women, even when nearing orgasm.

With her clit still exposed, give it a quick little suck - pulling it into your mouth briefly and letting it go. This is a lot like licking a bit of cake batter off of your pinky. This feels incredible, and is a fine thing to do if you feel like torturing her (see PUTTING IT ALL TOGETHER below).

Take her exposed clit into your mouth and gently (at first, anyway) suck on it, simultaneously flicking your tongue over and around it. This can be done very lightly or very aggressively, and combined with fingering, will usually rapidly produce an intense orgasm.

Another choice technique involves rolling your tongue into a tube. If you can't do this
with your tongue, you can't learn it - it's genetic. For those who can, this works best in an inverted or 69 position. Roll your tongue into a tube around the shaft of her clit. Slide it up and down; in effect, your tongue makes a tiny cunt for her clit to fuck. This also is likely to bring her over the edge.

**Fingers**

Fingers are valuable adjuncts to eating pussy. Most women masturbate by pressing a finger or fingers over their clit, possibly "thru" the skin of their lips, and vigorously rubbing in a circular or back-and-forth direction. You can do this too, ask her, or better yet, have her show you how she likes it done. You'll never be a good lover until you can bring your woman to climax with your hands. When you fuck her from behind, or really in any position which doesn't allow her to simultaneously rub her clit against your body, reach down or around and rub her clit. I know it's distracting, but just do it anyway. One important point to note: make sure that your fingers are well lubricated and most of all, your nails cut, I mean cut back to the quick and sanded smooth. The slightest hangnail can be very painful when raked over that tender flesh. There's nothing more uncomfortable (and sometimes downright painful) than a dry finger or hangnail roughly rubbed across one's clit.

Of course, that's not all you can do with your fingers. One technique which is very exciting is to spread her lips wide apart with one hand, and with your index finger straight like a pencil, flick the side of it rapidly across her clit. This motion alone will often bring a woman to orgasm. Combining this with the addition of some tongue action elsewhere is nothing short of bliss.

Sticking one or more fingers inside her cunt can also be wonderful. How many fingers you use depends on the woman. Some women don't want you to stick your finger in their cunt at all, some like only one (at least at first), some like their cunt to be full so the more the better (within reason). You can simply move them in and out (this feels best with at least two or three fingers pushed in hard) or wiggle them around. A particularly intense motion is to face your hand so that you have two fingers inside her with your palm facing the front of her body. Now move your fingers rapidly, as if waving hello. You're aiming to stimulate a particular part of the woman's vagina - namely the lower anterior (front) part. When combined with sucking her clit, this is nearly certain to bring her to a fast and intense climax.

If you're between her legs, busily eating away, and want to finger her at the same time, your thumb (or thumbs) may be the best ones to use. It is difficult to turn your other fingers around to work on her "G" spot. It also allows you to use your other fingers on her clit and the rest of her pussy.

An excellent way to begin manual stimulation is to stick one (and later two) fingers inside her, with your palm cupped over the mons area. I'm talking about that fleshy "mound" over her pubic bone. Your finger goes in and out and the ball of your hand is pressed hard against her pussy. You may want to rub or even shake the entire area with your palm.

**Putting it All Together**

I think variety is crucial. Some guy posted an article detailing a road map of kissing and licking (first here, then here, etc.) Much better to do the unexpected, sometimes a hungry, aggressive approach, other times a laid-back, leisurely one. You can even include your nose, or your chin in the act. Start slowly, that's the key, and let your lover guide the
speed of the crescendo, try playing Ravel's Bolero and keep pace with the time and intensity of the music. In all cases, start gently. Roughness and clumsiness are big turnoffs. As she gets more excited, pay more attention to her clit. As she gets closer to orgasm, don't leave her clit for more than a moment or two. It's great to move down to her cunt and then right back to her clit. If you're between her legs with your tongue in her cunt, look at where her clit is, right under your nose. Don't just look at it, use your nose and keep up the stimulation of her clit while you're thrusting your tongue around in her cunt. If you're in the 69 position, then use your chin on her clit while you French kiss her cunt.

When she's three breaths away from cumming, moving your mouth off or away from her clit is agony. That's fine if you're intentionally torturing her, just understand that this is what you're doing. The only prohibition is to be reasonably gentle with her clit. Nibbling or biting is fine elsewhere, but we're talking about a sensitive spot.

Speaking of prolonging the agony . . . I think this is great fun. Bring your partner just to the edge of orgasm, and < stop >. This isn't easy unless you really know your lover well. Just have her help you. Say, "Grab my head and stop me just before you think you're gonna cum." Then take your sweet time. Blow on her clit, take it into your mouth just briefly, flick it just the slightest bit with your tongue. You'll have this woman squirming and moaning like she's dying. Finger her deeply, enjoy the ecstasy you're imparting, and finally, have pity. Let the poor woman cum.

OK, let's get back to where we were when we got off onto those tricks with tongues and fingers. You were lying there with your tongue up her cunt trying to find out what it felt like inside, nice wasn't it, she liked it didn't she. Open her outer and inner lips with your fingers. Get your whole mouth into the act. Press your lips against the lips of her cunt, run your tongue in as far as you can get it and French kiss her cunt, long and hard. Tongue-fuck her for a while, watching her response, she liked that too, then slide your tongue out of her cunt. She's hot now, don't lose contact with her pussy, keep your mouth or tongue working on something. Slowly lap your tongue up the length of her vestibule to her clit and gently lick it a few times, a little harder as she raises her crotch up to you. Play with her pussy lips with your lips and tongue, up and down, both sides. Kiss her cunt again and lap your tongue back up to her meatus and play with it a little, then on up to her clit again, pulling gently on it with your lips. Run your tongue back down to the bottom of her pussy and then, keeping your tongue on the outside of her lips, lap it all the way up to the top. Show her how much you like to eat her. Open your mouth wide and close it down over her pussy taking as much in as you can. press your mouth hard against her, rocking your head around and around while you find her clit with your tongue and start to lick it. She's running her fingers through your hair now, watching you intently, mouth open making those sexy sounds women make when they're really on the way up. Release her lips and look up at her face, make eye contact, watch her expression and feel her raise her pussy up to you as you gently suck the head of her clit into your mouth, open wider and take its hood in, holding it with your lips. Let her clit slip back under its hood, then suck it into your mouth again, flicking it with your tongue, let it slide back out under its hood and suck it back into your mouth again and again until it's sliding in and out like she was fucking you with it. Slide your hands up along the sides of her pussy, working your thumbs into her cunt, fingerling the top of it in time with the strokes of her clit. She's grabbed your head, setting the pace as she pulls you to her harder and harder,
rocking her crotch back and forth faster and faster. You've found what she wants and she's gonna cum and you'd better not stop until she does . . . and then some.

69

69 can be done male on top, female on top, or side by side. The latter two are easier, though it's more restful with both partners lying down. Some women love being licked on all fours, so if female-on-top 69 drives her wild, take the hint and find ways to eat her in this position. All she has to do is slide her knees out and you'll find your mouth in her pussy. I happen to enjoy male on top, but for women who haven't learned to deep-throat, this is a sure choking position. If your woman wants to deep-throat you while you're eating her, male-on-top is THE 69 position. When her head is tilted back, especially if you're taller than she is, you can really slide your cock all the way down her throat. But don't forget what you're supposed to be doing! Each of you must realize that you can't let up on what you're supposed to be doing just because what the other is doing feels so good. Instead of letting up, let the pleasure you're feeling enhance what you're doing. It's sort of like a payback, you're making me feel so good I'm going to make you feel even better. Once you've mastered throat fucking, man on top 69 can really get interesting, he can eat you and fuck you at the same time. The only problem comes when he can't make up his mind whether to concentrate on fucking or sucking. Don't worry about it, just lie there and enjoy it, let him sort it out, he'll get around to finishing both jobs.

The element that must be in place for good 69 is simple: Both of you must be experienced! Each of you must realize that when what the other is doing feels so good, you can't just let up on what you're supposed to be doing to enjoy it. Instead of letting up, let the pleasure you're feeling enhance what you're doing, share each other's emotions.

That's why, when my lover and I engage in oral sex, we like 69 so much, we can build each other's pleasure to such wonderful simultaneous climaxes.

As I said earlier, some women feel lonely when you're eating their pussy, they want something to hug. Well, you can give them something. Eat her in a side by side 69 position and let her hug your cock, with her mouth. She can put her arms around your hips, press her breasts against you and hold your cock in her mouth while you put her on cloud nine, just make sure you tell her not to distract you too much.

If you have a man who is not in the least interested in giving head and only likes to receive it, then to attempt sixty-nine is to ask for unhappiness in your relationship. You can tell if he really likes to eat your pussy. See if you can find a time when the two of you are in bed naked on your backs and he doesn't have a hard-on. Quietly roll over onto your knees, straddle his head and slowly rub your muff over his face, letting your moist lips slide over his nose and mouth. Look back at his cock. If it springs up toward the ceiling and you find his tongue in your cunt, then he likes it.

UUUUNNNNGGGGHHHHHHH!!!!! (or, I'M COMING!!!)

Okay, she's grabbed your head and pressed your face into her muff; she's practically suffocating you, she's screaming and bucking up in the air; you feel her cunt contracting wildly - how long should you keep it up?? The answer is simple, until she makes you stop. Some women may stop you after five seconds from the start of their climax, others may be able to roll right into another orgasm if you'd just keep going. Do come up for air, but remember, her excitement does not drop off as sharply as yours does. Play it safe by continuing the stimulation.

If you're sucking her clit and finger-fucking her at the same time, you're giving her far
more stimulation than you would be giving her with your cock alone. So you can count on it that she's getting high on this. If there's any doubt, check her out for symptoms. Each woman is unique. You may have one whose nipples get hard when she's excited or only when she's having an orgasm. Your girl might flush red or begin to tremble. Get to know her symptoms and you'll be a more sensitive lover. When she starts to have an orgasm, for heaven's sakes, don't let go of that clit. Hang in there for the duration. When she starts to come down from the first orgasm, press your tongue along the underside of the clit, leaving your lips covering the top. Move your tongue in and out of her cunt. If your fingers are inside, move them a little, gently though, things are extremely sensitive just now. If you play your cards right, you'll get some multiple orgasms this way, a woman stays excited for an hour after she's had an orgasm.

How many times does she need to cum? Some women are very content to have one orgasm. A whole lot of women would really like to cum again, but need about five minutes to recoup. Many women are so sensitive right after they cum that they may push your head violently away. This doesn't necessarily mean they've had enough, only that you need to stop for a few minutes. In fact most women, given a short rest between, are capable of cumming again and again. A smaller percentage of women are able to cum repeatedly with continued stimulation. This is the much-touted multiple-orgasm that's experienced by a minority of women. I know this makes it difficult to know when enough is enough, but there's a simple answer: ask her.

After you've made her cum, don't leave her alone just yet. A man can get off and go to sleep in the same breath and feel no remorse, no sense of loss. But a woman, by nature, requires some sensitivity from her lover in those first few moments after sex. Don't wipe yourself off, walk around the bed to get to the other side, go to the bathroom. Maintain close physical contact, work your way from where you were when she climaxed to holding her in your arms. Lie close together, arms and legs intertwined, wet bodies pressed close together, let your cock lie in the folds of her pussy. Talk to her, stroke her body, caress her breasts. Keep making love to her quietly until she's come all the way down, or, if nature allows, builds back up. If you've just finished my favorite 69, do some serious kissing. Taste your own juices as her tongue brings traces of it into your mouth while your tongue passes her woman's essence to her taste buds. Taste the delicious mixtures as your tongues dart back and forth, mixing the sweet cunt and cock sex juices in your mouths. Who knows what new pleasures this could lead to as your passions begin to rebuild.

GODI'MSOEXCITEMENTFEELSGREATBUTIJUSTCAN'TCUM

It happens to all of us sometimes - distraction, embarrassment, anxiety, or just an inability to "let go." What do you do about it? The first question is, can she easily bring herself to a climax in the privacy of her own home. If the answer is no - then she needs to do some homework. There are two books on the subject that I know of: "For Yourself: The Fulfillment of Female Sexuality" by Lonnie Barbach, and "Sex for One: The Joy of Self-loving" by Betty Dodson; pick up one. Then tell her to read it, study it, and practice, practice, practice!

Now if your partner is orgasmic only when alone - ask her point blank: "Is there something different I can do?" Many women are shy about criticizing their lovers, but if asked outright will surprise you with a very specific answer. It may be a simple matter of mechanics, like a little to right, please, or not so rough, or more pressure and faster. Ah . .
. perfect.

But suppose everything is wonderful. She says you're doing everything right but she just can't cum. There are two probable causes: self-consciousness and/or self-loathing. For women who can't help watching themselves, the best approach is to eliminate anything that focuses her attention on what the two of you're doing. This is a "be here now" kind of thing - definitely not an introspective activity. Get that mirror off the ceiling. Dim the lights or turn them off completely. Put on some soft music. Share a glass of port. (I said A glass - getting drunk will definitely not help). Have her lie on her back, or propped up comfortably with some pillows. This isn't the time for her to sit on your face, or the edge of the bed, or stand up against a wall. Arrange a time when you can devote a long period to eating her pussy, and then just keep it up. Forget everything I said about asking her questions - just close your eyes and get into it. I know this can be a difficult and exhausting exercise, but she'll be extravagantly thankful for your efforts. It gets easier each time. If all else fails, get accustomed to masturbating together. Gradually begin to add your stimulation to her own, right before she's about to cum anyway. Over time, you can take over completely.

For women who feel that their pussys are dirty or distasteful, all of the above methods may be helpful, but the underlying issue must also be addressed. I am amazed at how many women are ambivalent about their own genitals. They don't love "that part" of their body, and they can't believe that you would either. Yes, it's important to be clean. But clean means a daily shower which includes washing their pussy. It doesn't mean vainly attempting to remove every trace of smell or taste. The natural taste and fragrance of the fresh secretions from a healthy woman's pussy are beautiful and erotic. Hopefully you agree (and if not, try hard to cultivate this attitude). When she learns to love her pussy, she'll be infinitely more comfortable with your loving it too.

Menstruation

I haven't met a lot of men who are completely comfortable going down on a woman when she has her period. But some are. Most women are at their horniest before and sometimes during their period. You should definitely find a way to make her cum when she's bleeding, be it through fucking, manual, or oral stimulation. If you feel comfortable going down on her, great, it's perfectly safe. As you now know, you don't need to get anywhere near her cunt to make her cum. You may suggest that she insert a tampon, and then wash up. Or you could lay down a few old towels, turn out the lights, and forget about menstruation.

The Art of Fellatio or How to Suck Cock

Introduction

This chapter is for those gals who wonder what sucking a mans cock is all about, think they might like to do it, or already do it but want to learn how to both give and receive more pleasure from it. It will teach them the skills they need so that both they and their partner can receive more pleasure from fellatio.

Studies show that from 50 to 80 percent of women perform fellatio. Of those, 35 to 65 percent find it pleasurable, with the rest saying they can take it or leave it or don't enjoy it. Other studies show 90 percent of married couples under 25 giving head. If you're just sucking cock because your man wants you to, read on, your man may find himself
waking up in the middle of the night with his cock in your mouth. Why would a woman like to suck a man's cock? Why would she even want to put his cock in her mouth? First off, you have to have a man with the right attitude about sex and your needs before you should even think about putting his cock in your mouth or anywhere else in you for that matter, enough said. I've sucked a few cocks over the years and talked to many women who have also. Some women submit to sex, some accept it, some willingly participate when aroused, but some really like it and don't always wait for their man to initiate it. Unfortunately, a lot of those women who only submit to or accept sex simply have a lousy lover. Most women I know who really like sex also like to suck cock. I don't like to suck cock instead of fucking, I like it as a supplement to fucking. Sucking a man's cock makes my cunt ache to have one in it. I love to suck him off and then keep working on his cock until I can get him hard enough to fuck me. Those fucks are some of the best I've ever had, well, maybe tied with having him eat me first. But never mind who does and who doesn't do it, I think that the reasons those who do suck cock do it are similar to the two that make men like to eat pussy, plus a third unique to women. First, they have a loving caring man and the more he likes what they do, the hotter their cunts get. The second is the role that the mouth and tongue play in sex. Why do people kiss? They receive pleasure from the interaction that takes place during a kiss. The mouth, lips and tongue are some of the more erogenous zones of the body and are active rather than passive, you do something with them. You nibble on his ears, kiss and suck on his nipples, kiss his navel, why not kiss and suck on the most sexual part of his body, that thing you love to have thrust into you, his cock. The third is the almost subconscious sexual desire of a woman to draw a man into her body, when she gets hot she wants his cock in her, and her mouth is an inviting place to put it. Put this all together and his cock in your mouth is where it's at gals.

Let your imagination conjure up images of your favorite movie star's cock in your mouth. It's live, warm, feel it throb as his heart beats. Feel it pulse as he tightens his muscles. Imagine sucking it inside you and bringing him to climax.

Sucking a man's cock can be one of the pure pleasures in a woman's life. It's sad to think that many women don't appreciate just how much fun it can be. One reason for this, outside of being with the wrong man, is that they don't know how to suck cock and so it doesn't end up being much fun. Because if you mess up, you don't get your reward. The cock doesn't get hard, the man doesn't have a good time and the woman feels like a failure. Other reasons are: a man's cock is dirty; he urinates through it; he won't respect me if I do it; he'll cum in my mouth. The answers are: if he washes his cock, it's as clean as your finger that you willingly put in your mouth; urine is not poison and doesn't carry germs, besides he doesn't urinate when he has a hard-on; he'll probably love you for it and give you head to boot; he won't cum in your mouth if you don't want him to, besides you'll probably want him to when you get into it.

Many women who do give head seem to think that simply making a cunt of their mouth, closing it around a man's cock, and bobbing their heads lustily up and down until he climaxes automatically makes them experts. Tant so girls!

But here's the good news; it's easy to learn how to be a terrific cock-sucker and once you
find out how to do it right, your man will love it and so will you. It'll take some practice, but that's work?

**What's Down There**

But first things first. Let's talk about the "basic cock." LOOK at his cock. I don't mean a casual glance, study that thing you're thinking about wrapping your lips around. You've had it in your cunt and it felt good there, it just might feel good in your mouth. He'll be glad to let you look at it, if you want to look at it, you just might want to do something else with it.

Turn on a strong light and get him flat on his back on your bed. Take his cock in your hand and see if you can get it hard. Now, take a close look at it. The main part is called the shaft. There's a bulbous part near the outer end, slightly larger in diameter than the shaft, which is called the glans penis or head. The ridge where the head joins the shaft is called the corona. This is the most sensitive part of his cock. Follow this ridge around to the underside. There's a juncture where the two ends come together. This tiny area is easily the most sensitive spot on his entire body. Just like your clit, this is where the action is. You can bring him to climax by gently tapping the tip of your tongue directly on it. The opening in the tip of the head is the meatus. Here's where that cum that's been squirting out into your cunt has been coming from.

The shaft doesn't have many nerve endings over a particular area or any special nerves. As a result, it doesn't provide a man with any high degree of stimulation when caressed, either with your hand or your tongue. The shaft will, however, respond to pressure. There is also power in numbers, so when all of its nerves are fully enclosed in a warm, wet mouth that's sucking and slipping and sliding around on it, the feeling is great. The deeper the better girls.

Underneath the shaft, where it joins his body, is the scrotum, and inside are the testicles (family jewels, balls, nuts). This is where his sperm is created. You're born with all of your eggs, but he continuously manufactures sperm to fertilize those eggs. They're also sensitive to temperature, they don't like to get too hot or too cold. When his balls get too cold, the scrotum shrinks and pulls his balls up against his body to keep them warm. When they get too warm, the scrotum extends to let them cool. His balls are also pulled up against his body inside his scrotum when he's getting ready to cum. His balls are sensitive to excessive pressure and are all too often ignored as an erogenous area. Big mistake! Men actually like for a woman they trust to play with their balls, if they know how to do it.

Study his cock, play with it with your hand, ask him what feels best. Run your tongue over it, feel the texture, watch his reactions as you lick the various areas. Take some of it in your mouth and hold it there for a while. Watch his reaction and think about how it feels in your mouth physically and what it feels like to have your man's cock in your mouth emotionally.

There are other parts of a man's body which respond well to oral stimulation. Spend some time finding them.

**Getting Ready**

Now that you've taken time to really look at his cock and play with it some, you've gotten beyond "Parts is parts" and recognize that some parts are more equal than others. It takes a reasonable amount of skill and practice to become a good cock-sucker, to know how to work on those parts in a way that provides him with the pleasure he's looking for and
enjoy doing it. Lets start in with the first lesson.
Where should you be when you're sucking his cock? Between his legs, on top of him, in a
sixty nine position? Actually, any place where you can get his cock in your mouth, a car
seat, chair, him standing on his head, it really doesn't matter as long as you're both
comfortable. However, because of the way his cock and your mouth, lips, tongue, teeth
and throat are made and what you have to do to his cock, you can make him enjoy it more
and get more out of it yourself by kneeling between his legs. This can be with both of you
on the bed or with his hips at the edge of the bed and you on the floor. You can make eye
contact and he can easily stroke your head with his hands in this position. Deep-throating
works better with slightly different positions but we'll get to that later, lets get his cock in
your mouth first. Lets start out with both of you on the bed. The down side of you being
on the bed is that holding your head up while you bend over his cock can tire you if you
want to go at it for a long time but it'll be fine for these first lessons. You can stretch out
between his legs and lay your head on his thigh with his cock in your mouth, but it's hard
to do much with it in this position. A fairly common position, which also works well for
deep-throating and throat fucking, is with him standing and you kneeling on a cushion in
front of him.
We talked about him giving you head on a lazy summer afternoon in the first chapter,
sometimes when you're giving him head, you'll want to just lie there and play with his
cock. Maybe you've been fucking and he's cum a couple of times. You get the urge to
give him a blowjob and can probably work up a hard-on for him with some effort, but it'll
take a while for him to cum. The best position for this is probably the same as for
leisurely eating pussy, him lying with his hips at the side of the bed, his feet and knees
resting in chairs, you resting on a cushion on the floor with his cock in your mouth and
his head on a pillow watching you. You can recline there with his balls in your hand and
your head resting on his thigh, making eye contact while you suck on his cock for hours.
If you want to tilt your head back to deep-throat his cock, just rise up on your knees and
have at it. He can easily put his hands on your head in this position also. The side by side
69 position with your head on his thigh and his cock in your mouth is a nice comfortable
position, it also puts his face enticingly close to your pussy. Try various positions. See
what works best for the two of you.
What Do You Do With His Cum
If there's one thing you should try to cultivate a taste for it's his cum, you don't have to
swallow it, just let him cum in your mouth. Any time you've had his cock in your mouth
and he's been anywhere near cuming, some of his cum has been dribbling out of it and
you probably didn't even notice it. It may seem that I'm devoting a lot of space to this
subject. I am, but that's because it's currently a hot subject with many people going off on
tangents about diets and using condoms and on and on. I think that his cum should be
considered a part of his climax that has to occur with his cock in your mouth and that you
should cultivate a taste for it. Although a lot of women like it's taste and look forward to
it, it's not a pleasant taste for a number of women. However, it's a taste that can be
cultivated and it becomes a pleasant experience if you just let your self get caught up in
his climax and taste his orgasm, not just his cum.
I love the sensations of his pulsing, thrusting cock squirting his cum into my mouth and
throat, but sometimes I like to watch it shoot. It gives me visual images for my wet
dreams and besides, it's a thrill to see the spurting cum. It's amazing how that stuff shoots
out. If you want to watch, you'll feel it coming with your hand and know when to back off. If you're fast, you can even try to catch some on your tongue. However, even though I like to watch it shoot, that's not necessarily what a man likes for it to do, not up in the air anyway. Let's face it, the male of the species' basic function in life is to impregnate the female. He does that by planting his sperm in her, not up in the air, as deep and often as he can.

He can control that desire to a point, but doing so robs him of a deep innate satisfaction that's very meaningful to many men, they're more emotional than they let on. He wants your body to suck all of that sperm out of his cock and swallow it up. Whether or not you swallow their cum is not a big deal with most men. They like to see you do it but they really don't want you to take their cock out of your mouth until they've finished coming and started to come down from their emotional high. When he's fucking you, you feel that you're drawing him into yourself when you cum, part of his sexual makeup is a mirror image of yours and he feels that he's being drawn into you when he cums. He needs for you to keep his cock in your mouth, continuing to increase the intensity of your fellatio, until he cums and his climax lets down.

It's a real letdown for him if you take his cock out of your warm soft mouth just as he's reaching the climax that you've both worked so hard for and jack him off into a wet rag. It's almost like him pulling his cock out of your cunt just as you start to cum and finishing you off with his finger. So brace yourselves girls and keep that cock in your mouth until he's finished and you've both started to come down. You really were worked up over what you were doing weren't you? Besides, that's not a bad choice. Remember, he can jack himself off and watch it shoot on the shower floor without any help from you.

I'm not going to try and tell you his cum tastes like honey, it doesn't. What I am going to try and tell you is that its taste shouldn't be a big deal. Sex is messy, you get his cum and the juices from your cunt all over each other and the bed when you fuck and it doesn't matter until you have to clean it up. Most men will grab you, hug you and kiss you after you've finished giving them head, and they won't ask you to wash your mouth out first, it just doesn't matter in the heat of passion. The taste of cum varies from man to man and from time to time. One man's cum can taste good to one woman and bad to another. It has a texture similar to the white of a raw egg. It can be almost tasteless with a faint aftertaste that I can't quite describe. It's usually slightly salty and can be somewhat bitter. There's some evidence there's less taste if a man has had a vasectomy and there's no sperm in it, nice isn't it, he's safe and tasteless. There's also not much odor until it dries and then it's rather offensive.

You must remember, this is not like wine tasting where taste is everything, it's sex, and sex is mostly in the mind. I read a lot of questions from women about how bad cum tastes and what to do about it. I also read comments from those who say they love to take his cum in their mouths and swallow every drop of it. I think it's the same old story about a vocal minority opposing something they don't like while the silent majority either likes it or doesn't care one way or the other. I said something earlier about women I know personally who like sex liking to suck cock, all of them like for their man to cum in their mouths and look forward to swallowing it. Some say they like the taste, most say the taste just doesn't matter, they want him to cum in their mouth to complete his orgasm and their blowjob.

You do a lot of things when you're sexually aroused that you might not otherwise do.
When you're giving him head, you're already sexually aroused, or else you wouldn't have his cock in your mouth in the first place. To enjoy giving him head you need to let yourself go and become immersed in bringing him to his orgasm. This works better if he's done his part and gotten you good and hot before you start, but not made you cum yet. The anticipation of him passionately eating out your pussy after you finish giving him head will keep your mind off such things as the taste of his cum and it running down your chin and dripping on your breasts while his cock is sliding in and out of your mouth. If you read the first chapter on eating pussy, you'll recall that the problem is similar to a man's first attempt at giving you head, accept that a woman's pussy does taste and smell like honey to many men after they get into it.

You'll probably let him cum in your mouth at first because you know it detracts from his orgasm if he doesn't and you want to give him as much pleasure as you can. You know it feels good to him and he likes to do it. Hopefully, taking his cum into your mouth will not be something you do just because he wants you to. As you let yourself get caught up in the emotions of having sex with your man, the thoughts, the anticipation of having his cock deep in your mouth and throat will excite you sexually. You'll want his cock in you, you'll fantasize about his cum shooting into your mouth, not to taste it but to taste his climax. You'll do all you can to bring him to climax, eagerly waiting for his cock to start pulsing and thrusting in your mouth, signaling the beginning of his orgasm. You'll suck hard on his cock as it pulses to increase his pleasure, waiting for his cum to start so you can suck it out and let it shoot into your mouth. You'll feel his cum spurt out with each pulse of his cock, taste it as you suck out the last drops and swallow them and then lick his cock clean like you were sucking the juice off a popsicle. You'll may find yourself wanting to keep his cock in your mouth for a while after he cum until you start to let down from the sexual high you were on while you were sucking him off.

If you don't want to start out with him cuming in your mouth, let him cum in your hand. Then stick your tongue in it and taste it. Let him taste it at the same time, he'll do it if he's concerned about your needs. Dip your tongue in it and then give him a deep French kiss. Now take just enough in your mouth to be able to fully experience its flavor and texture, swish it around with your tongue and then spit it out. Don't wash your mouth out, just let the flavor slowly dissolve as it mixes with your saliva and learn about its aftertaste. Try taking the rest of it in your mouth and holding it there, then spitting it out. Once you get used to having a quantity of his cum in your mouth, try spitting out most of it and swallowing the rest.

When you've tasted his cum and feel you're ready to go for it, let him cum directly in your mouth, you don't have to take all of it the first time, there's only a spoon full or so, just take some of it in, pull his cock out, finish him off with your hand and let the rest squirt somewhere else, you can clean it up later. As you do it more often, you'll begin to like the sexuality of it and look forward to taking all of it, it becomes a sensual thing, a part of your natural desire to participate in his orgasm to the fullest extent, drawing him into you as he climaxes.

If you don't want to swallow it at first, spit it out. Then, smile up at him, take his cock back in your mouth and play with it for a while. Gently now, because it's sensitive just like your clit after you've cum, suck those last few drops out of it and lick it clean. This says, hey, I want your cock in my mouth when you cum, I want to suck your load out of your cock and feel it shoot into my mouth, I just don't want to swallow it. I bet you'll
soon be looking forward to swallowing it, most women do, besides, it's not as messy that way. You'll find out that swallowing his cum can be an intensely intimate act for both of you, it can be a significant symbolic gesture of love. Good sex isn't just the pleasure of reaching a climax, it's when you share each other's climax. It's when your efforts to bring him to a climax excite you to the point where you could almost cum, sometimes his cum squirting into your mouth even drives you over the top.

If you like to swallow it and have learned to swallow with his cock in your mouth, swallow it as he cums, otherwise keep it in your mouth until he's done. If you're sucking on his cock while he's cuming, you won't have much cock in your mouth, just an inch or so. You should be able to swallow normally, just like you were drinking coke out of a bottle. When he's finished cuming, hold your lips tight around his cock, look up at him, and slide your mouth off it like you were sucking the juice off a popsicle, then swallow whatever is still in your mouth. Take his cock back in your mouth a couple of more times, sucking and licking it clean while maintaining eye contact and smiling. Let him know you like it.

I said earlier, you can either swallow his cum or spit it out. There's a third choice, if you're into deep-throating, he can shoot it into the bottom of your throat and it'll go straight down your esophagus into your stomach. We'll talk about deep-throating a little further on. For most men, it feels great, both physically and psychologically, for you to suck the cum out of their cock during orgasm, just like you were sucking it out of a straw. Your throat can't play with the head of his cock and suck on it while he's at the height of his orgasm, only your mouth can do that. You'll learn to use your mouth and throat to bring him up to a high level of excitement and then bring him to an intense orgasm with his cock in your mouth. Although sometimes you'll both want him to shoot his load down into the bottom of your throat, you still need to learn to take it into your mouth because you can give most men the greatest pleasure by completing their climax with their cock in your mouth.

Once you begin experiencing the pleasures of cock-sucking, you'll probably want to deep-throat his cock, it's that sexual thing of the more the better, he'll want all of his cock in you and you'll want all of his cock in you, it's a win win situation. There'll be times then, when his cock is sliding in and out of you from just inside your lips down to the bottom of your throat, that you'll both want to forget where his cock is and just let him cum, keeping up, or increasing, the intensity of your fellatio until he comes down from his orgasm. In this case, he'll probably leave a trail of cum from your lips to the bottom of your throat. We'll talk more about him cuming in your throat in the following sections.

**Basic Playing Around**

It doesn't matter what setting you choose, you can be home in bed or parked on your town's main street, just find whatever level of privacy you need to feel relaxed. For the purpose of these lessons let's say you're still on the bed where you were examining him and you managed to get his cock hard. Kneel down between his legs and take his balls in your left hand and his cock in your right. Squeeze his cock gently down toward the bottom of the shaft and get ready to suck. Run your tongue over your lips to get them good and wet and look into his eyes. Men love to watch their cock disappearing into a woman.

Now open your mouth just slightly to tease and excite him and come very close to his cock. Breathe on him, blow on him with your hot breath. Stick your tongue out again and
reach for him, tease him. Making sure your tongue is dripping wet, begin at the bottom of his shaft and lick upwards, slowly. Turn your head sideways and pretend to take a bite of him, gently setting your teeth into his flesh. Wet him again with your tongue, use your hand to spread the liquid around. A wet cock looks and sounds a lot sexier than a dry one. Your left-hand meanwhile is massaging his balls, perhaps scratching them lightly with your fingernails. After you've licked his shaft lots of times and it's all wet and hard, he's going to start squirming with frustration if you don't start getting serious. A quick look up at his face will let you know when you're stretching things out too long. Teasing is great...to a point. A little experience in cock-sucking will teach you when you need to go on to better things.

On one of your upward swings with your tongue, from the base of his shaft to the rim of his knob, don't stop. Continue your long, wet lick up over the head of his cock, lingering at the hole in the center. Stick your tongue into it, but don't suck the head yet. Now run your tongue all the way around the rim of his knob several times, lingering to work on that sensitive spot on the bottom each time. Ask questions, find out how much he likes for you to work on that spot.

As I said earlier, the shaft of his cock does respond to pressure, and there are a lot of nerve endings when you include all of it. Don't forget that much of the pleasure we derive from sex is in the mind, it's psychological, emotional. When a man feels your warm soft mouth and tongue giving his cock a workout, feels you trying to suck his balls out through it, sees your lips sliding down over it until it fills your mouth, the overall feeling is hard to describe. When you take all of this into account, the deeper the better girls.

Each man is unique and so is his cock. Squeeze the shaft and see if some clear liquid pops up. If it does, dip your tongue into it and pull away. It will stretch with you and look fantastically erotic to him. Now, make like you love the stuff. Close in on that cock head like it was a chocolate ice-cream cone and take the whole knob into your hot mouth. Don't just open your mouth and close it around his cock, slide your wet lips down over it until they close around the shaft just behind the corona. Then gently suck on his cock just hard enough to pull a little more of it into your mouth. Sucking on it feels great to him, hold it there, listen to him moan. Now, move your head down quickly, sucking as much of his cock into your mouth as you can comfortable take. Don't worry, you won't choke so long as you don't try to take it in too far, we'll get to suppressing your gag reflex so you can take more of it in later. Encase the rest of the shaft of his cock with your hand. Remember the shaft is relatively insensitive to local stimulation. However, when you close your hand around his cock you give him the sensation of having his whole cock encased and that feels great.

Stay there with his cock filling your mouth. Feel it inside of you. When you get to where you can take it down into your throat, it can be almost as luscious as having one in your cunt. It grows in, uh, on you.

You're going to have to keep your jaws open wide enough to keep your teeth off his cock. When you first start out your jaws are probably going to get tired, it's sort of like sitting in a dentist's chair with your mouth open. You'll get used to it after a while. You can pull your lips back over your teeth for protection and let your jaws rest on his cock from time to time to relax them.

Now try the basic fellatio movements. First, slide your lips back up to the tip of his cock and lick your tongue against it. Try twisting your head from side to side, up and down,
and around and around, making sure your moist lips stay in contact with his ridge as they slide around. Keep sucking on it, sometimes gently, sometimes hard. While you're doing this, gently move your moist hand up and down the shaft. He'll be getting antsy now, wanting you to take it all in. Don't let him, if he had his way it'd be over in two minutes and what fun would that be?

Then, moving as fast as he can handle it (don't let him cum yet), hold your hand against your lips and slide your mouth and moist hand up and down on his cock as if you're fucking him. Press your tongue against the bottom of his cock and let it's head slide back and forth between your tongue and the roof of your mouth, watch your teeth. You have to massage the head of his cock, not just the shaft. When he gets close to cuming, get ready for his climax. As he nears his climax, he may try to slide your mouth farther down over his cock. He wants all of his cock in your mouth. Instead, slide your mouth back up to the tip of his cock, working on the corona and sucking on it as you bring him to his climax. You need to feel the response of his cock to his climax in these early lessons.

We've been talking about sucking on his cock, but how do you suck on it? Besides just working on his cock with your lips and tongue when it's in your mouth, you should also be sucking on it any time its head is in front of your tongue (your tongue is what pulls the vacuum so its head has to be in front of your tongue for him to feel it where it counts). Sucking on the head of his cock feels quite different to him from licking it. Not just gentle sucks but strong ones, like you were trying to get something out of it, which you probably are by this time. Be careful though, don't pull a hickey on it. There are deepsucks and little ones and both feel damn great. He may have a preference however, so watch his reactions. Taking just the knob in your mouth, suck on it as if it were a nipple or a straw while you're moving your mouth around the head with your lips massaging the coronal ridge. This feels so good to the man, it makes my cunt hot just thinking about it. The other suck is a long, sweeping one, where you suck his cock into your mouth as far as you can, and then pull your mouth back off it, sucking on it as if you were sucking the juice off a popsicle.

Any of these moves will feel great the first few times you do them, but after a while, it's as if the cock gets immune to feeling. When you sense this, change what you're doing. You don't want his cock to go to sleep. You want it constantly stimulated as you build him up to orgasm. Which is just about where we are now.

Okay, you've got a raging hard-on in your right hand and some tight balls in your left, lean back for just a moment and take a look at it. It's beautiful, isn't it? Move your right hand all the way to the base of the cock and squeeze it there. This will cause the shaft to fill and thicken, and by now the knob will be smooth and shining. Take his cock back into your mouth, sucking on it and trying out all your various moves until you know the man can't stand any more and he's going to blast off. What you do now is between you and your lover.

As you continue with these lessons, don't forget that sucking his cock should give you pleasure also, don't do it just because he wants you to. It's very important that your man take the time for enough foreplay to get you to the point where you want his cock in you. You'll learn to savor the sensations that come with having his cock in your mouth and throat, you'll enjoy bringing intense pleasure to him and sharing in his climax. As you continue with these lessons, don't get so caught up in the mechanics of bringing him to climax that you miss out on the fun. Suck his cock in a way that feels good to you also.
There's no blowjob like a blowjob given by a happy cock-sucker who loves her work.

**Can You Take it All in?**

As I discussed earlier, it's man's nature to want to thrust his cock into you as far as he can get it, particularly at the moment when he cums. If he wants all of his cock in you, can you take it all in? Do you want to take it all in? Do you even need to take it all in? Well, the length of your mouth from your lips to the back of your throat is three to three and a half inches while the average cock's length is five to five and a half inches. The laws of nature would seem to say that getting all that cock into your mouth is an impossibility. The laws of sex say that you'll want to get all of it in you.

Don't look so sad, I can do it and so can you, you can take as much of his cock into you as you want. You simply take as much of it into your mouth as will fit there, and then slide your throat down over its head until the rest if it is in your mouth and your face is buried in his bush. It's called deep-throating, and when you really get into cock-suckling you'll probably want to do it. The term was made popular by Linda Lovelace in a porno movie in the seventies. She wasn't the first woman to do it by any means. Women have been taking men's cocks down their throats for centuries, she was simply the first to give it the current popular name.

You can give your man fabulous head without using your throat. Remember, most of the action occurs at the head of his cock, taking any more of it into your mouth is simply icing on the cake. You can use your mouth on the head of his cock and your hand on its shaft and put him on cloud nine. Personally, I like the icing and am willing to work for it, I want my face buried in his bush. Although most men will be satisfied with the cake, I've never met one who would turn down the icing. You need to try it to find out if you get any pleasure out of it, if you've given it a good try and simply don't like it, then don't do it, he'll understand.

It's fairly easy to learn to "take it all in." Getting his cock in your throat is easy, getting your throat used to it being in there is what takes the practice. I don't want to be boring, but if you understand the anatomy of your mouth and throat, you'll see how easy it really is to take his hard cock down into your throat. The biggest obstacle to getting it into your throat is usually not the size of either his cock or your throat, it's that sharp bend behind your tongue at the entrance to your throat, you know the one your doctor uses a mirror to see around while he presses your tongue down with that stick. Stand in front of a wall mirror and use a hand mirror to get a good side view of your head and neck. Open your mouth wide, tilt your head as far back as you can and see how your open mouth almost lines up with your neck, that bend is almost gone. Check out your guy's cock, feel how flexible it really is, especially the end of it. Look at the shape of its head, no problem to slide it around that curve.

A little more anatomy, yours this time. The length of your mouth, oral cavity, is three to three and a half inches from your lips to what I'm going to call the back of your throat, its that vertical part of your throat that you see when you look in a mirror. Your trachea, the tube to your lungs, is at the front of your neck, you can feel it with your fingers. Your esophagus, the tube to your stomach, is behind the trachea. Your throat, which is vertical and about four inches long, connects your mouth to your esophagus in a straight line. When you take anything into your mouth, your tongue rises against the rear part of the roof of your mouth, the soft pallet with its attached uvula, to close off your throat. When you swallow, your tongue whips backwards and shoots whatever is in your mouth down
your throat and into your esophagus. There's an opening in the front side of your throat that leads into the larynx, the entrance to your trachea. The larynx has a flap or lid, epiglottis, that closes off the larynx to prevent anything from entering your trachea, like his cum, when you swallow. The larynx also contains your vocal cords. This arrangement lets his cock slide from your mouth down to the bottom of your throat without entering your larynx or disturbing your vocal cords.

Your throat is about two inches wide at its entrance, a little less from front to back as it passes behind the larynx. It's somewhat bigger in diameter than the average cock. The entrance into your esophagus from your throat is only about one inch in diameter, so his cock won't go into your esophagus. This lets you take slide your mouth and throat down over a cock about seven or so inches long and an inch and a half or so in diameter until your lips are pressed against his groin and have the head of it just pressing against the bottom of your throat. It makes a nice fit, your guy's cock will just about fill your mouth and throat, you'll like the feel of it filling you up.

Practice, Practice, Practice
You should do some homework before you try to deep-throat a real live cock. I don't like to get into technical discussions about anything as pleasurable and emotional as sex, however, I don't want you to run into any unpleasant surprises that will turn you off before you experience the pleasures of deep-throating. You'll need to learn some simple details that'll help you overcome your gag reflex and control your breathing before the pleasures of deep-throating can really be enjoyed.

Probably one of the first things you encountered when you started sucking his cock was a gag reflex when it went too far in. It's the natural tendency of your body to gag when a foreign object, such as a deeply thrusting cock, is sliding down into your throat. With practice you can learn to control your gag reflex. The next thing to learn is how to relax your tongue so you can slide his cock past it and down into your throat. You also have to learn to control your tongue during the entire time you're deep-throating.

There's really not much learning involved. You've already gotten used to having his cock in your mouth, now all you have to do is get used to having it in your throat. Get a soft, flexible dildo of the proper size so you can practice with it in private at your leisure, the solid jellies are the most comfortable. Get what's called a "double dong" so that you'll have something straight with enough length to hold on to, one and a quarter inches in diameter and ten inches long is a good size to start with. Most cocks are not much bigger in diameter and you need one this long to find out how much cock you can take. If your guy's cock is bigger in diameter, then get a bigger one after you've mastered the one and a quarter. Depending on the size and shape of your throat, you may be able to breathe slowly through your mouth, maybe your nose, after you get the dildo past your pallet and down into your throat a ways. Otherwise, learn to time your breathing with the in and out strokes of the dildo.

If you don't have any adverse reaction to the medicine, dissolve one or two Cepacol or equivalent sore throat lozenges in your mouth about fifteen minutes before you start to practice with the dildo. They'll mildly anesthetize your throat and may eliminate the gag reflex until you get used to having it in your throat. Be careful though and don't get too aggressive with the dildo when your throat is anesthetized or you could bruise the lining at the back without feeling it.

Now that you know what you're pushing it into, open your mouth and slowly slide the
dildo in as far as you can without gaging. Hold it there, breathing normally, until you're comfortable with it in your mouth. When you put something in your mouth, you begin to salivate. It's difficult to swallow the saliva with the dildo in your mouth, it'll interfere with your tongue as it tries to drive things out of your mouth and down your throat. You can go through the motions of swallowing with the dildo in your mouth but you probably won't swallow much if it's in very far. If you get the urge to swallow, do it, it won't hurt anything and you won't really swallow the dildo, or his cock if that's what you're working on at the time. For most women, swallowing can suppress the gag reflex, so practice swallowing with the dildo in your mouth, starting with it just past your teeth continuing until it's all the way down your throat. Try swallowing when you get his cock in your throat, it feels good to him.

If your head is tilted back, the saliva will run down your throat and interfere with your breathing so you'll have to take the dildo out and clear your mouth and throat from time to time. Try sliding the dildo in a little farther. By now you've probably got it to the point where you'll start to gag. When you feel like you're going to gag, try swallowing, this usually stops the gag. If it doesn't, pull the dildo out and relax. Now slide it slowly back in until you feel the gag reflex again, pull it back out a little, swallow and push it back in. Play with it with your tongue, feel how it fits in your mouth. Learn get your tongue to come down from the roof of your mouth at the rear when you have the dildo in there. You'll have to get it down before you can get the dildo to go down into your throat. Stick your tongue out as far as you can between your teeth and the dildo. This will pull your tongue down, all you have to do is get used to keeping it down. Play some music, read a book, watch TV, just get used to it being in there. Suck on it, work on it like it was a big piece of stick candy. When you get used to it being in that far, slide it in further. Keep going, a little at a time, until it comes up against the back of your throat. As it nears the back of your throat, it'll begin to close off the passage to your nose and interfere with your normal breathing. You can probably breathe through your mouth so try that. If you can't, then take a deep breath, slide it in and hold it there until you need to take another breath, take it out, breathe and slide it back in. Keep practicing with the dildo until you're comfortable with it in your mouth, your tendency to gag is gone and you can keep your tongue down.

Once you're used to the dildo being all the way in your mouth, the next step is to get it down into your throat. To do this you'll have to get it "around the corner." Tilt your head back so that your mouth and throat lie almost in a straight line and try to slide it in further. Try tilting your head back and forth while you're sliding it in. You'll be able to feel the improvement this makes. There's also a vertical ridge in the back of your throat. The dildo will slip to one side or the other of this ridge as you continue to push in on it. You can twist it around to make it go one way or the other. If one side begins to feel uncomfortable, use the other.

In the beginning, the best way to get it "around the corner" and down into your throat isn't to just push it but to literally inhale it. This is also easier on the back of your throat. Put the dildo all the way in your mouth and fold your tongue up around it to make a seal, hold your nose, and, while pushing in on it, inhale hard using your lungs to suck it around the corner, it'll go easily as your lungs pull it down into your throat. You may be able to inhale it by simply inhaling quickly and deeply. You'll have to limit how deep a breath you take before you try to inhale it though. Once you get it around the corner, it'll just
slide on down. With practice, you'll probably be able to simply slide it in your mouth and on down to the bottom of your throat with one smooth stroke, but inhaling it is sort of fun sometimes. When you push the dildo, or his cock, into your throat, it wants to stop against the back of your throat. As you push harder, it suddenly breaks loose and sort of pops down into your throat, after that it slides on down almost as easily as it went into your mouth.

Don't try to slide it all the way down your throat at first, just get it around the corner. If you can breathe with the dildo in your throat, great, open that book back up, otherwise, when you need to breathe, pull the dildo back out, take a deep breath, slide it back in and then open the book up. While it's in there, move it in and out some, twist it around. If you feel that you're going to gag, try swallowing or pull back on the dildo, it'll pop right out. If you do gag or cough with it still in your throat, don't worry, it won't hurt anything. Pull it out, relax, then try it again.

After you get the dildo down in your throat, it doesn't make much difference how you hold your head. It'll feel more comfortable in some positions and will have some effect on your breathing but nothing major. With your head held back, your saliva will run down your throat and interfere with your breathing. If you sit upright and are breathing through your mouth, it'll drool out of your mouth. The most comfortable position is probably sitting upright in a chair with a head rest, breathing through your mouth with a towel under your chin.

After your throat gets used to it being in that far, slide it in further and hold it there for a while. Continue sliding it down into your throat one step at a time, holding it after each step to swallow and relax your throat. Continue this pattern until you've got it in about four or five inches. If your throat starts to feel sore or just doesn't like for the dildo to be in there, stop and try it again the next day. Don't feel discouraged, these details will soon become second nature and you won't even realize you're doing them. Remember, you're practicing with the dildo so that one evening, when you're busily working away on his cock, you can look up at him, smile, and, with one smooth movement, bury your face in his bush. Look forward to taking his cock into your throat, it'll feel good there, not foreign like the dildo. It's much softer and will enter your throat without any discomfort.

Most of the time, you'll want to breathe through your nose when you've got his cock in your mouth. Find out where the dildo begins to block the breathing passage from your nose to your throat. It'll be at the point where the dildo pushes back on your soft pallet and uvula as it begins to enter your throat. Slide it in and out, blocking and uncovering your breathing passage, until you can readily find the location. The soft palate, which closes off your throat from your nose, may tend to stay closed as you withdraw the dildo, especially if you're trying to exhale at the same time, you'll get used to controlling this. You'll soon get to the point where you can stroke the dildo in and out from your teeth well down into your throat and wiggle it around in your throat without getting the urge to gag on it. Now, slide it on down and find out how much cock you can really take. As it slides past the entrance to your trachea you may get a choking response and cough, like you had taken some water down the wrong way. Just pull it back out and relax, then put it back in and play around in that area until your throat gets used to it. If the choking response doesn't ease up, take it out and try it again the next day. When you feel any significant resistance or discomfort, probably around seven or so inches, stop, you've hit your bottom line. Set the limit of the size cock you'll allow anyone to shove into your
throat about an inch short of that point, plenty of room to take the average cock all the way in. On one of your practice strokes, take a deep breath and keep the dildo almost to the bottom of your throat for a while, sliding it in and out using one or two inch strokes at about one stroke a second, getting the bottom of your throat used to his climax. As you practice with the dildo, develop a breathing rhythm. Stop with the dildo just clear of your throat, take a deep breath and hold it. Then, push the dildo into your throat, sliding it all the way to the bottom in one smooth motion and hold it there until you feel the need to exhale. Smoothly withdraw the dildo until it just clears your breathing passage, stop, quickly exhale and inhale, hold your breath and take the dildo all the way back in. Wait until you need to take another breath and repeat the cycle. Do this until the breathing cycle becomes second nature without even thinking about. It won't take long to learn. If you practice every day for about ten or fifteen minutes, you'll have it down into your throat in less than a week. Another week of fifteen or twenty minutes a day and you'll be comfortably stroking it down to the bottom of your throat.

The Real Thing
It's hard to separate deep-throating and throat (face) fucking. Throat fucking is simply an extension of deep-throating, so we'll discuss some things together. One of the best positions to practice deep-throating with a real live cock is to kneel in front of him with your head tilted back while he's standing. The most restful position, and the one you should use when you first start, is with him sitting up slightly in bed while you kneel between his legs with your head tilted back.

The size and shape of most cocks is normally not a problem for deep-throating, you can guide it with your hands if you have to and can normally relax enough to handle some pretty big ones, but it's a different matter for throat fucking. A big cock can be a curse. As we discussed in the last anatomy lesson, if it's much over one and three quarter inches in diameter it's going to take some lady to let him fuck her throat with that. Anything much over one and a half inches can present difficulties for the average woman. If it's seven inches or more in length, watch out, he could injure the lower end of your throat and your esophagus since a cock won't fit into your esophagus and he'll have a tendency to bottom it.

Although curved ones can be fun to play with, the curve of his cock can sometimes present a problem. When you were examining his cock, which way was it curved? Lay him on his back and work up a good hard-on for him. Which way is it pointing? Most guys' cocks will curve slightly up toward their head or point straight to the ceiling. If his does then he'll probably be able to slide it home without any problems. A nice curve in the upward direction can be a perfect fit for man on top 69, now that I think of it, it fits nicely in my cunt too. It's the downward curve that's a problem. If it curves down very much, he may not be able to throat fuck in the 69 position as his cock will tend to bend instead of sliding in. You would have to guide it in with your hands on each stroke. It would be fine though if you were kneeling in front of him where he could hold your head with his hands and fuck away.

Let's get on with deep-throating. By now, with your practice with the dildo, you should be able to slide your mouth and throat down over his cock until your lips are buried in his bush without getting the urge to gag and work it around in the bottom of your throat for as long as you can hold your breath. If you can breathe with it in your throat, you should be able to slide your throat up and down on his cock until you simply get tired of doing it.
or he cums or something. You'll have to polish up on timing your breathing since you'll have to interact with a man now. Just as with the dildo, you may be able to breathe some with his cock down into your throat, but maybe not all the way in, ... if only I could. It'd be wonderful just to lie there with my mouth and throat full of that luscious cock, working it around, picking at his balls and bush with my lips ... oh well. If you're kneeling over him or in front of him then it's easy to time as you have complete control, remember, you're sliding your throat over his cock, he's not thrusting his cock into your throat. If he's in a position where he can thrust his cock into your throat, establish some signals for each other. The simplest ones are for you to place your hands on his hips and, in effect, pull his cock into and push it out of your mouth. Since you're just starting to learn to deep-throat, choose a position where you have complete control, him sitting up slightly in bed with you kneeling between his legs is a good one. Now, suck his cock about halfway into your mouth and hold it there, working on it a little, while you relax and find the most comfortable way to continue. When you're relaxed, start slowly taking it in further. Just as it begins to block your breathing, stop and relax again. When you're ready, take a deep breath through your nose and hold it. Now, slowly slide your mouth and then your throat on down over his cock, use your lungs to inhale its head "around the corner" if you need to but try to push your throat over it first. Once its head has popped into your throat, your throat will simply slide on down over his cock, be careful and don't bump your nose on his pelvic bone. Unless his cock is really big, it'll go into your throat easier than the dildo. Also, it won't irritate the back of your throat. If it's big enough, you won't have to use your tongue or hold your nose to inhale it into your throat. Sticking your tongue out between your teeth and his cock to get the back of it down out of the way is the key to pushing the entrance to your throat over his cock without inhaling it. If everything is going your way, you'll be able to push it around the corner and bury your face in his bush in one smooth motion without having to inhale it. It'll make deepthroating, especially throat fucking, more enjoyable if his cock will simply slide all the way in, from your teeth to the bottom of your throat, in one smooth stroke. There'll probably always be a slight hesitation as his cock pops around the corner and starts down into your throat, but that tends to feel good anyway. You'll probably find him playing around back there, rubbing his coronal ridge back and forth through that restriction into your throat. How far in is all the way in? As your lips get near his groin, you may find his balls getting in the way. The front of his scrotum is attached to the bottom of his cock, a little way out from his body. How far out depends on the man. To really get his cock all the way in with your face buried in his bush and your lips pressed against his groin, you may have to take some of his scrotum into your mouth along with it. His balls hang loose inside the scrotum so you can slide your mouth on down over the front part of his scrotum leaving his balls outside, you may not even notice it. When you are just stroking your throat back and forth over his cock and his orgasm hasn't started yet or you are not really hot yet, you probably don't want to take in much of his scrotum. Save the full thrusts for those times when he is cuming or you really want to feel all of it in you with your mouth and face pressed tight against his groin or just want to play around. All the way in is when his cock is tilted down slightly to get it away from his pelvic bone and your lips are pressed tightly between his groin and your teeth.
Once his cock is all the way in, hold it there, you want to get used to the sexuality of having all of it in you. Let your passions rise, feel your nipples harden and the juices start to flow in your cunt as you get caught up in the intimacy of giving head. Did you know you could smile with a mouth full of cock? When it starts to feel good, look up at him and try it, it'll show in your eyes and cheeks and the corners of your mouth. When you need to exhale, slide your throat back up off his cock, quickly exhaling and inhaling just as it clears, then slide all the way back down over his cock again and stop. Keep repeating the cycle, pausing at the bottom of his cock each time. As you begin to enjoy it and really get into the rhythm, start to play around with his cock while you're down at the root of it. Move your head back and forth and around and around, working your throat over the head of his cock. Feel that luscious cock pulsing and throbbing as you work it around in your mouth and throat. These are the basics of deep-throating, remember, practice makes perfect so don't forget to do your homework.

Now that you've mastered deep-throating, you need to carefully consider whether or not you want to get into throat fucking. It's not for everyone, and it's not the same as deepthroating. Deep-throating is you sliding your throat down over his cock when the urge strikes you during, or as a finishing touch to, good head. When a man wants you to give him head, he's in a passive mood. He wants to lie back and enjoy it to the fullest and looks forward with eager anticipation to those times when you bury your face in his bush. Throat fucking is allowing a man to take charge and thrust his cock in and out of your throat in a way that's pleasing to both of you. Although the motions are similar, it's not the same as fucking your cunt. All too often, throat fucking ends up allowing a man to take control and use your throat for a vagina, which I don't particularly care for. I've got a perfectly good cunt that I like to use for that. If a man isn't interested in the subtleties of throat fucking and just wants to treat your throat like a cunt, he's liable to be in an aggressive mood and wants to shove his cock into something new. Let him find someone else to abuse.

But then life is full of apparent contradictions. Sometimes I want my lover to really fuck my throat. I want long quick thrusts of his cock deep into my throat with his groin coming up against my face each time he shoves his cock into me. I do dearly love man on top 69 with my lover, whom I trust completely. thrusting his throbbing cock in and out of my throat with long deep strokes at one end while he's passionately eating my pussy out at the other end. Sometimes, when his cock thrusts into my throat and tongue thrusts into my cunt are together, it feels like they are going to meet somewhere in the middle of my body. At times like that I completely surrender myself to him, becoming caught up in pure passion, my face and pussy rising to meet each stroke. But this isn't really a contradiction, it's an example of mutual trust and respect for each other. He knows how hard to thrust. He's not just using me for his sexual satisfaction, he's satisfying my sexual desires of the moment. He's deriving his pleasure as much through providing me with great sexual pleasure as he is by satisfying his own sexual desires.

When you deep-throat a man, you suck his cock into your mouth and slide your throat down over it in a way that excites him and is also comfortable and pleasurable to you. When you engage in throat fucking, you let him thrust his cock into your mouth and down into your throat in a way that's pleasurable to him and still acceptable and pleasurable to you. The two activities are not the same. It's not enough that you learn how to accept his cock during throat fucking. He has to learn how to control and direct his
cock also. If you don't trust him completely, simply don't let him get on top of you and fuck your throat! Until you build up this trust, you'll never be able to relax enough to let him thrust his cock down into your throat in a way that gives you any pleasure. It will also take a significant amount of practice for him to develop a smooth straight thrust, especially if you move your head while he's thrusting. Until the two of you learn to synchronize your movements, expect to see a lot of bent cocks. It's not that stiff and if it's not pushed in straight it'll bend, don't worry, it'll straighten out. He also has to learn to control the intensity of his thrusts, how he pushes his cock around the corner, how hard he brings his groin up against your face.

Remember how a man responds during his climax when he's fucking you, it's his nature to thrust his cock into your cunt deep and hard, especially as he near his climax. There's nothing wrong with this, he needs to get his sperm near your uterus to fertilize your egg. Most women like it and urge the man on, raising their cunts to meet his thrusts. The pelvic area of both is designed for this and it doesn't hurt either. However, your face and throat are not designed for this. Hard thrusts can bruise your lips and nose and injure the back of your throat.

Before you start practicing throat fucking, you'll have to decide what position you want to be in. When he's fucking your throat, you have to hold your head still and push against him as he pushes his cock into your throat and that can be tiring. He can stand with you kneeling in front of him with your head tilted back, this gives you the most control since you can use your hands to push his hips back and pull your head back. However, unless you can lean forward enough, he may have to hold your head with his hands to help you push against him so that he can thrust his cock down into your throat without tiring you, but that can be sensual for both of you. 69 is probably not the best one to start with, but it may be the best with him on top when both of you are comfortable with throat fucking. One problem with throat fucking in the 69 position is that he has a hard time keeping his mind on fucking you and sucking you at the same time. Don't worry about his problems though, just lie there and enjoy being eaten and fucked at the same time.

Lying on the bed with your head tilted sharply back over the edge is comfortable for you. It lines up your mouth and throat and his cock better than other positions and provides support for your head so you don't have to push back against his thrusts. He can straddle your face and easily slide his cock all the way in, but it's a little harder for you to control the thrusts of his cock since you won't be able to pull your head back. However, once you really get into it in this position, you can grab his butt and pull his groin up against your lips and just lie there for a while enjoying his balls on your nose, his bush tickling your chin and his cock deep in your throat, don't forget to breathe though. This position, which is similar to 69, in addition to being very erotic to the man visually and psychologically, also feels nice to him as the bottom of his coronal ridge rubs against the back of your throat as he strokes it in and out.

Once you're ready for him, close your lips around his cock and let him push it about half way into your mouth. You'll probably be nervous now so play around with it some and relax. When you're relaxed, signal him to start. Now he begins to slowly slide his cock deeper and deeper into your mouth. As the head of his cock nears the entrance to your throat, signal him to stop. Rest in this position, playing with his cock with your tongue until you are relaxed and ready for him to shove it home. Then, taking a deep breath, flatten your tongue out under his cock and signal him to slide it slowly on down into your
throat. Inhale it around the corner if you have to, but try to let him push it around and then on down deeper and deeper until he's got the whole thing buried in you. Although the feel of his cock in your throat will be the same, the sensations of him thrusting it into your throat will be far different from those you experienced when you were sliding your throat down over it, it really turns me on.

Hold him against your face until you need to take a breath, then signal him to withdraw his cock far enough for you to breathe freely. Let him hold it there while you breathe normally and relax again. Then, take a deep breath signaling him to slide his cock back down to the bottom of your throat and hold it there until you need to take a breath. Keep doing this until he can sense when needs to pull his cock out for you to exhale and when you've filled your lungs and are ready for another stroke, gradually increasing the nature and speed of his stroke from a slide to a thrust until you begin to feel uncomfortable with it. Then let him pull it up out of your throat and almost all the way out of your mouth and then thrust it right back in without pausing, stroking its head from your teeth to the bottom of your throat in one motion. Use the time between when his cock clears your throat on the way out and before it starts back into your throat again to quickly exhale and inhale. Let him increase the speed of his thrusts until it interferes with your breathing. Once you're comfortable with him stroking his cock back and forth between your teeth and the bottom of your throat, take a deep breath and let him use short quick strokes just popping the head of his cock in and out of your throat until you need to breathe. Take another deep breath and let him make short fast strokes deep in your throat with his groin gently bumping your lips until you need to breathe. Increase the length of his strokes again until the head of his cock is stroking from your lips to the bottom of your throat with his groin gently bumping against your lips. Let him learn to pull his cock out of your throat slowly and smoothly enough to keep it from coming out of your mouth and find out how fast and hard he can thrust his cock back into your throat without it either becoming unpleasant or too fast for you to breathe. If you'd like him to thrust it in faster but need more time to breathe, then slow his withdrawal stroke. That's throat fucking. Keep changing the length and speed of his strokes, how far his cock goes into your throat, how far it comes out into your mouth. Find out which strokes feel best to you, after all, you're the one being fucked and you should enjoy it too. If you find that you're breathing too much and hyperventilating, or you're really into it and want to speed up his strokes even more, turn that Bolero tape back on and change your breathing pattern, inhale just before his cock enters your throat at the beginning of one stroke, exhale just as it leaves your throat at the end of that stroke and take it right back in on the next stroke with your lungs empty, inhale just as it clears your throat at the end of that stroke and take it right back in with your lungs full. I've known people who used a metronome to keep her breathing and his strokes synchronized. Continue repeating this cycle as long as it feels good or you get tired or he cums or something. It's not hard to learn and soon becomes second nature.

It's important that he know that he must always take reasonably slow, steady, even strokes, especially while he cums. You have to guide him when you want, or are willing to accept, faster harder strokes. He must start slowly, especially if this is a completely new experience for the two of you. His only other requirement during this exercise is to keep the motion of his cock straight and lined up with your throat.

One more word of caution concerning throat fucking.
Don't let him get carried away when he starts to cum. He'll have the urge to thrust his cock all the way down into your stomach, but that urge to thrust has to be controlled. The most important lesson of this exercise is, keep it under control! As the two of you gain confidence in each other through practice, you can let him step up the pace and intensity of his strokes as he nears his climax. When he's fucking you and getting near his climax, you bring your cunt up to meet his thrusts. You can do the same thing with your throat, respond to his climax by meeting his thrusts with your throat. Bring your face firmly up against his groin, not hard enough to bruise your lips, just firmly enough for both of you to know that he's got all of it in you. Use your hands on his hips to pull his cock into you to find out how hard he should thrust.

At least in the beginning, keep your hands on his hips while you're throat fucking so you can guide his strokes and control where his cock is when he cums. If you don't want to take his cum into your mouth, and can hold your breath and relax your throat long enough to keep his cock deep in your throat while he cums, you'll not be faced with the problem of tasting or swallowing his cum. His cum will shoot right on down into your stomach. If he's fucking your throat, he'll probably want to keep his cock all the way in, using short quick strokes at the bottom of your throat as he shoots his load down into your stomach, it's that desire to plant his seed deep.

You must relax completely to enjoy his short hard strokes with his cock all the way down in your throat and he has to be careful not to bruise your lips. To do this long enough for him to completely get it off requires more than a few days practice. With time and practice you'll become more comfortable with what you are doing. The ability to relax will come with the comfort, this is work? Since you've already practiced it, you'll be able to take him completely down your throat, but may not be able to maintain proper relaxation and hold your breath long enough for him to shoot his load.

Each time you practice you'll be able to hold him in longer. It'll help if you learn to get him almost to the point of cumming and then take an extra deep breath before he starts those final short thrusts at the bottom of your throat. Remember that you don't want to be inhaling while he's shooting cum down your throat. The only way you'll find out if you can hold your breath with his cock deep in you long enough for him to shoot it all is to try. If you try and he's started to cum but it's going to take too long for him to finish, just push his cock back out of your throat into your mouth quickly, swallow, take a breath and let him finish. Keep practicing this until you know your limits and how to deal with them. It won't hurt you if he does cum in your throat, or if some of his cum runs down your throat while he's shooting his load. It's no different from swallowing a thick syrup. When you swallow, the entrance to your larynx is closed off and the liquid goes down your esophagus to your stomach, it'll also close when his cock slides past it. With practice, you can close it your self anytime you want to, try closing it while you're exhaling through your mouth. The only time you'll have a problem is if you try to inhale while his cum is running, or being shot out of a thrusting cock, past your larynx. Even then, it'll only be unpleasant, no worse than choking on a swallow of water. It's important that you learn to deal with this potential problem because you don't want to interfere with the natural flow of events when you're both enjoying his climax. The key is in your breathing. You can let him cum with his cock anywhere in your mouth or throat, including stroking it in and out of or up and down in your throat. He can even shoot his load down into your throat with his cock at the entrance, just don't inhale while his cum is running past the entrance to
your larynx, swallow first and then inhale. Whether you're deep-throating him or he's fucking your throat, don't be too mechanical about it. Once you get used to that luscious cock filling your mouth and throat with his belly pressing against your face, a few short quick strokes gently bumping his groin against your mouth, maybe with a little wiggle or two, can feel great to both of you. When the two of you become familiar with each others desires, you can add more pleasure by using your hands on each other. It will feel great to him when you grab his butt and press his belly tight against your face, rubbing your nose around in his bush. It can also feel great to you for him to place his hands on your head and gently press your face against him, it's a psychological thing, sort of like firm hugs when you're fucking. Don't forget, you can pull him tight against your mouth and hold him there any time you want to. It's psychological, for him and for you.

Every so often, take an extra deep breath, grab his butt, pull him all the way into you and hold him there. Play around with his cock, work it around in your mouth and throat, rub your face over his groin, play with his balls. Let him hold your head with his hands while he strokes his cock in and out in quick short gentle little strokes keeping it deep in your throat, bumping his groin against your lips. Let him try those same short strokes with the head of his cock moving in and out of the entrance to your throat. Let him hold your face tight against him while he works his cock around and around in your mouth and throat. Learn what feels best for each other. If you both understand what it is that you're trying to do, as well as the possible problems that may come up along the way, you'll never regret having learned to deep-throat. Hopefully he'll understand that any initial difficulties are not a rejection of him or of what he's offering you and that all you need is practice. Not everyone will be able to accomplish all of the deep-throat techniques, but it's my sincere desire that you not stop trying and think that your blowjobs are unacceptable. If a man isn't satisfied just to have his cock in your mouth, then you probably don't want to have his cock in you anywhere. One of life's more pleasant things for me is to rest between orgasms during side-by-side 69 with our heads on each others thighs. This is restful for both and you can play with and be played with for hours in this position. After he cums, let his cock really go down while he's resting, then quickly suck all of it into your mouth, I mean all the way up to his balls. I wonder if I could get his nuts in too? I could hold them in my cheeks like a chipmunk. Na, the whole works might get stuck in there and I'd be embarrassed to call 911 in that position. Then keep sucking on it and working on it with your tongue and mouth until he starts to get a hard-on again, it won't take long. Grab his butt and hold his groin tight against your mouth while that luscious throbbing cock swells to full size. It's that psychological thing again, it feels wonderful as his cock slowly fills your mouth and grows down into your throat.

Continue to practice deep-throating, you don't have to deep-throat on every stroke, or even every time you give head. You can give great head with just the head of his cock in your mouth and he'll love it, but it sure feels good to him when you put your face in his bush, sort of like how you feel when he leaves your clit and thrusts his tongue deep in your cunt. I know couples who have devoted ten months to this lesson and never regretted a minute of it. Continue because each time you practice you'll be able to take his cock deeper into your throat and hold it there longer. If you believe, as I do, "the deeper the better" and if you have the desire to both give and get the most out of giving head,
you'll get this one down pat!

**Putting it All Together**

Now that you've learned all the fundamentals, it's time to put them into practice. Just like your man learned to respond to your desires by reading your body language while he was giving you head, his body will talk to you. Learn to listen to it, watch his facial expressions. The way he thrusts his hips and tilts his pelvis will tell you how far he wants his cock in you and whether he wants you to stroke it or mouth it. The pulsing in his cock will tell you when he's starting to cum. Let him guide your head and hands with his hands.

It could start off like this. The two of you have been playing around for some time and you're both ready for you to do some serious cock-sucking. His cock is standing up straight, talking to you, come on, I'm hard, slide your soft wet lips down over my head and suck on me. Ahhh . . . that feels good, swing your head around and around and around . . . suck more of me into you, slide your mouth up and down over me, great! Take my balls in your hand, play with them, back up to my head, play with it, slide it out, lick it with your tongue, nibble on it with your lips, tongue its under-side, lick it like a lollipop, suck it back in, out, in, out, in . . . Take me back in you, let my head feel the back of your throat, take me back out until your lips close in behind my head, back in again, up and down, up and down and down and bury your face in my bush, hold all of me in your mouth and throat, back up to my head, circle your lips over my head, slowly suck me back into you. My crotch is rising up to you, waiting to feel the bottom of your throat again, short strokes bumping your lips against my groin, full strokes, up and down . . . up and down, my strokes meeting yours, shorter now, my head slipping in and out of your throat, back up to my head, taste the juices starting to flow, suck them out, feel me swelling, my hips thrusting me deeper into your mouth. I'm starting to pulse, my body shuddering, up and down on me, faster, not too far in, I'm starting to cum, suck it out of me, faster, harder, that's it, suck it out, swallow it, quick, take me back to the bottom of your throat, hold me there. I'm done, my last shot deep in your throat, my body relaxing, breathing coming back to normal, back up, clean me off with your lips and tongue, gently now, suck out the last drops, hold me in your mouth as I grow soft. Bring your lips up to mine, your breasts pressed to my chest, let me kiss that sweet mouth that brought me such pleasure.

**Balls, Nuts, Family Jewels**

Don't forget his balls, it can be fun for both of you if you play them right. Just as with women and their clits, some men's balls are extremely sensitive. Just as you must completely trust him before you let him thrust his cock down your throat in throat fucking, there must be a certain amount of trust built up between the two of you before he'll willingly let you have undisputed use of those two prize possessions! This is a serious concern for a man, it's his balls that secrete the hormones that give him his masculinity and he doesn't want any thing to happen to them.

Begin by gently licking his balls with your tongue. You may want to gently caress his cock with your hand while you're bathing his balls with your tongue. Remember that the balls are sensitive to excessive pressure, however, it can feel good to him if you put your thumb and forefinger around his sack and pull on it, surprisingly hard in fact. Once you get them wet, try taking one of them into your mouth and playing with it, see if you can get both of them in. Watch his face and feel him quivering as you gently move
them around in your mouth while you massage his cock with your hands. Try closing your lips around his sack above his balls and pulling with your mouth like you did with your fingers.

**In a Hurry?**
There'll be times when you'll want to give him a quickie. It's a very simple technique. Place your lips around the head of his cock and twirl your lips wetly and gently around the coronal ridge at the back of the head of his cock just covering and uncovering the meatus with each twirl. This doesn't require any great skill, it works simply because this is the most sensitive area on his cock.

It's not necessary to be all that skillful. All that's necessary is for you to find the most sensitive area around the coronal area. By sucking on this area of his cock continuously, you'll produce a quick powerful cum. It's not necessary to bob your head up and down on his cock to get him off. One other use of this technique is to get him hard again after he's already cum.

**CONGRATULATIONS!**
You're doing just fine and he loves it! Keep it up as long as you're comfortable with it. Now you've given him head that he'll not forget. I've heard from men that not one woman in fifty really knows how to give good head. The rest act like it's a big favor. If you don't like to give head at first, don't give up, most women eventually develop a liking for it as they allow themselves to get into the sensual, intimate nature of it. Older women seem to like it more, I know one woman who sometimes has orgasms while giving head.

One final note, this time for the men, don't push it! There's nothing more deadly to a relationship than pushing a woman's head down to your crotch. If she wants to do it, she'll get around to it in her own good time. Don't be afraid to discuss oral sex with your woman, you just might be surprised at her response.

Now, go get 'em girls!

**The Best of Both Worlds: Blending Oral Sex and Coitus**
As I said earlier, although I personally find 69 the most emotionally satisfying, I do dearly love a good fuck, the feel of a thrusting cock deep in my cunt. When a couple has become wholly at ease with oral sex and completely familiar with each others needs and responses, they should learn to blend it in with a good fuck. Because of a man's difficulty in achieving multiple orgasms and the way that cock switch in his brain works, thinking of sex - cock hard (anticipating it - like a rock), cum - cock soft, he should take the lead in the intercourse described here (there's a sequence where you want him to eat you and still keep his cock soft and I don't know any way to do that except wear him out first).

However, as you become more familiar with each other's likes and dislikes, either can start if you rearrange the sequences a little, it's fun to try. Sometime when you have a few hours to spend, try this. Start out on a nice comfortable bed and warm her up with some serious cuddling and kissing. Work your way around until she's lying at the edge of the bed with her feet resting on two chairs and you on top of her between her legs. Kiss and caress your way down her body as you slide your body slowly over her pussy until you are resting on the floor with your tongue in her cunt.

Now, give her the best head she's ever had. When she cums, ease up and carefully work her up toward another orgasm. As she begins to respond, slowly work your way back up her body, letting your body slide over her clit. When you reach her lips, slowly slide your tongue into her mouth and your cock into her cunt until both are all the way in. Now, start
a slow fuck using short strokes while making sure your pelvic bone is massaging her clit at the end of each stroke. Sometimes it's fun to slide your tongues in and out of each others mouth in time with your strokes. Every few strokes, stop with your cock in hard and massage her clit with your pelvic bone while you French kiss. Try different types of strokes to find out what feels best. Every so often try a few long strokes, some slow and easy, some fast and hard. Try a few where your cock comes almost all the way out with just the tip still in and then slide it in until the shaft just enters, keep the coronal ridge slipping in and out of the entrance to her cunt, that feels good, see if you can bend your cock toward her so that it rubs against her clit at the same time you're sliding its head in and out of her cunt, that feels great. Whatever you do, remember that it's manipulation of her clit that brings her to climax, not your cock in her cunt. You can only move away from her clit for a short time before she starts to come down. Just as when you're eating her, it feels nice to her when you slide your tongue down and thrust it into her cunt or play around in her vestibule, but you have to quickly lap it back up to her clit to maintain the intensity of her emotions. When she starts to cum, don't change anything, keep up the pressure on her clit and maintain the rhythm or increase the intensity of your strokes if that's what she wants but don't slow down. If you cum first, don't take your cock out, keep it in deep and work on her clit with your finger until she cum.

The object is to work on as many of her erogenous areas as you can at the same time while keeping up the massage of her clit; your cock sliding around in her cunt, your tongues darting around in each others mouths like playful otters, her nipples and breasts rubbing against you, your hands caressing her head and breasts, until you both cum, which, with practice, will be together and won't take long. Now, don't do anything distracting like washing up and especially don't let go of her. Hold and caress her, work your way back on the bed and cuddle. Don't quit yet, keep up the momentum while she's still hot. Keep cuddling her while you lose your hard and work your way around to an upside down kiss. Then quickly kiss and caress your way down each others bodies into a side by side 69 position. Let her suck your cock into her mouth before it starts to get hard again, all of it, right up to your bush and keep her lips pressed against your groin. Gently start eating her pussy as she tastes the mixture of love juices your cock brought from her cunt and feels your cock filling her mouth, growing down into her throat, starting to throb. Make her passions rise as you begin to eat out her pussy. Thrust your tongue deep in her cunt, taste the same love juices her taste buds are now savoring. Keep your minds on what you're doing and make each other cum again.

Go back to cuddling and keep her mind on sex. Maybe, after you've rested enough for a third orgasm and she's still hot, you can talk her into letting you lie back and relax while she gives you head, complete with some serious deep-throating. This may cost you though, you'll probably have to eat her again, so?

Take your time, relax, let your sexual appetites lead you, enjoy the pleasures of each others body. Take turns giving each other head, eat pussy first, suck cock first, 69, fuck, mix it up, as the mood strikes you.
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Having written the Advanced Cunnilingus Techniques page, and then the Advanced Fellatio Techniques page in response to reader demands, it seems that the next most common question I get is about various forms of anal sex (analingus, actual anal penetration with the penis or fingers). So, in keeping with my tendency to have an opinion on everything and be willing to let everyone know what it is, I have written this page on the subject.

Anal activities in sex are less talked about, and make many people feel more than a
little uncomfortable. This is mainly because of the taboos about the butt, of course, and not because there's anything wrong with it, per se..

In fact, there is a unique form of pleasure to be gotten from anal stimulation, for a guy or girl. For men this is because of the prostate, which is an important sexual organ and can only be directly stimulated through anal contact, and on women it is because the rectum (sorry if you're not looking for technical terms, but I need to be specific) shares a wall with the vagina, and the sexual nerves are actually closer on that side, making the sensation different and sometimes actually stronger.

Anal sex is not always the #1 favorite, but it is certainly high on the list for many people, and can be a fun change of pace for almost anyone who isn't bothered too much by the taboos against it.

First, as always, a few basics.

Be Sensitive -- I mean this in several different ways.

First, it may be a difficult subject to bring up, if you and your lover haven't already discussed it. It's that taboo thing, again. There is a reasonable chance that they have already thought of it, and were afraid to bring it up themselves, but there's also a chance the idea would horrify them. Hopefully your relationship already involves open, relaxed, and frank discussion about sex, or else you probably should work on that long before you worry about testing the waters on this subject.

Second, the anus really isn't meant to be entered. Don't get me wrong; humans aren't really meant to fly, either...I'm not saying it's bad, I'm just saying you have to bear these little facts in mind. One should be very gentle when experimenting with these things.

An important example is never...ever try it on your lover for the first time without them expecting it, especially if we're talking about penetration with a penis or similarly large object.

Trust me on this, please. If you've ever had a really big, hard BM (Bowel Movement), that was really painful, that's nothing compared to being caught off-guard by this.
Not only are there better ways to go about it, but you may never get the chance to try again, if they're upset enough. That's doom and gloomy enough, I think, now as for some more useful info.

Basics Positions:

For most anal sex, there are a few positions which make it easier to access the butt. These generally apply to analingus, actual anal sex, or even using fingers...though with fingers almost any sexual position might work, if both parties enjoy it. The most basic is for your lover to be on their back, legs spread and/or knees pulled up. Put a pillow or two under their butt...this is a big help that's easily overlooked. In one way this is the most awkward of the positions, but it can be the easiest for your lover.

Another is for your lover to be on elbows and knees, as for doggie style sex. This is easier for access, but it also tends to require your lover to tighten their butt muscles a bit. This may work better if your lover has some support under their chest/belly to lean on, so they can relax more, and possibly even so they can lean forward a little, extending their legs out and to the side behind them, which might put things at an easier angle for access.

A third position is for them to be on their side. Their legs need to be in a scissors position, perhaps the upper one extended in front of them and the other straight "down" (as if they were standing), else the upper leg drawn up toward the chest or straight upward (bent, either way), and the lower leg in whatever position is comfortable.

Cleanliness:

As always, this matters more to some people than others, but in this case it's a more popular issue than with just about any other kind of sex, for obvious reasons.

First, having bathed more recently than the last BM is a good idea.
It's a good idea to have a bowel movement an hour or so before, to ensure that nothing is encountered during any penetration (unless you're into that, I suppose), and then bathe the area.
Other than basic cleaning like that, oil-based lubricants are a great insulator for anal contact. They tend to cover up any potential (or simply feared) smell and transfer of icky stuff. If you use Vaseline/petrolatum, for example, the odds are that a simple wiping off with a dry cloth will result in finger/penis/whatever
seeming to be just about perfectly clean. Again, this may not matter to some people, but it's worth mention because it is crucial to others.

To some people, enemas may seem like overkill, or even to be grosser than not having one before anal sex anyway. But they certainly do bear mention, in case this sounds like a good idea to you (feeling comfortable with things like cleanliness are potentially very important). This is especially worth considering in actual penis penetration, since one gets a lot deeper than even the most diligent bathing process is going to be able to clean. But it is still not a really common practice, even for actual penetration. Of course a few people even find enemas to be sexually exciting themselves.

Lubrication

With anal sex of any kind, lubrication is worth seriously considering. And oil-based lubricants tend to work better, because of the greater pressure/texture involved. Drying out like water-based lubricants do is a more serious problem than with other kinds of sex. Bear in mind, of course, that oil-based lubricants are a threat to a latex condom, which will be damaged by it. That aside, Vaseline is the best, in the case of anal sex, because it will stay in place and lubricate much more determinedly than thinner lubricants, and yet not provide its own resistance like thicker ones will. Cocoa butter would be my #2 suggestion. Some kinds of massage oil can work well. Baby oil and other similarly thin substances are way down on the list, as the lubrication they provide is rather weak/watery, for oils.

That's all for the basics...except that I will address the whole thing from the ground up, dedicating much more time to "how to get started" in this article than in the cunnilingus and fellatio articles. The reasons for this include the fact that this can be far more painful if done wrong, the fact that it's more taboo and thus worrisome to some people, and the fact that it's rarer...even thinking in detail about it is rarer...and thus more people are more likely to need to go over the basics. Oh, and the basics can be much more complicated, too.

A penis in a mouth or a licking of a clitoris is a lot easier to get started in an "acceptable" way than a painless penetration of an anus.

Analingus
We'll start with this, because it's pretty simple. No worry about accidentally hurting anyone.
Work your way up to it -- as with any sex, it is often best to start out gradually, even away from erogenous zones completely. Remember how you used to fool around for hours before sex?
It was pretty exciting, wasn't it. Anyway, even after you've gotten to the erogenous zones, you might consider performing cunnilingus/fellatio on them first. Simply work your way downward from there toward their anus, gradually. No matter what position you're using, your hands, or your partner's will probably be necessary to make access easier. You have far more control and better contact if their butt-cheeks (is there a technical name for that?) are spread away from their actual anus.
What exactly to do, tongue-at-anus, varies a lot from person to person.

Some prefer a light flicking, gently licking around the center, or gently pushing at it. Some prefer a deeper probing, with your tongue held rigid and pushed firmly inside.
Another method is to widen your tongue to apply pressure over the entire outside area...this is often much more stimulating than you'd imagine.
Another good idea is to try firmly licking, or even sucking on, the perineum (the area between the anus and genitals. On a guy this is especially useful, because it indirectly stimulates both their balls and prostate.

The best method would be to combine all of these, and pay close attention to what your lover enjoys most. As in all sex, you would get them to believe in giving you a lot of feedback/signals, whether moaning, thrashing about, talking...whatever they are most comfortable with. They should increase or decrease this with their pleasure, so that you can learn what they like (it is different from person to person, this may be the most important secret of sex).

If you're going to engage in this for a long time, especially if you won't be switching back and forth between analingus and fellatio/cunnilingus for texture, you probably will want to provide some stimulation to their genitals, as analingus is a pretty mild form of contact that probably won't bring them to orgasm, or even keep them heavily stimulated, all by itself. The Cunnilingus and Fellatio pages on this site have some advice on hand-stimulation, which is often a vital part of oral sex.
Of course using your hands for their genitals will leave you short-handed for keeping their cheeks spread, so this is where recruiting them to do either the spreading or the stimulation is pretty useful.

The range of things one can do with analingus is a bit more limited than with cunnilingus and fellatio...but one reason for that is that the fingers need a separate section. Many people won't really want to do a lot of probing with their fingers while licking. In fact, one might want to avoid using them even on the outside, because fingers are a lot stronger and firmer than a tongue, and so might make the licking part seem less obvious.

Finger Stimulation

As with analingus, the best way to start out, if you're going to be using your fingers, is to work up to it. This also is where techniques you use on men and women begin to differ significantly, so I'm going to have to start breaking up my advice a bit, near the end.

Fingers are, unlike a tongue, rough. This is true no matter how baby-smooth your hands are, or how well-manicured. It's more true, of course, if your hands are rough or not well manicured. Caring for them ahead of time with some hand-softening lotion and the careful removal of as much fingernail as comfortable is a good idea.

Fingernails, in fact, are an important consideration. Even being well-smoothed may not be enough. Being a guitarist, I happen to keep my nails on my left hand trimmed all the way to the skin, and smoothed as much as possible. This is a big help, but even it may not always be enough, depending on the sensitivity of the partner.

Rubber/latex gloves, especially the surgical kind, are definitely worth considering, especially if either of you are just starting to experiment with anal-finger stimulation (getting or giving). The difference it makes is just astounding...discomfort which was actually assumed to be from other issues (like being thought a matter of penetration itself, or nervous tightness) sometimes disappears completely. Since the idea here, unlike condoms, is not to actually keep fluids from being passed between you, oil-based lubricants can sometimes be used with latex gloves. Because the gloves are so helpful, though, a water-based lubricant (K-9, Wet, Anal-Ease, whatever) might work fine.

Gently touching the anus is a good way to get started, once you're worked up to it.
Because this area's not really messed with as much, it can be exciting to just be touched there.

The next step might be gently circling it with your finger. Consider whether you're using lubrication and/or gloves as to how lightly you do this. Even without penetrating, there is a difference in sensation between pushing right in the middle, and pushing/circling the area right around the center. Actual penetration usually takes some tact. It's generally important that you work your way up very gradually, gently stroking the region right around the opening, then pushing gently at the center but not actually penetrating. Actual penetration may, especially if you're not using both gloves and lubricant (and even more especially if either of you is new at this) be best accomplished by locating the exact opening (DO NOT assume you know where it is, try to make a point of eyeballing it, sometimes even your lover can be mistaken if they're trying to guide you), and then making a rhythmic pushing motion at it, very gently, and only penetrating perhaps a millimeter more each time, especially until you've gotten the rounded part of your finger well past their actual sphincter muscle (the ring of muscle that squeezes to close their anus shut).

They should, as with penis penetration, make a point of relaxing as much as they can. Hopefully they did relieve themselves shortly before cleaning for this, so they should be able to relax a lot without fear of any accidents. In fact, a good way to ensure relaxing enough to allow entrance is to make what feels like a slight pushing motion, as if having a BM. Not a real pushing motion; much of the basic BM action is actually just a relaxing of the muscles in that area, and the internal intestinal pressure is what actually pushes the waste out. If they can comfortably isolate that relaxing motion from real pushing, they're almost sure to be able to relax enough for almost any kind of penetration. OK, I'm going to have to diverge, now...male and female:

If your lover is male:

The key to anal sex with a male is the prostate. If your lover is lying on his back, his prostate is on the "up" side of his rectum, several inches inside. It is stimulated by any attention to the region, though, including the perineum (the area between his balls and anus). You can gently push/massage the perineum with your fingers, even if you're not penetrating his anus. If you are penetrating it, though, follow the paragraph above on the subject, and once you're well inside, work your way gradually to the prostate (on the rectal wall on the side toward his genitals). Make this very gradual, as hitting suddenly can
either be very uncomfortable, or cause him to suddenly have an orgasm, before you actually planned it (drawing out the time until an orgasm is a very powerful way to make sex more pleasurable, and orgasms amazingly stronger). Yes, sudden, strong stimulation of the prostate can, in some people, cause spontaneous orgasm...but remember that it may, instead, just be really uncomfortable. Some people do like it, though.

Stimulating the prostate for a while, until orgasm, also causes both a much different feeling orgasm, and (theoretically) more "watery" ejaculate (the prostate provides lubricant, whereas the gonads/balls provide the actual sperm). This may be of interest to someone who, for whatever reason, doesn't like the taste of a guy's ejaculate and hasn't mastered the trick of swallowing without tasting it. Performing fellatio when using your fingers to stimulate his prostate is a very good idea, by the way.

If your lover is a woman:

First, this is even more directly tied to oral sex...or at least the sex-specific section for doing it to a woman is. The best way to engage in anal finger-sex (well, I can't find an official name for it) is to be going down on her, and add the finger as a part of your techniques. First, be sure to follow the generic advice above, especially for penetration, and the cunnilingus advice (including finger techniques for the vagina) from the cunnilingus page.

One great way to start stimulating her anus is to make incidental contact with it, while you're stimulating her vagina with your finger(s). You simply allow a finger to, in the course of keeping it out of your way, stretch back past her anus, so that your pressing motions will happen to incidentally press lightly there, too. You might even work your way up to allowing a pinky to press (be sure there's a lot of natural or artificial lubrication against the opening itself, and perhaps even work its way inside, a millimeter every dozen strokes or less.

I'm definitely not advocating "tricking" her...this should be something you've discussed before, at least enough to know that she's not specifically against it if it feels nice. It is, though, a good way to demonstrate, without pressuring her for some specific act, how it can be stimulating for her when you at least touch the outside of her anus.

Anyway, getting beyond the starting point, once everything's cleared for actual penetration, you work your way inside using exactly the same technique (assuming she or you are new to this)...have a different finger inside her vagina and make the
main stimulation there, probably her g-spot, and let the anal penetration take a good, long time to actually progress. Lots of lubrication, and/or a latex surgical glove (surgical because this will interfere with sensation the least). Once you're pretty well inside, concentrate (very gently) on stimulating the side nearest her vagina. A pressing motion is very helpful. In fact, you might not even do much sliding in and out, depending on how relaxed/excited (both at the same time, ideally) she is, and how well lubricated/gloved you are. You might take several sessions to get to the point of actually concentrating your effort on the anal part, keeping it a secondary form of stimulation at first. But that depends on how well she enjoys it and how much discomfort, if any (some people are just "naturals", I guess) she encounters.

Remember, gradual is safer, because you can always build up but if you go too far (this is true of any kind of sex) it may be hard to recapture the mood or continue the experiment.

Once/if she's really into it, one neat trick is to press along the same wall from both sides -- both press toward the rectum from the vagina, and toward the vagina from the rectum. The wall between them is thin enough that you will easily be able to feel each finger from the other one.

Make an effort to not swap fingers, though. The anus can, theoretically (I believe it's not common) carry common intestinal parasites that you'd never notice, but which might not have reached the vagina. We're not talking about any real major VD/STD or anything, but something her gynecologist might notice and complain about, anyway.

So assign one or two fingers to each opening, and keep them that way. In that case the "risk" is almost nil. That's it for sex-specific finger stuff, for now.

Actual Anal Sex

You know, penetration with a penis, or some implement of destruction that substitutes for one. I'll refer to the penis, and if you are intending to use a vibrator or something, just substitute the word in your mind.

First, read all of the preliminary and finger stuff, because it all applies. In fact, it is a very good idea to start out with fingers, even if your real goal is to you a penis.

This allows your lover to get used to the feeling, and to relaxing their anus in the right way. It is even a good idea to work your way up to more than one finger.
Bear in mind, though, that fingers are a great deal rougher (no matter how you care for them) than a penis, so be careful. If more than one finger is uncomfortable, and you're not going to use a glove, then skip multiple fingers (and remind your lover that a penis is smoother, if they're now worried).

Once you've worked your way up to the penis part, don't forget the importance of taking your time. You might even do some other things with it, first...coitus, for example, in the case of a female lover, or other contact between your penis and their genitals/thighs, in the case of either sex. Stimulating your lover can be very important, especially to make the experience as pleasurable as possible for both parties. When working up to actual penetration, use your hands to stimulate your lover, probably taking a few things from the Advanced Cunnilingus/Fellatio Techniques pages, which both cover a lot of hand-techniques. Don't forget, though, to be very careful about penetration. Done wrong, this can be more painful than, well, just about anything...childbirth, getting kicked in the 'nads, whatever.

Done correctly, it's not painful at all, and can be very pleasurable. Be careful about "hitting the hole". This is far more difficult to target than a vagina, if that's the experience you're going on. Enough light and a visual lining up is not that romantic, but is safest. This is also another reason to start out with finger penetration. There tends to be a slight softness, in some people, above or below the anus that can fool you, no matter the amount of care, into pushing at slightly the wrong angle or spot, so that neither of you realize it's wrong (yes, that's right, this mistake can be made even from inside your lover's body). Don't miss my mention of angle, either. Because of the number of positions you might be using and the variety among individuals, I can't even begin to advise you on a specific angle as being the one to use...you need to figure this one out with a lot of care and observation. Just remember that most angles are the wrong one, so you need to make an effort to make it better than random. Prior experimentation with fingers, again, would settle this problem before it even started, especially when they are also applied before (or even during, if fingers are turning out to be enjoyable) penile penetration. A fingertip already inside a relaxed
lover can be the perfect guide, actually making insertion of the penis easier and less painful, believe it or not.
If the position allows, and you're both comfortable with the idea, you may also have your lover help guide you in (bearing in mind that they may not be able to tell, perfectly, either), which is helpful because they know what hurts and what doesn't. But you should still be using your own hand as well, so you can feel what they're doing and when to do what yourself.

Remember my admonishment about a millimeter at a time, for fingers? If not, go back and read it, because I'm skimming over things here that are vital, but which I covered in the finger section.
Go very slowly. The best method is probably to make a slight pumping motion, starting out just pushing slightly at the opening, not actually penetrating at all, and simply adding the tiniest, and I do mean tiny, bit of pressure each time. It should literally take you minutes to make any real progress.
A big factor, as with all of this, is your partner. The more they can relax, the better. This means both their mind, and their sphincter/anus. The part about making what feels (but is not) a "push" like when you relax your anus to have a BM is a huge help. Again, not a real push, as one might do when constipated or in a hurry, just the relaxation of muscles which is actually what many people do when having a BM.
No amount of lubricant is too much, either, if there is any concern about pain. The big key in getting through this is the initial penetration of the bulge of the penis' head getting past the actual anus' sphincter muscle. Once this is past, sliding in (if at the right angle) should be nearly painless. There are guys, though, whose penis is shaped in such a way that it still gets wider along the shaft, but for the average penis, which is about the same width all the way along except the head/glans, the difficult part is past once the head is inside.

Make sure the shaft was also lubricated, by the way, in case a "snag" from a dry area might cause discomfort. Once safely inside, and once you've found the right angle, and everything is going well (basic sexual pumping works fine, here, but you may need to start out slower (though that's a good idea with coitus, too) and gentler), it may be a good idea to shift angle just slightly, so that the head of your penis is pressed more against the inside where the anus is closest to the prostate (men) or vagina (women). If you don't know where that is, you should have read the finger segment.
So there.
This will make things, perhaps in a subtle way but in a way that will accumulate in
effect, more stimulating for your lover. As for you, this is about the tightest form
of sex you're going to encounter, which many people find very stimulating. Of
course if this is involving an artificial device instead of a penis, of course that
doesn't apply.
It's worth note that the sphincter is always slightly torn by this, according to
doctors.
This isn't necessarily a big deal, you get lesions (cuts/tears) inside your mouth
every time you brush, too, and yet you get along just fine doing that three times a
day for your whole life. If you're comfortable then I'd think it's not really damage
worth notice...but that tearing is why anal sex probably the cause of more
HIV/AIDS transmission than all other forms of transmission combined.

So, even if you haven't bothered with a condom for other kinds of sexual behavior,
the odds here go from hundreds of thousands to one against transmission (by other
sexual means) down to hundreds to one against (by my analysis of the CDC/NIH
data), and so you might consider using one if there's any question of someone not
knowing they're already infected.
Once you've done the full penetration thing a few times with your lover, and the
penetrated is getting to the point where relaxation is easy, and pain not really an
issue (for some people it) never is, or they like it, but it's necessary to have
addressed the rest), you can consider trying
more unusual positions and methods.
Like, for instance, the person being penetrated being on top. This is a very big
mistake for a beginner, because one tightens one's butt muscles to hold them up
when straddling a lover, but it is actually (once pain isn't a worry) a very nice
position that people often don't think to try. If not for the butt-tightening, this
would be a great first position, actually, because it gives the penetrated control
over how fast things progress.
Another position, which is actually somewhat awkward but which some people
find erotic, is standing up. If this simply means facing away and bending over a bit,
the tightening of butt muscles is only a minor problem...but if it involves (yes, this
even works with two guys) facing each other and having one leg, say, up on a
table/counter, the tightening can become a real issue.

Don't forget the mutual stimulation. This (anal sex, not necessarily standing anal
sex) can be the perfect way to try to time orgasms to happen simultaneously, and
yet have the one doing the penetrating actually be doing the stimulating, too. Again
I must refer you to (this page is already too long, without me repeating other
pages) the cunnilingus and fellatio pages for hand techniques
that work brilliantly for giving your lover orgasms of a power and time span
OK, that's enough for now...whew.

How To Keep A Woman In A State Of Repeated Orgasm For Five To Six Hours
Fingers Of Fury
by Lothario the Great

What up, fools. I’m here to talk to the boys (and yeah, open-minded gals) in the class who want to learn how to keep a woman in a state of repeated orgasm for five to six hours. I mean multiple orgasm, one after another, for HOURS. It’s a technique I’ve developed -- technique, hell, insane and inhuman skill -- which I’ve had the privilege of using successfully on five different women. And believe me, when I finished, they were different.

No, I’m not talking that tantric shit where you sustain one mega-orgasm that bursts your uterus like a pi oata. Nor do I mean that multiple orgasm you read about on the feminine hygiene websites where she keeps pumping the dildo until she’s puffy and sore. What I mean is an experience I can’t find any information about anywhere, and if I hadn’t invented it, I wouldn’t know it exists. Unless you’ve pulled it off yourself, you’ll think I’m a liar. In the meantime, give it a try.

Before I delve into the "how-to," a little background: The first time I witnessed this miracle was in the backseat of my crappy car in college. I was dating a Chinese girl at the time, and we often fucked like crazed ice weasels on death row. Her body was the perfect instrument for the method we were about to uncover together -- hairless, tiny breasts with ultra-sensitive nipples, and she masturbated as though it earned her money. On the night in question, we made out, fucked, then started fondling. The rest, as they say, is undocumented. As I make the grocery list of factors you’ll need, I’ll be referring to my Chinese love kitten often. (She was very American, but with that tight Asian package. I’m missing her, for the moment.)

Part I: Bring the elements together

Can you start touching and rubbing a woman and make her cum? Sure, at the next Super Bowl party for all I care, go nuts. But will you be able to craft the super orgasm? No, it’s important that you prepare yourself and your date for the experience to follow. You don’t have to be in love, but if you are, that’s good too. The weather can be hot or cold, it doesn’t matter, because you’ll create your own heat (that’s literal, not poetic). What IS essential are the following components:

A. FIND A GIRL WHO MASTURBATES. If you want to pull this off the first time, you should start with a girl who isn’t afraid of a big orgasm, and that means a chick who rubs herself. It helps if she knows how to induce her own multiple orgasm, but it’s not mandatory. A girl who frequently orgasms is just a few steps away from achieving multiples, whether she knows it or not, so maybe you’re just the guy to do
it. LADIES, if you want someone to do this to you, be a sport and do your homework. Learn to masturbate to orgasm, become addicted to it, then let him know you’re ready to go.

B. PICK THE RIGHT SPOT. (Location, not G-spot, hardy har.) Like I said, the temperature doesn’t matter, but you have to be somewhere that you can build up some steam. A small bedroom will do, but the backseat of a car is best. Avoid saunas -- you’ll have to leave due to dehydration before you’re ready to quit, which would suck. The trick is to get her sweaty without causing her to overheat. Let her pussy get sloppy, keep her licking her lips. A little drool is to be expected, so be a grown-up and let her make a mess. Why the fuck do you think you’re doing this in private? The wetter, the better. Witty!

C. KEEP THE LIGHTS OFF. I know I know, you both want to look deeply into each other’s eyes, and you think it will be sexy to watch each other. Take it to Aruba or some damn place, because it won’t work here. Girls are what they are, and if she starts to get self-conscious about being watched, she’ll pull the emergency brake. Logically, she knows they’re your hands, so it shouldn’t matter, but logic isn’t a factor tonight. Just trust me the first time; you can experiment later, you freak you (wink). ALSO: No music, no TV, no fans, no toys or lubricants, no exceptions.

D. KEEP DRINKING LIQUIDS HANDY. Nothing spoils the party like a girl with blurry vision. China Girl wanted to keep going past the third hour, but her throat hurt from dryness, so she made me drive the car to a gas station and get her a big cup of ice water. Fortunately, I was able to keep her naked in the back seat (the windows were steamed to opaqueness, thank goodness), and I reached back while I drove and continued to finger her. She came three times before I got back to the parking spot. You may not be so lucky.

E. KEEP IT SECRET. If you’re planning on doing this to your sweetie, and she doesn’t know yet, that’s the best way to start. I’m a big fan of telling each other what you want (to the left, harder, oh baby), but this particular event requires a subtle touch and a good deal of patience. If you can gently get her in the mood, without a lot of the blah-blah-blah we boys are famous for, you’ll be in a better position to maneuver emotionally. Does that make sense? What I mean is, when the woman knows she’s expected to have multiple orgasms, she’ll try too hard, and you won’t be able to charm and woo her back onto the orgasm path. With the expectations missing, there’s nothing to do but let go and plow ahead.

F. TAKE THAT GROUP SHIT SOMEWHERE ELSE. I have two things to say to those kids who have sex on the floor at a crowded college party. First, your parents secretly wish you’d been kidnapped at birth. Second, you won’t be able to do what I’m describing here with twenty beer-swilling fraternity brothers looking on. Get in the back seat on a moonless night, and don’t tell anyone where you’re going. This is about two people devoted to ONE woman’s pleasure, not mutual gratification, and
Part II: Fuck her brains out

Before you guide your woman into an ocean of bliss, you must put yourself in the right frame of mind. In other words, you won't be able to concentrate on her orgasms when you haven't had one of your own. So go ahead and bend her over, pop that cock in her hole and start fucking. Cum hard once, twice if you really don't think you'll be able to stand it (and by the way, good for you with the double-cumming, dude).

The added benefit of this step is that you loosen up those cunt lips, moisten the vagina, Harden the clitoris, basically get her in the mood for more. IMPORTANT: Touch her body during the sex. Sounds obvious, doesn't it? Watch any porno flick to see how easy it is to forget to touch one another. Hold onto her hips, fondle her boobs, suck on each other fingers. If you don't, you'll have to overcome that insecurity later in the evening. Get her used to the feeling of your hands and mouth on her body. THIS IS KEY.

Part III: Develop the scene

So you fucked, and she's happy. Did she cum? Doesn't matter, and I mean that seriously. The dick-in-vagina session was just to get the guy off, so make that your goal in that phase. She's about to get hers. However, even though you don't need her to orgasm during the intercourse, you do need her to feel emotionally safe and physically comfortable. How do you do that? Sorry punk, if you've read all this looking for the way to charm a woman, I can't help you. There has to be at least some part of you that believes in romance and treating a woman right, or at least the ability to seduce a woman so you can get into her pants. You ripped-abdominals gym monkeys who hook women with your pecs and roman noses will find nothing in my instructions you can use. Go back to the college party gangbang and leave my technique to the professionals. Although, you can at least give it a shot with these next few tips...

A. CUDDLE, CUDDLE, CUDDLE. Remember what I said about constantly touching? Sure you do, punk. Keep your damn mouth shut and just hold her for a while. Run your fingertips up and down her belly, lick her neck, kiss her earlobes, massage her leg muscles. DON'T tickle her, or at least cut it out after you find a spot. For fuck sake, just roll around with each other for a bit. Play with her hair, on both ends. If she's sweating, wallow in the sweat. Pinch her nipples a little, fondle her tits. You know, cuddle!

B. SLOWLY CREATE A MICRO COSM OF LUST. Look for the right moment for cuddling to develop into genital manipulation. Go down on her, finger her, or
combine the two. Basically, take your time getting her to cum using your hands. Don’t stop cuddling! If you’re fingering her vagina, then don’t stop kissing her neck (read the women’s websites to find out where the goddamn G-spot is). If you’re rubbing her clitoris (same website), then keep pressing your tongue to her breastbone and under the bottoms of her breasts. If you’re eating her out, run your hands up and down her sweaty hips and torso, or entwine your fingers in hers. WHAT YOU’RE LOOKING FOR is a series of two or three orgasms accompanied by nothing but darkness, moaning (however that sounds for your date), and body language encouraging you to continue whatever the hell you’re doing to her.

Part IV: Craft the super orgasm

Time to put the pieces in place. TIMING IS ESSENTIAL. You’ve brought her to orgasm at least two or three times through genital manipulation. Now, start to cuddle again. You’ll find that this second round of cuddling is more purposeful than the first.

Your date is more aware of her body and of yours, her body temperature has increased along with the atmosphere around you, her skin is sweaty, and her muscles are taut either from remembrance of the previous orgasm or anticipation of the next. What you have is a girl who wants to cum again but needs a break. You’re about to trick her into believing she’s getting a break, but actually, you’re setting her up for the next round. Here’s the timing: 1) Finish licking or rubbing her pussy, and make her cum. 2) Lie beside her and fondle her tenderly. 3) When she responds to any touch -- e.g. kissing her neck, licking inside her ear, pinching her nipples (these three are great starting points) -- keep that touch going. 4) Continue that touch until she cums. 5) Gently decrease your pressure while she cums, then pick right back up again before she’s completely done. NOW she’s in a state of multiple orgasm. It takes a subtle hand, requiring you to "sense" when to back off and when to go faster or rougher. Just keep building the orgasms wave on wave. DO NOT FUCK HER WITH YOUR DICK. This immediately puts her back in the "must please partner" frame of mind. Lesbians, put a hold on that sixty-nine for another night.

You don’t believe it can be done? What can I say. In this state, the woman will cum when you BREATHE LIGHTLY on her neck. Her body is one big nerve just waiting to be struck, and you can have some real fun striking it. You’ll be amazed at the ways in which she responds, like a piano with a hundred keys (or however many fucking keys a piano has). Here’s a short list of touches you can use to cause an orgasm while she’s in this state: 1) Lick her labia (genitals are off limits for the first two orgasms of this phase, then revisit at your discretion). 2) Finger her (never fist). 3) Gently nibble or pinch her clit. 4) Suck her clit. 5) Lick her clit. 6) Lick her inner thigh. 7) Blow on her tummy. 8) Pinch or nibble her nipples. 9) Blow on her neck. 10) Lick her neck (avoid hickey-style sucking, UNLESS she responds -- remember, pain will cause a lingering sensation that is counter to the mood you are creating). 11) Finger that asshole, or lick it clean. 12) Try a number of different moves on her ears, including sucking the lobes and inserting your tongue. 13) Suck her toes -- works like a charm!
A. PAY SOME GODDAMN ATTENTION. If you follow my simple step-by-step instructions, you will fall on your face, and not in a fun S-M kind of way. Use the darkness and wetness to your advantage, to create an ongoing bond of communication between your hands and her body. Every electric current needs a complete circuit, and once you break the circuit, you have to start all over. BE PATIENT, watch the signs, attack areas of the body when encouraged by signs.

B. IF YOU HAVE TABOOS, GO TRY A DIFFERENT "HOW TO." This is about the girl’s pleasure, so you may have to experiment. (Toe-sucking and ass-licking are almost essential.) If you think you'll earn her respect by being coy and sincere, or if you don’t want to violate her, then you should just fuck each other and go to sleep. The super orgasm requires a degree of adventure and imagination.

C. IGNORE ALL HER COMPLAINTS EXCEPT ONE. When she says, "I'm gonna pass out," she means it! Take a break, give her some water, move your hands away, and don’t speak. If this is her first time to multiple, you may just have surprised the shit out of her. Fortunately, you should be able to resume once she’s had her second wind. Other than that, don’t stop for anything. She may not know she can multiple, and when she experiences the first one, she'll want to stop. Seduce her, damn it! Touch, caress, fondle, stroke, keep her in a state of hungry passion from which she'd be insane to escape. Eventually she'll lose the ability to reason, and you may continue triggering her orgasms at will.

D. DON’T BE A SELFISH ASSHOLE. What did I say about intercourse? Gimme that (throws it in a drawer, slams it shut). Tomorrow, she'll give you the blowjob of your life, but tonight she wants to keep feeling whatever you made her feel.

Conclusion
Well sure, you have my word that the super orgasm technique described here is amazing and will change a woman forever, but what proof do I have? Try this on, wonderstud: Before I used this technique, every girl I dated dumped me (apparently, I’m too honest and aggressive). Of the five I subjected to the full-body workup, one-hundred-percent told me they loved me without any provocation, nor reciprocation from me. LOVED, dude. They confused the six-hour orgasm session with TRUE LOVE. Holy shit. If you think you have what it takes, whoo hoo for you. BE WARNED: The super orgasm is not for impatient busters who are bored with the missionary position and will try anything. You need to be patient and determined, and it wouldn’t hurt if you (the dude or lesbian about to perform the technique) have that certain fetish that compels you to make a woman cum over and over.

ADDITIONAL WARNING: There's a certain kind of girl out there who shares your fetish, and she'll feel guilty about not pleasing you more, at which point she'll try to suck you off or offer her wet hole. Gently explain that you appreciate the gesture, but tonight is her turn to feel like a princess (concubine? Don’t say concubine) so she should roll over and let you keep licking her shoulder blades and asshole and that spot between her big toe and her second toe. She'll smile, say thank you, and flip over.
Man On Top Sex Positions

• While assuming man on top positions the woman can tense her ass, while lifting, swiveling and thrusting her hips upwards. This increase pressure on her g-spot which may trigger and orgasm.

• The man can prop himself on his arms and either watch his cock slide in and out or look at his partner.

• Try placing pillows under her ass to prop her up. This tilts the pelvis and makes her pussy easier and deeper to penetrate.

• The more open her legs the easier it is to penetrate her pussy.

• The woman can vary the penetration sensations by changing the level of her legs. Try placing the left or right leg over his shoulder. Then try both over his shoulders. Try both of her legs over the same shoulder. She can elevate her legs just at the hip by hooking them over her or his arms.

• Have the woman place her pussy at the edge of the bed, while the man kneels on the floor while entering her pussy. She can then wrap her legs around his ass and help him thrust deeper.
The Ultimate Male Orgasm

This section on Male Orgasm is for men of all types. It is here solely to help you understand more about how your body works, specifically the male reproductive system leading up to orgasm. It's our hope that you learn something from this article, about yourself as well as your body.

Premature Ejaculation:

What exactly is premature ejaculation?
Ejaculation that occurs prior to when a man wishes or too quickly during intercourse to satisfy the partner.
When most males ejaculate they tend to quickly lose a usable erection for the simple reason that their discharge has temporarily released a state of elevated sexual tension.

What are the causes of premature ejaculation?
It seems logical that our prehistoric male ancestors were all rapid ejaculators. The Homo Erectus who could couple quickly with his mate and rapidly reach ejaculation was then free to deal with enemy tribesman and predatory sabre-toothed tigers. The slowpoke got clubbed or eaten. Therefore, only rapid ejaculators survived long enough to sire descendants. Thus, if speed of ejaculation were hereditary, we all should have fast ejaculatory reflexes.

Obviously, the above theory cannot be proven; however, it does contain an element of truth. It is probably "natural" for healthy males to ejaculate quickly. Lasting longer serves no genetic function that we know of. Lasting is a learned behavior, like learning to dance. It can prolong and intensify pleasure for a man. Also, many women like to experience orgasm - or have been socially conditioned to enjoy orgasm - when the erect penis is inside them. To reach orgasm this way often requires periods of more or less continuous stimulation by the penis.

Premature ejaculation is sometimes also caused or aggravated psychological factors such as guilt, fear, and performance anxiety.

The first thing a male must hold in mind is that good sex is unhurried sex. The longer he spends in foreplay prior to his first orgasm, the stronger and more enjoyable that first orgasm will be. The compacting of blood in the sex organs builds slowly, inflating the tissues and sensitizing the millions of nerve endings in and around the genitals.

Think of an orgasm like a balloon: the longer you blow air into it, the bigger it gets and the louder the bang when it pops.
Orgasm consists of two stages. One begins with the prostate gland, which encircles the urethra like a tiny donut above the base of the penis, contracts and releases its
fluids, along with the contents of the seminal vesicle, into the urethra. To most males this feels like you are going to start a good sneeze, but it's too late to stop. Stage two is similar to the sneeze itself. The pelvic muscle contract strongly around the bulb, forcing the fluid out under considerable pressure. Orgasm is what a man feels when all this is happening. He has probably learned for himself that it is possible to ejaculate without having an orgasm, but he may not yet realize that he can also have an orgasm without ejaculating. That's exactly what you want to learn to do.

The average male in his twenties takes less than three minutes from the time of insertion till he comes. This cheats him of a lot of fun and satisfaction and doubly cheats the unfortunate female he prematurely has an orgasm into.

How do I prevent premature ejaculation from happening?
The most common treatment of premature ejaculation is to become more familiar with the feelings and sensations surrounding the time leading up to ejaculation. By learning to become more familiar with these sensations, you can slowly learn how to predict when the upcoming ejaculation will occur and gain more control over them. This is known as your point of no return.

If you want to be able to enjoy long periods of intense pleasure without ejaculation, you need to discover your point of no return. Masturbate and concentrate on your feelings. There is a point at which you will not be able to control your ejaculation anymore. At that point, as hard as you try, you cannot stop yourself from ejaculating. You will have to ejaculate because ejaculation is a reflex: your brain sends messages through your spinal cord to your sex organs and orders ejaculation. Once you have successfully discovered your point of no return do not let your arousal reach this point. You can either change your position or stop moving.

Other techniques you may consider are the "stop and start" and the "squeeze" methods.
The "stop and start" method. When, during thrusting, you feel yourself getting closer, cease all movement and press the pubic bone (under your pubic hair) against your mate's pubic bone, thus pushing your penis in all the way. Then both stop moving. (Tell her, "Resting time, love.") When the urgency to ejaculate subsides, start thrusting again. Do this several times in a row. It can also be practiced solo, using your hand instead of a vagina. A variation of this technique is to make several voluntary twitching movements of the penis while you are resting. This can be done by rapidly flexing and relaxing the muscles that control the flow of urine. Try to identify this muscle contraction next time that you urinate. This muscle is known as the PC muscle and is described clearly in the Multiple-Orgasm section below.

The "squeeze technique" method. This method, which has been proven highly successful in training men to last longer described in a book by Dr. Herbert E. Vendervoort and Rev. Ted Mcilvenna. This technique can also be practiced alone during masterbation.
One stimulates himself until he has had a firm erection for a while, squeezes, and repeats the process several times. After several squeezes, one should have much more intense ejaculation than usual.

During the no-intercourse period, the couple should explore one another sensually, caressing one another's bodies with hands and mouth or by any other means, short of intercourse, that are pleasurable to both. If the man's penis becomes erect while his mate is caressing it, she can, at any time that feels right to her, apply the squeeze to his penis. Preferably this should take place before the man feels himself on the verge of ejaculating. IF the women does the squeeze several times at her descretion, it can become part of her lovemaking technique.

Multiple Orgasms:
The vast majority of men do not reach sexual maturity with an ability to enjoy multiple climaxes. This unusual ability is a talent that must be developed. Dr. William E. Hartman, one of the nation's most respected sex researchers said "The control of the pubococcygeus (PC) muscle is probably the most simple and the most direct answer to a man becoming multiply orgasmic."

The PC is the largest of the muscles in the pelvis. It gets its weird name from the fact that it stretches from the pubic bone in front to the coccyx or tailbone in back. In most men it is a very weak muscle because they use it only when they come, and they come only infrequently and not powerfully. The process of strengthening your PC muscle consists of a series of flexing or tightening the muscle, then trying to hold, so at the moment of orgasm the male is able to hold back the fluid and refrain from ejaculating while still having orgasm.

You need to experiment with it as you approach orgasm by tightening. The worst that can happen is that you'll ejaculate, and with continued training you'll no longer slip until you want to. Why is this beneficial? Well, aside from the obvious reasons of increased male pleasure, it seems to me that the male's inability to function over long periods has been one of the major contributing factors to the poor state of sex in America. And the fact that he's been taught that he's all through when he comes, rather than that he could go on indefinitely. If you simply spend a few minutes a day exercising the right muscle, then you would doubtless have many grateful partners through the years, rather than having trouble erecting, coming too fast and so on.

The two exercises that you will need to be doing to enhance your sexual power are named "cut-offs" and "Kegels" or PC Flexes. All males and females more or less unconsciously perform a few cut-offs when they are through passing urine and forcefully expel the last few drops. When you perform a forceful cut-off you are literally turning off a faucet; so when the machinery within your faucet (PC muscle) becomes powerful you will easily be able to turn it off at the point of orgasm. Discharged semen causes a loss of tension, but when the semen flow is cut off and retained, you can keep your "member in good standing" and come again and again (without ejaculation).
Cut-offs will help you identify your PC muscle and become familiar with its strength. Every time you urinate, stop the flow forcefully at least six times. The first time you try this, don't worry if all you can manage is a momentary interruption in the flow. PC Flexes can be performed anywhere at any time. They consist of tightening the anal sphincter (rectum) and the muscles at the base of the penis. When you do a correct PC Flex your penis will move slightly. You are doing PC Flexes when you have an erection and you tighten to make your penis move up and down. Once you get use to tightening and flexing your PC muscle there are other ways this can be performed using your erection and a bath towel; you simple hang the towel over your erection and forcefully raise and lower your penis from 50 to 100 times. The idea is to give the penis some extra work to do. As the muscles get stronger, the erection will get harder, partly from the increased blood supply the exercise is causing your body to provide. Go slowly at first, but within a week or 10 days you should be able to perform 300 forceful PC Flexes a day and within two months your muscle will be several times as strong as when you started.

PC Flexes can be unobtrusively performed (without an erection) while walking, sitting or lying down. If you do them with an erection it's a good idea to hold a warm wet towel or wash cloth over the top base of the penis afterwards; this soothes and relaxes the vigorously used attachment muscles.

Within approximately six weeks after you've begun doing cut-offs and PC Flexes daily, you'll be having longer, stronger, and better orgasms than ever before and closer to both climax control and the sustained pleasure of multiple orgasms. Cutoffs will give you the feel of turning off your faucet and they will enormously benefit your control. The PC Flex will further develop control and your PC; without a powerful pubococcygeus muscle you cannot hope to become multiorgasmic.

The male who possesses a really powerful PC can maintain a firm erection for hours and enjoy more ecstatic orgasms during one sex episode then most men enjoy in a month. So get started on this simple sex-strengthening program and turn your female's fantasies into fact.
Sex Positions 101

**Turnaround XX's** -- The man lies flat on his back on the bed. The woman on her knees, with her knees beside his hips, lowers herself onto his penis with her back towards his head and her face towards his feet. She then extends her legs, with knees bent, so that they hook under his arms. She lays her upper torso down between his legs so that she is face down on the bed. This is a great position if you are tired or if your back or legs hurt but you still want to have some fun with your partner. Since the penetration is from a reverse angle, the stimulation is similar to doggie style. Enjoy!

**Back to Front** -- In this position, the man lies on his back with his knees raised. The woman should sit astride her partner on his penis, facing toward his feet and leaning forward against his thighs and knees.

**Lyon's Stagecoach** -- The woman sits on the man's penis with her legs toward, or even over, his shoulders while leaning back on her hands. In this position, once penetration has occurred, he can lean back so that his penis is pressed against the G-spot on the upper wall of her vagina.

**Cowgirl** -- This is the most effective position for clitoral stimulation. The man lies on his back and allows the woman to lower herself onto his penis. This position also allows the man to use his hands to play with other parts of the woman's body.

**Reverse Cowgirl** -- This position works in the same fashion as the Cowgirl yet the woman lowers herself onto the man with her back facing him. This position gives a different view of the woman's body. Some say they can "go round the world" and rotate between the Cowgirl and the Reverse...

**Astride** -- This position resembles the Cowgirl, yet allows for more variety. The man should lie flat on his back as the woman straddles him, lowering herself onto his penis. She can either squat, which allows for quick up and down movement, similar to jumping on a trampoline, or kneel and support herself with her hands. She can easily lean forward and kiss her partner. From this position it is easy to move into the Swimming or Reverse Cowgirl position.

**Swimming** -- This position allows for great intimacy as there is total body contact. The man should lie on his back while his partner lies on top of him. The couple should maintain contact with as many body parts as possible (her legs along his, her feet touching his). The woman is in control as she drags herself up and down against him. Both the man and woman can vary the position by spreading their legs or closing them tight together while she moves up and down.

**Side by Side** -- This position works best with those similar in stature. The partners should lie side by side facing each other. The woman can wrap one leg around her partner to allow for deeper penetration and to hold him closer, creating even more intimacy. The woman should use her leg to bring her partner closer as he thrusts. This is often a prelude to rolling into position with either partner on top.

**To The Tilt** -- The woman lies on her back, near the edge of the bed. She spreads her legs, placing one of them on the floor. Facing her, laying on top of her, the man plunges into woman's vagina with strong thrusts. One of his legs is stretched and placed on the floor and the other is folded. With widely spread thighs the woman receives her lover right up to the hilt. The man can
explore her to his heart's content - gently with the total length of his penis or - which will increase her desire for more - he can insert and retract his penis forcefully.

**Froggy** -- The girl lies down and the guy enters her from the missionary position while the girl slowly drapes her legs over the guy's shoulders while the guy is still in her. It makes it a lot harder but it's a new experience for both parties.

**Tight Fun** -- Have the woman lay on her back and then have the man enter her from the missionary position. Then, with the man still inside of her, have the woman slowly put her legs straight together underneath the man. The man is now straddling the woman; almost sitting on top of her, but still inside her. Then go at it... This allows for the friction to make the female orgasm quicker and stronger than regular missionary. And it's a "tighter fit" for the male. So both parties should be pleasantly fulfilled!

**Head Over Heels** -- Starting in the classic missionary position, the woman should place her feet on each shoulder of the guy and allow him to enter. This is a great position for deep penetration.

**On Your Belly** -- Imagine your classic girl on top position and then reverse it... The woman should lie flat on her stomach as the man straddles her and enters from behind. This position requires some extra lubrication, yet provides closeness as the woman can contract muscles in her butt for a better fit for the man.

**Missionary** -- When we think of sex, we most often think of this position... This is the way we did it when we did "it" for the first time, and is still the most popular position. Partners are able to maintain a great deal of body contact, remain comfortable and vary the depth of penetration. The woman should lie on her back with her legs spread and knees raised. The man then lies on top between her legs and enters her. The woman can then clasp her legs together behind the man or leave them at his side.

**Spread Missionary** -- This position is the same as the Missionary, however the woman spreads her legs as far as possible, while keeping her knees raised. This is a great stretch for the quadriceps.

**Doggy** -- This position provides wonderful stimulation to the woman's G-spot. The woman should be on all fours with the man standing behind her. He enters her from behind and can use her hips to help guide in an up and down motion. This position does not allow for much touching, but is great for more vigorous sex.

**Crawl** -- This position is very similar to Doggy, however, the man should kneel behind the woman, rather than stand. This allows for deeper penetration and gives both partners the opportunity to thrust against one another. The man can still use the woman's hips to guide and control the motions. Rear-entry positions are best for those in the mood for a wild romp rather than a tender moment.

**Futon** -- This position requires a little experimentation, as you must try out various pieces of furniture to find one that is the right height. The woman should lay on the edge of the table and spread her legs wide. The man should kneel and enter her. He can use the table for support if needed. This
positions leads itself easily to oral sex, as the woman is raised off the ground and the man can
kneel before her. The man is in full control in this position.

**Upright** -- This position is very similar to the Futon, yet the man remains standing as he enters
the woman. She should raise her legs and rest either one or both on his shoulders as she lays
back on the table.

**Side by Side** -- This position works best with those similar in stature. The partners should lie
side by side facing each other. The woman can wrap one leg around her partner to allow for
deeper penetration and to hold him closer, creating even more intimacy. The woman should use
her leg to bring her partner closer as he thrusts. This is often a prelude to rolling into position
with either partner on top.

**Split Level** -- This position can be adapted many ways, all giving the partners a different view
and angle of penetration. The woman should lie on her back and wrap her legs around her
partner's waist while he kneels. The man can let the woman's legs drop and easily move into
the missionary position, or he can raise them above his shoulders and achieve deep
penetration. The guy is in total control.

**Spoons** -- This position is good for slow lovemaking or middle of the night romps. Both partners
should lie on their sides and the man should enter from behind. This position gets its name from
the close fit of two bodies.

**Spread Eagle** -- This is an excellent rear-entry position and works best when used after Doggy.
The woman should lie face down with the man on top of her and spread her legs. He should use
his hands to support himself or lie with his full weight on his partner. The woman should lift her
butt slightly to allow deeper penetration.

**Urgent** -- So you have the urge for a wild romp? This position is ideal for that sudden burst of
energy as it requires only a loosening of the clothes. The woman should lean over the nearest
piece of furniture and the man enters from behind. In this position, both partners have the
opportunity to thrust against each other and have quick, and exciting sex.

**Scissors** -- The woman should lie on her side and while the man kneels to the side of her. He
should lift her uppermost leg and enter from behind.

**Desk Detail** -- Your partner lies back in a chair, his legs spread comfortably, his feet on the
floor. You straddle his lap with your back to him, your body inside his legs, your arms stretched
in front of you so they reach the desktop, and your feet suspended in the air. He holds your hips
tightly to his lap, thrusting in small circles while you keep your legs close together.

**Couch Potato** -- Similar to the "Cowgirl," the woman sits on top of the man who is sitting on a
couch, recliner or loveseat. She can get as acrobatic as she likes.

**Fireside** -- The woman should sit comfortably in a chair with her legs spread and arms on the
side of the chair. The man should kneel as he enters her. The woman can lean back, using the
sides of the chair for support, to allow the man more thrusting room.

**Lap** -- This position provides great intimacy for both partners as they can sit close to each other
and kiss. The man should sit with the woman straddling his lap, facing him. When sitting on a
sofa, the woman should support herself with her knees and gently move up and down. If you
use a chair, the woman should place her feet on the floor and grab the back of the chair for support. This position can also be varied if the woman turns away from the man, allowing for deeper penetration.

**Pillows On The Counter** -- The girl should lie down on a counter with one of the ends available for the guy to stand at; the counter should be near thrusting level for him. Place a few pillows under her waist or rear add a whole new dimension to this position, but even better than that is when the girl (if flexible enough) rests her ankles on her partner's shoulders so her legs are going straight up into the air. It's very stimulating for both!

**Rear-entry Standing** -- This upright-rear entry, doggy-style position requires minimal undressing and is very convenient. The woman can support herself on a nearby chair or table while the man enters her from behind in a standing doggy position.

**The Stand** -- While it is not easy to move in this position, it is best for when the urge grabs you unexpectedly. Both parties should stand, using the wall for support.

**Standing Carry** -- In this position, the man should stand and hold his partner in his arms. The woman should wrap her legs around his waist and place her arms over his shoulders. This position works best if you start off sitting and can be very strenuous. The man can lower his partner onto a table or bed to relieve some of the stress and continue thrusting without much exertion.

**Wet and Wild** -- This position takes place in the shower. The woman should lean against the shower wall as the water runs against her. The man approaches her, gently lifts her up against the wall, and she wraps her legs around him as he enters.

**Raw** -- The women is bent over touching her tips of her toes while the man enters her. When the man starts to go deeper she parts her legs by the time the man has entered fully into the women her legs should be parted very widely.

**Kamasutra**

**The Flag of Cupid**
Grasping the ankles
of the round hipped woman, whose buttocks
are like two ripe gourds,
raise her beautiful thighs
and spread the thigh-joints widely.
Full of desire, saying sweet words,
approach her with your body stiff as a pole
and drive straight forward
to pierce her lotus and join your limbs:
experts call it "Madandhvaja"

**Aphrodite’s Delight**
Catch hold of her two feet,
raising them till they press upon her breasts
and her legs form a rough circle.
Clasp her neck and make love to her:
this is "Ratisundara"

**Throat-high**
Lift the lady's feet until her soles
lie perfectly parallel,
one to each side of her slender throat,
cup her breasts and enjoy her:
this technique is "Uthkanta"

**Sky-foot**
Your lovely wife, lying on the bed,
grasps her own feet
and draws them up until they reach her hair;
you catch her breasts and make love:
this is "Vyomapada"

**The Monkey**
The round-thighed woman on the bed
grasps her ankles and raises high her lotus feet;
you strike her to the root, kissing
and slapping open-palmed between her breasts:
this is "Markata"

**Dear to Cupid**
She lies flat on her back,
you sit between her parted knees, raise them,
hook her feet over your thighs,
catch hold of her breasts, and enjoy her:
this is "Manmathpriya"

**Equal Feet**
When lovers, with legs stretched rigid
and feet caressing feet,
make love according to their hearts' desire,
"tantra" scholars call it "Sampada"
and agree it is a way to ecstasy.

**The Pestle**
Stiff as a pole in the bed's center,
she lies making love,
cooing and warbling like a woodpigeon,
the jewel of her clitoris well-polished:
this is "Mausala"

**The Rustic**
When she lies on her back
with her two thighs pressed tightly together
and you make love to her,
keeping your thighs outside hers,
it is "Gramya"

**The Love’s Noose**
If, encircling and trapping
her thighs with yours,
you grip so hard that she cries out in pain,
it is "Ratipasha,"
a device most charming to the ladies.

**The Clinging Creeper**
Her limbs, entwined in yours
like tendrils of fragrant jasmine creeper,
draw taut and slowly relax
in the gentle rhythm of lingam and yoni:
this is "Lataveshta"

**The Bud**
She draws her limbs together,
clasping her knees tightly to her breasts,
her yoni, like an opening bud,
offered up for pleasure:
this is known as "Mukula"

**The Couch**
When she draws up her knees
and you clamp yours about her raised thighs,
trapping them in a tight knot
while riding saddle upon her buttocks
and kissing her, it is "Shankha"

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**The Backstairs Boogie** -- Kneel in front of your partner at the landing of a staircase, both of you facing the stairs, your bodies meshed tightly. While you reach up and hold on to each side of the staircase for support (or to the stairs themselves), he holds your hips and penetrates you from behind.

**G-Spot Jammer** -- The woman lays on her side in an L shaped position. The man also lays on his side, his head towards her feet. He enters her, and she can stabilize herself by placing her feet on his shoulder or neck. You get great penetration, not to mention good G-Spot contact.

**The Bridge** -- The woman needs to lean into and arch,(start off the ground or bend the back) she needs to be supple! The man then grasps the hips and enters her, this is a slow motion position don't go too fast!

**Float Your Boat** -- This would take place in a whirl pool or the shallow end of a pool. The woman lies on her back and has to stay afloat while the man straddles her legs and penetrates.
**The Wheelbarrow** -- The woman should rest her arms on a chair while the man lifts her legs and supports her while she wraps her legs around him. He should then proceed. This is very similar to the Upside-Down, yet involves the use of a chair.
**Planning Assistant** -- Both man and woman lie on their backs, with woman on top of man. This allows for deep penetration when the woman arches her back away from the man, and makes both breast and clitoral stimulation quite easy. Both partners can stay parallel to one another, or may gradually move around so that they are "crossing" one another, at a 90-degree angle or so.

**Upside Down** -- The woman lays on her back and allows the man to enter her. She then wraps her legs around him as he lifts her up. She should hold onto him with her legs. She puts her hands on the floor as if she is doing a hand stand. He then proceeds.

**Head to Toe** -- The man should lie flat on his back with his legs spread and allow the woman to lower herself onto his penis, facing him. She then leans backwards, with her legs to his side and toes pointing towards his head. Both partners should be looking at the ceiling. In this position, the partners cannot see each other and must rely on their sense of touch. Neither partner has the ability to move much which focuses attention to the genitals.

**Cuissade** -- The woman should lie on her back with her legs to her side at a 90° angle. With the man at her side, she should raise the leg nearest to him and allow him to enter from under her thigh, (the "cuisse" in French, thus the meaning behind the name). His nearest leg should cross her body. The woman can use her thigh to control the depth of penetration, making it more exciting or intimate. This position allows the couple to be close and hold each other and kiss if they so desire.

**Cross** -- The woman should lie flat on the bed and open her legs to allow the man to enter her. The man should lie diagonally across the woman and rock gently from side to side after penetration. The woman can use her hands to control his movements and guide him. This position works with either the man or woman on top.