

MO5 Method

MULTIPLE ORGASMS

IN 5 MINUTES

Everything you need to know to make your partner become addicted to you and beg you for sex every day!



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Start Your Journey here

Welcome to the chapter called
“Mentality to provide orgasms”.

The goal of this chapter is to
prepare you mentally on how to
provide orgasms in the best way
possible.

This is a delicate matter and in
which some men can end up
committing “stupid things” if they
do not start correctly and, at the
end of the day, end up ruining
everything.

The truth is that every healthy woman is capable of achieving incredible orgasms, those that make them feel pleasure in all parts of the body.

However, unfortunately very few people really manage to have them, this is because few people understand and have good knowledge about the matter. Many women have no idea of all the potential they have.

Some believe that they only manage to achieve the orgasm masturbating, or, when they achieve it, they barely do it through stimulation to the clitoris.

But, in reality, they are capable of much more.

So my goal with this ebook is to help you understand the best way to give your woman orgasms without her feeling intimidated or having mental blocks, so that the experience is the best possible.

I want you to understand that for your woman to have an orgasm it is necessary for both her body and her mind to be aligned.

Only in this way will the much desired state of pleasure, generated by orgasm, be achieved.

I very much hope that after all the knowledge you are going to acquire in this e-book, you really understand how the orgasm works and that you can enjoy a life of lots of experimentation and continued improvements.

This is because no woman is equal to another.

In other words, you are going to live a unique experience with each woman and this is good, once you learn to identify what each one likes the most.

In this way, follow the step by step to provide her with multiple wonderful orgasms.

**Mindset
to
provide
orgasms**

OBSTINADA



The correct way to reach orgasms

He first spot that
What we need to highlight is that every time you start performing oral sex on your wife, or are going to start masturbating her with your fingers, you must make it clear that you are doing that with her and not for her.

That is, you are going to live a unique experience with each woman and this is good, once you learn to identify what each one likes the most and, in this way, follow the step by step to provide her with multiple wonderful orgasms.

She should never think that you are doing this as a way to get sex, and yes, feel that you are doing that together with her and that you are enjoying that moment.

This is essential for her to allow herself to live in the moment and release all the mental blocks that you are preventing you from reaching orgasm.

Otherwise, she will never allow herself to live that moment since she will think that you are doing this “for her.”

So always make her feel that that moment is being as good for you as it is for her, that you are experiencing it together.

Also try to understand what she likes most and make her feel good.

Now, maybe what I'm about to tell you sounds a little counterintuitive, but your woman's goal shouldn't be to orgasm.

As a man, your goal should be to provide those orgasms, but never go so far as to say: "I learned some new techniques, would you like to try to see if they make you enjoy...".

This will only make things worse and create mental blocks in her, there is a lot of pressure to reach orgasm, so this will generate the opposite effect, preventing her from reaching it.

In short, her goal should never be to reach orgasms, but to make it happen naturally.

So if you have a partner or wife, take all the concepts you are going to learn here and keep moving forward, start small by introducing what you learned and don't mention any of it at any time.

Another important thing is that when we talk about clitoral orgasms, G-spot orgasms or deep orgasms, every woman reacts differently.

For this reason, her goal should be to apply all these concepts and learn what she likes most. All women can and are capable of reaching orgasm.

Some will like different things, others may not even like you reaching the G-spot, preferring deeper orgasms.

Others will prefer that you stimulate their clitoris at the same time they have sex, all together..... so it is important not to feel frustrated if you try, and the first few times, your woman does not have the orgasm that we have been talking about until now here.

It is important to remember that this is all a process and that it begins inside your head.

Now let's start talking about how to make your woman have orgasms!

It is clear that your ultimate goal is to make your woman orgasm during sex, preferably every time.

But first, you must get her used to it, prepare her to have orgasms through your touches with your fingers, tongue, so that she gets used to that sensation, thus allowing her to have orgasms during sex.

In this way, by stimulating her in different ways, you will leave her ready and even before starting the sexual act, she will already be super excited.

After this, when sex begins, she will have orgasms after orgasms, all due to the “preliminaries” you did, stimulating her in different ways, in different parts of the body.

Now, let me tell you something. Most of the women I had sex with knew what it was like to have orgasms from the moment experienced it.

Her sex experience changed almost automatically. In Fact, they started wanting sex more than I did and this is exactly what is going to happen to you.

Keep in mind that it is a path that improves even more as time goes by, according to how you get to know your woman's body and also from the moment you allow it, mentally.

In the same way, in a relationship, it ends up being easier, since, unlike a one-night stand, over time, your woman will get to know you.

Trust yourself and allow yourself more every day, mentally speaking, making orgasms even more common and frequent.

Remember that all of this is a path, a process, that you need to take advantage of it and not just worry about achieving success.

I am confident that this will be the best way to get there! In addition to this, learning about your woman's body communication is everything!

Try to know what your woman likes most, not necessarily during sex, but after.

Don't be afraid or ashamed to ask her how and, above all, what she doesn't like.

So, now that you have learned the mindset you need to understand how to start providing orgasms in women in the best way.

Get ready, because, the best part of the content is yet to come!

Let's go to the next chapter.

LESSON 02



Leading her mind
to orgasm

This is probably the most important chapter, simply for the fact that it contains exactly what is going to differentiate you from anyone else and make you the coolest and most consistent man when the topic is making a woman have an orgasm.

As I have been saying, every woman is different, and understanding this concept of guiding her mind, her body, will allow her to be much more successful with all the “physical” techniques that you are going to learn.

Making a woman have an orgasm is closely related to guiding her mind, making her forget everything and everyone when you are together, between four walls.

As I have told you other times, orgasm is simply the art of letting yourself be allowed, of giving yourself over to your partner, and for this to happen, trust and respect are essential elements.

Your woman wants to feel comfortable in this process of giving herself to you, it is about “letting her guard down” and guiding her to orgasm. And for this to happen, she needs to feel that she trusts you.

This is why, as time goes by, orgasms become better and better, once your woman gets to know you much more, respect you and trust you.

When it comes to one night stand sex, you and the woman probably don't even know each other that well, maybe you're together just to have that one night of pleasure, and you're all fine with that.

However, if over time you cultivate a relationship with that woman, or if you are already in one, you will notice that, as she gets to know you, respects and trusts you more and more, the orgasms will increase. become more frequent and increasingly intense.

Remember: Orgasms are about leaving your mind 100% free, and surrendering

Here we have a story from a person who sent me an email: "Sometimes when we have sex she asks me to stop, because she is afraid of losing control" and this is a perfect example of the emails that I frequently receive.

Another example is: "She got very close, but it started to hurt, or she started to be afraid of losing control, and then she asked me to stop."

This means, most of the time, that she did not surrender, that her mind was very active at that moment.

Women have a kind of “program” that prevents her to “surrender” easily, as if it is a protective barrier.

When we talk about sex, this “protective barrier” prevents them from taking full advantage of feeling the pleasure of what they are capable of.

This reality changes when she feels comfortable, safe, when she trusts the person she is interacting with.

There things become easier, she feels much more pleasure and has faster and more intense orgasms.

Ok, so how do you make her trust you?

Firstly, if she feels attraction for you and she likes you enough to have sex, most likely she respects you and also trusts you, maybe you have already been in a relationship for quite some time in which respect and trust already exists.

So how do you get her to surrender to you? Before talking about this, I would like to point out that you should be careful with the words you use to address her, this is because it is not okay to avoid her, take advantage of her feelings and things of that type.

Well, what I am going to teach you here, do not do it with that woman that you just met, or if it is the first time that you are together, and if with the one with whom you already have a relationship like that it prevents you from only focusing on orgasm and then end up hurting her feelings.

If you really intend to make her trust you, tell her like this: "Linda, I think all the moments we are together are incredible and I want to be closer and closer to you, I want you to give yourself to me completely so that you know that you can trust me." and give you to me."

I know this seems like a very simple thing, but reassuring her verbally is going to help calm her mind as she begins to trust you more, becoming 100% vulnerable to you.

In the end, this is what you want, to be able to say “love, I want you to allow yourself everything and give yourself completely, in a way that you have never done before. “I want us to be closer than ever, I want you to let yourself go.”

Emphasizing the letting go part, because this is what her mind needs to hear.

She needs let carry, Never say this in a formal way, like “love, you need to let go if you want to have an orgasm with me.”

Put the tricks being taught here in context, be in the moment with her, and teach her to let go.

It is important to understand that, when a woman is going to have an orgasm, she must be completely present in the moment, and there should not be any thoughts in her mind that hinder that moment.

Now, I know that making this happen can be difficult, since we all have voices and thoughts inside our heads active all the time, but when a woman or a man enjoys, there is, in truth, a complete absence of thought during that moment.

Think carefully, when a man is going to ejaculate, it is not as if we were having sex and thinking what we are going to do tomorrow, there is a moment of dissociation with reality.

This is so true that it has already been proven with scanners that analyze the human mind, that the cerebral cortex momentarily turns off during orgasm, in both women and men.

So, even though we men have clarity when we are ejaculating, many women do not know how to make that dissociation during the peak of sex.

Which can lead them to think: "Oh my God! Am I going to come" Is sex just this in the end?", further increasing the thoughts that should not be present at that moment, instead of turning them off.

Such thoughts cloud the moment and do not allow you to be present in that moment, experiencing what is happening in your body and letting yourself go.

For this reason, you have to be able to guide her so that she does not go into that “thinking mode.”

To give you an example of that, I'm going to read an email from a woman who nowadays manages to have orgasms constantly.

In the email, the woman portrays her relationship with a person who has just entered her life, saying that with him it is possible to reach several orgasms and that she did not know how to explain why, but that he did not give her time to think, and she The next thing he remembers is when he was having an orgasm.

Another woman portrays the difficulty of reaching climax that she encounters with her current partner, a difficulty that was not present in her former relationship.

Placing, here once again, that her ex-partner did not let her think much.

So remember this, don't give her time to think, don't let her get into a logical and calculating state that will lead her to think a lot of thoughts instead of seizing the moment.

Guide her, keep her in the present and living that moment with you, make her feel the sensations of your body and thus get lost in the moment.

One of the biggest problems today is that some men are so quick to want sex that when the woman finally manages to meet in the moment, the man has already enjoyed it and the sex is already over.

For this reason, unfortunately, many women cannot even take advantage of sexual relations.

I hope that the women who are out there are not going through this situation constantly and I hope that you men, after reading this course, take the time necessary to bring it to the present.

Without this, there is no way to get a woman to have a real orgasm.

If you follow these basic instructions that are being presented, I guarantee that you will have a very happy woman on your hands.

Another important aspect to create the special moment is the jokes that anticipate sex. Many women love foreplay, before the final moment.

The positive point of these dialectical games is that they can be done before the moment, thus creating an environment of constant anticipation for her and for you.

Thus, when the meeting happens both are already on the same page, making it easier to bring her into the moment since she will be waiting for it for some time.

Well, now we are going to talk about some blocks that women may have in sex. Basically, these are some factors that can create unwanted thoughts and consequently prevent you from being 100% present and experiencing that moment.

He first is a possible insecurity in relation to your body. In the event that there is such insecurity or that she does not feel sexy, she will not be able to prevent the constants thoughts in your head.

It will be like this, you ask yourself like: "What do you think of my tail?" or "Could it be that he doesn't like me naked?"

What the studies show is that women with more self-confidence, good humor and who have more self-esteem in relation to their body, have a greater ease of constantly enjoying themselves.

I can usually tell, when I meet a woman and am moving towards a relationship, if she is going to have an easier or harder time enjoying it.

This happens because you get to know the person and you get to know if they have confidence in themselves, in their body, and if they are not rethinking things all the time.

The truth is that everyone deserves to feel good about their own body, the problem is that not everyone manages to achieve this.

In this case, your role is to reassure her, in addition to showing her that you consider her sexy and attractive, something that is clear if you are going to have relationships, so she will feel comfortable and will be able to give herself more easily.

The next mental block she may have is the tendency to know how to give more than receive.

Many people are like this, they like to give something much more than to satisfy themselves, since the pressure is only placed on the person who receives.

Many of these people also enter into the discussion of the mental block of their insecurity: they, to put it in simple words, do not feel worthy of receiving something or do not have the mental security to feel comfortable receiving something in sex.

That is noticeable in situations like this: You see her lying down, and you try to make her feel comfortable and relaxed, giving her oral sex and suddenly she asks you to stop.

That's why I tell you, your partner needs to understand that you are doing this with her, not for her.

Maybe she tries to start oral sex quickly to ignore some insecurity or to quickly end the previous situation - that is very negative for building a good orgasm.

Therefore, so that she is more willing to accept the pleasure that you are giving her

By providing, it is important to show that it is not about charity, you are also enjoying the situation of giving pleasure.

To show that you are really enjoying yourself, say something like: "Honey, I feel very excited giving you pleasure, so I just want you to relax and enjoy!"

The important thing is that she perceives that you are also getting something out of that situation and that you are both taking advantage, even in that moment, in sex, when she is more passive than active.

With this, you will be able to remove those negative thoughts that we talked about previously and place them in the present.

Well, moving on to the next block that men normally encounter in women, it doesn't have much to do with sex itself, but rather the stress and distractions in her life that take her out of the present moment and don't allow her to give herself in a 100%.

This blockage is difficult, since we think about how many problems we have daily and in such problems we stay worried all day, from family problems to professional conflicts.

It is much more difficult to dissociate them, even if it is a moment for us to focus on a specific thing.

If we think about it historically, it has been one of the greatest difficulties of humanity, finding the center in specific moments and dissociating from all the rest of the things that happen to us daily.

Despite the difficulty, this is why sex is such a wonderful thing, sex is an opportunity to be 100% present. But logically, its role helps in that state of mind.

If she is thinking about her coworker who criticized her with her boss, she is not going to be able to enjoy herself as she should.

Logically, it is not your role to eliminate stress from her life, but what you can really do, if you perceive that she is focused on everyday difficulties, is to distract her instead of focusing on that.

Bring it to the present, talk about other things, so, naturally, your head will dissociate from the situation. One more common blockage is the constant focus on enjoyment.

As we talked about before, if your mind is only focused on enjoying, such a thought will have the opposite effect, transforming the great expectation of what should come into obligation, thus ruining the opportunity.

Now, remember the email I quoted above, don't give her time to think. She shouldn't have anything on her mind at that moment, just feeling the sensations of her body.

Such absence of thoughts is the factor that will lead her to orgasm and not remain anchored in expectations.

Okay, now that we've talked about the main mental blocks that can occur during sex, I'm going to talk about some situations that you can create to bring your woman to the present, so that at the right moment, she's not thinking about absolutely nothing more than in you two.

For this, our best ally is building the climate, generating a game prior to the meeting. You can make her anticipate orgasm moments or even hours before it happens.

With this, his mind will be thinking positively about your meeting, at the same time preventing her from falling prey to thoughts of everyday stress.

Thus, you anticipate the construction of the climate, that is, instead of waiting for her to arrive to relax her, why not send a message saying something like “My love, I can't wait any longer, I just want to see you and...”.

Anyway, you can do it in the dirtiest and dirtiest way you want, logically, always based on the level of intimacy you have with each other.

Depending of the level of intimacy, I would send a dirty message like “love, I can't think about anything else, I just want to penetrate you, eat you”, things that make her wet, while she is shopping with her friends or sitting in her office, bored on a Monday, and She receives a message that excites her and makes her anticipate the meeting between the two of you.

So, the important is get her mind in the mood and work in favor of the orgasm and not against it.

The dirty message is just one possibility, but be creative, dirty memes, naked, or even, when you meet in person, don't go straight to touching her, instead, kiss her in various places on her body, like her ear. , which is one of the most sensitive places for women.

By the way, work well in anticipation until penetration begins

tell her something like " Love, lets go to bed and relax a little ", ask her to close her eyes and breathe deeply, in order to empty his mind.

You can also say something like: "focus just on my voice", the important thing is to guide her throughout the orgasm, from anticipation to the final climax.

With her calm, you can increasingly talk to her in a reassuring way that makes her understand the objective.

Something like: "Love, I want the next few hours to be just for us, I want us to get together like we never do before, as if we were the last two people on Earth, we are going to escape to our space where we feel comfortable, because Today I am going to give myself 100% and I want you to do the same."

I know this seems a little ridiculous, but the idea is not to repeat that phrase exactly, but to say something to make her feel at ease, something that focuses her on the moment and makes her forget about the world out there.

Logically, you will not say this to someone you are meeting for the first time or it is a one night stand, in these cases you will focus more on the little tricks that we are going to discuss later.

But understand, when you are getting more deeply involved in a relationship and intimacy is growing, expressing yourself in a way that is in tune is going to help a lot in the sexual relationship of both of you.

As was said before, the “little games” before and until complementary to preliminaries, are important to bring her into sex consistently, so it's important to take your time on this step.

Just remember that every woman is different, use the concepts presented based on the style of woman you are with at that moment.

Now we are going to present some more anatomical techniques to further increase the chance of success and keep your woman present during sexual intercourse.

As the title of this training suggests, we are going to help you become a specialist in making any woman have intense, crazy orgasms.

The things that you are about to learn will transform you into a sex god overnight, and I know that for some of you it may be a difficult task, but trust me, we will give you the power to make any woman Have an orgasm like you've never had before!

What you will learn is not the same repetitive garbage that you will find in most educational books on sexual relations.

In fact, I am going to share with you optimal techniques that you will not find anywhere else.

I chose “Make It Enjoy” as the title of this training simply because the techniques, strategies and concepts that you will learn are those that most men and women are unaware of.

Now I know this statement may seem arrogant, especially coming from a man, but it is the truth!

I have studied the female orgasm extensively for the past 5 years and read every book, manual, and article on the subject. Therefore I can affirm that I definitely know what I am talking about.

We're going to walk through some techniques you can use in and out of the bedroom, as well as some killer sex positions that will take your woman on a wild, pleasurable experience!

The things I reveal in this presentation will make you an incredible lover, I guarantee it. But, clearly you also need to do your part...

You just have to make sure you read every word of this training, from beginning to end... and, obviously, apply every detail.



So grab a beer, sit back and devour the information little by little...Okay, now that we've got that out of the way, let's get down to business...Why write a book on how to master the female orgasm?

The truth is that most men don't have the foggiest idea when it comes to making a woman orgasm. This is because there is not enough education on the matter!

I learned about sex by chatting with my friends in the schoolyard, and in a strange conversation with my father.

Generally the things that men learn about female orgasms are learned as they interact with women. There is no school or course where you can learn to do this. Sure you can take things from a weird porn movie, but it's not reality, most of the time it's all simulated.

I confess that I learned from my own experiences... on the "battlefield". And I'm going to show you everything you need to impress (and vitiate) any woman who has ulterior motives with you within four walls.

This material is pure and simple to understand. This will give you deep insight into the female orgasm and how you can master it to become a true sex legend.

*You will learn how to hit the
woman powerful orgasms!*

You will learn how to amplify the intensity of these orgasms and will also be able to satisfy any woman in a way she has never experienced before.

The women described this type of satisfaction as a life-changing experience.





Because?...

Well, having an orgasm releases tension, stress, and can even free you from chronic illnesses like back pain, cramps, and migraines! You will notice that women are MUCH more relaxed after orgasm. Their skin color takes on a vibrant appearance and they are literally glowing with satisfaction. Women who have never had an orgasm before, even by themselves, are relieved when they finally experience one.

But besides being a valuable treasure among women, what do you gain from it? Well, women who are literally satisfied will walk through fire to have sex with you.

Rest assured that you too will receive the maximum pleasure they can give you! They will make you as satisfied and happy as they are.



Let me tell you something important now, this is a level of pleasure and satisfaction that few men know...

But, to master the female orgasm, we first need to “step into a woman's shoes,” so to speak, in the best way we can...You see, it's important to get a woman's perspective on how incredible it is to experience the sensation of an orgasm.



I asked one of my ex-girlfriends to describe what a powerful orgasm is, and here's how she described it:

"When you are approaching orgasm, you feel a heat that envelops your entire body, you can feel the blood rushing through your veins.

You start to feel tingling, tight and bloated. Occasionally, you may feel like you need to pee! All your fears disappear and any worries or anxiety you have disappear.

Your heart beats faster and breathing quickens, and you can feel the intense pressure growing with each passing moment.

The muscles in your legs begin to contract, the pressure increases and increases until you can't take it anymore.

There, when you think it can't get any better, something hits like a ton of bricks.

You feel incredibly hot, humid, incredibly overwhelming pleasure and the contractions become much faster until you lose control.

It starts at the clitoris and then moves down the entire body, moving up and out. It seems that his entire universe is enveloped in an explosion of pleasure.

Every muscle in his body begins to tremble and spasm in an incredible and wonderful way!

You can't understand what is happening, and you disconnect! The mind goes blank, and the body screams in ecstasy."

Very powerful things, right?



The challenge for most men is that they fail to make a woman climax. This is because most men don't know anything about a woman's body and mind.

The most common reason why women do not reach orgasm is, obviously, due to lack of experience from the man's point of view.

The second most common reason is the level of comfort that the woman feels at that particular moment. Personally, I think the reason for convenience should be placed first.

Well, I believe that if you take any woman who is relaxed and comfortable (both mentally and physically) and put her in bed with an ordinary lover who has no extraordinary abilities, she will orgasm 90% of the time.

Now, there are more than 100 reasons why a woman may feel uncomfortable and tense before sexual intercourse. The causes may be mental, physical, or both.

No matter what the reason, the end result will be that your body will not respond to any stimulus.

She may feel tired or stressed... Stiff or sore. She may feel insecure about herself or her body. She may feel like she doesn't connect with the man she is with...or she may be afraid to rush things.

Whatever the reason, you need to remember this as someone who wants to bring her pleasure, you need to help her feel relaxed and make her feel at ease.



Make the woman you are with feel comfortable and relaxed, and the result will be a powerful orgasm!

Doing little things to make her feel comfortable and confident can make a HUGE difference.

If you want a woman to experience incredible and mind-blowing orgasms, you need to know how to make her body function properly and be sure that that energy flows freely through her.

She will not feel the pleasure that you can give her through sexual techniques alone. I'm not saying that sexual technique is not important, but if you focus only on improving your techniques, you will not reach the level of "mastery."

If a woman's body and mind are not ready for pleasure, the techniques will be useless. She will end up upset, uncomfortable or even sore, so she won't want to repeat it!



We're going to go through some interesting sexual techniques shortly, but first we're going to focus on preparing a woman for all the fireworks she'll next experience.

So, we need to be sure that the woman you intend to give massive orgasms to is relaxed and comfortable, which determines how well her psychological processes are working, and we achieve this through energy.

The more energy is flowing through your body, the more incredible and explosive your orgasms will be. Women who are stressed or mentally tired will not have any sexual desire. The slightest knot or blockage she has will be enough to "block" her orgasm.

Women with extremely rigid and tense bodies are incapable of having an orgasm, especially if that tension and stress is present for many years!

Of course, the good news is that, unless stress and tension are caused by some deep psychological process, they are really easy to reverse.

Women can begin to have frequent and more powerful orgasms simply by receiving regular full-body massages.

It may seem very difficult to believe, but it is the truth! A certain type of massage can rid a woman's body of any knots and spasms so that sexual energy can flow freely.

*But, here's the problem... a professional masseuse alone
It can only go so far, right?*

Even when a woman is going to have a full body massage, most masseuses are not going to get close to the woman's private parts, for obvious reasons.





This means that any knots or blockages around a woman's genitals and their surrounding areas are never treated.

And, unless this is taken care of, she will not have an orgasm, or even if she does, it will not be powerful enough to make her have an explosive experience of pleasure!

There are a lot of moody women out there, and most of them don't even know why they are that way! Just one incredible orgasm can fix all your problems immediately...really!

In addition to all the major muscles in a woman's body, there are thousands of nerve fibers in her vagina alone, as well as in the pelvic region, hips, and upper thighs as well.

All of these areas can be very tense and stressed, creating blockages and restricting blood flow.



What we are going to teach you now is how to make a woman's body relaxed and stress-free, and we will do this through massages!

Most men today are in such a hurry to get to the sex part, that they never offer a massage to their woman beforehand.

A massage can awaken a woman's body, and remove all the knots and contractures we talked about before, so that sexual energy can flow freely through the woman.

Try starting your sexual routine by giving the woman a nice relaxing massage.

Start with a light to moderate touch when massaging, and then return to these muscles and go deeper. In this way, the muscles respond more to your touch.

Use natural oils to massage such as grapeseed, avocado or walnut. They are optimal for her skin and will make her feel much better.



Work the largest muscles first, such as the thighs and lower back. Then go to the shoulders and neck. On the front of the woman are the chest, legs and hips.

After working all your major muscles, move on to regions like your tail, breasts, hips, pelvic areas and also... the external and internal muscles of your vagina... which contains thousands of tiny nerve endings that can easily be restricted, as we talked about previously.

Make sure you use plenty of oil on those parts and use two or three fingers to gently massage all sides of your vaginal wall (left, right, top and bottom).

The massage will not only be really sensual for the woman, but it will also awaken all those nerve fibers that will increase her chances of having an orgasm more easily.

Before doing this, I think it is best for me to describe what types of orgasms a woman can have, you will know what we are talking about when we get to the techniques of sex.

*The most common orgasm for a woman
manages to achieve the Clitoral orgasm*

In truth, most women are only familiar with this type of orgasm and have never experienced any other type... with the most powerful and shuddering orgasm being caused by the correct stimulation of the **G point**.

Now let's get into every detail to give your partner shuddering, wet orgasms.



LESSON 03

A close-up photograph of a person's lower back and buttocks. They are wearing a red leather harness with multiple straps and buckles, and black lace underwear. A hand is visible at the top, adjusting one of the straps. The background is dark.

Female Anatomy

Welcome to module 3 of the course “The art of the female orgasm”. In this module, we will go deeper into the female anatomy and how we can use it to achieve more success in bed.

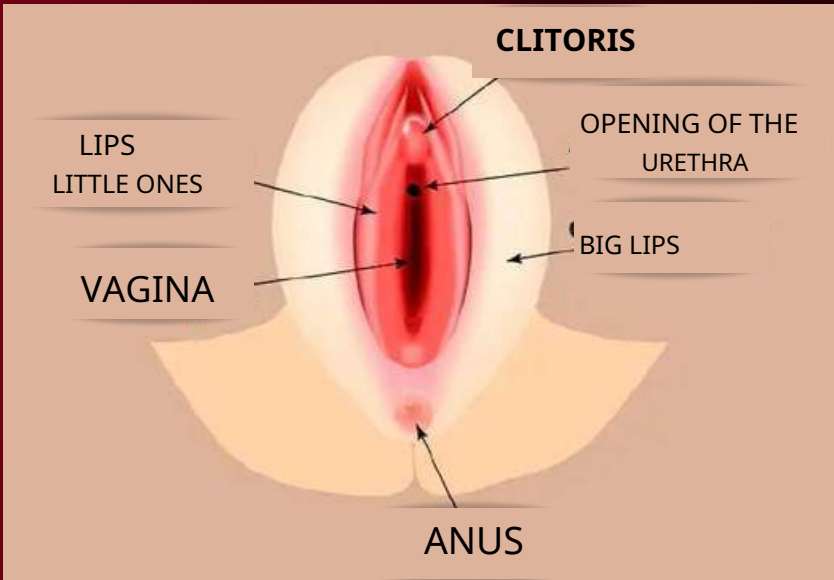
Here, we will work much more with images than we did before, and thus we will be able to better understand how to satisfy women based on more biological concepts.

Despite this, we will not use any scientific names or reproduction concepts in this module.

The idea is to understand a little more about female anatomy so that, in the next modules, when we are looking at how to generate different types of orgasms in a woman, you are already familiar with some concepts.

We will start the anatomical part talking a little about the outside of the vagina, better known as the Vulva.

Many men love the image below, however they rarely stop to try to understand it, and as can be seen from the numbering, there are several very important factors to take into account when we talk about the vaginal vulva.



The first point to be mentioned here is the clitoris and above it we have the clitoral hood.

In the photo above we can see both the clitoral hood and the clitoris itself, since the vagina is open. In it we can see a very important and sensitive area of the woman that is located well below the clitoris.

This area is equivalent to the head of the penis for a man, it has many nerves in that area that allow women to generate a lot of pleasure.

Later, when we are in the oral sex module, this area will become very important, remember it.

Further down we have the urethra, the place where urine and ejaculation occur.

We will talk about ejaculation that occurs in the urethra in the advanced modules, particularly when we talk about "squirting"

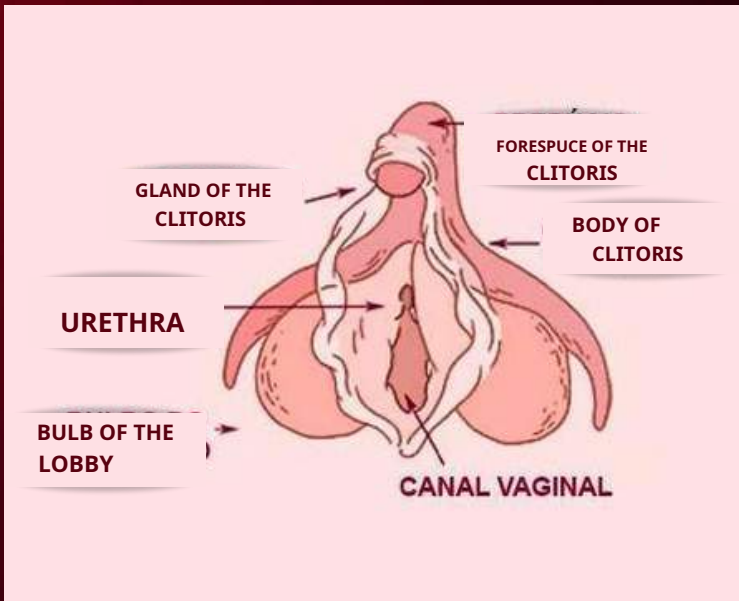
of

Further down, we have the vaginal opening, an area of high sensitivity, until we reach the anus. Having presented the image above, we will now expand the discussion of some names already mentioned.

Starting with the clitoris, as said previously, this female organ is equivalent to the man's penis.

This fact occurs because at the beginning of pregnancy the clitoris and the penis have the same sexual member, and as the pregnancy progresses, if you are a man a penis develops, and if you are a woman , becomes a clitoris.

An interesting factor is that, because they have the same origin, both have many sensitive nerves in the area, thus being an organ of extreme pleasure for both women and men.



The photo above focuses on the clitoris as if we were looking behind the Vulva.

Here, we can see the clitoris well, both the part that is located outside and the hidden part of the clitoris.

What we should observe in this photo is exactly that.

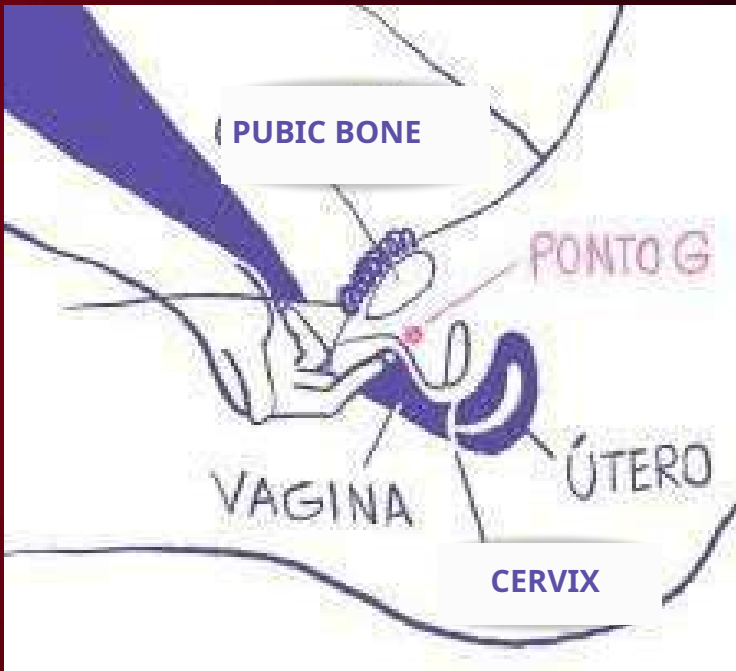
The clitoris is not only the small part that is outside the Vulva, it extends behind the Vulva on both sides.

The pleasure at that point can be used much more if the person knows its extent.

When expanding the head of the clitoris, there are approximately 68 thousand nerve endings. So as you can imagine this is a part extremely sensitive woman.

Women can have orgasms from clitoral stimulation, but always be careful when touching it, because if you touch it outside of there and just before the right moment it can be painful for her. So keep this in mind.

Well, now we are going to talk a little about the G-Spot and the A-Spot, which are the points that you must stimulate to bring the woman to a vaginal orgasm.



The image of above is really very good, it shows a woman sitting and as if you used your hand to stimulate her with your fingers, then in the image the finger points towards the G Spot, approximately.

It's not very far away, it's just a few centimeters in, so if you put your finger inside and lift it up it's right there, not too far from the entrance. Further back, we have Point A, which in the image, in English, is called Deep Spot.

We are going to talk about Point A and the types of orgasm that a woman can have from there, deep in the vagina, near the entrance to the uterus.

It is a point that is located quite far away and can be difficult to reach, and it is also where a woman can have very powerful orgasms.

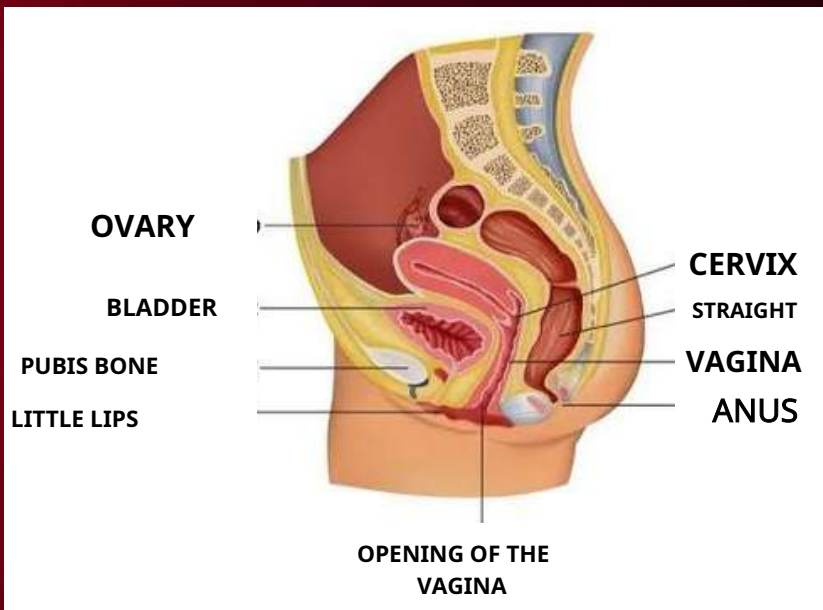
It is where she will be able to have an orgasm with anal sex, because the back of the A-spot is pressed during anal penetration.

There in the image is also the urethral canal, which is the exit point for ejaculation, basically the urine orifice, next to the canal that comes from the bladder.

There, more or less where a circle is drawn, is a point called the urethral sponge, which will swell during stimulation and then be able to expel female ejaculate. We'll talk about this again when we're discussing squirting orgasms.

Also want you to pay attention to the pubis bone .

When I present some techniques, I will also tell you how to use them, because if you press on the outside, as you wanted to touch the fingers that are on the inside, you will be stimulating the entire urethral sponge , it will be as if you were reaching the G Spot on both sides.



In the image above, we have a side view of a woman's body, where we can also see the vaginal canal, the urethra and the urethral sponge, which swells when you stimulate the G Spot or also when you press it with your hand or his penis.

A little higher, next to the cervix, you will have a sensitive area called “Point A”, which is not a single point on the front wall, but extends in a circle along the entire wall of the canal.

If you can reach it with your finger, it is a great way to give the woman a vaginal orgasm.

Now, look at the entrance of the cervix, if you touch there, it can be uncomfortable for the woman, in truth, few women like their cervix to be touched.

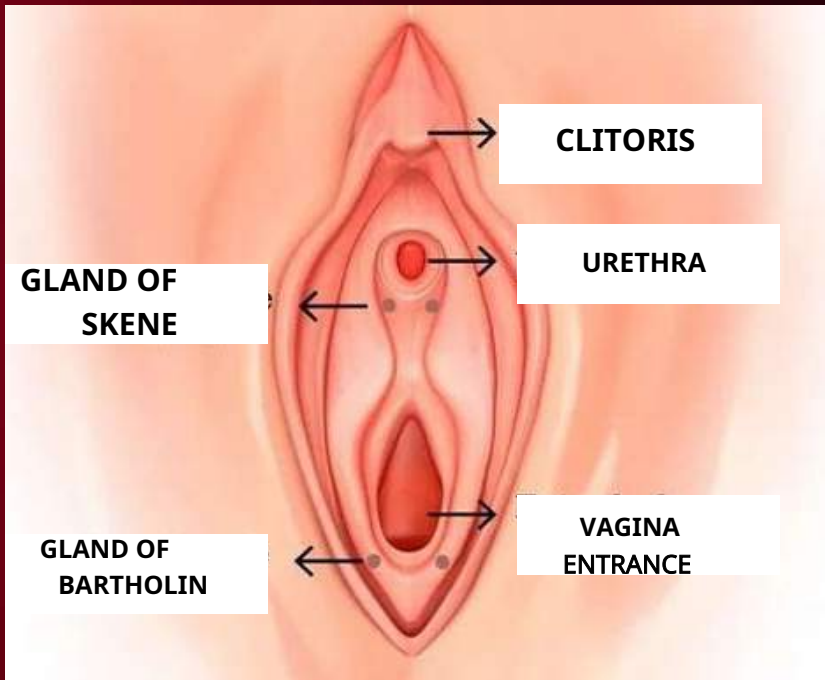
So, when you go in search of Point A, keep this in mind.

You're going to feel the cervix, it's hard to describe, it's like the tip of a nose or a kind of button, and you'll feel, it's a little bit stiffer there. And right next to that is Point A.

Where the bladder is, there are muscles that are the urethral sphincter, so when the urethral sponge swells, it will contract the sphincter to prevent the woman from urinating.

Many women are afraid to urinate when they enjoy themselves, so they tense up and retain all the ejaculate inside, without knowing that the sphincter is already retaining urine, as happens in men, when the sphincter closes to allow the sperm to pass through.

If the woman does not relax, her ejaculate has nowhere to go and ends up going to the bladder, then she needs to relax her urine muscles so that the ejaculate comes out, you need to remind her, she needs to know that there is no way for her to urinate comes out, but ejaculation does.



I included this image because I wanted to show Skene's glands. There is a lot of confusion around this, not only because many people do not understand the feminine ejaculation but also because Skene's glands have several names, " paraurethral glands" or " female prostate" .

The scientists are beginning to understand how women ejaculate and now it is known that female ejaculation has more to do with the liquid expelled by the male prostate, which is why they began to call the glands “female prostate.”

You can see that they are on the outer wall of the vagina, and in fact, they are part of that urethral sponge that I was talking about, so the sponge swells and fills with fluid, when the woman is stimulated, this It will be drained and she will be able to ejaculate, just like the man, through the urethra, through the urine orifice.

These glands are very difficult to see, I know that you can see them in the image, but I would not go looking for them in a woman, because they are really very small and difficult to find.

It means that if you were to see them, you don't need to worry and think: "My God, she doesn't have a female prostate, she won't be able to ejaculate," because they are very difficult to see.

Clitoral Orgasm X Vaginal Orgasm

Okay, now that we've looked at the different areas of the vagina, I want to take some time to describe the differences between a clitoral orgasm and a vaginal orgasm.

The clitoral orgasm comes from the stimulation of the clitoral body. As we said before, the clitoris is more on the outside, you are going to stimulate it outside the vagina, below the pubic bone.

It is a very sensitive area and the most common way for women to reach orgasm, about two-thirds of women usually have clitoral orgasms. It is also how women usually masturbate.

It is more of a localized orgasm, some women describe it to me more as an orgasm that happens in that area, it is a more localized sensation there when she enjoys herself.

There it is a little more difficult to have multiple orgasms, many women believe that they cannot have multiple orgasms because after having a clitoral orgasm he remains sensitive and it is difficult to have one more.

Alright, now let's talk about vaginal orgasm. It usually happens by stimulation of the G-Spot or the A-Spot.

Most women have never had a vaginal orgasm, so many of them don't even know what the sensation is, so I hope you manage to give your woman the first one.

It is the type of orgasm that can lead to ejaculation, which can even happen from the clitoral orgasm, but it is more common to happen from the vaginal orgasm.

It was described to me as a whole-body experience, I am going to share the testimonies of women who describe it, but it is more of a whole-body sensation than a localized sensation near the site of stimulation.

And those areas never gets sensitive after orgasm, then the woman can have multiple orgasms, and the best part of this is that she can have a clitoral orgasm and she can also have multiple vaginal orgasms in a row.

That is, we can give a woman four or five orgasms in one sexual act, and she will be a very happy woman after that.

Which is the feeling of vaginal orgasm?

These are the actual words of a woman who emailed me about vaginal orgasms:

"The first few times it happened to me, I didn't even know what it was. I only know that it was optimal, but it is different from the clitoral orgasm. The clitoral orgasm is more localized and this other sensation was like turning off the mind for an instant, I don't know for how long because at that moment I didn't realize what was happening."

You remember what I told you before about the absence of thoughts during her orgasm, this is where she had the whole body orgasm experience and her mind shut down, it shut down completely, she says here that she doesn't even know for how long or what was happening.

So this is a perfect example of why your wife should let go of her mental blocks.

See another testimony:

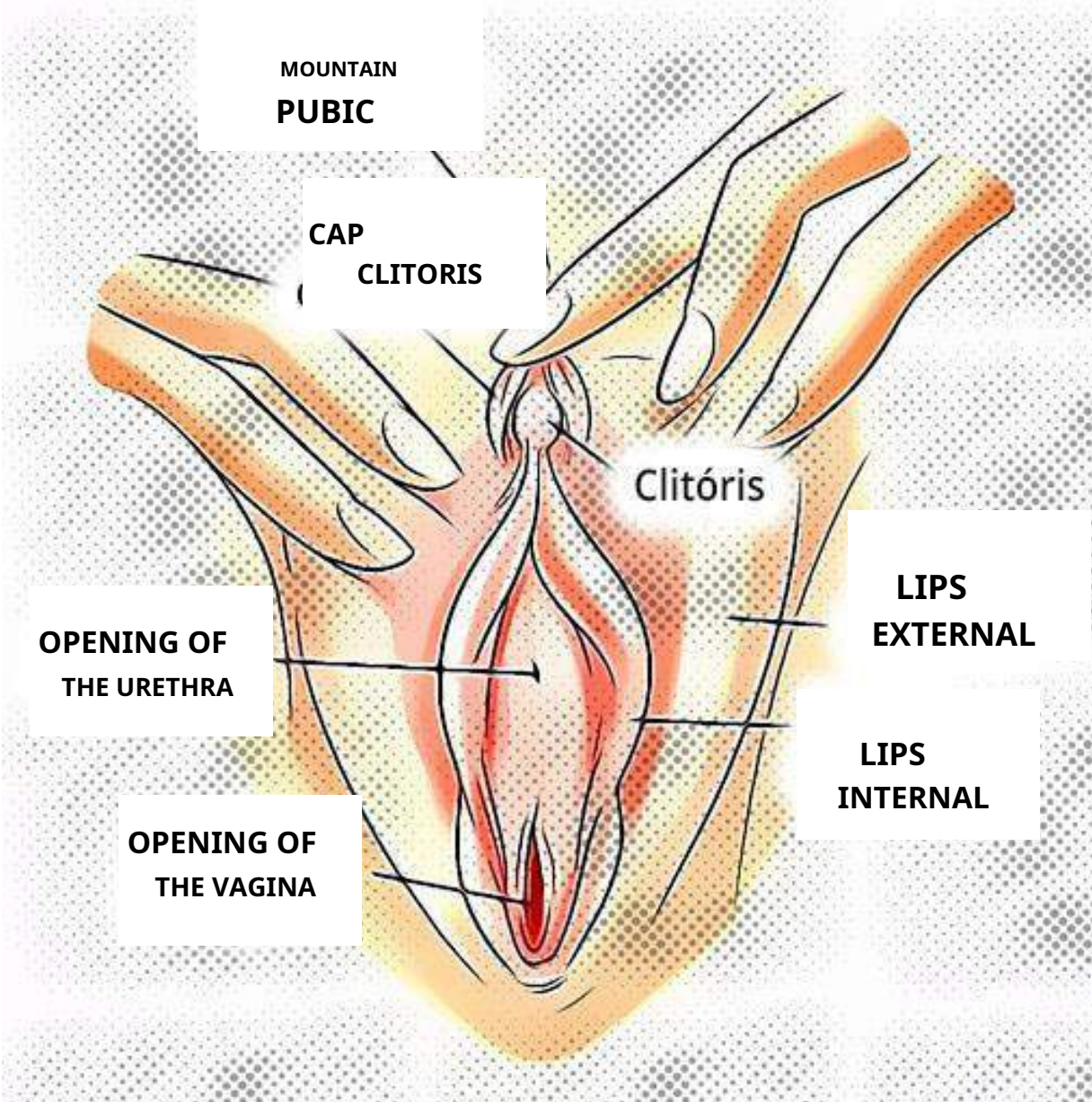
“I feel something growing, until it takes over me, and suddenly it explodes and a tremor goes from my groin to my head and spreads throughout my body. “I can feel it all over my body, from the tips of my fingers to my toes.”

This is a good example, it gives a good idea of how it works, it says that the sensation grows until it explodes, starting from the area of stimulation towards the entire body. In my experience, when a woman has a vaginal orgasm, her entire body shakes, she has almost involuntary contractions during an intense orgasm.

You can see that she is feeling it all over her body, and it is so powerful that it can bring her to tears.

Okay, so these are some parts of the female anatomy, now we are going to learn some techniques to stimulate these areas.

I promise this won't be a chapter full of technical and tedious stuff. I am going to explain what is necessary for you to understand every detail of your partner's intimate region in a practical way and going straight to the point. This is going to help you understand WHERE to touch and WHAT actually generates the most pleasure in women.



About the Lips

Each vulva is wrapped in two sets of lips, an outer pair and an inner pair (large labia and small labia respectively).

If you have already seen photos of various vulvas on the Internet, you should already know that the size, shape and color of the lips vary in each woman.

What you can't see from the photos, however, is the most important thing: Sensitivity. The outer lips serve to protect the delicate inner workings of the vulva, which fills with blood during arousal, stimulation and pleasure.

Even though your lover undoubtedly enjoys the sensation of being gently touched on his outer lips, understand that this skin is not especially sensitive to generate pleasure. To get an idea, think about what it's like when a woman lightly touches her testicles.

Sure, it's going to wake you up from a deep sleep with a pleasant shock, but you'll probably agree that it's just a fraction of the sensitivity of what you'll feel when her hands touch the head of your penis.

Just as your sensitivity increases the closer she gets to the head of your penis, women's sensitivity jumps with excitement when you venture inside her outer lips as well.

Think of your inner lips as delicate pleasure zones - dense and with highly sensitive nerve endings - where even the gentlest provocation can drive your lover into a pure sexual frenzy.

The inner lips were designed by nature to protect her partner's clitoris, but they also tease it along with her touch, making it more evident and swollen with arousal.



About the clitoris

Now you have reached the most precious jewel of female sexuality - the epicenter of orgasms, as well as small and delicate.

The moment you adjust your touch along your partner's clitoral area, you can officially add the title of **God of Sex** in his name.

The clitoris is densely packed with many pleasure-seeking nerve endings that you won't find anywhere else on her body - not in the entire vast universe!

The clitoris is exclusively dedicated to ONE thing: Pleasure. How can you find the clitoris? You will find the clitoris on both of your lover's inner lips, hidden underneath.

Some are round, others are oval. Some are prominent, others are hidden. Some are large, others you can barely see them. But all this can change during arousal, when the clitoris can grow and its color can glow, as blood, energy and arousal invade the area.

How should you caress it? The best way to describe the feeling of being touched is probably the feeling of the head of his penis being touched by his partner. Plus, this gives you a big clue about what's good, what leads to orgasm - as well as what doesn't work.



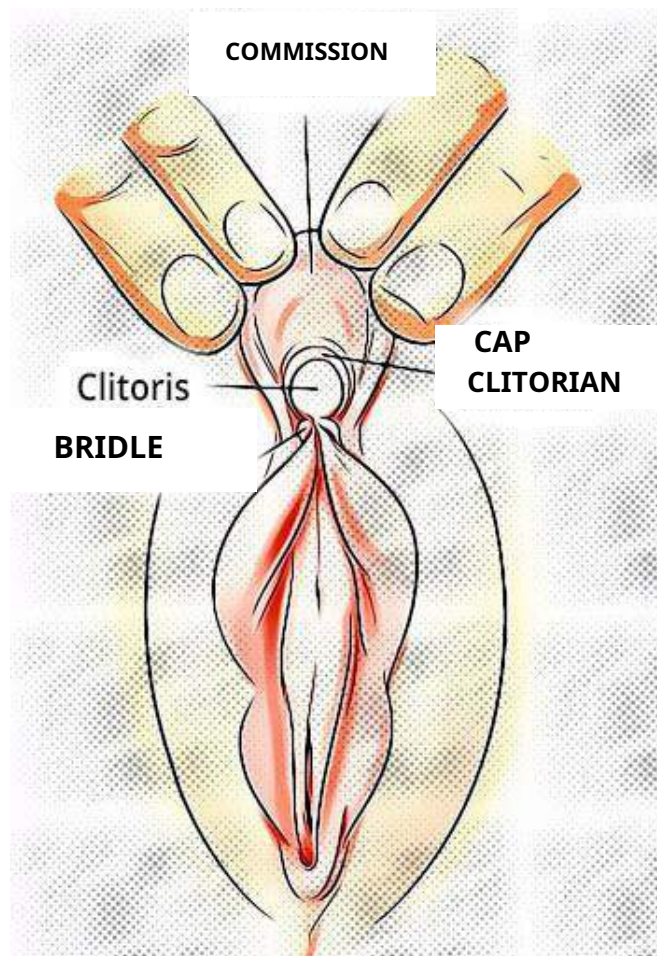
Clitoral hood and commissure

Your lover's clitoris comes with its own tiny covering. This soft, fleshy clitoral hood (“foreskin”) is designed to further protect the clitoris – some say it is the female equivalent of a man's foreskin, protecting the sensitive head of the penis.

You can easily slide the tiny clitoral hood gently with the tip of your finger to reveal your partner's clitoris in all its naked, shiny glory.

Around the clitoris, like the magnificent setting of a crown jewel, is the “commissure.” This is also highly sensitive and contributes in an erotic way to the arousal and orgasm of her partner.

And this is what the tips of your fingers and the tip of your tongue were made for!



Preparing his partner for orgasm

Important Notices

First: Make it clear to your partner that it's okay if she doesn't like something you do and that you tell her you prefer it another way. Many women avoid "complaining" about something for fear of hurting her male ego and upsetting him. But...receiving a positive or negative comment will guide you to make her feel more intense orgasms. Then encourage her partner to make comments about HOW she prefers you to do something.

Second: To continue with the previous issue...you should always do what I call "calibrate", which consists of testing different pressures (force) in your movements while asking your partner which pressure generates the most pleasure. Do the same with the speed of the movements to find out what speed is most pleasurable. This way you will make the movements pleasurable, at the most appropriate and exciting pressure and at the correct speed. Notice how powerful that is? Here's another important observation...

Third: Use and abuse a good lubricant. That can NEVER be missing during the entire process...lubrication. A movement that generates shuddering pleasure in your partner can cause unforgivable pain if you decide to economize on lubricant.

Now, let's get to the moves you should make. About every movement...

First: Understand that it all starts with warm-up and provocations. Never go straight to the point, and by that I mean never go straight to your partner's clitoris.





It is essential to cause what we call **ANTICIPATION** before starting to stimulate the clitoris and other female pleasure points.

You can do this by massaging your partner's body (legs, breasts and vulva) using a good lubricant.

So, the first movements that you should make in your partner's intimate region are the vulva region,

Because? Simple... The more you stimulate her partner with a vulva massage, the more excited she will be and the blood will flow to that region...

This way, her clitoris will be more predisposed and prepared to receive an explosion of pleasure at its maximum power.

That is, in addition to making her crazy by feeling inside her, you will be enhancing her pleasure in feeling.

Second: You can vary the movements, combining the movement

#1 with move #2, for example. Use your creativity and see what works best for you.

generates pleasure for his partner. _____



See the moves to follow

Movement 1. Vulva Massage

This is a simple and powerful movement that stimulates the region “forgotten” by most men. Using the two fingers on the outermost region, you will slide them over and under (as shown in the image)



This stimulus increases circulation in the region, relaxes your partner, and allows her to feel even more pleasure with the movements that I am going to teach you below. Again, ask your partner what pressure generates the most relaxation and pleasure.



Movement 2. Vulva Massage

This movement consists of pressing three fingers and making an alternating movement (from one side to the other) around the vagina of your partner as shown in the image below.



3

Now you are going to slide two fingers (up and down) in the innermost part, around the clitoris. See the image.



4

Make a “clamp” with your fingers and lightly grab the region around the clitoris as shown in the figure below. Then make movements by sliding your fingers up and down. Remember to ask your partner which pressure generates the most pleasure.



Movement 5. Vulva Massage

Using your four fingers (as shown in the figure) press your partner's vulva and make circular movements.



6

This movement consists of using both hands, as if you were preparing a pizza dough or bread dough (see image below). Remember not to be harsh and press very hard.



Clitoral

The massage is simple...it consists of using your pointer finger and sliding the tip of your finger up and down the clitoral line, as shown in the image below.

Obs: You can also vary with circular movements on the clitoris



Here you need to “calibrate” that finger pressure to generate the maximum possible pleasure for your partner. Make light movements and increase the pressure little by little. Then ask her which pressure is giving her the most pleasure.



The idea here is not to make her have an orgasm...it is, yes, to understand what works best for her body. In addition to that, it will leave you relaxed as it increases blood flow in the region - which makes orgasm easier. Now it's time to vary the stimulus using other movements that I am going to show you in the next pages.

Movement 2. Clitoral Massage

Now, instead of sliding just the tip of your finger, you're going to slide two fingers together up and down the line of the clitoris - keeping the clitoris between your fingers. See the image below.



Always remember to try the different pressures in each movement to know what generates the most pleasure in your partner.



Clitoral

Place your fingers as shown in the image below and make lateral movements (from one side to the other) without losing contact of your finger with the clitoris. Alternate speed and pressure until you find the one that generates the most pleasure in your partner.



LESSON 04



Clitoral Orgasms

Hello, welcome to the module on clitoral orgasms.

So far, you have improved your understanding of female anatomy, as well as ways to bring your mind to the present and guide her toward orgasm.

I want to demonstrate how to use techniques that stimulate her clitoris to bring her to orgasm, but first I'm going to talk to you about how to prepare her for that experience, so that you have the greatest success possible.

So, remember to anticipate, and send that message to her.

Always make sure she is aroused and that her clitoris is a little harder before touching it.

If she becomes excited, as you touch her body, she will become more and more excited and her clitoris will begin to harden.

But remember that, if you touch her clitoris before she is aroused, it can be painful, so make sure she is turned on.

Remember: you have to be certain that she is in the present, that she is not trapped in her own thoughts, but that she is there, with you, ready to have an incredible experience.

Also is necessary wear lubricants, we are going to use our fingers in these techniques, so it is good to use plenty of lubricant to avoid any scratches, which can be very painful for her.

Even if she doesn't feel it at the time, even a small scratch can hurt her, so always, always, whether internally or externally, use plenty of lubricant.

What I like the most is grape oil, which is not one of those lubricants that you buy at a sex shop, it's just normal grape oil.

And the reason I prefer it is that it is more natural, it provides a more natural sensation of lubrication, both inside and out, and it is even healthier for women.

It can also be used as a massage oil, you can start by massaging it and then lower your hands to the vagina.

I prefer to use that oil, but if you are going to use a condom, you should not use it, because it can break the condom, in which case I recommend using a water-based lubricant.

In addition to this, be careful with your hands and nails. Many women complain that men touch them and they don't feel comfortable because their hands are rough.

It may be a reason why she doesn't want you to use your hands. and also you don't want to scratch it, so, we are going to use more the index finger and the middle finger, but you must make sure that the whole hand is very soft when you are going to touch it.

It is essential to ensure that your nails are short, no matter how strange this may sound to you.

It will be worth keeping your anuses soft, even understanding that in some types of work you need to use your hands and that is why they become rougher, if you can, take care of your hands, really, it is good to avoid any roughness in your hands and in nails that could hurt your wife.

So, with this in mind, let's start looking at some techniques.

I'm going to start by showing you clitoral stimulation techniques. In this case, the previous is always a key, never go directly to the clitoris.

Women always complain that men don't know how to prepare them, we go directly to the sensitive points.

That's not good, even more so if she's not aroused, it can even be painful if you touch her before she's ready.

So creating a preview is what we call "preliminaries".

When you go to touch her, caress around her vagina and not directly on the sensitive points, caress everything around and this will really leave her more and more excited.

Remember what I told you before, the clitoral area extends further down, so one thing that is very pleasurable for women is to use their fingers to press on the side of the vaginal lips.



You also can massage it with your thumbs, and this can cause very intense sensations.

The truth is, some women can reach orgasm just with that, some of them even masturbate, this way they can reach climax without even touching the clitoris.

Thus, you can make her enjoy just caressing her vagina as in the images.

Now let's talk about how you can stimulate the clitoris.

After we've had a good warm-up, she's ready, you're going to touch her clitoris, and the basic way to do this is to slide your finger down over the clitoral hood.

The hood is above the clitoris, which at that height will already be a little more swollen, you will be able to see it a little better, then you are going to slide your finger down and there you will begin to make circular movements.

That is, you push the hood over the clitoris and press on top of the hood, you will not touch the clitoris directly, just place your finger on it and make circular movements.

Do this for a little while and it will bring her to orgasm. This is a very basic clitoral stimulation technique, and it is also how many women masturbate.

What you can do, too, is take the tip of the clitoris between your thumb and the pointer, even over the hood, and move it from side to side.

You can stretch it up and down a little, always remembering to use plenty of lubricant on your hands, and it will be like masturbating the central point of the clitoris, this generates a very intense sensation.

Now, I bet you that many men have never touched a woman that way, and even if she does it alone, it will never be as good as if you are the one who does it to her, because she can just relax and enjoy while you touch her that way. manner.

Another way to stimulate her, and I can almost guarantee you no man has done this to her before, is to grab the entire area around her clitoris.

Of course, it is always best to avoid things that could hurt the person, but you need to understand that this is the part where babies arrive, so sometimes you can “play” a little harder there.

You can actually grab that entire area, around the clitoris, and massage it up and down.

You will almost pierce her clitoris with pleasure, and if it is swollen, it will jump in and out while you do this, and she will orgasm very quickly. It is a very strong feeling, which she is going to love.

Later, we'll talk about specific movements, but you can simply grab her, secure that area, and ask her to move herself.

What will happen is that she will flex her vaginal muscles, and as she moves, her clitoris will move in and out, you just need to hold it steady while she moves and this can bring her to orgasm.

So, these were some of the clitoral stimulation techniques.

We are going to talk a little more about this when we are going to present oral sex techniques, and you will be able to combine all of these techniques and offer a combo, using some of the techniques that you learned now also when you perform oral sex.

The more you know about what she likes and doesn't like, the better your reading of her body language, the more you'll sense when you're hitting the right spots.

And she can also tell you: "that, right there, like that", well remember: communication is everything! To know if she is having an orgasm, it can be a little difficult with the clitoral orgasm, compared to the vaginal one.



The clitoral orgasm is more external, unless you are applying a combo, but if you are stimulating only the clitoris, you may not notice it, she may just tense her body or moan louder, but most
Sometimes, she will ask him to stop, because her clitoris will be sensitive after that.

Another way to tell is to place your pinky finger in her anus, but she needs to be open to anal stimulation.

With your finger over there, You will notice, because, if you have an orgasm, the muscles in that region will contract at that moment, pressing your finger.

Then you can try this, if she likes it, and you can be sure. Now we are going to talk about stimulating the clitoris during sex.

The best position is actually any position in which you can reach her clitoris with your hand while you are penetrating her, but I prefer the four-way position, when you can put your arm around her and stimulate her clitoris while keeping your penis inside her.

Personally, I don't stimulate the clitoris much during sex, I prefer to try to bring her to a vaginal orgasm, but many times she prefers a combination of the two, so you need precisely know it well and, if it is the case, there are several positions in which you can do this.

Alright, that's just it for this module, we'll talk about clitoral stimulation again when we talk about oral sex, but for now, let's learn a little more about orgasm.

LESSON 05



G-Spot orgasm

Alright, now let's talk about the G spot, or the Gräfenberg point.

You've probably heard about the G-spot in popular magazines, on TV, in a movie or something.

But what exactly is the G spot and where is it located?

G-spot is a point on the front wall of the vagina, on the urethral sponge, which is very sensitive, so if you stimulate it correctly, you can make the woman have a very strong vaginal orgasm.

He is locate only some centimeters inside, you only need to place up to the second joint of the finger to reach it.

In some moments I am going to show you some techniques on how you can stimulate your woman from the G-spot and they will make your head explode.

But before, I want to remind you some important things, as the anticipation.

Before you begin, remember to build anticipation, "What hes is going to do to me?"

I want to share with you a message that I like to send before meeting a woman.

Let's say that I already know that woman, and that she knows that I know where her G-spot is better than any man I've been with before, I love sending a message that says: "I can't wait to touch you where I only touch you." to you".

And this will enter her head, she will associate this type of feeling with you, it is a very powerful way of having anticipated the moment of being with you.

And remember: it is good to start with the preliminaries, exciting the woman.

You will always want the woman to be aroused before penetrating her.

Give her some time for her to get excited, for her vagina to become moist and thus make it easier to insert your penis without causing pain, this way everything will be fine.

Make sure you always have lubricants for foreplay, especially for the techniques I'm going to show you now.

These techniques will once again be using your fingers, so don't miss out on lubricant, grape oil or something water-based, any of them will do.

Check that your hands are well cared for and your nails are short, you don't want to hurt your woman, you are going to be inside her, anything rough on your hands or nails can end up hurting her.

So take care of your hands, I insist on this point because it is very important, take care of your hands.

Well, for this you need to be comfortable, because it can take a while, maybe up to thirty minutes to make her orgasm, so you are not going to want to start in an uncomfortable position or one that makes it difficult for you to move.

It ideal is that she this lying on her back and you sit in front of her cross-legged, understand, this is going to give you access to put your hands down there and inside her, so get comfortable, make sure she's comfortable too, and everything will be fine.

And now, I'm going to start teaching you the techniques to stimulate the G-spot.

But before that, I want to tell you one thing that you need to know before you start penetrating her with your fingers: when you are going to penetrate her for the first time, do this from top to bottom, pushing your finger down.

So, after you have inserted your finger from top to bottom, you can do some circular movements with it, and the reason for this is that there is a ligament at that point that needs to be relaxed during sex, so even if your woman is already aroused , this is going to leave her even more prepared

You can also turn your finger sideways and explore that entire area, just like you did with the clitoris, you don't want to go straight to the point.

The G-spot can be very sensitive, and you don't want to get to it by forcing anything, you want to go little by little, so start by placing your finger down, play there a little, take your time, and so on, rotate your finger until the I was looking up.

I also want to tell you that some techniques we are going to talk about here require the use of two fingers.

But if you begin introducing two fingers, always take them out of there before turning them, do not turn them when you are in there, this can hurt your wife and that is not what you want.

The goal is for both of you to get the most out of it.

With that said, let's start talking about the G-spot!

The G-spot, as I told you, is only a few centimeters away from the front wall of the vagina, so she is excited, you are with your finger inside her, and now you are going to the G-spot, place the finger more or less until the second joint and looking up, for the front wall of the vagina, and make the “come here” movement with your finger inside, pressing well on the front wall, almost as if you wanted to push outwards.

Start this slowly, go little by little, never start too fast, you can speed up as you go.

Get started slowly and accelerating when you feel that it is getting harder there.

When she is not excited, it's going to be all soft, but after you start to excite it, it's going to start to swell, it's going to harden a little there, you can feel it on the front wall.

Now, a single finger will be enough, using the “come here” movement, it can be the pointer or the middle finger, but you can also insert both fingers and move them at the same time.

It is good to talk with while doing this, it is good to talk during the process, tell him how good it feels when you do this.

Tell her: “Oh, your vagina is very delicious”, this invites her to relax, knowing that you like it too, so make sure she knows it.

You are doing this with her and not for her. You may have to stimulate it for a while.

Usually I they ask how long does it take to make a woman reach vaginal orgasm, you should never do this for more than thirty minutes, because this will leave her sore, but know, it can go up to around thirty minutes, if your finger starts to hurt, you will have You have to deal with it, because it might stay there for quite a while.

Know that the more she is immersed in it, at some point she will let go, and the more she knows what the sensation is like, the faster she will enjoy it. The first time you do this to her, if she has never felt anything like this before, it may take her some time to orgasm.

So, let's talk about another technique, it is a very simple technique, just doing the “come here” movement.

There is another way to do this, which is using two fingers and moving them alternately, like when you pretend that these fingers are legs and “make the walking sign.”

Then put your fingers in there, facing up, raise them up to the front wall and start moving the two fingers like that, doing the “in here” with one finger at a time, but a little fast.

And she can do it faster, too, and as she speeds up it will drive her crazier and crazier. This should cause a very intense orgasm in her very quickly.

Another one that you can try is what I call “bull horns”, it is the same gesture that is done at rock shows, raising the pointer and the pinky.

Then you put your middle finger and ring finger together and insert them both together into the vaginas, while leaving the index finger and the little finger out, extended to the sides.

These two fingers that are in there, you're going to lift the tip of them and press against the front wall, and you can rest your palm on your clitoris and push up, and rock the motion without the worry of being delicate , and clearly you don't want to hurt her, but in this case you can use a little more force.

It is a very intense feeling for her.

Of course you are not going to start directly with this, because it could be painful, it is something that must be prepared beforehand.

But when she is close to orgasm, the swelling in that area may be so much that it pushes her fingers or penis outward, and this means that she is close to ejaculating.

If she swells like this, ejaculation may be coming, and when she learns to ejaculate, her orgasms will become more and more powerful.

And you will be able to feel this, I can tell you that when a woman is close to ejaculating the swelling is so much that it pushes my hand out.

Or it could even be in the middle of the sexual act, I barely feel her vagina closing and pushing out, that's when she is about to ejaculate.

Okay, now you have a good idea of how to stimulate the G-spot, so I want to remind you to be attentive, when you are stimulating her pay attention to her breathing, and if her breathing becomes short, remind her to continue breathing deeply, or she She will become increasingly tense, when in reality what she needs is to relax and allow herself to be in the moment.

So watch her breathing, watch her body language and see what she likes, it's like knowing that you hit the right spot, her body is going to react and you will sense it.

But how do you know if she had an orgasm?

You will know that she had an orgasm because her vagina will press against your fingers with the swelling, and if she ejaculates, she will either push it out, or you will see her ejaculating, meaning, it will be very obvious that she had an orgasm. orgasms.

And once again: you can place your pinky in her anus, she will have an involuntary contraction at the time of orgasm, and so you will know.

Now let's talk about positions that you can practice to stimulate the G spot. Many people ask me what is the best position for sex, or the best positions.

I know there are a lot of new wave things out there with hundreds of positions, or the Kama Sutra, but basically there are three positions which are, first, the man on top, which is called "mom and dad", then there is the man on the bottom. behind the woman, and finally the woman above.

Anything else will just be a variation of one of the above, so keep this in mind, you may be on your sides, she may be on all fours, but basically it's the man behind the woman.

What happens is regardless the of position, if you want to use the head of the penis to stimulate the G-spot, you can do this and it will even be better, because the head of the penis is larger and this will cause more sensations.

What I really like to do is stand from behind and insert the penis at an angle that goes directly to the G-spot.

Another way to do this is with the woman on the bottom and you place a pillow under her to elevate her hips, or you can push her legs up on top of herself, if she is flexible enough you can insert your penis directly against the wall. front, and so you will have your penis moving up and down over the G-spot.

Basically it is this, you can find other ways, it is not that difficult, but if I already give her an orgasm with your fingers, she will know the sensation, know more about it and thus you will be able to have great moments and many orgasms.

There are many different variations of movements that can be done on a woman's G-spot.

Not everyone feels pleasure with the same movements, therefore it is still essential that **caliber** the intensity, speed and type of movement to discover what generates the most pleasure in your partner. When you discover that, just keep doing it.



Normally women contract their internal muscles and even make movements that “expel” their finger (or penis) from inside.

The expelling movement helps you feel more pleasure while stimulating the G Spot. Insert her finger into her vagina, ask her to contract it and push her finger with her inner muscles.



When she understands how “push”, ask him to continue with that muscle contraction while you stimulate her G-Spot with the movements you will learn in the next few pages.

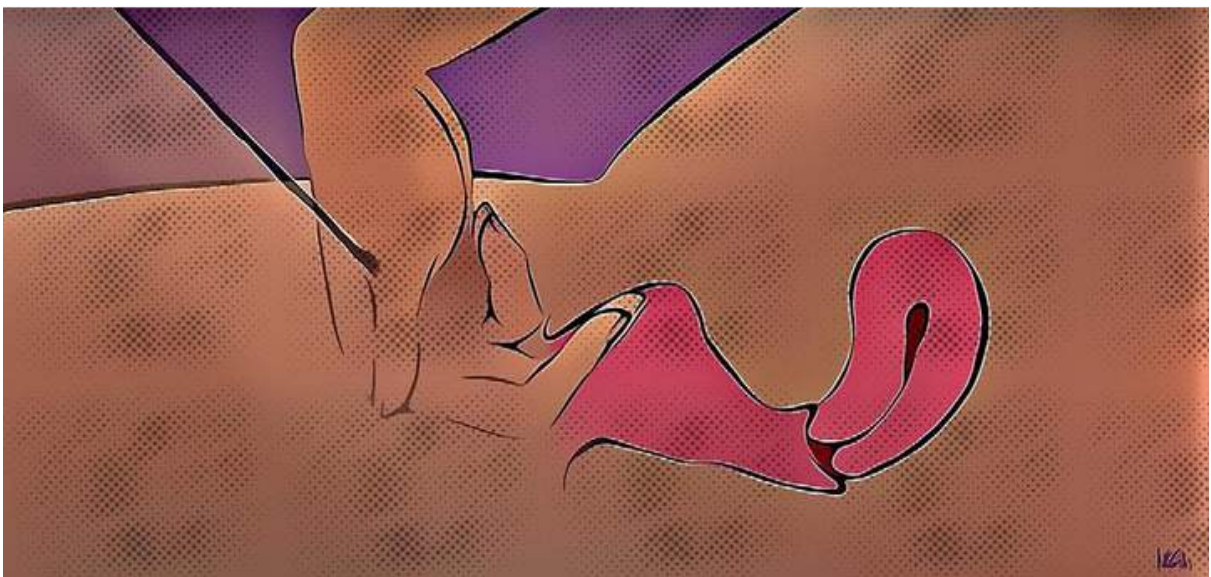
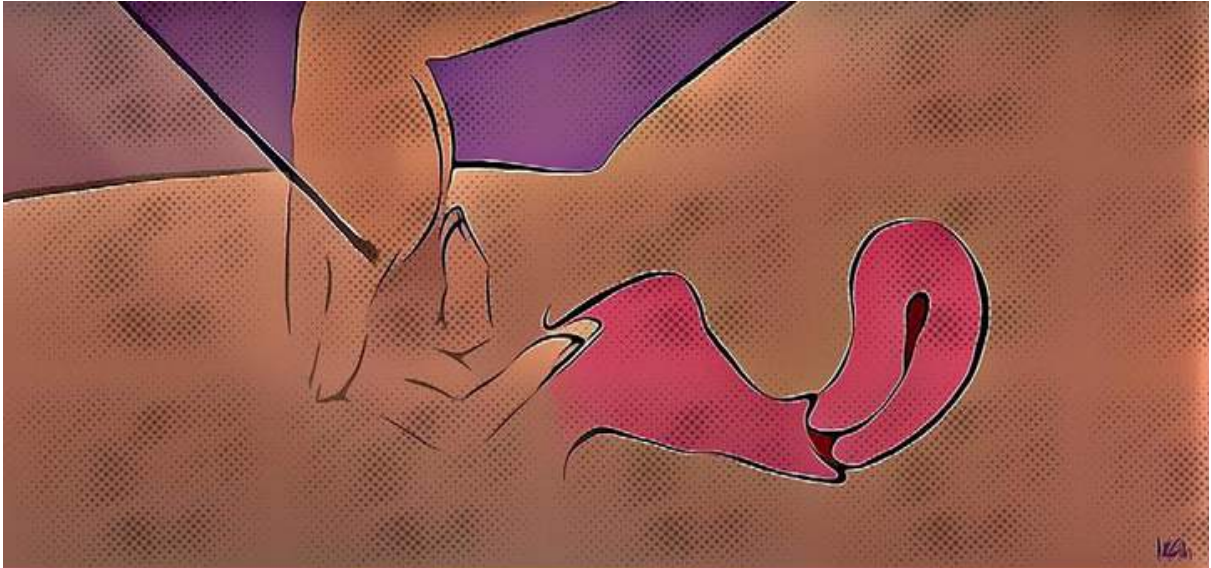
The female G-Spot is about 5 to 6 centimeters inside the woman's vagina, at the top. It is a kind of spongy and rough circle, with a texture similar to the “palate”. Some women have that region more defined, others less.. This varies from person to person.

The fact is that the more you work on the WARM-UP (that process of massaging the vulva and clitoris region), the more excited your partner will be and the easier it will be to find the Ponto-G.

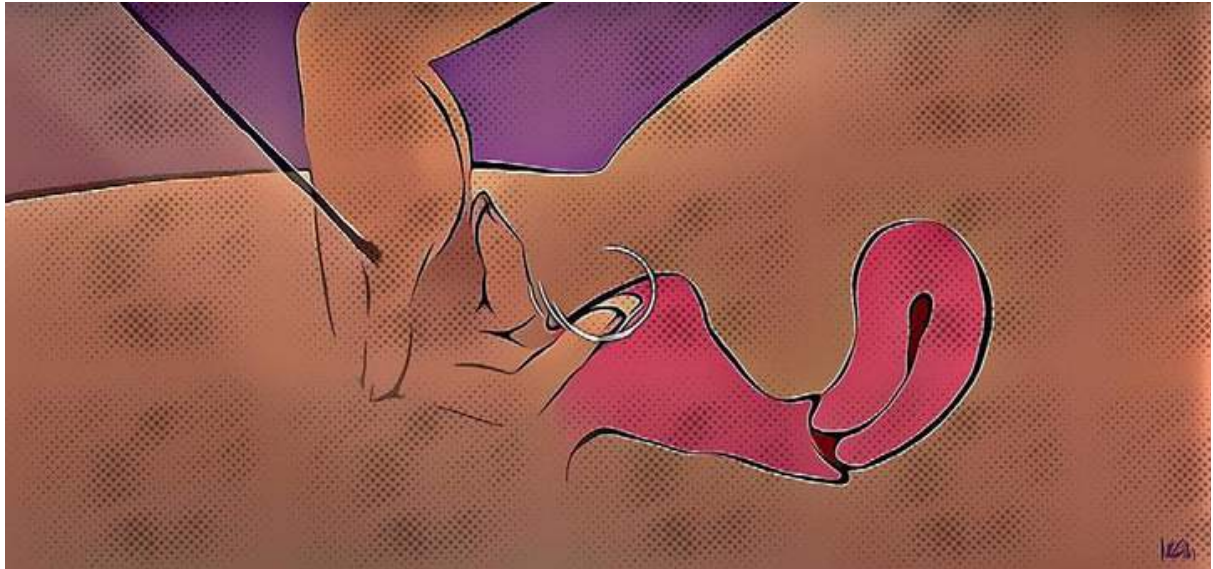


G point

Insert your finger gently into your partner's vagina and, when you find the G-Spot, make movements back and forth, above the G-Spot, the image.

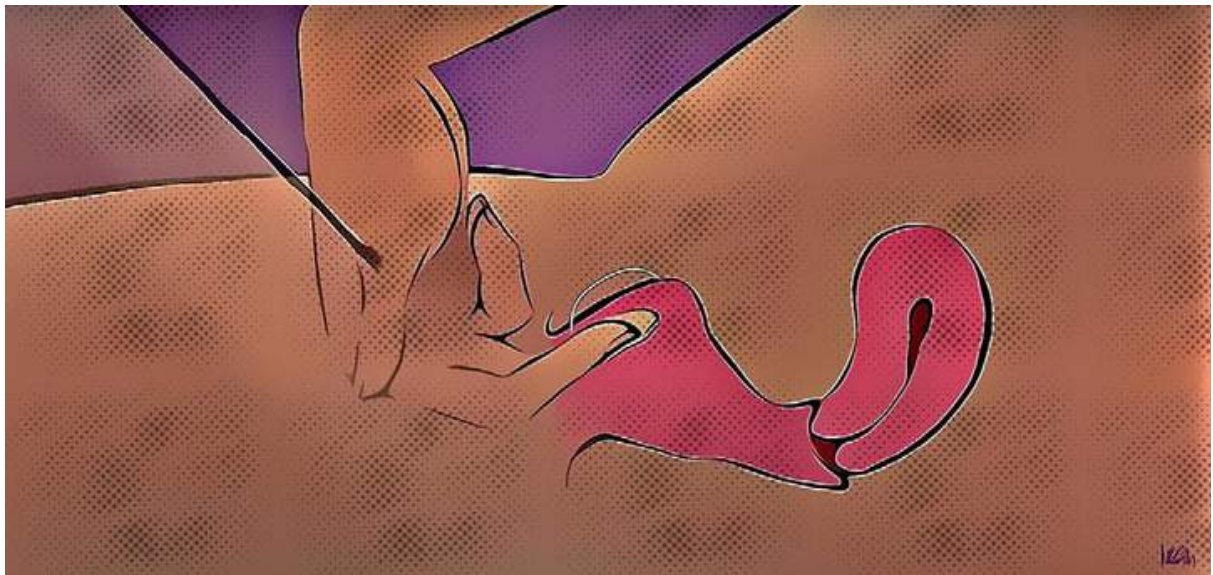


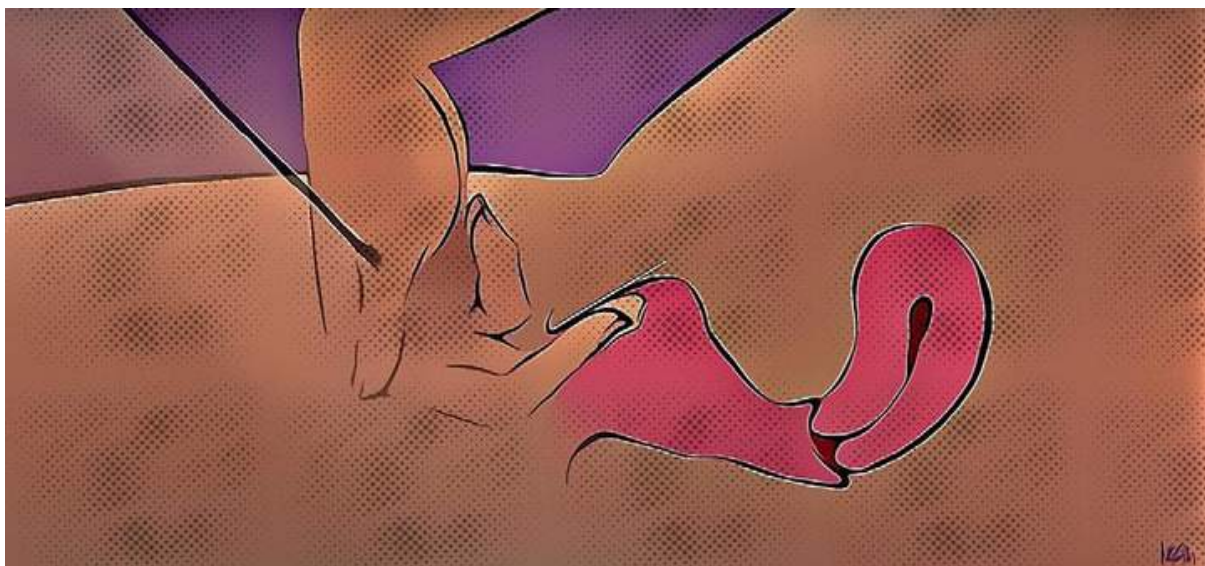
Make circular movements above the G Spot as shown in the image.



Movement 3. G Spot

Use "come hither" motions with your fingers to gently "tap" your partner's G-Spot.





Movement 4. G Spot

This is similar to the previous movement, but now you must use the “come here” movements by sliding your finger on the G-Spot.





Movement 5. G Spot

Insert your TWO middle fingers gently into your partner's vagina and rest the palm of your hand on her clitoral region. Now make movements up and down, stimulating the clitoris and the G-Spot at the same time.

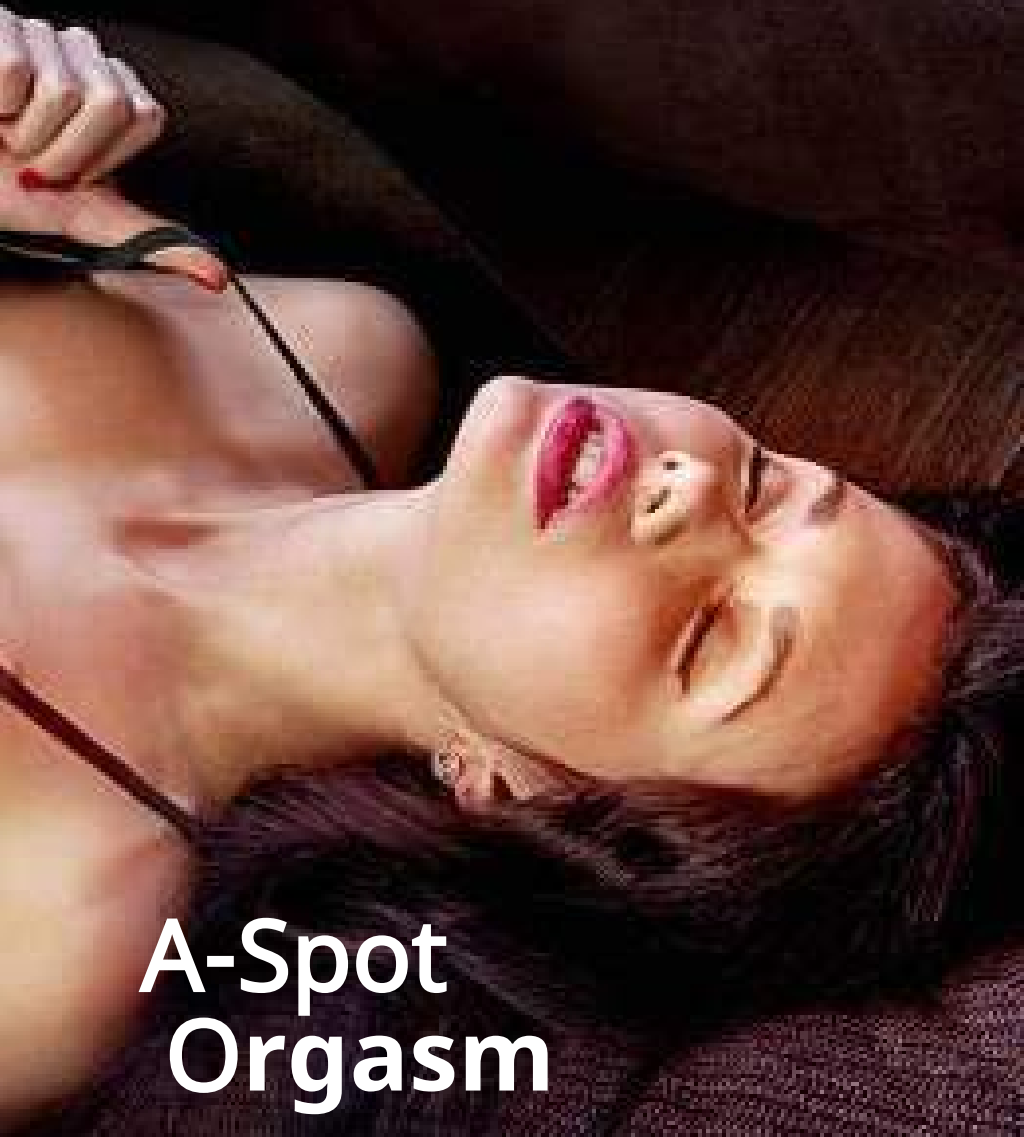




Make sure lubrication is essential here. So, the entire contact area between your hand and your partner's body must be VERY well lubricated.



LESSON 06



A-Spot
Orgasm

Okay, now let's talk about the orgasm at point A, this is probably my favorite point, and this is because almost no one knows about it, so you can drive her crazy by barely touching her in a way she's never been touched before.

There's not much to it, you've probably never heard of A spot, your friends probably never heard about A spot, if you search on Google, you will not find many things about this, but it is a very deep part within it that will give you one of the strongest sensations.

It's one thing that always leads to reactions like, "Oh my God, what are you doing to me?" or something like that, because she's probably never felt that before.

So this is why I think I like this point so much, because it is a great way to give her her first vaginal orgasm, to make her discover what a vaginal orgasm is.

Some women can even ejaculate just with point A stimulation, and some even prefer it that way, is what I say: every woman is different, you need to try to find out what she likes.

Ok, point A is located at the bottom of the vagina, the deepest part before the cervix. And point A, in truth, is inclined, it has the front and back part of point A.

The front part is on the front wall like the G-spot, but very deep, while the back part is on the back wall and also there at the bottom, but it is even deeper than the front part and maybe it is harder to reach with your fingers.

We'll talk about it when we're looking at the techniques, but unlike the G-spot, the A-spot is very sensitive in the entire area around it.

If you slide the tip of your finger along the front wall as you insert it into the vagina, it is located after you pass through the spongy area and reach the softest area, there it is.

beginning to reach point A Continuing inward, a little before your cervix, you will feel something similar to the edge of something, and when you press that down with your finger, that movement will give the woman an incredible sensation.

And you can not only stimulate the front wall or the back wall, but you can stimulate the entire area around it.

We are going to talk about techniques to do this that are going to drive you crazy, you will be able to vary between different points! But you will have to make sure, when you do this, that you are not going to touch the cervix. Some women may not mind having their cervix touched, but most women may find it painful or irritating if you do that.

Therefore when you place your finger there, you will know where the cervix is, because it looks like a button or the tip of a nose, it is a little hard, so be careful not to press there, you are behind point A, that's all. the edge around that, in the soft area, and that's where you should touch.

Well, then let's continue, I'm going to teach you some techniques for point A. For these techniques it may be better to use your middle finger, because it is your longest finger, remember that we must go all the way to the bottom of the vagina.

So, begin to introducing the finger looking upwards as it goes behind the G-spot, and there you will feel that spongy area with the tip of the finger, and as it goes further in, you will feel that it is softer, the spongy area is located further back, everything is It feels softer and will reach a place as if it were the edge of something.

Well, behind that is the cervix, which you will perceive as a button or the tip of a nose.

Pay attention by not pressing the edge of it with your outward fingers as you do this.

Let your fingers relax and stretch, you can press your hand hard against her vagina, just be careful that you are not pressing with both bent fingers, because that could hurt her.

Then when you are in there, you will perform the “come here” movement, as you do in the G point, and that is how it begins. You will vary between shorter and longer movements.

You can use two fingers if you prefer, I use only one because my middle finger is longer, it is made for this. So when you're in there, one thing you can do is press her pubic bone with your fingers of your other hand.

Do you remember me talking to you about the pubic bone? She must press down while he says “come here” with the finger of the other hand, which is inside there.

Almost as if you were touching your own fingers through the front wall, and you can do this on both the G-spot and A-spot.

This make her having sensations on both sides of the urethral sponge, then it will feel twice as intense. Try this technique, it will give your woman an incredible sensation.

Now her A-spot has sensitivity in the entire area that surrounds it, so while in the G-spot we are going to barely touch the front wall, you can go with your finger all the way and you can massage the entire area that surrounds it.

For example, one thing I like to do, when I'm doing the "come here" with my middle finger at the bottom, is to just stop, hold the finger really hard, and do a twist, touching the entire area around point A.

This may take me to the back of point A when my finger is pointing down.

But anyway, for point A, you don't need to do the "come here" by touching just one point, you can turn your finger a little to the sides while doing the movement.

This is going to drive her totally crazy, she's going to love it. But you can get to the back of point A by going with your finger angled downward, or when she's on her back, which even I prefer.

Now, I don't have very long fingers, so this can be difficult, and sometimes even disconcerting for her, even more so if she hasn't yet felt that, it can be really very intense for her.

So I would start with the front and side walls, in a circle, then I would explore the back of point A to see if she likes it, see if she feels comfortable with that.

Optimal, then this is point A.
Experiment! See if she likes it,
remember: observe her body
language and you will discover what
points about her you like the most and
what you don't.

But also remember that point A is
sensitive to the entire area around it,
so explore there and see what
happens.

Now we are going to see the best
positions to reach point A. One of the
best positions for this is with the
woman on top.

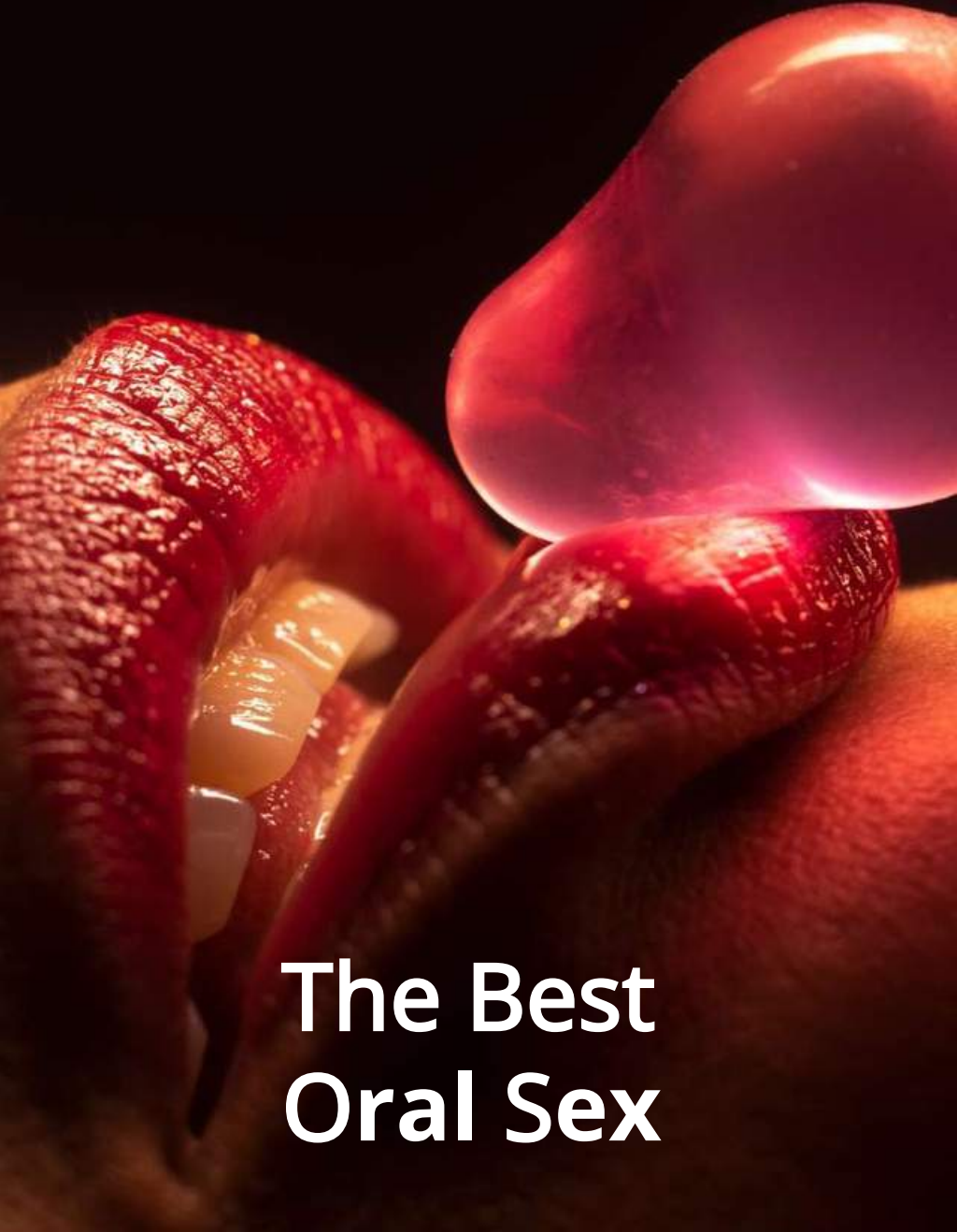
And there are two reasons for this: first, that this way she can get deeper, and second, that, once she knows that sensation, she will be able to be in control of everything and decide where the head of his penis goes. To reach, in this way she can direct herself to her point A and lead herself towards orgasm.

So she already knows her way of bringing her to orgasm at point A, and this is optimal. You can also do this with her lying on her back, with her hip resting on a pillow, or by lifting her legs up, so you can get to point A when you're above her, but the woman on top is just perfect for this.

As I already told you, in anal sex you can reach the back of the A-spot and give the woman an extremely powerful orgasm, but she needs to be open to that, and not all women feel comfortable having anal sex. , even knowing that she can have great orgasms.

So, now that you have enough things to practice, remember once again that each woman is different and you will have to test all her points and combinations, sometimes you can combine clitoris with point A, for example, or many other combinations, and In this way she will discover what she likes. I hope that you have great moments with this!

LESSON 07



**The Best
Oral Sex**

Very good, now I'm going to teach you how to suck a vagina like a champ.

Welcome to our module on oral sex, or cunnilingus, you can call it various things, I prefer to say “vagina licking” because it seems a little dirtier and, I don't know, but I think it leaves the woman more excited.

But I'm going to show you the correct way to perform oral sex, so you can do it.

correctly, since almost everyone does it the wrong way. People have the wrong idea about how to perform oral sex on a woman.

And this is because men learn by watching pornography, and in porn they do that incorrectly so that the camera has the best angle and people can masturbate while watching.

They call this “painting the fence,” and all they can do is put their head to the side and move their tongue up and down, because that's how the camera will frame it best for people to masturbate.

But you want to avoid those tongue movements, and I'm going to teach you the correct way to do it.

But before that, I want to draw your attention to something very important: a woman can worry about her taste, so remember to make it clear to her that you like that, that her taste is rich, so she will feel more relaxed for oral sex and enjoy the experience Remember to send that message: "Honey, I can't wait to suck all of you. Every time I think about sucking you, my mouth waters."

Understand, that way she will know that the man she is with loves doing that, he really likes licking her vagina.

But once again: don't use this just as a way to have sex, you can do a combination of everything you learned here, you can already give him pleasure in ways no one has ever given him before, and this is going to make you simply she loved him.

You will be ahead of any other man because you will do it the right way!

What you have to do is go to the clitoris, it is the point you want to stimulate with your mouth, and instead of "stroking" it with your tongue, going from top to bottom, what you should do is literally suck there.

Remember from what I told you before, the clitoris is like the penis, so you should suck - and I don't want to make it homophobic here, but it is sucking as if it were a small penis.

Imagine that you are going to bite into a very large apple and you are trying to prevent the liquid from dripping from your mouth. Your mouth is almost in an "O" shape and your tongue goes over your teeth to the inside of your lower lip.

You should place all of that against her clitoris and suck, okay?

Sucking a woman's vagina is a matter of patience. Women claim that men go straight to the clitoris, so we are going to do it differently, we go slower.

The more time you take the better, so stay down there for a while, avoiding the clitoris at all costs. She's going to be practically begging for it, so when you get there, she'll be about ten times more powerful.

You should start by licking the entire area, the entire area around the vagina will be sensitive, she will be waiting for you to reach the clitoris, but you will kiss and lick everything around, without rushing, you don't need to run, kiss everything around.

So when you start approaching the clitoris, remember I told you about an area well below the clitoris that is very sensitive?

Start licking there, from the bottom up, all that soft area between the clitoris and the entrance to the vagina, or start lower, where the vagina ends under there, and work your way up to the top, as if you were licking a frozen.

The opening of the vagina is very sensitive, so if she feels your tongue running over it, it will be amazing.

And when you are there, try to lick a little bit of that part of skin between the vagina and the anus, and if you do that and she shows no discomfort, and you don't have any problems doing it either, go ahead and lick the anus as well.

It may be very kinky for some people, but for some women it can be a great feeling, so if everything is fine for you, do it, your woman may feel a lot of pleasure when you run your tongue there.

Then go towards the clitoris. When you are there, stay “stroking” her clitoris with your tongue, make that face that I showed you, place your mouth around the entire area of the clitoris and start sucking, suck the clitoris between your lips.

Now that you have the clitoris in your mouth, you can move your tongue vertically and horizontally, passing over it to stimulate it, but do not move your mouth away to “brush” with your tongue.

I know they say about writing the alphabet with your tongue, so you can try that, with your lips still around that area, move your tongue in various directions and write the alphabet with your tongue.

One way to provide a very exciting sensation is, while you are with your lips there, let out a few moans, “hmm, hmm”, not only so that she knows that you are liking it, but because that will cause a vibration in her. all that area and provoke optimal sensations, almost as if she were using a vibrator, which is how many women masturbate. But it will be much stronger if you do that.

Now let's talk about penetrating her while she's doing that.

She's already been around for a while, now she's sucking the clitoris, maybe she's close to orgasm, and what you're going to do with your finger is place it down, as I told you since it's the first time you're going to penetrate her, just place it your finger firmly on the bottom, press down a little and leave it standing there.

Do not make movements by inserting and removing your finger, try to avoid that, it can be irritating for some women, just leave your finger standing there while you continue licking higher up, on the clitoris.

This will give her the sensation of being penetrated, as if she had a very large member inside her, you do not need to be placing and removing your finger for her to have that sensation, just place your entire finger and press down, You can even use two fingers for that, and she'll feel like they're penetrating her, then take some time doing this while continue sucking the clitoris and another way, also, to penetrate her while sucking is to use the G-spot techniques that I already taught you, the two A-spot techniques, but this one can be a little more difficult.

Since the G-spot is closer to the entrance, you can keep stimulating it with your finger while sucking the clitoris and this can cause an orgasm.

Now I want to teach you a slightly more advanced technique, and I have to give the credits for it, since I learned it with Jack Lawrence, who is an adult film star, and he does know many more things than we do. As you can imagine, this is a really good technique for when you want to penetrate her while performing oral sex.

The idea is to insert two fingers and basically create a vacuum in your urethral sponge to make it swell faster.

You know, We are talking about getting her more excited little by little, but this will cause a vacuum effect and will leave her at the exact point more quickly.

Then place the indicator and the middle finger and go to the G-spot, keeping the fingers pressed tightly against each other, as if they were glued.

You can test if you are able to leave them in the correct way, if you take a few drops of water between them and the water does not go back, but stays there between your fingers.

The idea is to place your fingers in there and, instead of making the “come here” movement, you are going to move them in the opposite direction, as if you wanted to push something in with the tips of your fingers.

This way you will have your lower lip on the base of your fingers and if you suck at that moment, when you make the pushing movement with the tips of your fingers, that will create a vacuum, which will accumulate blood throughout that lip. area and will make her G-spot swell faster.

If you do this correctly, she will have a lot of fun. There, when she is already very excited, when she already has a very swollen G-spot, you can finish pressing with the "come here" on it, using our basic technique, and doing this harder and harder to bring her to climax, and she will have an orgasm with our basic technique.

Before showing every movement during oral sex, which will leave your partner writhing on the bed, understand that everything taught in the previous pages must be applied first.

When performing oral sex on your partner, do not lick completely randomly or leave your tongue rigid (HARD).

Follow the movements that I am going to show you here and seek to regulate the pressure, speed and type of movement according to your partner's preference.

Movement 1. Oral Sex

Place half of your tongue in contact with the bottom of the vagina of your partner... then slide your tongue to her clitoris





Do this while holding her legs in the position pictured below, as if she were actually eating something.



Oral Sex

The same tongue-swiping motion shown above, but in lateral direction as shown in the image.



Movement 3. Oral Sex

Step 1: Open the lips of your partner's vagina as shown image below, until you find the clitoris.



Step 2: Using the tip of your tongue, move up and down her clitoris.





Always remember to regulate the pressure and speed of movements in specific places.

Movement 4. Oral Sex

This technique will make your partner squirm in bed, begging to have sex with you every day.

Do the **Movement #03** while stimulating the **G point** with the techniques shown above.



This combination will make her reach incredible orgasms like she never imagined possible.

First:because she alone cannot stimulate these two points at the same time without vibrators and special equipment (not all women buy those things).

Second:Few men know about these techniques.

Many men simulate things similar to what appears in porn movies, but they do not know exactly how to perform these stimuli at maximum power with the same POWER that you have.

Are we going to stop here? Obviously not!

I'm still going to teach you many other techniques that will leave your partner breathing like a fish out of water.



LESSON 08

A woman is shown from the waist down, wearing a black lace bikini. She is posing with her hands on her hips and thighs. The background is dark with a blurred red light source on the left. The overall mood is sensual and intimate.

**Squirting
Secrets**

Making her ejaculate in an incredible way!

The “squirting” is the least common type of orgasm among women.

Only few people will have that experience in their lives. This is very unfortunate, because it is one of the most powerful and explosive orgasms a woman can have.

The squirting orgasm is a full body orgasm where the woman's entire body shudders and vibrates vigorously.

Every muscle in a woman's body is going to release completely and she may also have trouble getting out of bed later!

A woman who experiences a squirting orgasm will definitely feel like a new woman after the experience.

The big secret here is to apply at high intensity what you have already learned so far, in the previous chapters.

Insert TWO middle fingers gently into your partner, then place the palm of your hand on her clitoris. Don't forget to use lubricant!

Then perform up and down movements using your arm strength to stimulate her G-Spot and clitoris at the same time at maximum intensity. Remember to measure pressure, speed and place of contact.

Depending on the position you are in, the movements can be “up and down” or “front and back” as you will see in the following images.

It is interesting that you make variations to discover how your partner feels more pleasure (many times you will have more ease in a certain position than in another). that

POSITION 1:

Your arm does all the force here, enabling more intense movement for longer without tiring.

POSITION 2:

Many men use only a single finger to stimulate the female clitoris... Or they make random movements waiting for a reaction from their partner (who often feigns pleasure so as not to disappoint the man).

Now you're going to learn exactly how to do a POWERFUL move the right way.

Imagine that you have a single finger stimulating your partner's clitoris... This is enough to make your partner have a clitoral orgasm if you calibrate the pressure, speed and location of the stimulation.

BUT... Imagine doing this and multiplying your orgasmic POWER by 4! This is what happens when you make lateral movements.

Each movement of your hand, instead of causing just ONE contact from that finger, is generating
4 contacts
simultaneous with the clitoris of his partner.

Instead of ONE contact when you move your hand to the right, you generate 4 contacts... Going back to the left you generate 8 contacts with her clitoris.

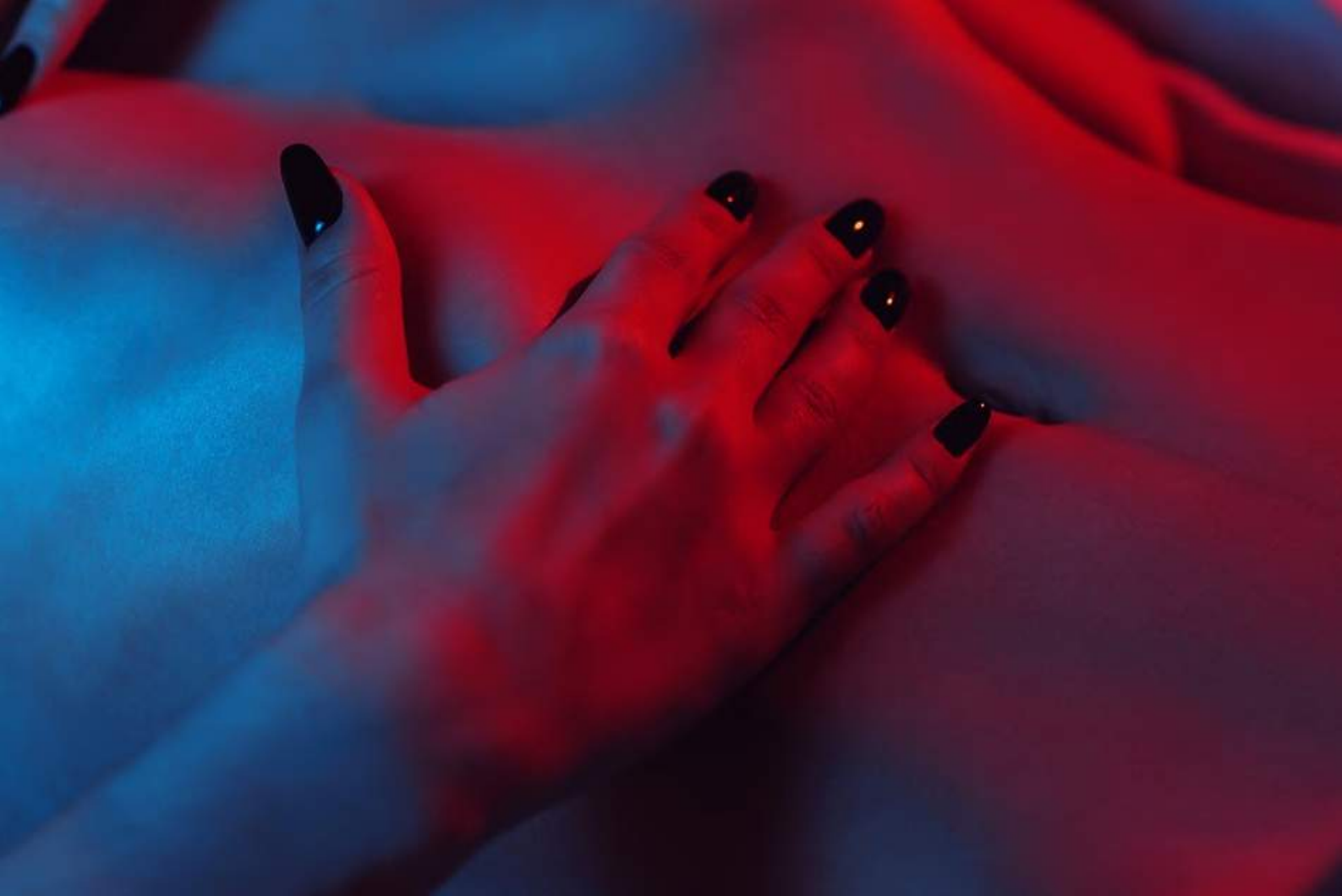
It is like have a powerful vibrator in her hands making her partner writhe with moans until she releases all that liquid from her vagina and wets the entire bed.

Here comes a technique that will further enhance the results of the clitoral orgasm which this movement causes...

When a woman gets her clitoral orgasm, touch her clitoris gently with a fingertip.

Do not stimulate it, just place the tip of your finger on the clitoris.

What will happen is that the clitoris will be throbbing from the orgasm she just had, and with the finger placed on it she will have at least one or two more orgasms.



Making her ejaculate in an incredible way!

Female ejaculation (or “squirting” in English), as it is also known, is the least common type of orgasm among women.

Few will have that experience in their lives.

This is very unfortunate, because it is one of the most **powerful** and **explosive** that a woman can have.

A squirting orgasm is a full-body orgasm where the woman's entire body shudders and vibrates vigorously.

Every muscle in the woman's body will be completely loosened and she may also have trouble getting out of bed later! A woman who experiences a squirting orgasm will definitely feel like a new woman after the experience.



Squirting

The big secret here is to apply at high intensity what you have already learned so far, in the previous chapters.

Insert TWO middle fingers gently into your partner, then place the palm of your hand on her clitoris. Don't forget to use lubricant!

See the following image.



Then perform up-and-down movements using your arm strength to stimulate the **G point** and the **clitoris** and she at the same time at maximum intensity.

*Remember to measure pressure,
speed and place of contact.*





Depending on the position you are in, the movements can be “up and down” or “front and back” as you will see in the following images.

It is interesting that you do these variations to discover how your partner feels more pleasure (many times you will have more ease in a certain position than in another).

Position 1.



His arm does all the force here, enabling a more intense movement for longer without getting tired.



From another angle...



Position 2.



Many men use only a single finger to stimulate the female clitoris... Or they make random movements waiting for a reaction from their partner (who often feigns pleasure so as not to disappoint the man).

Now you are going to discover exactly how to do a POWERFUL move the right way.

Imagine that you have a single finger stimulating your partner's clitoris... This is enough to make your partner have a clitoral orgasm if you calibrate the pressure, speed and location of the stimulation.

BUT... Imagine doing this and multiplying your orgasmic POWER by 4! This is what happens when you make lateral movements, as shown in the image below.



See the yellow dots on the hand in the image above...

Each movement of your hand, instead of causing just ONE contact from that finger, is generating **4 simultaneous contacts** with his partner's clitoris.



Instead of ONE contact when you move your hand to the right, you generate 4 contacts... Turning to the left you generate **8 contacts** with her clitoris.

It's like having a powerful vibrator in your hands making your partner writhe with moans until all that liquid is released from her vagina and the entire bed is wet.

Here comes a technique that will further enhance the results of the clitoral orgasm that this movement causes...

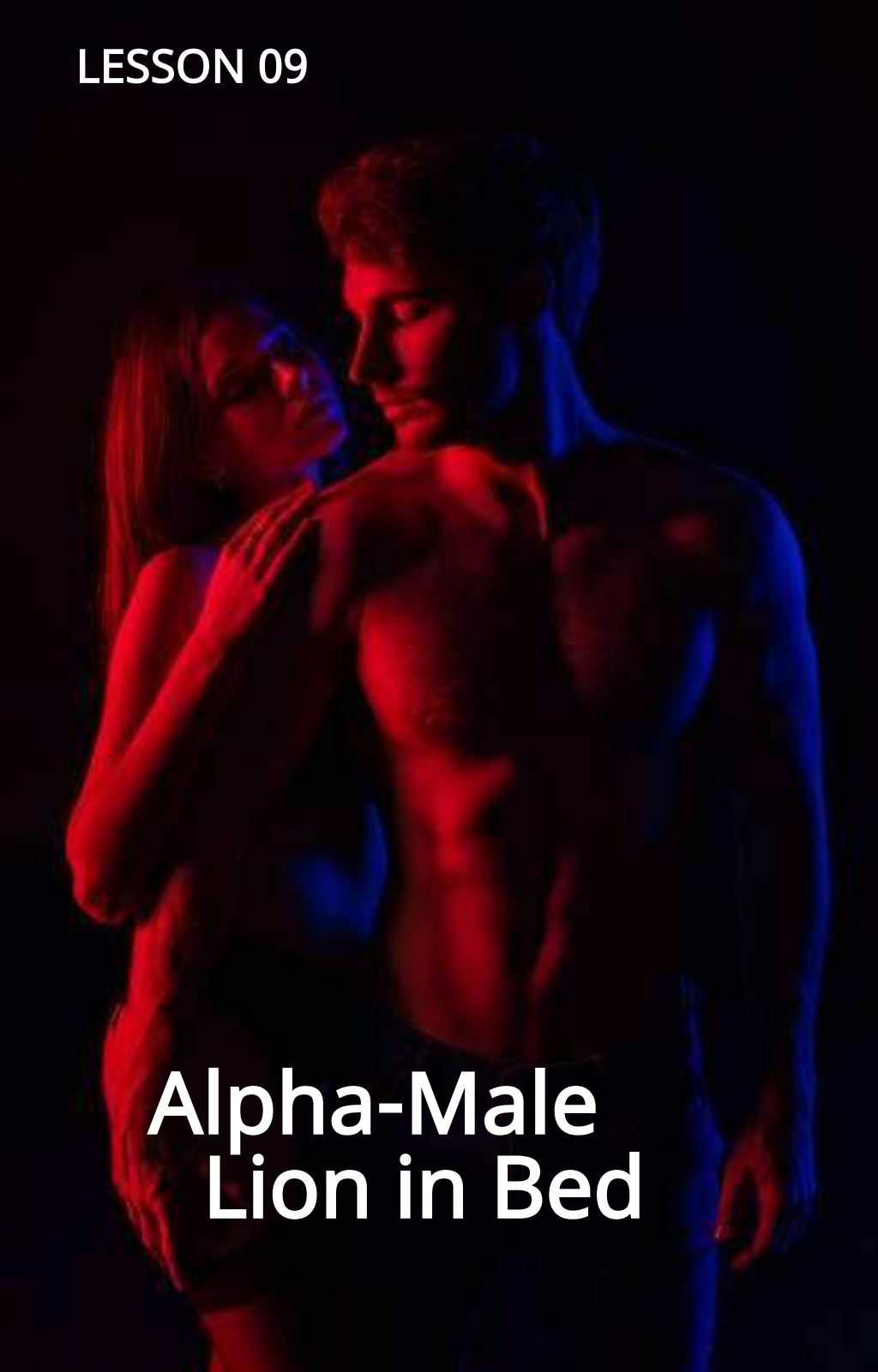
After the woman with whom he has had her first clitoral orgasm, touch her clitoris gently with the tip of a finger.

Do not stimulate it, just place the tip of your finger on the clitoris.

What will happen is that the clitoris will be throbbing from the orgasm she just had, and having the finger placed on it will cause her to have at least one or two more orgasms in a row.



LESSON 09

A romantic couple embracing in a dark setting. The man is shirtless and muscular, and the woman is wearing a dark, strapless top. They are illuminated by dramatic red and blue lighting, creating a moody and intimate atmosphere. The man is looking down at the woman, who is looking up at him.

Alpha-Male Lion in Bed

Sexual Technique 01 - How to make a woman excited without even touching her!

I recommend that you experiment this technique first from your cell phone, with whom you have recently started a relationship.

Let me explain why: the trick is to get the young woman in question to have an orgasm in the privacy and comfort of her own room (it is much easier for her to have an orgasm in that environment) and then you can link that experience that she has with the tone of her voice.

This way, when you have sex for the first time, it will be much easier to bring her to orgasm!

I must highlight that some of the men may start to feel a little nervous when women are really aroused and they can hear moans and heavy sounds in their breathing.

Do not stop! Continue with what you are doing...In addition to this, there may be some resistance from the woman. This is not a problem, just build some comfort and leave her alone.

Use phrases like:

- "Wow, I can't wait to hear you... just thinking about, it makes me crazy"
- "I can assure you that when you come, you are incredible...".

These types of phrases will certainly leave her calmer and at the same time maintain the atmosphere of things. The trick is not to have a typical cell phone sex conversation where you just say "dirty" things.

All you really have to do is ask her questions that turn her on. This simply anchors the orgasm she has in her person, which means she will be waiting for the next time with you...

Sexual Technique 02 - How to make a woman get her orgasm with only "push a button"

This is a great technique and it is very powerful! When you are turning a woman on try to "install her voice" into that experience.

There are several ways to do this.

The first way is to use certain words like "Yes..." or "it feels soo good...", etc.

The real key to this is to say those words in a soft, erotic tone of voice.

What I mean by this is that you need to feel excited when you say them too. It is best to use this technique when she is already aroused and also during an orgasm.

This technique really works well and, similar to technique number 1, you are creating an anchor of arousal in the woman's mind. She now has her voice associated with the sensation of an orgasm.

This becomes a trigger for you to use in a later encounter.

All you need to do the next time you are with that woman, and you want her to feel turned on, is say the same words in exactly the same way, and she will instantly feel the same way she felt when you “installed” those words...

An anchor is just a simple way to “memorize” your emotional experience in your partner's mind for instant “replay” at some point in the future!

An anchor can be associated with almost anything. A certain sound and aroma...Or even a visual anchor.

Any of the woman's senses can be used to create an anchor. The true power of this technique is trying to combine more than one of its senses when creating the same anchor.

The next time you have sex with a woman, I hope she reaches a certain level of arousal and then triggers the voice anchors I explained to you earlier, while at the same time touching her in a unique way.

For example, use your thumb and tap firmly on her shoulder, only when she is close to having an orgasm.

stay over there by some seconds, and then remove your finger before she finishes having her orgasm. It's just an example, clearly.

You can touch in any part of the body, making sure it is unique and special so that other people cannot accidentally activate it. One thing I must emphasize with this technique is that it needs to be done several times, not just once.

Whatever anchor you use, do exactly the same thing every time she has an orgasm. This serves to strengthen and make it even more powerful.

Sexual Technique 03 - The slapping trick

This is a very simple and highly effective technique. It consists of gently hitting a part of the woman's body.

This allows more blood flow to that specific area. And, consequently, your sensitivity and ability to feel pleasure increases.

Some of the best areas to use this technique are the inner thighs and directly on the outside of your vagina. I know it may sound crazy, but try it...Trust me, this really works!

Sexual Technique 04 - Orgastic Vacuum

Place your mouth about the woman's clitoral hood (this is the hood that covers the clitoris, located at the top of the vagina) so that your lips are covering it and gently absorb and release that area. Make sure you do this hard enough so that the covered clitoris moves up and down with the movement.

Try not to make direct contact with the clitoris at this time. While you do this, insert your first two fingers into her vagina with her palm facing down, start stimulating her G-Spot.

Sexual technique 05 - Triple stimulus

Put your hand in the shape of a gun.
Do this by holding your hand up so
that the palm is turned to the side and
all the fingers are extended.

Then close the first two fingers,
leaving the finger closest to the thumb
still extended.

Your thumb should be pointing up, so
your hand should now be shaped like
a gun.

To continue, just insert those two fingers into your vagina and place your thumb on your clitoral hood (or the exposed clitoris if you were using your other hand to push the hood back).

Gently, begin to rotate your fingers left and right slowly, and as you do this your thumb should rub against her clitoris, while at the same time the joints of your closed fingers will be rubbing against her anus.

You can use your tongue on her clitoris if you prefer while doing this.

Place the woman on all fours so that she is in the doggy position.

Now, use your tongue to lick and suck on her clit from behind.

This is another position that greatly excites women due to their perverted fantasies.

Gently bite her tail while placing two fingers inside her vagina and stimulate the G-Spot.

Sexual technique 06 - Perverse stimulation

First, get into the missionary position.

Now lean forward so that most of the weight is on your left shoulder.

This way, your right arm should be free to move.

Now, use your right hand to stimulate her clitoris while you push in and out of your penis.

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You can enhance any lick you give your partner by licking the pointer finger and sliding it back out of the way of your tongue while you lick her.

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Using your own lips, grab the inner lips of the woman's vagina and secure them together. Next, run your tongue between the inner and outer lips, doing one side at a time.

Sexual technique 09 - Lips with lips

Place your lips around the woman's clitoris, as if you were kissing someone, and then gently suck (vacuum).

This causes increased blood flow to the clitoris and will make it more sensitive to feeling pleasure.

Then at the same time, slowly move the clitoris with the tip of your tongue, gradually increasing the speed.

To discover how quickly your partner feels more pleasure, slide a finger into her vagina and feel her contractions...This will serve as your pleasure "thermometer."

You can alternate with another simple technique of sucking the clitoris into your mouth and making a vibrating sound while sucking.

Sexual technique 10 - Thermometer pleasure

This technique requires some intense candies, like “Halls” or others that are extremely refreshing. Then, place your mouth near the woman's clitoris and blow gently.

Next, run your tongue along the opening of your partner's vagina and blow gently afterwards. This provides a cold and tingling sensation.

The next step is to place a piece of candy in your mouth and chew it, letting the mint enter your tongue.

Then, gently place your tongue on the vagina and start licking it .

You want the tongue to cover every part of her vagina, and continue blowing as we mentioned above.

You can use any or all of these techniques together and combine them for a more powerful effect.

Remember to start slowly and gradually go faster. When you notice that the woman is writhing (place one of her fingers inside her and feel the contraction coming from her vagina). Use a technique that focuses primarily on her clitoris.

Licking is a great way to make a woman have an orgasm, and there are many techniques included in that.

You can do a full lick, licking all the way up and down the vulva, licking in the middle and then down, but not going over the clitoris.

You can simply place your tongue over the entire upper lip region and leave it there while she rubs on you.

You can lick from side to side and even diagonally.

Use his variation for ensure that she takes advantage of the pleasure she is receiving providing, and try not to stick with just one method.

Correct, so you discovered excellent techniques which you can use to make a woman have an orgasm like she has never had before.

Now let's move on to some positions to try when performing oral sex or another practice that doesn't involve your penis.

Missionary position

We all know that the best sexual position is missionary, but do you know that this is a good position for oral sex and manual stimulation too?

With the woman lying on her back and with her legs open, you can massage her G-Spot and have easy access to her clitoris as well. Not only that, but she will also have a good vision that will generate reactions of pleasure.

We will use the position of the missionary to try this technique with her.

Have her lie on her back, as described above, with her knees drawn up to her chest and her legs in the air, and then lie flat next to her.

You can lift her tail even higher using a pillow.

In this position, it makes the G-Spot easier to find and you can simply insert two fingers inside her while nibbling and biting her neck.

Doggy style

This is a brilliant position to stimulate her with your fingers while using your tongue because you will have a perfect viewing angle. This position also causes air to be naturally absorbed by her vagina.

When you are touching or stimulating the woman from behind, make sure that the pressure is applied downwards and not upwards. You can alternate this position by having the woman lie face down, with her legs spread and her tail pointing up.

Now, I could create an entire book on sexual positions you can use with your partner, but what I will do instead is give you three of the best positions you can do to intensify your sexual act.

Up Angle Dog

Your pelvis should now be almost directly over it. If her penis slips, have the woman arch her lower back a little more, so that her buttocks tilt up. She can rest her head and upper chest on the bed. This way, her penis will be pushing down and reaching the G-Spot.

Standing and leaning back

In this position, the woman mounts you, but instead of remaining on her knees she will be standing.

Note that in the image she is with her arms forward, however, by leaning her body back she will force her G-Spot even more against his penis and the pleasure will be infinitely greater.

Then she needs to lean back and use her arms for support.

It's just a different variation of the “Woman Up” except it adds more pressure to the G-Spot while you're pushing up.

In addition to this, it gives easier access to the clitoris so that you can stimulate her during sex.

Don't be surprised to see her having a clitoral orgasm, and also with the G-Spot in this position.

The cat

The cat position (cat means intercourse alignment technique) allows you to stimulate a woman's clitoris during sexual intercourse and can increase orgasms by 50%.

This position allows you two increase chances of having an orgasm at the same time.

It includes clitoral stimulation during sexual intercourse and is known as Coital Alignment Technique.

The man slides his hips a few centimeters higher while riding her and moves back and forth for extra pleasure.

STEPS TO PRACTICE THIS POSITION:

1. She lies comfortably in bed;
2. You take a position similar to the missionary position;
3. Now, you slide your buttocks back and forth, keeping them some centimeters above her body;
4. She is definitely going to writhe in ecstasy now.

This is a great technique also because it allows you to last longer than normal, due to the fact that it does not stimulate your penis as much.

The pleasure gradually increases, and both of you will experience a much more intense and intimate orgasm.

When you feel that you are close to ejaculating, do not rush. Just keep the gentle rocking motion and the orgasm will come more naturally

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I should point out that some men can start to feel a little nervous when women are really aroused and they can hear moans and heavy sounds in their breathing.

Do not stop! Continue with what you are doing...In addition to this, there may be some resistance from the woman. This is not a problem, just build some comfort and leave her alone.

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"Wow, I can't wait to hear you... just thinking about it is driving me crazy."

EITHER...

"I can assure you that when you enjoy it you are incredible."

These types of phrases will certainly put her at ease and at the same time keep the humor of things.





The trick is not to have a typical cell phone sex conversation where you just say “dirty” things. All you really have to do is ask her questions that turn her on.

This simply anchors the orgasm she has on your person, which means she'll be waiting for the next time with you...

Sexual Technique 02 - How to make a woman reach orgasm with just the push of a button

This is a great technique and it is very powerful! When you are turning a woman on try to “install her voice” into that experience.

There are several ways to do this.

The first way is to use certain words like “Yes...” or “it feels soo good...”, etc.



The real key to this is to say those words in a soft, erotic tone of voice. What I mean by this is that you need to feel excited when you say them too. It is best to use this technique when she is already aroused and also during an orgasm.

This technique really works well and, similar to technique number 1, you are creating an anchor of arousal in the woman's mind. She now has her voice associated with the sensation of an orgasm.

This becomes a trigger for you to use in a later encounter.

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We will use the missionary position to try this technique with her. Have her lie on her back, as described above, with her knees drawn up to her chest and her legs in the air, and then lie flat next to her.

You can lift her tail even higher using a pillow.

In this position, it makes the G-Spot easier to find and you can simply insert two fingers inside her while nibbling and biting her neck.



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When you are touching or stimulating the woman from behind, make sure that the pressure is applied downwards and not upwards. You can alternate this position by having the woman lie face down, with her legs open and its tail pointing up.

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Sexual Position 1. High angle doggy



Your pelvis should now be almost directly over it. If her penis glide, have the woman arch her lower back a little more back, so that your buttocks tilt up. She can rest head and upper chest in bed. In this way, his penis You will be pushing down and reaching the G-Spot.



Standing and leaning back



In this position, the woman mounts you, but instead of remaining on her knees she will be standing.

Note that in the image she is with her arms forward, however, by leaning her body back she will force her G-Spot even more against his penis and the pleasure will be infinitely greater.

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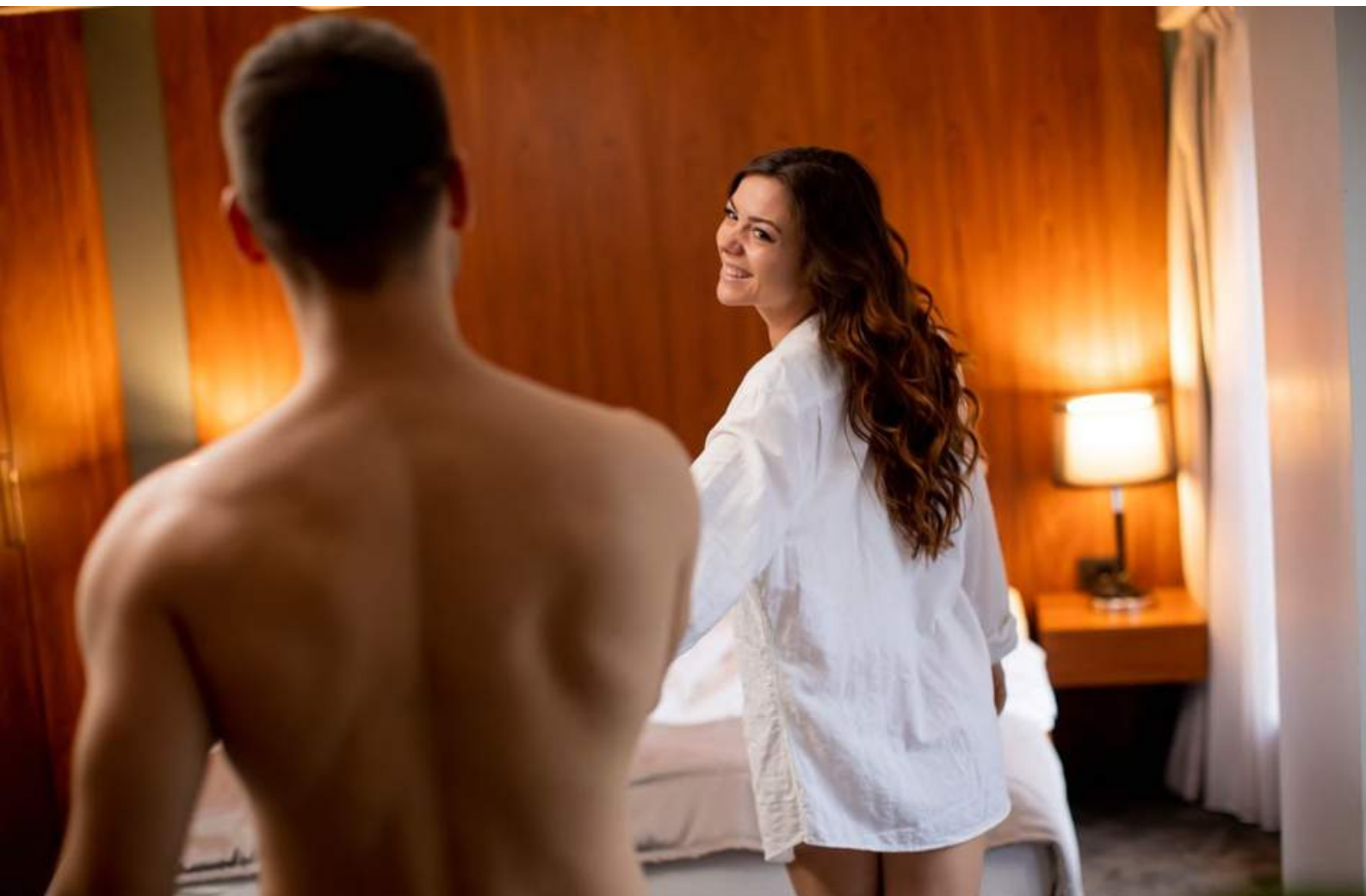


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This is a great technique also because it allows you to last longer than normal, due to the fact that it does not stimulate your penis as much.

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When you feel that you are close to ejaculating, do not rush. Just keep the gentle rocking motion and the orgasm will come more naturally



INTRODUCTION

In this manual we are going to work on our control of duration in sex, since as is already known this is a key factor to increase pleasure during the sexual act and be an excellent lover in bed. It is estimated that about 85% of men have already gone through or are going through uncomfortable situations due to not having control over their ejaculation during sex, that is, men who do not have control of the speed at which they enjoy it, here in this manual. I am going to teach you in a simple, practical and effective way how you are going to be able to resolve this issue and have maximum control of your ejaculation for the rest of your life.

The problem that we are going to address here is for men who cannot control the time in which they manage to perform the sexual act, this applies both to those who finish quickly and to those who take a long time to finish. So throughout this material I am going to show you exactly how you are going to take complete control of your ejaculation and be able to finish whenever you want!

First of all, we must understand that the problem of rapid ejaculation is nothing more than a response of our body that has been evolving throughout the history of humanity to make man finish more, thus generating more children.

So if you can't have that control over your ejaculation, don't get frustrated because despite this being completely normal from a biological point of view, it is not something that humanity needs anymore and it is a negative factor from a sexual point of view.

But this is not a problem because in this manual we will address this situation easily.

SELF-KNOWLEDGE

To facilitate our learning, it is important that you keep in mind how ejaculation works. Basically, the body gives you four big signals to tell you that ejaculation is on the way.

1 -High pressure in the penis. It happens when the ischiocavernosus reduces the outflow of blood, the blockage of blood inside causes a pressure spike inside the penis.

2 -A small relief in the "pressure" of the penis after the peak.

3 -A "tickling" sensation at the base of the urethra, due to sperm collection.

4 -Contraction in the Bulbocavernosus muscle when a certain limit is reached, then this muscle will receive a signal to contract and expel the sperm out of the urethra.

Therefore, we will work precisely on how to prolong this limit by making it take longer to be reached.

CONTROLLING BREATHING

As strange as it may seem, learning to control your ejaculation begins with the ability to breathe.

Your breathing is the path that leads to obtaining total control of your body, which is why it is INDISPENSABLE in all martial arts and meditative practices.

Your breathing is related to your heartbeat, the elevated heartbeat in turn is one of the phases of orgasm,

So, breathing slowly and deeply will help you slow your heartbeat and keep your arousal under control.

OBS: When you are going to practice any exercise in this book, ALWAYS inhale through your nose, it is responsible for filtering the air we inhale, thus making it healthier and easier for your body to assimilate.

Learn to breathe

Many of us breathe shallowly and, generally, into the chest and shoulders, where only a small amount of oxygen can be absorbed by the lungs.

You must learn to breathe deeply and slowly, but really, you must first learn to breathe with your stomach. (using your diaphragm correctly)

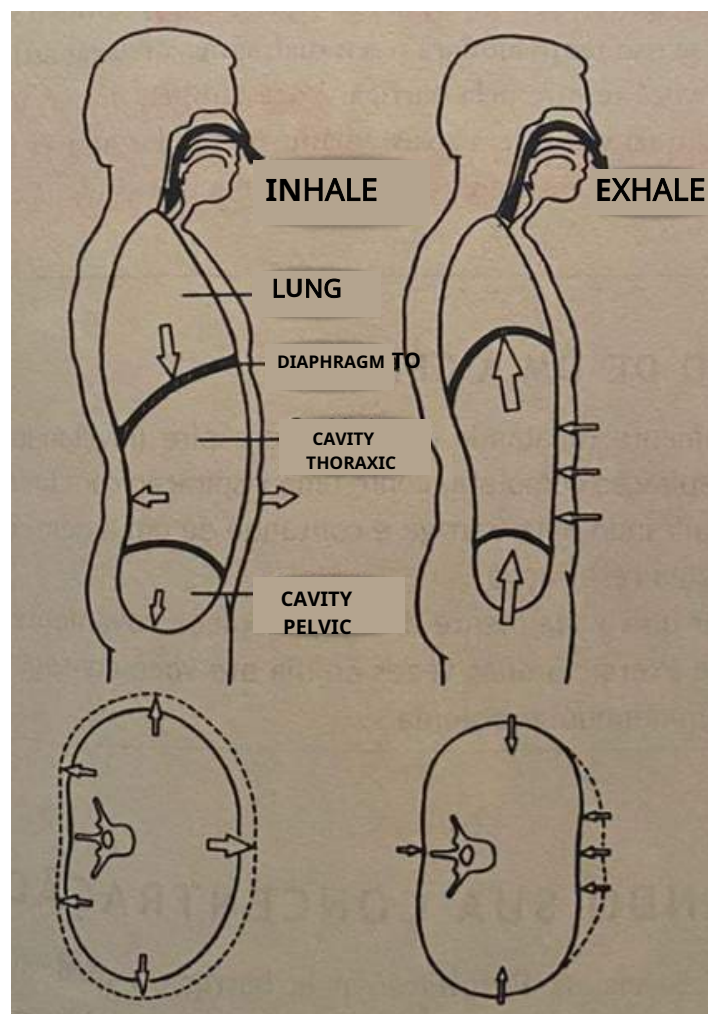
Breathing with the stomach is the means by which all newborns breathe, but over time, as they grow, they tend to lose this habit. If you watch a newborn sleeping you will see that his belly rises and falls with each breath.

Breathing through the belly allows us to replace the stagnant air, which remains in the upper part of the lungs, with new air full of oxygen. This is the healthiest way to breathe. A few minutes of belly breathing per day will teach your body to breathe deeply on its own, even when you are inactive, so take a few minutes out of your day to practice this exercise, because when you are at the peak of your relationship, this ability to control your breathing will be essential in order to stop your ejaculation and spread the sensations of orgasm throughout your body.

EXERCISE 1:

Belly Breathing

1. Sit in a chair with your back straight, feet touching the floor and shoulders wide open.
2. Place your hands on your navel and relax your shoulders.
3. Inhale through your nose and feel how your lower abdomen expands in the navel area (below and around it), until it becomes full of air. Her diaphragm will also lower.
4. Keeping your chest relaxed, exhale with some force to draw your lower abdomen back in, as if you were bringing your navel toward your spine. Also feel like the penis and the testicles rise.
5. Repeat steps 3 and 4, 18 to 36 times.



After mastering this way of breathing, we have some techniques derived from this way of breathing that you can use specifically while having sex.

First technique: Penetrating Breathing

This technique aligns penetration with breathing and flexible spinal movement. She also requires that you go very slowly. The best way to exercise this movement is sitting in a chair with your spine stretched and trying to do

a "penetration movement." You should exhale as it enters and inhale as it exits. Penetration should be a prolongation of the breath as if you did not really penetrate, but that the breath made his body penetrate.

Second technique: Relaxed Breathing

Sit somewhere extremely comfortable and in the most comfortable position possible, raising your legs or stretching your spine - do whatever it takes to find the right position.

more comfortable. Then notice how your body will naturally breathe in a very relaxed way. This well-relaxed and stretched breathing is what we are looking for. If you breathe like this during sex you will relax and your heart rate will slow down, helping you stay at your comfortable level of blood pressure.

excitement.

Increasing your concentration

Don't be fooled, you may believe that the concentration we develop in practices such as meditation are not useful for

practical things like this...but in truth, it makes up one of the ESSENTIAL pillars for you to enhance your sexuality.

I am going to present you with a concentration exercise below, which combines the previously learned breathing and this.

In this exercise you must count from 1 to 100 breaths without letting your mind wander. (An inhale with an exhale equals 1 breath.)

This is very simple, but it is not easy. Most people has difficulty counting to 10 and staying focused -
Imagine counting to one hundred.

EXERCISE 2

Counting from 1 to 100

1. Inhale slowly (expanding the belly) and exhale (leveling the belly).
For each complete breath count one inhalation with an expiration.
2. Continue breathing through your belly and counting from 1 to 100, concentrating only on breathing.
3. If you notice that your mind wandered, start again.
4. Practice this exercise twice a day until you can count from 1 to 100 without any problem.

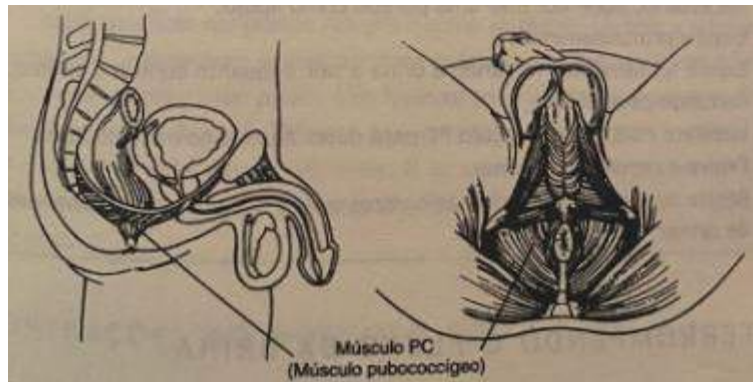
This is the exercise that tends to be most ignored by those
They aspire for maximum control, but it is also one of the most important.

Therefore, do not skip this exercise because you think it is too challenging. Practice it until you get it, you will be grateful later.

Strengthening your Sexual Muscles

This is the time to increase your sexual strength. The muscle of the pubic region, the PC muscle (or pubococcygeus), is a muscular network that extends from the pubic bone (in the front) to the end of the spine, bone the coccyx (in the back) (see the figure below).

Many men feel the PC muscle in their perineum, it comes behind their testicles and in front of their anus. This is the muscle you use to stop urinating when you can't find a bathroom. The muscle PC is also responsible for the rhythmic contractions of the pelvis and anus during orgasm.



"Men who manage to increase the strength of their PC muscle, They can also learn to become independent of ejaculation."

The orgasm begins in the prostate, so it is essential to learn how to tighten it with the help of your pelvic muscles. By doing this pressure, in addition to achieving more and better orgasms, you will prevent pain and swelling, in addition to avoiding, or curing, prostate problems.

The PC muscle (which surrounds the prostate) serves as a valve around the genitals, which it will learn to contract. You feel this muscle working when you are trying to expel those last few drops of urine. On the other hand, women feel it more when they are giving birth. Women who have the PC muscle

strengthened get to press the man's penis into the vagina firmly, increasing the pleasure for both. What you are going to learn by doing the next exercises is to know and take control of your PC muscle, strengthening your erections, intensifying their orgasms and clearly, totally controlling his ejaculation.

INTERRUPTING THE FLOW OF URINE

The easiest way to find your PC muscle is, next every time you go to the bathroom, interrupting the flow of urine by tightly contracting the pelvic muscles. Stopping your urine was one of the first acts you learned to control your body's urges. By using his ability to control the flow of urine, you will consequently control your ejaculation, because the urinary, ejaculatory and seminal vesicle pass through the prostate. (When a man has an enlarged prostate, he has problems urinate and ejaculate.)

EXERCISE 3

Interrupting the Flow of Urine

1. When you are ready to urinate, stand on your toes. If necessary, you can even use a wall as support.
2. Take a deep breath.
3. Breathe out slowly, forcing urine out as you contract the perineum, clenching the teeth.
4. Inhale and contract the PC muscle to stop urine in the middle of the flow.

5. Breathe out and begin to urinate.

6. Repeat steps 4 and 5 three to six times or until you have finished urinating.

EMPTYING YOUR BLADDER

Because your bladder and prostate are very close, you should urinate before masturbating or making love

A full bladder will make you feel the need to ejaculate and, being thus, it will be more difficult when you want to interrupt your ejaculation. If you have strengthened PC muscle, there are chances of getting to stop in the middle of the urine flow and then start again.

If you are not capable of that, it is because your muscle is weak.

At first, stopping the flow of urine may hurt. That is perfectly normal and the sensation should stop within a few weeks, unless, for some reason, you have an infection, which requires you to stop the practice and take you to the doctor for treatment. If your muscle becomes sore, you just need to practice more. Contracting your perineum while passing urine helps you urinate harder and reinvigorate your kidneys, the glandular of the prostate and the bladder, and also the PC muscle. Although standing on tiptoe and gritting your teeth helps reinforce your exercise, the part

most important part of this practice is to simply stop and start to urinate as many times as I can.

PC Muscle Contractions

The importance of the PC muscle was discovered in the West, in the 1940s, by the gynecologist Arnold Kegel. He developed the famous Kegel exercises, which help many pregnant women control their bladders in order to facilitate childbirth. The women discovered that these exercises not only increased their sexual appetite and intensified their orgasm but also made them in multiorgasmic.

Strengthening this muscle, as we mentioned above, is equally important for both pelvic health and the man's pleasure. There are many other different exercises being taught in the West to strengthen the PC muscle, and many of them are adaptations of the original technique of Kegel.

They all teach how to contract and relax the muscle, regardless of the number of repetitions and the number of times suggested to do so. ensure those varied contractions. The exercise to follow is based on Taoist wisdom, which says that the muscles that surround the body (including the muscles around the eyes, of the mouth, perineum and anus are all linked)

By contracting the muscles around your eyes and mouth, you can increase the intensity of the Muscle Contractions exercise. PC muscle.

At first, it is easier to do this exercise sitting down. Then you You can do it standing or lying down.

EXERCISE 4

PC Muscle contractions

1. Breathe in and focus on your prostate, perineum and anus.
2. As you breathe out, contract the PC muscle around the prostate and anus and, at the same time, the muscles around the eyes and mouth.
3. Inhale and relax, releasing the PC muscles in the eyes and mouth.
4. Repeat steps 2 and 3, contracting the muscles as you exhale and relaxing as you inhale, from nine to thirty-six times.

While this contraction of the eyes and mouth helps you compress the PC muscle around the prostate and anus, the most important part of this exercise is simply contracting and relaxing the PC muscle as much as you can. make in

anywhere - whether driving, watching TV, sending a message or simply in an uninteresting encounter.

You can count how many contractions you can do while you are facing a red light, or you can make a single contraction until the traffic light turns green.

Try to do the exercise at least two to three times a day; year

You may want to do it more times, but your muscles may start to hurt. He doesn't try too hard; increase the number and frequency gradually. continuity is more important than amount.

One way to develop a daily routine is to integrate your exercises into the day's events, such as getting up early, drinking a bath or lying in bed at night.

According to the authors of *The G Spot*, a man with a Healthy PC muscle manages to suspend and lower a hanging towel on your erect penis just by contracting this muscle. (In the more advanced practices of Taoism, you can even learn to use weights to strengthen your pelvic muscles)

Surely, you may be wanting to try the exercise of the towel, but please avoid a show. As the authors correctly state, *“performance anxiety is
“Archenemy of the male erection”.*

Masturbation and Self-Perfection

Taoist masters viewed masturbation, just as a “only” improvement or genital exercise, as an essential method of perfecting ejaculatory control and learning to circulate sexual energy in order to revitalize the body. (Remember, the “only” improvement, which we will refer to as “self-improvement and masturbation,” does not include ejaculation.)

According to Tao, touch is one of the best means of learning, and “Touching” is an excellent way to strengthen our genitals and our sexual energy. There are many people who concern with “excess” masturbation, but Taoists They knew better - once you learn to control the ejaculation.

Ejaculating too much is the problem: Men run out of force, but, still, ejaculation can happen both in the penetration as in masturbation.

According to Kinsey and the most recent research, almost All young people - and most men - masturbate. Prohibiting or discouraging this very natural function of childhood sexuality will turn children into sexual thieves, forcing them to steal their own pleasure. It is very possible that many men

ejaculate so quickly because they grew up trying to “finish” before being “surprised.”

Dr. Wardell Pomeroy, in his book “Boys and sex”, explains that based on the premise that almost all boys masturbate, they should learn to prolong for longer periods, which will allow them, when they become sexually active, to make love for a longer time.

Many of us learn to masturbate in a hurry, by ourselves or with the help of others, just like those inexperienced children. None of these circumstances are beneficial for the development of a more concrete sensitivity - or for greater skill - for this reason, we will give some advice.

Feel your own pleasure. If you prefer to watch porn or something erotic to get aroused, try it, once you are aroused, focus more on the sensations in your body. pornography, Although it increases your sexual energy, it is so disturbing that it can make it difficult to concentrate on your sensations as you you are approaching orgasm. Many men learn to masturbate through the use of pornography, and while this place is not appropriate to discuss the pros and cons of the First Amendment or the sex industry, it should be recognized that pornography is only successful when it causes you to lose concentration. Not to stay with an idea of what it could be, this exercise makes you go deep, and, as a consequence, feel your own pleasure.

Stimulate your entire penis. It is important to stimulate your entire penis. Most men focus first on the head of their penis, which is the most erogenous part. However, according to Chinese medicine, the different parts of the penis correspond to different parts of the body.

To prevent one part from being stimulated more than another, experiment with touching from the base to the head of your penis.

Touch your genitals. If touching your scrotum is not part of your routine, try it. The testicles can be especially sensitive to a light touch, since many men like to pull the skin of their scrotum. In fact, rubbing your testicles increases the production of testosterone, adding to its potency both an increase in sperm transmission and an improvement in general health.

In the next section, we will describe the practice of Scrotum Pulling, which will help delay ejaculation, but for now you should learn to touch your scrotum just for pleasure.

Go easy. From the moment you have to take advantage of the time available to learn to prolong the ejaculation, it is essential not to rush.

In more than a hundred cases, we discovered that if a man He can learn to extend masturbation, or just stroking himself, for 15 to 20 minutes, then he can also extend penetration for as long as he wants. This period (15 to 20 minutes) seems to be the critic. Once you pass it, you you will get control. This is obvious.

It may even be a long period - and it is. Especially if you I was used to those 2 or 3 minutes of those masturbations done in a hurry.

A man in complete control shows the difference:
"When I touched myself, I would finish in 3 or 5 minutes just to relieve the tension or because he was doing nothing. With the

Self-improvement is different. I try to touch the biggest possible time, but unfinished. Shortly after, I verify that I "I was playing for twenty minutes."

The last thing we want is for you to masturbate mechanically or take it as an obligation, as well as for determine the ideal amount of time for sexual intercourse... It may seem counterintuitive, but controlling ejaculation has a lot to do with letting go and getting to know yourself.

EXERCISE 5

Controlled Masturbation

- 1. Finding a comfortable place to sit, the first step is to find the position in which you feel most comfortable together with your breathing.*
- 2. Masturbate as you see fit, remembering to massage and stimulate your entire penis including your scrotum. Remembering that your prolonged breathing takes priority over masturbation.*
- 3. Try to observe the degrees of arousal: Note the pulsations at the root of your penis, the different moments of erection, the increased heart rate.*
- 4. When you are close to ejaculating and your stomach becomes hard, and you cannot breathe anymore, stop stimulating yourself, return to your relaxed breathing and rest.*

5. Once you regain control, you can start all over again, as many times as you want, and continue for as long as you like.
better.

Remember, breathing will keep you on the right path.

To encourage your practice, start with a warm bath (perhaps with a little relaxing oil, such as sesame or olive oil) and massage your body. Dimming the light and lighting candles improves concentration. Sit in front of a mirror (with or without candles) and try to admire your body. Try to discover your sensuality. Touch and feel your hands and arms, feet (if you can reach them), calves and thighs. Run your hand over his chest and nipples. When you are feeling enough pleasure, try massaging her thighs and her stomach before going to the main point on her genitals.

Cultivate love. While most men masturbate (whether guilty or not), few are truly able to do it with love, to cultivate love - make love to yourself - while you are caressing yourself. Developing self-love is fundamental to being a loving partner. Sexual energy simply amplifies the energy in your body, whether positive or negative. If you feel love it will be increased by your sexual desire. But if it is hate you are feeling, it will be increased in the same way. It is essential that you understand how energy sexual amplifies his emotions both for the "solo" practice and for the practice of two." Developing your sexual energy within a certain tenderness will also help you not ejaculate; It is much more difficult to maintain control when the feeling is anger or of impatience.

Learning to Control Ejaculation

Now that you have learned to control breathing and sexual muscles, you are ready to learn some specific techniques for controlling ejaculation, when you are very excited.

The more you practice the previous exercises, the easier it will be to do those in the next chapter, thus preventing you from fall into a "point of no return."

STOPPING

First, and most importantly, you need to become aware of your degree of arousal and stop a little with the caresses (or penetrations, if you are with your partner) before you feel that he's going to ejaculate. Many sexologists call this the Stop-Continue technique, but it is just a criterion. It is better to stop before it is too late. Probably, at first, you will have to interrupt your stimulus for 10 or 20 seconds so that the need to ejaculate calms down.

BREATHING

The deep breathing that we described above is essential in controlling the degree of your arousal and in delaying of ejaculation, when you are very excited. A technique that has proven to be highly effective is to breathe deeply and hold your breath for a few moments until the urge to ejaculate passes. Some men with total control, however, breathe faster in order to

delay ejaculation. (this rapid, shallow breathing is called in traditional yoga Breath of fire)

Slow, deep breathing helps control your energy sexual, while the quick and superficial ones disperse such energy. Experiment and see what works for you.

CONTRACTING THE PC MUSCLE

As we already mentioned, the PC muscle surrounds the prostate, therefore where his semen must pass during the expulsion phase of the orgasm. By learning to squeeze your prostate during the contractile phase of orgasm (this is when it is contracting involuntarily) you can avoid going out of contraction toward ejaculation. (between contraction and expulsion is the famous "Point of no return")

A man in complete control described his experience: "I retain ejaculation simply by contracting the PC muscle at the exact moment. It took me some time to perfect this process. but the results are the best."

PULLING THE SCROTAL

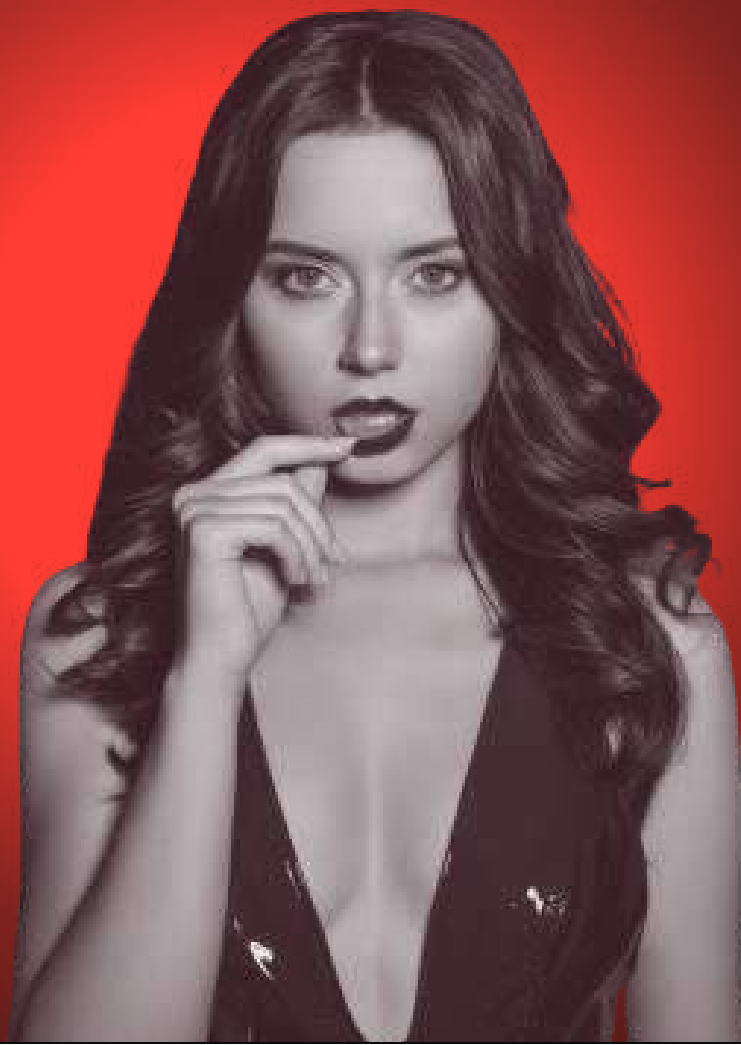
Once your testicles retract in order to push semen to the testicles themselves, pulling them away from the body will delay ejaculation. Circle the tip of your scrotum with the thumb and the indicator. Pull down firmly.

DIVERTING SEXUAL ENERGY

More than a mechanical technique, the secret to preventing you from ejaculating is teaching you how to divert sexual energy from your genitals to through your spine to the rest of your body.

MULTIPLE ORGASMSIS
» **BONUS** «

IN 5 MINUTES



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How
transform
a shy
woman in
a
obsessed
for sex?!

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So, you have the desire to transform a good girl into a "bad" one, don't you? And, by "bad", we are referring to Zafada, sexy, maybe even wild and perverted.

You want her to do a lot more for you sexually...

Whether she's someone new you just met (or are planning to meet)... Or even if she's your current lover, partner, girlfriend, wife, whatever. You would like her to "do more" and "be bolder" with you in the room.

You would like her to do all those "dirty" and perverse things that you desire and fantasize about. Well, it's perfectly normal to want this. Really.

In the end, most people could always use a little "extra" love... And a little more spice and noise in the room. Unfortunately, the sexual life of most people is, at best, normal... And often very boring.

Even couples who are madly passionate or have been married for decades, may experience “lukewarm” satisfaction in the bedroom, probably from the beginning.

Some people may simply be with a partner who is not as open, trusting or secure about their abilities, whether physical body or themselves.

And others may simply be in a relationship that is not as open to "sexual, needs and desires" communication with each other.

The thing is, sexual incompatibility is quite common among existing marriages, and even among single individuals who have had negative or unsatisfying sexual experiences in the past.

Furthermore, while some of the situations above can be improved with some advice and/or therapy, this is not what this specific content is intended for.

(If you think your partner could benefit from some counseling and/or therapy, feel free to experiment.)

The goal of this content is to help you expand a woman's mind, "comfort zone," experiences, and, ultimately, her ability to enjoy much more pleasure. And, since experiencing "more pleasure" is what matters, let's start there...

MORE PLEASURE, FOR EVERYONE!

I don't believe in forcing people to do something they don't want to do. Instead, I like to attract, persuade, seduce, and sometimes "connect the dots" of people - to help them take advantage of things they may not know yet, or are missing, or may not even have interest in. this moment.

Obviously, the "things" detailed above must not, in any way, cause physical, mental or emotional harm (pain, harm)... Not to her or to you.

Remember, it's about pleasure...It's about increasing pleasure! Always keep this in mind and you will be surprised with what she will then be doing for you and with you.

HER PLEASURE

By reading this content, you will learn about some powerful, and even some "underground" ways to influence another person.

(Obviously, we will use these techniques for good. So, they are powerful and can really help you do incredible things and achieve some incredible changes. We will even go into discussing the "starting" thing... Shhhh....).

But before we go through these powerful techniques of persuasion, seduction and influence, let's talk about one of the quickest and easiest ways to get a woman to do more for you, sexually.

Would you like to know how to do this now? It's easy... just leave her incredibly happy! Exactly. That is the quickest and easiest way to make a "good" girl become "bad."

(Don't worry, I'm going to give you some powerful 'influencing' techniques shortly. But for now, think about what I just shared above. There is real power behind it...).

Have you already seen, in some movies, how a woman completely satisfied in bed is capable of saying some 'crazy' things?

For example, would she tell her lover that she would "do anything" for him? Believe it or not, that's how things really work for many women.

It turns out that most women are nowhere near feeling satisfied in bed with their male lovers. If they were, they would be saying (and doing) things like some of those women in the movies do.

So ask yourself..- And be honest about the answers. How happy is she now, to have him in her life?

- Does she feel like she's gone big? Does she see it as a joke?
- Does she talk to you when she is with her friends and/or family?
- Is she completely satisfied in the room? Is she able to enjoy multiple mind-blowing orgasms when she has sex with you?

If not, read and apply all the techniques in my guide "Make it Enjoy!" .

- Is she emotionally fulfilled and in an ecstasy of happiness, at least when she is around you?

If not, maybe it's something for you to ponder.

I'm not trying to make you feel bad or uncomfortable, on purpose. This is not what it's about. Quite the contrary.

I am here only to increase the pleasure that you and your woman can experience together.

The fact is that human beings have an almost unlimited capacity for pleasure and experiences. Unfortunately, no one gave us a manual for our "mind and body" after we were born.

(We have a manual when we buy a hair dryer or even a bottle of shampoo. However, we never really learn how to unleash the powers of our body and mind... because no one showed us how.)

So... Let's try to increase the pleasure... If you are interested in doing this, for you and your girl. Why not start by learning how to make her ecstatically happy, in and out of bed?

The moment you start doing that...The moment she starts to notice that you are giving more attention to her pleasure in the room, something incredible is going to happen.

She is going to try to do the same as you. Women are adorable creatures like that. Most of them have that tendency to give, nurture and love.

(And probably why they are the only ones with the power to give birth to another human being)

So, why not start there...And increase your pleasure and her pleasure, simultaneously. If you do nothing else, start by asking her this simple question after getting her a little excited...

"What can I do to give you more pleasure? Tell me...show me...I want to do that for you." You will surprise her with the phrase, and that simple change in your mentality will do it for your sexual life and for the her.

You probably won't even have to ask him to pay you back. She will find ways and opportunities to slip that little extra pleasure in there, for you.

Women can be very creative and pleasant when they want to, or when they have a powerful reason to do so.

So, learn how to please a woman in bed...Completely and totally beyond the point that any other man will always satisfy her.

And then watch what happens! Watch as your own sexual pleasure and satisfaction is taken to the next level by her.

Even though this is not a report about giving you "Sex Advice," I'm still going to add a little of that in the next few sections, below. Consider that a bonus of the bonus.

If she were a rare case who did not (or was not able to) repay, well... And that's what the rest of this report is about.

Note: If the woman in question was simply a “sex buddy” and you weren't interested in taking things to a more serious level, then it's probably best not to explore the “incredibly happy” dynamic with her...At least not the emotional and mental aspects of it.

If you start satisfying her mentally and especially emotionally, it will be easy for her to start developing strong feelings for you.

And that's not a very right thing to do with her, if you don't plan to reciprocate and take the relationship to the next level.

You can simply concentrate on making her “sexually” happy. However, keep in mind that sexual fulfillment can also cause a woman to begin creating emotional connections with you.

DRIVING WITHOUT A MAP

Another reason why many women simply aren't open to trying new things in the bedroom is because they don't know how.

Women are not born with the knowledge of “how to please a man”...Just as men are not born with the knowledge of “how to please a woman.”

So maybe it will take a while for her. Maybe she just doesn't know how...Some people can sometimes be very idiots for not realizing it, even unintentionally.

Men seem to have their minds focused. If they are not receiving something in the room, the only thing that appears is the obsession: “How do I get her to do that for me?”

Many times, the only answer their brain gives them is, “Keep asking and making her uncomfortable about it!”

They hope to eventually convince the woman, or pester her until she relents. Those are horrible strategies. - and usually useless.

Ok...So let's assume for a moment that your girl is among the large group of women who simply don't know how to do oral sex, or whatever her partner wants her to do.

To make matters worse, her lack of knowledge about the matter can also leave her insecure, afraid or unaware of the whole thing.

Therefore, she simply won't pay attention every time the matter is brought up. Notice how this small problem would turn into a big problem for both of us?

It's like trying to get someone who doesn't drive - or has little experience - to take the wheel of the car and go down a very difficult route.

But she is too afraid to drive, so the man pushes her and forces her until she simply gives in, gets into the car anyway, and starts driving - on her own - without a map or GPS system to guide her. ..

Guess what...She quickly ends up losing herself. She may panic and even have an accident. And what happens now? Well, one thing is certain...She's not getting into that car again - no way.

And then a new man shows up (maybe even you) And he starts asking you to get into the car again, without him knowing (or caring) like any other ugly experience from the past.

Or maybe you are the first man who asked her to do it. We do not know. What I mean is that every time a man asks, begs, or even forces a woman to do something for him that she doesn't feel comfortable doing, she will become more isolated and closed off than even before.

So. How can we correct the situation above? Easy. Teach him to drive! Help her become familiar with the process and also the territory.

(Yes, you will give her driving lessons and GPS navigation system to help there, even if she is alone there) Yes,

She will not only have more knowledge about what to do, but she will also be more confident, confident and willing to do that specific task for you.

And every time she does that, your job will be to motivate and incentivize her. Never leave her exposed or tell her something she didn't do correctly.

HOW CAN YOU TEACH HIM?

There are two ways: directly and/or indirectly. Teaching him directly is quite simple. Patiently and methodically, show or tell him how you like to be touched, kissed, caressed, licked, etc.

(The best time to do that is after many warm-ups, while you two are extremely aroused)

So, have her try...Feel confident along the way and offer praise...And continue to correct and adjust her technique in small increments.

Don't tell her 50 things she's doing wrong. Start with one or two main things she could improve. Give him a chance to improve on that.

Offer more incentives and congratulations...And reveal some things to be adjusted/taken into account and corrected..

If teaching directly is not the best option, for whatever reason, you can do it indirectly. I'll show you a very powerful and quick way to do that later in this guide.

You can share or show them an article on the subject and ask for their opinion or feedback. Or just say, "Hey, what do you think about oral sex? Is it true what they say about women liking it?" You're also opening a line of communication between the two of you, by doing it over the top.

Other things you can do: Watch an instructional video on tips for sex together. Or an instruction book or magazine article on the topic. Purchase a book of erotic stories - or find stories online to read together.

Let her choose them, to start. And discuss it together so you can both learn a little more about what the other person likes and wants.

Note: You are also getting your mind familiar with some things from the video, books and/or articles. That's powerful in itself - even if she doesn't like or care about any of those things.

Talk to him about what you like, how you like it and when you like it done. Enter with as much detail as possible.

Learn more about each other's needs and desires, sexually. This is something that most people, especially men, never do.

Try the new things you learned from the videos, books and articles. I even know men who let their wives choose pornography (pornographic videos) on the Internet - so they could watch it together.

Doing so incites sex sometimes---And sometimes they end up trying or doing what they just saw in the video.

Hey, if she doesn't mind watching porn, then why not! Use it to help you learn new things to do with each other.

FEAR

As I mentioned before, sometimes she may be afraid which will cause her to avoid doing certain things for you. For example, some women are afraid of catching a disease by performing oral sex on a man.

It's a valid fear. She is never going to tell you the reason why she doesn't want to give you oral sex, unless you ask in the right way, at the right time... When she feels open, comfortable and safe to discuss it.

If you don't ask her, you'll never know because she just avoids you every time you bring up oral sex. So first of all, she finds out what her fear is. Then, you can talk about it and try to take steps to eliminate her fear and leave her willing to do it.

For example, you can ask her if taking an STD test and showing it to her would help her feel safe. And continue with it. Many times, women don't open up about their reasons for not doing something or they don't like something.

Men tend to be so focused on what they want done to them that they never discover the real reasons behind it.

By the way...taking care of this type of phobias and insecurities is vital before continuing to use persuasion and influence techniques on her. It doesn't help to try to persuade her to do something she has a phobia of.

Finally, if she has any deeply held religious beliefs or moral values that do not allow (and even prohibit) her from performing certain sexual acts, my advice to you is not to try to change her mind.

Even if you use some of my persuasion strategies (which I will share later) to get her to do these acts (with) you, and even if she likes doing them, even if there are some unresolved conflicts and problems in her brain - which It is very likely that it could cause pain in the future.

So, just move forward...And find a woman who is more suitable for you. Life is too short to spend it on the wrong person (or people)

NEW THINGS

I once read somewhere that salt is an acquired taste of humans. Can you believe in it? Salt! I can't even imagine eating my food without salt.

It happens the same way to most people. And even more so, some specialists believe that we "learn" to like the taste of salt...Over time.

We are not born liking the taste of salt, and we did not like its taste when we were newborns. Stop for a minute to think about all the things you are capable of doing and taking advantage of life now. In the past, I wasn't able to do any of that.

Wow, let's go for a "walk", for example. Babies are not born with the ability to walk. It is something that is learned over time. All of us work to learn to walk when we are babies.

In truth, that's not entirely accurate. Our parents were the ones who helped us, persuaded us and even forced us to walk.

Their parents did the same with them. And many of us do the same with our children. What I mean is that learning to walk probably wasn't "fun" for us.

You have undoubtedly seen at least one baby try to walk, fall and start crying. In fact, in many cases, if the baby's parents did not pressure him and persuade him to get up and walk again, that baby would probably not be able to walk today.

Aren't we all happy with someone who pressures or “forces” us to keep trying until we master the skill of walking? I know so! Ok...As I mentioned before, I don't like to force people to do anything.

But I'm using the example above to emphasize the point that most of us can “learn” to do something, like, and even love something that we initially didn't care much for.

I bet there is at least one food, dessert, fruit, drink...Or an actor, singer, or even a person currently in your life that you didn't like at first.

And when we try to force a big change to happen in a short time, the plan backfires for us.

So, it is useless to try to change the core structure of how the human brain functions and how it adapts to change. Especially when you don't really need to force a change that quickly.

Even if you hypnotize someone and introduce a radical new change, it would cause problems in the future.

Competent hypnotists know this, and that is why they train the brain to progressively adapt to the new change, over a certain period.

Trying a new idea is a lot like experimenting with a new pair of shoes.

At first, they may be perfect. They may even be a little uncomfortable or fit a little tight. But if they are a solid pair of shoes, designed to offer you great support and comfort, you will be able to break them in.

And, before you can realize it, that new pair of shoes will become your favorite pair of shoes and the most comfortable ones you've ever owned. This is basically how our brain/mind takes on a new idea. You can't force it.

You have to start by presenting the most basic form of that idea to the brain. So you allow your brain to “experiment”...and with it for a while. Remember that movie about the “inception” of ideas?

It's more or less like this. Except you don't need to invade someone else's dreams to do this job.

Reduced resizing

So...now you have a better understanding of how her mind (as well as that of all other human beings' minds) works, we can use that to our advantage.

The best strategy is to divide a main goal into several, easier to achieve portions. Therefore you could...

1. Decide on the end goal you would like to achieve.
2. Once you have that, lay out a starting line from the goal to the end point.
3. Divide that line into 3/4 or more portions, making small horizontal lines across it.
4. Below each horizontal line (starting from the left), write the smallest step (or goal) you need to accomplish to get things started.
5. Then do the same to the next horizontal line and so on. If you are totally confused now, don't worry.

Let's say that one of your fantasies is to have sex in pairs of 4 or 5 with your wife.

This is a pretty lofty goal. And it will probably be a big change for his wife to make, especially in his mind.

Therefore, let's break this giant goal down into smaller, more easily achievable goals. Let's design the first line connecting the starting and finishing points of your objective...

You and her-----You, her and 3 more

Well, the first thing you can do is cut that line in half so you can start by including just one more woman in your bed.

Makes sense?

So...the line now would be...

You and her----- You, she+1 ----- You, she +3

Understood? Now that you've broken down your big, lofty goal into a smaller, more achievable (and realistic) goal, you can put your main goal (of 3 or + women) out of your mind for now...and instead focus on the minor goal of including just one more woman in bed next to you and your partner.

It makes sense, right?

Now, you can further break down that "You, She + 1" goal the smaller the easier it is to achieve.

For example, it may be much better to start by simply planting the "seed" of the idea of 3-way sex in your head.

And then gradually build on that. Doesn't this make a lot more sense?

Still, for some reason, most men tend to focus only on the destination, on the ultimate goal. And they focus so much on the destination that they start trying to “force” things to happen, leave them for the end of the finish line.

They tend to forget to take the steps that could eventually get them there easily and without pressure.

If they want a ménage á trois, they are going to stay focused on that... and... they are going to continue trying to convince the woman to give them three-way sex, even after the woman has said several times that she is not feeling comfortable in doing that. Well, guess...there's a better way.

You don't need to start pushing your woman toward a big goal. The mind doesn't work that way, anyway.

This is why you will have to start with the most basic form of that idea first...and quietly place it in her mind.

I'm going to show you how to do that in the next few chapters...and also how to associate feelings of pleasure with these ideas in your mind.

For now, just understand the concept...and get a tattoo on your forehead if you have to...small changes will help you get to the big change much faster.

This is the best way to get her to change for you, while allowing her to take advantage of every small step that takes her in the direction of change, which naturally brings her closer and closer to meeting her ultimate goal.

You may have heard about the silly idea that some people suggest you use, in order to make a woman want and agree to have anal sex with you. Basically, the technique consists of bringing a woman to the point of orgasm orally or with her fingers.

Then, when she begins to have an orgasm, the man slides one of his fingers into her anus...and leaves it there until the woman finishes having her orgasm.

Ok...at the most basic level, the above technique has some merit. But, there's a reason why this thought backfires...

Even when the woman enjoys her orgasm.

First, let's review the main strategy that can make the above technique work, in a way... The "finger in her anus while she has an orgasm" technique attempts to use a powerful mental system as a programming technique called "associative conditioning."

If you know anything about NLP (Neurolinguistic Programming) you have probably already heard of “anchoring”...which is the NLP term for associative conditioning.

In summary, the associative conditioning method can be used to link or “associate” two different things in a person's mind.

In the example above, the creator of the “finger in the anus” technique was probably trying to link (or associate) a woman's orgasmic pleasure with the sensation of having a finger inside her anus. The creator of the “finger in the anus” technique may also have intended to associate a woman's orgasm with the pleasure generated by anal stimulation (which is not always an association with pleasure sensation.)

Either way, there are many things wrong with the “association” technique above, and I will go over some of them as I explain how to use “association conditioning” correctly.

To start, the “associated conditioning” technique works when used correctly! And it can be a very powerful tool that you use to turn your “good” girl into “bad”, naughty, naughty, perverted, more open and adventurous, etc.

You can actually associate a woman's orgasmic pleasure with all kinds of great naughtiness and perversions... And she won't have the slightest idea what you're doing.

The only thing she will notice is how her ability to continually experience pleasure expands more and more - especially when she is with you.

(And your pleasure level will increase along with it)

Now...if you were to improve the “finger in the anus” technique above, to make your woman more open and receptive to anal sex, several things would have to precede the moment of inserting your finger into her anus.

First of all, you would have to discuss (and warn him) before you start manipulating his tail. Especially if she already said “no” to his requests for anal sex.

Heck, some people would view the “fingering” behavior as the equivalent of penetrating her vaginally without her permission – or after she specifically told him “no.”

(The word “abuse” comes to mind)

By surprising her with your finger in her anus while she is having an orgasm, you could easily lose any trust she may have in you, because you have just violated her rights and made the decision to use the “finger” against her will.

She may even lose all the respect she had for you. (You could also embarrass her, make her feel bad, and even cause some mental instability.)

With trust and respect lost, there is very little chance that she will want to sleep with you - or let you touch her again - ...even if she liked the last orgasm.

The best way to approach the above technique would have been to first prepare your mind (directly or secretly)

(We will discuss the secret things later)

Next, you could use just the flat part of your thumb (thumb impression)... and caress her anus while she is having an orgasm.

While you are doing this, you can have your pointer finger and middle finger inside your vagina.

The difference would be enormous...

On the one hand, you would not violate her by entering/ penetrating an area that she had declared "no limits" to you.

You were simply stroking against the opening - and never actually entering or causing any pain...And thus managing to increase your sense of pleasure during orgasm.

In truth, pushing a finger into her anus, especially without using lubricant, can be very painful for her.

Then, you would have not only raped her, but also caused some pain (even bleeding) to begin with.

And... here is something even more terrible to ponder...

What if she was faking an orgasm, at that specific moment?

Imagine the anal pain you could feel.

No orgasmic pleasure - barely the pain of a "finger surprise" - penetrating her anus. Compare all of this to the thumb technique, where you didn't rape her...and actually made her feel much more pleasure than she would with the "finger" technique.

(On top of this, you even spent some time preparing her mind for a little anal and pleasure play)

If after the event she still seems a little dissatisfied with the thumb technique, for whatever reason, you can always say that it was an "accident" - that she didn't notice that his thumb was touching her anus.

In the end, you had two fingers in your vagina, so the natural tendency in that position would be the perfect angle for your thumb to rest in your anal area either way.

(It's like securing a bowling ball)

Right?

The main point is that you did not violate her or her desires, you did not cause her any pain, and you increased her pleasure.

(And he also had time to “present” the idea of it, to move forward)

Of course, you also initiated the process of “associative conditioning” that will link stimulation to orgasmic pleasure, in your mind. It wasn't a bad night at work, do you agree?

Interestingly, there is a tantric technique called “yoni massage” that was originally created to build trust between a woman and her partner, leave her relaxed, as well as open her up sexually and emotionally.

While the goal of yoni massage is not necessarily to cause a woman to orgasm, it is known to achieve this.

A variation of the jony massage happens to use a hand position where your index and middle finger is inside the woman's vagina, the thumb placed on the clitoris and the little finger is on (or inside) her anus.

You could use the top position after leading her through a few laps of conditioning association using the “anus thumb impression” technique.

Now, let's build on the above concepts and create what I call the "pleasure button." Basically, you are going to associate your orgasmic pleasure with another point on your body that only you (and her) can access.

(But more importantly, this button can be activated even when she is outside, in public, and with her clothes on.)

For example, each time you bring her to orgasm, you can gently, but firmly bite a specific spot on her shoulder - in a very specific way.

By repeating the "biting during orgasm" process several times, in exactly the same way, you will associate orgasmic pleasure with that single bite on your shoulder - in your mind.

This bite on the shoulder will become your "pleasure button."

From then on, if you were to bite her shoulder in that same special way... no matter where she is, or what she's doing, you would instantly cause a shock of orgasmic pleasure through her body.

- Note: If the pleasure button does not work as strongly as you would like, just repeat the “biting the orgasm button” process a few more times.
- Each time you repeat the process, the button will become stronger.

Now... this is where it gets really interesting.

Let's say you want to associate "pleasure" with the idea of "three-way sex"... in your mind. Well, this is actually very easy to do...

You can start by talking about an article or news that you read online that talked about threesome sex. Find an article online, with background... or make up a story, if necessary.)

So, as you are talking about this article that was citing threesome sex, and started to make her think about this issue, you can activate her "pleasure button" by biting her shoulder.

Only then... you would begin to associate pleasure with the idea of threesome sex, in her head. A day (or a few days) later, you could set up a scene in which she walks into the room, and you are watching a video that includes three-way sex that "a friend sent you" by email (or any excuse). that you want to use to watch the video).

After she comes in, ask her to see her with you because you want to "get her opinion on something."

Several seconds (or more) after she starts looking at you, you can activate the "pleasure button" once again, biting her shoulder in that unique way.

And, once again, you created another "link" in your brain that associates threesome sex with "pleasure." You got the idea.

There are dozens of ways to continue conditioning your mind in this way, without making it feel strange or uncomfortable.

And, before long, your mind will start thinking about threesome sex in a whole new way.

Note: The pleasure button does not need to be as obvious as a "bite on the shoulder." I just used "shoulder bite" as an example.)

The pleasure button can be something much more subtle. It can be as simple as pressing a certain part of your pulse in a very specific way.

Now...stop for a minute and think about how many other kinky and perverted things you could associate in your mind and body...with "pleasure?" The answer is how many things you want.

(If your mind isn't already racing now, with a hundred and one ways to use this "pleasure button" in it, then something is wrong.)

If you need help, think about all the things we discussed earlier, in this content...

How about the concept of using "bite-sized pieces" to achieve any big goal that can bring you more sexual pleasure?

(Ménage à trois? Sex in fours? Sex in fives? <= is this really a real term?)

Or how about the process of watching an instructional video "better sex tips" with your wife... or reading a book or magazine article on any (eccentric) topic of your choice... or reading a book of erotic stories or online stories... or kinky, even watching pornography together (about whatever fetish or kinky thing you'd like her to get used to)...

Or... how about presenting an idea in its most basic form... and then, immediately, throwing that "seed" into your mind... and letting your head "walk around with that idea"... breaking it... and making you more and more comfortable with that idea. new and exciting with each passing day?

How many opportunities can you think of now where you could use the "pleasure button" to create new associations in your mind...and, consequently, more pleasure for both of you?

Heck, you could even do her a big favor and start associating pleasure with all those things she hates doing in life: taxes, work, shaving her legs, etc. etc etc

Obviously, you wouldn't want to associate "orgasmic pleasure" with all those tasks, but you could, just as easily, create a "happiness" button for it - and use it whenever you want! Imagine how much more pleasure she will begin to get in her life, and you would be that man who would help her do all this.

And, remember another thing we talked about earlier in this course. The more pleasure you can create for her...the happier you can make her...both physically and emotionally...and she will want to give it back! And she will try to make you as happy and satisfied as you make her.

But look, there are still more things I would like to offer you...

Continue here to find out :)

Now, it's time to open your mind... and expand your idea of adventure, your passion, and your desire to experience "new" things.

The easiest thing to do is activate the "pleasure button" first.

So, while she's totally immersed in that hot, sticky, orgasmic wave of pleasure, ask her some important questions like these...

- "What is the most exciting thing you can think of right now? "
- "What is the most passionate and erotic thing that you can you think now? "
- "What's the naughtiest, most perverted thing you've ever fantasized about?"
- "What is the most perverse and perverted thing that you secretly wanted to do? "

Don't be surprised to hear mean, dirty, and even dirtier responses than can come out of your mouth. And, you asked for it... I'm showing you how to transform a "good" woman into a "bad" one.)

By making her enjoy your orgasmic pleasure first...by getting her extremely aroused first...by shifting her thoughts to sexual pleasure, you will continually give her a specific direction to focus on.

Consequently, you will make her abandon many of her inhibitions and self-awareness, then she will be able to go crazy and tell you the craziest, dirtiest, most perverted things she has ever thought or heard said.

And when she gives you the answers, never make her feel bad, distressed, reluctant to open up to you. Honestly, keep her happy and tell her how cute and excited she looks telling you all those things... and how nice it is that you two can feel so close and connected to open up like that.

By doing this, she will try to excite and please you even more... and most likely take things to another level.

Like I told him, he's ready for some dirt to come out of his mouth. And, be prepared because you should not show a look of surprise, shock, horror or disgust on her face.

If you make some "strange face" at that point, she's going to start turning inward or even turning off that part of herself - maybe even permanently (as far as you are concerned).

Therefore, continue to motivate her and allow her to open up as fully as possible. And look...if she gets scared by some of her kinky/perverted thoughts, just understand that you don't have to do everything she mentions.

In truth, you can choose which of your impertinent ideas and fantasies you would like to amplify and bring more pleasure to you.

So, let her take it all out, and cut out whatever turns her on.

In the end, this is part of what you want from this course in some way.

To make your "adventure and passion" sessions even more free and uninhibited, help her relax completely (physically and mentally) before you start asking the questions mentioned in the previous section. There are many ways to do this...

The most obvious is to do a nice long full body massage. Let your body relax, relax and help you get rid of all the tensions and worries of the day.

Afterwards (or while you're giving her the massage), start talking about how comfortable and safe you feel with her.

Tell her how you are able to be yourself when you are around her and that with her you feel like you can talk about anything.

Tell her how attracted you are to her... not only for her physical body, but also for her personality, and for who she is on the inside.

Mention some of her best qualities that you admire and adore about her. By doing and saying everything that was said above, you will allow your body and mind to relax and open!

(And...once again, you will give her mind a direction to focus on.) She will begin to let go and feel more comfortable around you too.

So... while she is feeling that sensation of comfort, security and openness... activate the "pleasure button!"

So, start taking her through the "adventure and passion" session, where you slowly begin to introduce all the questions about her hottest, naughtiest, kinkiest thoughts.

All I can say now is... prepare to be amazed!
Because you are close to turning a "good"
woman into a very, very "bad" one.

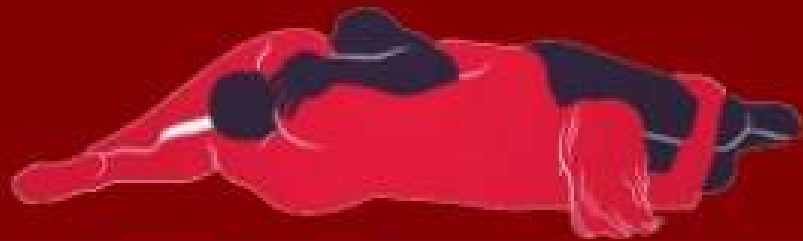
Use the knowledge you gained in this content
wisely.

Please use it safely. And be sure to use it on a certain type
of woman.

This is your new life full of pleasure!

12 SEX POSITIONS
TO LEAVE HER
CRAZY WITH PLEASURE

FOR 47 MINUTES
NON-STOP!



imaGinela imploring to repeat the dose every day yahs!!!



OK, so you're dating a woman and you're eager to get to the intimate moment.

Whether it's a one-time affair, a fling, or a long-term relationship, you're probably hoping for a "happy ending."

But sometimes that end can be rushed for you.

Finish the act quickly **totally normal**.

It means that you are having a lot of fun in bed.

It may even be nice for your partner!

But still, you want to be in control of your performance within the room.

What is a man to do?

How can you last longer, help her reach climax and master her performance?

I have some tested and proven methods that any man can put into practice now.

We ask all our biggest sex specialists **The best sex positions to help you last longer in bed**-and here are the 12 best we could find.

These are the positions that you can use tonight that will help you **instantly** to last longer.

No crazy tricks, prescriptions or difficult techniques - just you and the woman you're having fun with.

In addition to this, studies show that women prefer to sleep with men who mix things up in bed, so she is more likely to come back looking for more... see what else he has to offer...

Try these positions the next time you want to go further.

How Some Sexual Positions They Help It Last Longer And Satisfy It Made A Bull For Up To 45 Minutes!

Many men are basic creatures. They know two or three sexual positions, and only that.

What men who experience premature ejaculation don't realize is that some sexual positions can actually help them last longer for a number of reasons:

- 1) They do not allow such long and deep penetration, preventing you from being super stimulated.
- 2) They do not depend on penetrations, thus limiting how quickly you become aroused.
- 3) They are difficult to execute, so your attention is on maintaining the position, and not on the sensations in your penis.
- 4) They put you in the driver's seat, allowing you to control the amount of stimulation you receive and preventing you from losing control.
- 5) They prioritize her pleasure, which usually includes less vigorous penetrations than you think.

By learning the best positions to last longer, he becomes much less boring in bed and not limited to the same two positions.

Women appreciate the opportunity to discover new sensations, without ever knowing what to expect from him in bed.

Change of positions

Changing positions during sex is a totally pornographic move that women love - it adds variety and new sensations to their sexual positions.

For men with premature ejaculation, changing positions has a totally different implication - the opportunity for a pause if you feel the big end approaching.

This article offers you twelve new sexual positions to “play” that can help you last a little longer in the bedroom. It can be tempting to go crazy, changing positions every 30 seconds to delay your orgasm while showing your partner that you are a stud.

Slow down.

Women love variety, but they also love the chance to relax in a position and discover the sensations it produces.

If you change positions too frequently, she may feel an addition to your particular sexual marathon. Of course, change, but control yourself.

Four or five positions in a sexual relationship are enough.

Position 1: Cowgirl



How to do this

Lie on your back. Allow your partner to mount you, raise your hips and insert your penis in an upright position. She can ride his cock like a cowgirl riding a bull.

How This Helps

This is a position where allowing her to take control can really help you.

His partner has almost total control of the penetration, depriving him of the possibility of penetrating her quickly and vigorously, accompanying the movement.

Make sure your partner knows how to limit her pleasure and focus on her pleasure. This will likely include deep rubbing and clitoral stimulation - the perfect break for her penis.

Difficulty Level: 1

This is "Lazy Sex Expo A." All you need to do is lie back during sex and let her do the work.

Your partner is going to love this, because it is their moment in the sexual act.

Position 2: Spoon



How to do this

They both lie on their sides, his forehead pressing against her back in a loving position.

You are the big spoon, and she is the little spoon.

Your partner should separate her legs a little. He finds her vagina with his hand and penetrates her from behind.

How This Helps

The movements available to you in this position will be very short, preventing you from making long, wild movements that bring most men to the point of no return.

The short strokes target her G-spot, making it very pleasurable. He concentrates on rubbing her thighs with his tail and considers stimulating her clitoris with her fingers.

If you can bring her to orgasm, it is easier to feel good about your own orgasm when it happens.

Difficulty Level: 2

They are both lying down, like when we sleep. However, get the correct angle may require some adjustment of your hips, especially if your thighs have different sizes.

Position 3: Side By Side

**How to do this**

It is similar to the spoon, but the partners stand facing each other. Lying on their side, face to face, her partner lifts her free leg and wraps it around her thighs, allowing her hip to have access to her vagina.

How This Helps

Both partners control the depth of the thrust, resulting in an active and passive sexual position for both.

The man surrenders some of the control, allowing him to focus on sensations while limiting movements.

Difficulty Level: 3

You're still lying down, so you won't have to worry about anything other than coordinating your movements with hers to work as a team.

Position 4: The Yab-Yum



How to do this

The man sits on the bed or the floor, and the woman rides his hip in front of him, allowing him to enter her from the front.

How This Helps

This position has the advantage of being difficult to maintain.

The man cannot push indiscriminately while keeping himself and his partner in position. It is a very intimate position, optimal for pleasing her partner and obtaining feedback on her reactions.

Difficulty Level: 7

This position is difficult to maintain, especially if you have tight hip tendons and thighs.

If you cannot touch your toes, you may have to support your hands or bend your legs, if you cannot fully extend them. Either way, this position teeters on the brink of collapse.

Position 5: Missionary Without Penetration

How to do this

Lie on top of your partner like normal missionary, but do not penetrate her. Instead, rub the back of your penis against your vulva, clitoris, and perineum.

How This Helps

Most people never think about trying this form of "outside sex," but it can be a godsend for men who tend to cum too quickly.

There is a lot of humidity and heat there, but the sensation is focused on the less sensitive back part of the penis, not on the front of the trunk and head, where the greatest orgasmic stimulation comes from. They love it because it can rub the clitoris against the trunk.

Difficulty Level: 2

Most men can find a form of missionary sex that they can easily maintain, regardless of their physical shape and flexibility.

Position 6: The Cross



How to do this

It consists of you lying on your side and her lying on her back, your torso at a 90-degree angle to your torso, her legs draped over your thighs, her tail exposed in front of your pelvis.

Push forward and enter her with your hips against the back of her thighs.

How This Helps

There is not much range of motion for you to perform in this position, nor is it easy to thrust uncontrollably when your hips are at rest.

Difficulty Level: 2

The angles available here are really versatile and lying on your side is the opposite of strenuous.

Position 7: The Lazy Dog



How to do this

Doggy style is generally an "end of sex" thing because with the man in control of the thrust and depth (plus a nice view), it's almost impossible to last long.

Face-down rear entry is a variation of doggy style that includes both of you lying down, with you on top of her. Think of this as missionary with your partner positioned on her head down or turned on her back.

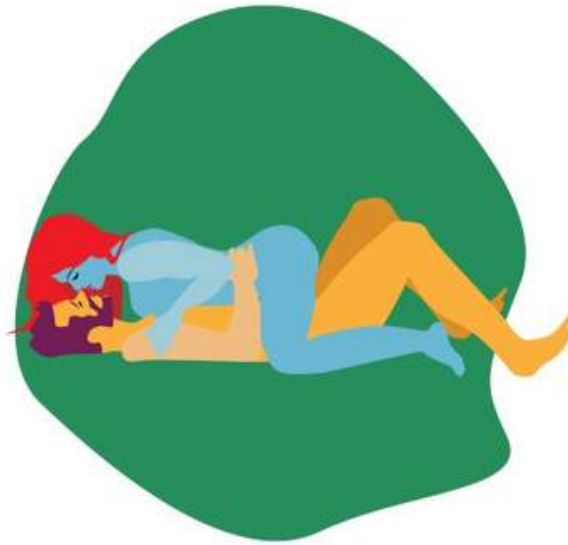
How This Helps

The depth of thrust available to you is quite shallow, allowing for doggy style fun without intense stimulation.

Difficulty Level: 4

Figuring out where to place your knees is a challenge, as is getting your hips at the right angle for you to really get into it. Most women keep their hips lower than necessary.

Position 8: Woman on Top



How to do this

Similar to cowgirl, the woman climbs on top of you, but lying chest to chest, like a reverse missionary position.

How this helps

This position allows the woman to embrace the penis deeply while restricting her ability to thrust.

She enjoys the deep sensation of fullness and can rub her clitoris against his trunk, without thrusting vigorously so as not to lose control. She is in charge of it, so be sure to communicate with her if you are approaching climax and need a break.

Difficulty Level: 1

Another chance to relax and let her do the work.

Position 9: Sit On Throne



Sit on a chair and stand it up with its back towards you, then lower it to sit on your chest, inserting your penis as you do this.

How This Helps

The woman is in control and will generally rub her hands against his hips, taking advantage of deep penetration without long or fast penetrations. She can get up and sit down a bit, but she does enough workouts in the gym.

Difficulty Level: 1

If you can sit in a chair,
position.

can do this better

Position 10: Missionary Grinding



How to do this

Missionary is one of the easiest positions to lose control because you are doing all the movements and have access to deep penetration.

Rubbing missionary changes the position of your head, demanding that you push your penis deep and leave it there, pressing your hips against hers.

How This Helps

Without long and intense penetrations, it is easier to prevent your penis from being overstimulated. While doing this, her partner is going to love the frontal friction. He rubs her clitoris while he completes her vagina.

Difficulty Level: 2

Most men know how to do some of the missionary variables, and this is no different.

Position 11: The Standing Ovation



How to do this

Find a nice, comfortable pillow that you can use.

Make sure the pillow is close to your lower back.

This sexual position requires him to face her and towards a bed or table.

How This Helps

This position offers deep penetration, intimacy and he has the option to push fast or slow, which also creates optimal opportunity to pause, if necessary.

This position benefits her greatly, as the pillow lifts her pelvis slightly, allowing for deeper penetration and the opportunity to target her G-spot more effectively.

Difficulty Level: 4

Getting positioned and getting used to the pillow may take a minute or two, but once you're comfortable and in place, everything else is smooth sailing.

Position 12: Kneel



How to do this

His partner is lying on her back, like in the missionary position, with her legs spread. You kneel erect, entering missionary style from a perpendicular position.

How This Helps

From this position, you cannot push as deeply or as hard as you cannot swing your hips.

You'll also be in control and free to slow down if things get too intense. In addition to this, the tension needed to maintain the kneeling position can distract you from pleasure long enough to delay orgasm.

Difficulty Level: 5

Maintaining this kneeling position can be strenuous. You can delay orgasm, but this position can be difficult to maintain.

In the gym

Some of these positions require flexibility and strength to perform.

This is as good a time as any to remind you that your overall physical health has a huge impact on your sexual health.

Consider going to the gym, if you're putting it off. As you train, consider doing more lower-body stretches to help you stay in those positions long enough to make a good impression.

Please her

Up to 75% of women never reach orgasm through sexual intercourse alone, relying on toys, hands and tongues to get there, or at least almost always.

This is great news for men with PD.

Be the man who listens to the desires of many women. Practice foreplay such as kissing, touching, nipple play, and oral sex.

If you manage to bring your partner to climax even before penetration happens, the speed with which she enjoys it will have much less impact on how the two of you feel about the sexual act.

Save time by concentrating on it! This way, you will never have to worry about whether or not you are good in bed again. You can then focus on delaying her orgasm for her own sake and not just hers.

ITO IMAGINATION

EROTIC OF MORE THAN

127 MILLIONS

OF

WOMEN

Fantaerotic stories that will enhance your self-confidence nza!



Do you know what the three biggest bestsellers of the last decade were?

The three books of *50 shades of gray*...

More of **125 million** of fans of the books (and movies) prove that many women fantasize about being *tied...provoked* . . . and *pull-ups*...

So how do you know if that's something your partner would like?

You can raise this issue with women at any time, **even at the first meeting**. It's all in what you say and how you say it.

So, read this guide to the end, because I have step-by-step advice on exactly what you can say to women to make them beg to be tied up.

If you follow these stages, you can be sure that she will have the most intense orgasms of her life...

And since you are the man who introduced her to this new world of pleasure, she will become addicted to you and will continue to return looking for you to give her her next "dose of sex"...

Our conversation will be about "**bondage**", "**slavery**" either "**total submission**".



Bondage can be a lot of fun, as long as you both like it.

And from my experience **women love total submission.**

There are some women who are naturally drawn to it... and there are others who are curious and want to explore it.

This is why the topic of slavery **always** works with women.

When is very hurried on mention this?

You can you bring this topic at any time during your interaction.

You can bring this into the conversation even if you are just meeting a woman for the first time.. You can bring it up for a meeting.

You can bring up the topic while you are in bed with her. There is no right or wrong time.

The key is how you bring the issue to the conversation... Read on for some proven total submission tips...

How to talk about this "Taboo" matter?

If I met a woman for the first time, I could appeal to her fantasies by letting her know that my ex-girlfriend loved being tied to the bed.

And this was very fun.

We had a lot of fun and there were times when we didn't even leave our room for hours.

It can be a lot of fun, but it's not for everyone...

Therefore, I can bring this into the conversation, not by asking her to do it, but by letting her know that there are other women who have enjoyed doing that with me.

The thing is, you have to let him know **I like total submission.**

THE MOST RECENT:

You simply let her know that there are other women who did this with you.

By sharing this, her comfort level increases, because she knows that there is no problem in discussing this with you.

You can also go into a little more "hot" detail, depending on your comfort level.

Many times they will ask: "***What are you doing?***" Then you can paint a little picture for her... Make her imagine being with you and FEEL how pleasurable and exciting it would be.

Example:

"Ah, you know something, I have ropes. I like to tie her up and then make her beg. I will wait. She would be naked. I wouldn't even touch it. And I'll bring a mirror to show you her, her own naked body..."

You can really make it erotic.

Don't make this sound like something romantic, or sound like something porn...

Make it seem like it's a fun experience... That you're both enjoying it.

And you are doing those things with the woman that she had not tried before.

And this is really the key to making them perceive that this is something that they have never tried and that it would be fun to experience it.

This is how you bring to the conversation the topic of **submission** and it leads them to that...

Ropes, handcuffs and more toys...

So, when they are ready for this, I usually share with them that I am more of a "rope type" man.

Therefore, I generally have two different types of strings...

One I have like a soft cotton rope. I can bring it from her room and then tie her hands. I can throw her under the mattress so that the rope goes under the mattress, comes out the other side of her and there I can tie her hands.

Depending on your choice, you can bring whatever you want... This is just my personal taste.

Once you piqued her interest...

And then, when she is ready for this, many times women will say:

"This is interesting. I would like to try this. This never happened to me before. "I think I can see myself trying this."

After this happens, you will obviously have to start by setting some rules, making her feel **comfortable and safe**.

Because you know, she's the one who was put in a very vulnerable position.

Then tell them:

"Hey, this is mutual, this is fun, there are rules: I'm not going to do anything to hurt you."

Whenever you tell me to stop, we will stop."

Sometimes I even do that as a test to make them feel comfortable...

(For example, I do that more when I'm having violent sex)

So, I can sit back and say:

"Hey, we need to have a safe word." Thus, the safe word can be *Green*.

I'm going to squeeze her hand and then try to squeeze both of her hands.

And I gently continue to add pressure.

I'm going to ask her to say the safe word when the pressure is too much.

When she tells me that, I immediately let go of my hand and even take two steps back and say:

"Are you okay?"

So she knows the rules.

She's even capable of playing with fantasy, but the second she says the safe word, everything stops.

Always go very, very slow

Remember this is her first time

Make sure you go really slow.

Pay attention to your facial expressions.

Pay attention to how she is feeling.

Remember, she is the one who is tied.

She is feeling very vulnerable, maybe even afraid.

sometime.

So you have to make her feel very comfortable, you have to

have the certainty that she feels absolutely safe,

go very slowly, don't rush.

Don't try to be all animalistic and harsh right away. Just caress her gently, play with her body, make her feel good, make her feel relaxed.

When she relaxes, she lets you know and you will see that she will start to participate more and talk to you more.

And as you see her comfort level increase, you continue to increase your movements.

But it is very, very important that the first time you try this, you

Keep her comfort and safety in your mind.

You have to pay close attention to this.

After you do that a few times together, she will feel comfortable with you and will be able to explore more freely.

Now you are ready for an advanced class in Bondage

So that you both reach a good state of comfort, you choose the type of rope you will use.

They should talk about it, about positions and if sometimes she doesn't

knows and says:

"Just do what you want to do."

Some of the things I really like is tying them up, taking out their clothes and making them wait.

I think it is very good to provoke them...

A good idea is to place a large mirror in front of them so that they can see themselves tied up in bed completely naked.

That wakes them up, because they see how vulnerable they are.

They see that they are doing something they have never done before.

INTERNAL SECRETS:

It's like a taboo, it's leaving your comfort zone, and that's very exciting and exciting for them.

You know, then from there, you can play gently with her and be a little more "hard"

Depending on the woman I'm with.

Sometimes they like to pour a little hot wax on their bodies.

Sometimes I can just pour hot oil and do a massage.

Sometimes I will have them do things for me.

The idea is that they know that this is something that you like, as part of your sexual fantasy...

Make them feel comfortable, lead quality control,

Set the rules and then have fun.

This woman is going to love you.

She will continue to come back to you.

Because with you she can explore all those fantasies

sexual relations that most men do not feel comfortable

Start.

Then try next time, and I'm sure you'll love it...

And the woman with whom you do it is going to have fun and love...

You will be a **Master of Sex**" for her eyes.