

1st Edition

## **BONUS GIFT #1**

TIPS AND SECRETS FOR MEN ON ORAL  
SEX, AND STIMULATING THE G SPOT



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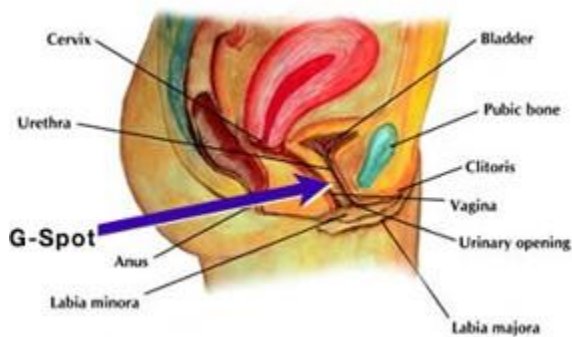
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## THE G SPOT

This following should give you a good idea of where to find the G spot, what it is, and how you can get your partner wild over you by stimulating it.

The G spot can be found a couple of inches inside the vagina on the front wall, closest to the pubic bone or clitoris. Now, I know you might not be a wizard with the G spot right off the bat, and I wasn't either. But with proper technique, and some practice, you can stimulate a woman into multiple orgasms.

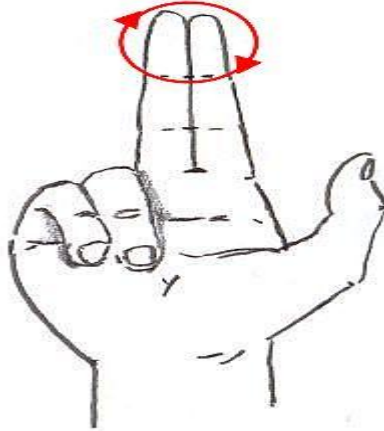
As you can see from below, the G spot is located on the front wall closest to the pubic bone.



The following is a quick, and easy to read and implement guide to finding the G spot, and the techniques that both you and her can use to give the area the most intense stimulation.

1. First and foremost, make sure your nails are trimmed and not sharp or jagged. Make sure they are also clean.
2. You do not want to go right at this area. You are going to want to have some foreplay to stimulate your partner. You will have to decide what the best kind of foreplay is for you and your lady. Everyone is different.
3. When you are finally ready to stimulate the G spot, have the woman lie on her back and pull her knees to her chest.
4. Find a comfortable position for you to be in, and then gently insert your fingers a couple of inches inside her. You might

- have to start with one, loosen her up, and then gently proceed with your middle finger and index finger.
5. From there, you are going to make a “come here” motion with those two fingers. Please see the diagram directly below.



6. You will continue this motion gently at first, and then increasing pressure. You can use more pressure on the G spot than the clitoris.

When you are hitting the area, it will feel like a slight bump. When you hit it correctly, and for long enough, you and her will know. It is important to use heavier pressure than you would on her clitoris.

It is also very important for her to bring her knees to her chest. As always, please talk to your partner. You and her need to be very open about what you like sexually. Not everyone is the same. Too many people go too long without proper bedroom communication.

## ORAL SEX TECHNIQUES

Please refer to the diagrams in this section for clarification on terminology and location.

Your mouth creates more sensations than any other part of your body. Guys, you understand this from getting oral sex from a woman.

Numerous women have told me several times, that oral sex when done properly makes them the wildest and experience orgasm the hardest. Also if done properly, good oral sex will greatly reduce the time you have to spend trying to get her off through penetration.

Now, I know you want to last for 30 minutes, but if you are someone that is in the category of that not being a reality, than good oral sex techniques will make things a hell of a lot easier for you.

Not only does this feel amazing to women, but they appreciate the time you spend down there. It shows your commitment to making them happy. The pleasure of oral sex also has the benefit of not leaving a woman sore after sex. This is a bonus for women as well.

Many of you are uncomfortable with this subject matter and avoid oral sex completely. If you are absolutely against doing it, then you need to tell your mate. Be gentle guys. Communicate it to her softly. You don't want to give her a complex about this.

Some men and women avoid oral sex because they think their genital area is dirty or unclean. When I say avoid, I mean men giving it and women receiving it.

The reality is, the vagina is one of the most self-cleansing areas of a woman's body. It is sexual intercourse that causes problems in women. Bladder and yeast infections and the majority of STD's result from intercourse, not oral sex. Having oral sex is far cleaner and safer. However, not completely fail safe.

It is important to understand that oral sex needs to be lead up to, just like certain stages of foreplay. You don't dive down there, spread open a woman's legs and start flicking her clitoris. Start slowly. Kiss her inner thighs, and lightly breathe on her genital area.

Kiss the area between the belly button and the hood of the clitoris (prepuce). This is the top area of the vulva. Put some pressure on the pubic bone by rubbing it gently.

I have talked to many men and women about oral sex, and I have talked to many women about what they like. These are all just suggestions from what most women tell me and their partner.

Move the kissing down her legs, and into her feet, and back up to her thighs and vulva area, avoiding the sweet spot. This will keep her guessing. Keep an eye on her. You want to make sure she isn't getting bored.

She might ask you to start kissing and sucking on her sweet spot. Tease her some more. Really build her up for when you do penetrate her.

Put your mouth very close to her vulva, but don't touch it. Give her a few hot breathes over the area. She will love this! Start to lightly kiss around her outer lips gently.

Move your lips to the vulva, keeping your lips slightly open. Just before you make contact, poke your tongue through your lips, touching her genitalia, then complete by finishing with a regular kissing motion.

This means closing your lips together over your tongue. Just touch her with your tongue. Keep it in a teasing manner. Don't move your tongue all around the area.

Continue by lightly sucking and kissing on her outer lips, slowly moving in to the center. Don't get carried away and start sucking too hard. This is an extremely sensitive area of the body. You can

always use a long tongue technique which means that you stick your tongue out as far as you can pointed to your chin, keeping it as flat as possible. Start from the bottom of the vulva and work towards the top with a long slow lick, also giving some hot breaths as well.

**IF YOU ARE ONE THAT EASILY EJACULATES BEFORE PENETRATION, DON'T FOCUS ON IT. THE BEAUTIFUL PART OF ORAL SEX IS THAT YOU CAN EJACULATE. FOCUS ON GIVING HER PLEASURE. AS YOU DO IT MORE, CONCENTRATE ON WHAT IS GETTING YOU EXCITED. DON'T TRY AND IGNORE YOUR EXCITEMENT. BECOME AWARE OF IT, WORKING ON TECHNIQUES TO DELAY THE INEVITABLE.**

Don't forget to listen to her body. Look at her facial expressions. Listen to her breathing and moans. If she quickly pulls away from you, most likely you were being too rough or in an area where she is overly sensitive. If your lover is breathing harder and holding your head more aggressively to her genitalia, then you are on the right path.

She most likely will become more vocal at this point, telling you exactly what feels the best and where to suck or kiss. Now, at this point, you can either keep it going, or try and get her as close to orgasm as possible and then penetrate her. These are things that you will have to learn with your partner.

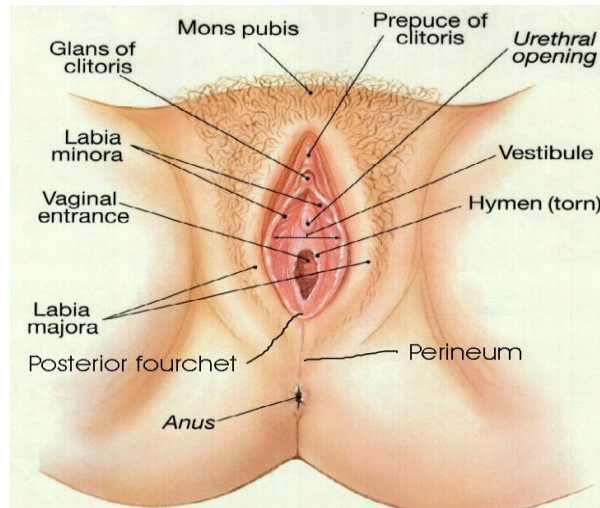
Now guys, flicking her clitoris with your tongue is fine once she is stimulated some. However, it is a myth that you can't get in close and suck on her the way they would to us.

Get in there. Flickering can cause your tongue to dry, her area can dry, or your dry tongue can pull on her clitoris which does not feel good to a woman at all. The whole area of a woman's genitalia responds to the tongue, along with gentle sucking and kissing. As always, talking to your lover openly about what they enjoy most is a necessity.

If you notice clenching or quivering of her muscles along with fast breathing and moaning, then she is most likely near orgasm. At this point start using your hands a bit more. This is also the perfect time to start really going after the clitoris.

Remember though, some women are extremely sensitive with direct contact on the clit. If even after getting her all worked up she is still sensitive, focus more on the clitoral hood.

Start rubbing other parts of her body more aggressively. Start rubbing her breasts. Grab on to her backside and squeeze. Keep rubbing those legs and thighs.



## MORE ORAL SEX TECHNIQUES

Here are a few pointers for lifting the clitoral hood on women to give maximum pleasure to the clitoris.

First, try using both your middle fingers and index fingers to put upward pressure on the inside of the outer labia and lift the entire area.

Another option for lifting the clitoral hood is while your partner's legs are in a "V" with her feet flat on the ground or bed, put one arm under and around her thighs while you are between her legs.

With a flat hand on her pubic hair, use a strong upward pressure toward her head. This moves everything up and gives a more taught and open area for your mouth. If your partner is comfortable, have her hold herself open for you. She might be able to manipulate herself the best way possible.

You can try writing the alphabet on her with your tongue. This will cover a large area of the vulva. Try using different size fonts and rotate between lower case and upper case letters.

Remember, sucking is normally a good thing to women. Don't be afraid to do this. Have her suck on your fingers to give you an idea of what she likes.

You can use the top of your tongue in an upward stroke and the bottom of your tongue in a downward stroke. This is called the elevator.

When experimenting with different positions and techniques, always talk to your partner about what works best. Keep the notes in your head.

Remember, this is a rough guide. You need to figure out what works best for you with trial and error. Believe me though, if you try a few of these techniques and experiment a bit, everything will work out wonderfully for you and your lady. Remember that when you use your tongue on her it is a sign of your total acceptance for her.