

Greatlovers.com's & Female Ejaculations.com

Guide To G-Spot Orgasms & Female Ejaculation

Updated, Expanded, Revised And Illustrated

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Nothing in this manual is meant as, or should be taken as medical advice. While the techniques described in this manual have worked well for many men & women including the author, we are all individuals and they may not be appropriate for you. Before trying any of the techniques in this manual you should consult with a licensed Physician and/or Sex Therapist.

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Introduction

Hi this is Mark Simon of the Greatlovers.com Network.

I get a ton of questions all of the time about "The G-Spot", like "What is it?", "Where is it?", "How do I stimulate it?". Well I am going to answer all of those questions in this guide to G-spot stimulation and I am even going to go one step further and cover the phenomenon of female ejaculation as it is very closely related to and for most women (but not all) caused by direct stimulation of the G-Spot.

My goal with this manual is to inform, educate, excite and motivate you. This manual is written for both men and women and to be shared with your partner or lover.

For men you will learn:

- How to find your partners G-spot.
- How to stimulate your partners G-spot manually with your fingers.
- Thrusting techniques and positions for G-spot stimulation during intercourse.
- How give your lover a mind blowing G-spot orgasm.
- How to give your lover a wild squirting female ejaculatory orgasm.

For women you will learn:

- How to become more in touch with your sexuality.
- How to take responsibility for your own sexual pleasure.
- How to get your lover to do what you want and need him to sexually satisfy you.
- About supercharging sexual supplements and herbs that will increase your sex drive and give you stronger and more powerful orgasms.
- How to strengthen your sexual muscles, which will give you a tighter vagina, more powerful orgasms, and increase your orgasmic capacity.
- Exercises to become orgasmic, multi-orgasmic and increase your orgasmic capacity.
- How to locate and stimulate your G-spot during self-stimulation exercises.

- How to give yourself a G-spot orgasm and squirting female ejaculatory orgasm.

I have written this manual to be as streamlined and concise as possible. For those of you who have read my other manuals you know that my style of writing is to the point and straight forward. I give you all of the information you need to know without loading you down without tons of fluff just to fill up the pages. The reason I do this is that my clients and customers want to learn how to improve their sexual experience and sex lives without having to read through hours of scientific studies, footnotes or reading every boring study done on the subject written in clinical terms and filled medical jargon that most people don't understand. I have read all of those studies, footnotes, books and distilled it down to a workable and practical knowledge that I will impart to you in this manual by the way of techniques and hands on exercises that will give you first hand experiential knowledge of your partners or your own G-spot and female ejaculation.

I have been conducting an anonymous web survey with responses from over 18,000 men and women who have shared their most intimate sexual experiences with me and I will share with you excerpts from what I feel are the best and most representative of the majority of the surveys in this manual. You will read their real life sexual experiences and learn tips, tricks, and techniques that have worked for them and also see their shortcomings that you may also share.

Because I wish to keep this manual sexual in nature rather than clinical I do not always use the terms penis and vagina. I go with the feeling I have at the time. I might say the work cock or pussy if I feel that in my heart when I write. The reason for this is that I have never met a woman who has said to me "Give me your penis now!" Or "Eat my vagina!" Those words take you out of a sexual mood and put you into a clinical one. If you are offended by this, then you need much more than this manual to help you have better sex. You need a shift in your consciousness about what is permissible and what is right and wrong in lovemaking. You need to allow yourself to let go and speak freely and get into the moment of the act. To go with the flow and one time be a slut or a stud in bed with your partner and at others to be a very loving gentle romantic lover. You need to let your self experience all of the beautiful colors of the sexual pallet.

Moving on, I suggest that no matter if you are a man or a women that you read the manual in it's entirety and do the respective exercises according to your gender (if you are a bi-sexual women or lesbian you can do all of the exercises and the men's section on how to stimulate your lover as well) I also encourage you to share this manual with your lover/partner as well.

As I said before I feel that both men and women should read the entire manual but I have tailored certain chapters for men and others for women and then made still others common to both genders.

Chapters 1 – 4 are common to both men and women and should be read by both.

Chapter 5 is exclusively for men and will teach you exactly how to locate your partner's G-spot and stimulate it manually and during oral sex to bring her a G-spot orgasm and then a female ejaculatory orgasm. If you are a woman I suggest the after you have finished the manual to go back and then read this section.

Chapter 6 is exclusively for women and covers techniques for communicating with your lover, taking charge of your sexuality, becoming orgasmic and increasing your orgasmic capacity. If you are a man I suggest the after you have finished the manual to go back and then read this section.

Chapter 7 is for women but should be read by both men and women because of the knowledge of pro-sexual herbs and supplements contained in that chapter. I also want to add that most of the herbs and supplements will work for both men and women.

Chapters 8-10 are for women and contain exercises that will guide women through finding their G-spots, how to have a G-spot orgasm and finally how to experience female ejaculation.

Chapters 10-12 are for both men and women and will teach thrusting techniques and techniques to maximize G-spot stimulation and clitoral stimulation during intercourse as well as sexual positions for G-spot stimulation during intercourse.

Throughout the manual there are high quality computer generated illustrations of sexual positions and techniques because I believe that a picture is worth sometimes even more than a thousand words. And can convey to you in a glance what would take a page or two.

So without further explanation let's get started!

Chapter 1

What is the G-Spot?

The G-Spot is actually a mass of spongy erectile tissue that surrounds the urethra internally known as the urethral & paraurethral sponges. The G-Spot was named after Dr. Ernst Grafenberg who was one of the first doctors to bring attention to the area when he published an article in 1944 locating the area. While the attention and awareness brought to the G-spot has increased over the last 50 years the spot itself is not new and has been around as long as women have been and as been known of by the Ancient Taoist and Tantric Sex practitioners as evidenced in their writings where they make references to both the spot and female ejaculation. There are a few books about the G-spot most of them will bore you with a long history of scientific studies. That is not my goal here. This is a "How To" manual so I will leave the history essays and scientific studies to those other books and concentrate here on what I find most useful. Because I don't believe it's necessary to have to read through 30 pages of history and another 50 pages of footnotes and scientific documentation about the G-spot in order to learn how to have a G-spot orgasm.

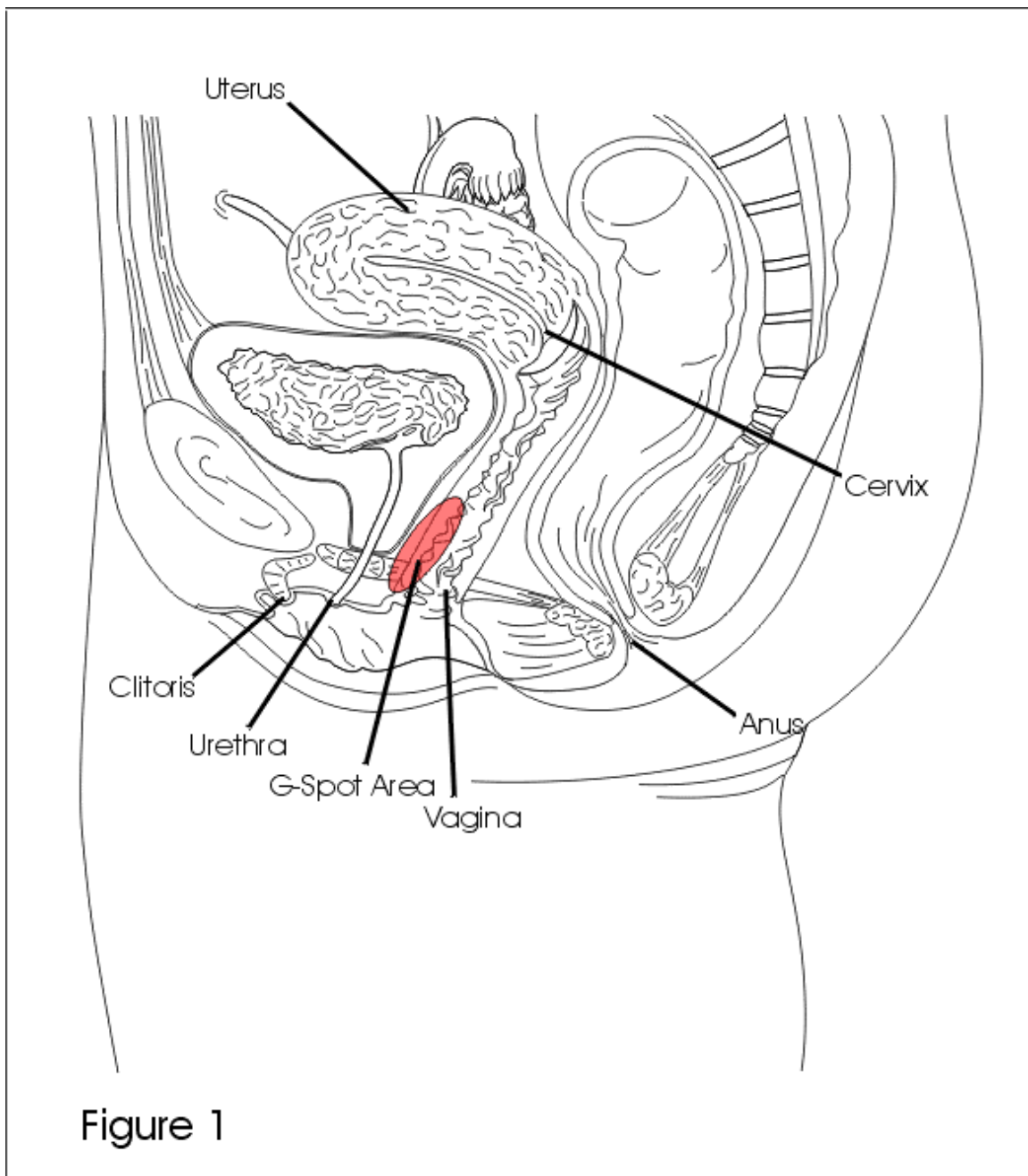
Where is the G-Spot?

This question seems to cause much confusion for many men and women. In a long running survey that I have on the web (which I will share with you later in this manual many of the responses) where I ask women if they have had a G-Spot orgasm some of the women have even responded with answers like " Oh yeah, my G-spot is my feet!" Or "Mine is on my leg!" While every woman may have very pleasurable spots or locations all over their bodies THOSE ARE NOT their G-Spots!

The G-Spot or as I have heard it termed even more accurately the G-Spot Area or GSA is located on the front wall of the woman's vagina about 1 ½"- 2" inches inside right behind the clitoris and pubic bone. Most of the time the spot is in the 11:00 to 1:00 O'Clock position if you are looking at her from the front. (See Figure 1 Below)

The G-Spot swells during sexual stimulation and is between the size of a dime to a nickel, however the whole area or region around the G-Spot may be very sensitive to sexual stimulation hence forth the term G-Spot Area or GSA as I will refer to it from time to time.

Later in this manual I will not only give you exact instructions on how to locate the G-Spot on your partner (or on your own body) with your hand and how to stimulate it properly manually and during intercourse. But first I want to give you a little background on the phenomenon of Female Ejaculation first.



Chapter 2

What is Female Ejaculation?

Until recently female ejaculation has been thought to be the property of either porn queens or has been dismissed by in large to be urination or incontinence, even though the ejaculate does not have the same appearance, smell, or chemical properties as urine.

This is mostly in part do to ignorance and may be a little envy on the part of men with the attitude of "NOW THEY CAN EJACULATE TOO! What's next?", who would rather just dismiss it or brush it aside than to feel intimidated or threatened by it. It is a shame that people fear what they don't understand rather than to explore it to gain knowledge and insight.

Another block to the mass education and acceptance of female ejaculation is the fact that many feminists, and sex educators fear that if female ejaculation becomes accepted as normal then women who don't have ejaculatory orgasms may somehow feel pressured to ejaculate or be viewed as some how lacking or deficient because they are unable to ejaculate when compared to women that do ejaculate.

But as time goes on we find that women have a far greater capacity for sexual pleasure than ever thought of before i.e. multiple orgasms, G-spot orgasms, and now female ejaculation.

So this promising new territory in female sexuality has been passed over, and rarely explored in depth for whatever reason. If you were to ask most gynecologist or medical doctors about female ejaculation they would most likely will tell you that it's just urine. Most medical doctors really don't know much about human sexuality other than just the basic function and related diseases. If extensive studies have not been published and that particular doctor has not read them (and most doctors are too busy to read all of the studies) they will just fall back on what they learned in school or heard from another doctor. This has been the case with female ejaculation as it has been dismissed as urinary incontinence at the time of orgasm. Just as if you ask a doctor if penis enlargement is possible they will tell you it's not except for surgery. Which I know for a fact is absolutely false (To learn more about non-surgical penis enlargement go to <http://www.greatlovers.com>). Doctors are not trying to mislead you, it's just that many are not well informed about certain aspects of human sexuality.

It has taken many years just for the G-spot to come in to it's own let alone the possibility of female ejaculation. Many woman have experienced female ejaculation for years, and others have occasionally experienced it, but had buried this sexual treasure so to speak, to avoid ridicule and shame from their lovers and society for the fear that there was something wrong with them. And still many women have never experienced it for they did not even consider the possibility.

No longer in this age of information do people want to be kept in the dark, they want to explore and experience and know the truth. Now is the time!

This manual is written for both men who truly love women and who want to be able to bring the woman in his life incredible pleasure greater than she has ever experienced before, and to guide her in to new uncharted territory, in a new era of sexual awakening. And for women who wish to explore their own sexuality and locate their own G-spot and experience female ejaculation alone and or with their lover.

The goal of the this manual is to inform and educate you and your partner, and to present to you a clear and easy to understand formula and technique, a road map if you will into the uncharted territory that you can use to help yourself or help the woman in your life achieve an honest to goodness ejaculatory orgasm and incredible pleasure beyond anything she has experienced before.

Still, not a lot is known or understood about female ejaculation. In some cases only G-spot stimulation will induce an ejaculatory orgasm, in others clitoral stimulation will work just as well. And there are some women who ejaculate every time they have any type of orgasm, clitoral or G-spot. And for other women it rarely occurs at all.

We also find that of the women who do have ejaculatory orgasms, quite a few of them only are able to do this alone and not able to do so with a lover. This could be due to not being relaxed enough with their partner or for fear of judgment from their lover. It is also possible that for whatever reason they are not reaching a high enough state of arousal or receiving adequate stimulation when they are with their partner.

With all of these variables it's no wonder that we have been at a loss, except for the occasional hit and miss or the squirter (a woman that ejaculates with every orgasm, as she has been slangly termed). With medical science being focused on disease rather than pleasure not to mention the lack of attention paid to woman's health issues in general, it is no surprise that the medical community is not the place to look for answers.

So it seems to be left to us the explorers, the lovers and the squirters themselves to inform those willing to listen and try something new.

In actuality female ejaculation is not new at all, it's been around as long as women have been around. The ancient Chinese Taoists called it the *Yin Tide*, and in the eastern practice of Tantra, the fluid is called *amrita*, or divine nectar and it was regarded to be very beneficial to both the woman and her lover. I personally believe that female ejaculatory orgasms are more a forgotten ability than a new discovery.

Below is an attempt to answer some of the more common questions on the subject:

How do ejaculatory orgasms differ from regular orgasms in feeling?

Regular orgasms:

- Have shallow contractions that the women can feel and the man can barely feel to moderately feel on his penis or fingers.
- Generally last in duration from a few seconds up to a minute and may also come in multiples.
- There is a release of tension and a sense of relaxation, the woman can hold the orgasm back once it starts if she wants to.

Ejaculatory orgasms:

- Have deep rhythmic contractions, almost convulsions that start deep within the vagina and uterus. You can visibly see the contractions. They look like the vagina is trying to turn itself inside out by pushing the muscles out.
- The woman's vagina will try to push the penis, dildo or fingers stimulating her G-spot out of her.
- They last much longer, and may have multiples for up to 20 minutes, if stimulation is continued.
- Ejaculation occurs, and the fluid may travel anywhere from ½ inch to 3 feet and may reoccur with each orgasm if stimulation is continued.
- There is a much deeper release and relaxation during and afterward. Experiences ranging from an incredible release to an out of body experience, have been claimed.
- Once the ejaculatory orgasms start they are effortless unlike conventional orgasms that women sometimes try too hard to have. With the ejaculatory orgasms, it goes on auto pilot.

Where does the fluid come from?

There has been much speculation and controversy over this question. Considering the volume of fluid that is sometimes ejaculated (any where for 1 tsp. to 1 cup or more), some believe that it is urine and that it comes from the bladder, but lab tests have shown that this not true and that the chemical make-up it similar to that of male prostate fluid.

It is now believed that the fluid comes from the pariurethal sponge which is the female equivalent of the male prostate gland which lies behind the G-Spot and is composed of many pariurethal glands, which are similar in structure to the glands that make up the male prostate gland. When the G-spot is stimulated the pariurethal sponge swells with the fluid until the point of ejaculation, then is expelled and passed out the urethra.

Another theory that currently exists is that it is some form of chemically altered urine. I do not subscribe to that theory. But even if that is the case urine is sterile and would not causes any harm.

How much comes out?

Volume will differ from woman to woman, just like it does for men. The amount ejaculated on average is 2-3 tablespoons up to a cup in a single session.

Do all women have the capacity to Ejaculate?

At this point in time this is not known scientifically however in both Taoist and Tantric schools of thought, it is believed that all women are capable of the sacred orgasms which bring forth the *yin tide or amrita*. I must add that there are many variables both physiological and physiological, one of them being the number and size of the pariurethal glands of the particular woman in question. Each woman would have to be evaluated on a case by case basis. I personally believe that most, if not all women do have the capacity to ejaculate and can learn to do so, or I would not be writing this manual.

In fact recent studies done in Spain by researchers Francisco Cabello Santamaria and Rico Nesters suggest that all women do ejaculate but that the quantity and ability to emit or squirt the ejaculate out varies from woman to women. Meaning that some women may product very small amounts of ejaculate (only a few drops) and other may produce up to a cup. Also if a woman is producing a significant quantity of ejaculate, but her sexual muscles are not strong enough to force the ejaculate out it may just dribble out of her vagina never to be seen. This is one explanation of the wet spot that many women have underneath them after sex.

In the next chapter you will read real life experiences from my anonymous survey of over 10,000 women who have had G-spot orgasms, ejaculatory orgasms both from clitoral and G-spot stimulation.

Chapter 3

Survey Results (Women) : Real Life Experiences

What are men and women saying that have experienced female ejaculation?

That is a great question and there is no better way that to let you read for yourself. I have had a survey running on the WWW for over two years now. I have asked over 10,000 women and almost as many men a list of questions about their sex practices and desire part of which included questions about female ejaculation. Of course I can't show you all of the answers or this manual would be over 18,000 pages long. But what I have done is to take some of the best answers and the answers that are representative of the most common answers.

So what I want you to do now is to read through both the women's answers and men's answers (in the next chapter) over the next 60 pages or so and learn from their input. You read what type of experience they have had. Some will tell you what they had done to them/ or did to themselves to have the experience. This way you are not just taking my word for it but you are learning from some of the same data that I have learned from. Then I will teach you the techniques and formula that I think works the best.

Note: The following Excerpts are from my web survey, they are unedited except for extreme spelling errors, or where the statement was confusing.

On the survey I asked the women to answer the two following questions below:

Have you ever had a G-Spot Orgasm?

Have you ever experienced Female Ejaculation?

Below are each woman's answers to the above questions. When you see only one question it is because the women had either not responded to the other question or entered no comment.

Have you ever had a G-Spot Orgasm? "fan-fucking-tastic!"

Have you ever experienced Female Ejaculation?

"I have them a lot! it mostly happens when he jerks me off by playing with my clit."

Have you ever had a G-Spot Orgasm?

"Yes...I really gush with an orgasm."

Have you ever experienced Female Ejaculation?

"Yes...when my partners fingers hit the right spot I will ejaculate with strength."

Have you ever had a G-Spot Orgasm?

“My boyfriend was fingering me when I had a g-spot orgasm. I actually came, it was like I peed but it wasn't urine, it was something else. It left me shaking in total ecstasy for about 5 min. my other orgasms are much dryer and don't last nearly as long but I like them more, they don't leave me as tired as a g-spot orgasm and they can be more intense in the shorter amount of time.”

Have you ever had a G-Spot Orgasm?

“A G-spot orgasm is the most intense orgasm of all - it transcends all other orgasms and touches the whole body. It makes me feel totally satisfied and want to sleep.”

Have you ever experienced Female Ejaculation?

“I ejaculate when I have a G-spot orgasm. He loves this as my thighs become so wet - so does his hand!!”

Have you ever had a G-Spot Orgasm?

“Yes. It is hard to describe The ecstasy when I peek. My whole body quivers, its uncontrollable. When I scream out his name.”

Have you ever had a G-Spot Orgasm?

“Totally different t drives me crazy.. he hit and I was like OMG....I was going crazy I couldn't control myself.”

Have you ever experienced Female Ejaculation?

“yes...it feels weird but very relaxing”

Have you ever had a G-Spot Orgasm?

“Yes I have had a G-Spot Orgasm. The difference was I had a feminine ejaculation. The orgasm was brought about by masturbation.”

Have you ever experienced Female Ejaculation?

“I am able to have female ejaculation only through g-spot orgasms.”

Have you ever had a G-Spot Orgasm?

“Wow... yeah it's amazing...it's really intense... like back arching screaming from ecstasy.”

Have you ever experienced Female Ejaculation?

“Yeah.. .not really sure how it happens it just does but the orgasm is no different from any other orgasm... sometimes its just there sometimes it's not.”

Have you ever experienced Female Ejaculation?

“umm yeah. Usually it only happened when a guy eats me out. but not every time. I mean they gotta know what they are doing. cause if they suck then I am not going to get horny and want it, so they must know what to do and how to do it.”

Have you ever experienced Female Ejaculation?

“yea, I have. I was on top and all of a sudden... boom. I ejaculated everywhere. it only happened once and it was kind of unexpected.”

Have you ever had a G-Spot Orgasm?

“yes. I tremble all over and even after I am still blown away.”

Have you ever had a G-Spot Orgasm?

“when I have a g-spot orgasm it differs b/c I get this tingling in my stomach and I get really wet and I get really loud b/c of the pleasure.”

Have you ever experienced Female Ejaculation?

“yes, when he fingers me really fast then I usually ejaculate.”

Have you ever had a G-Spot Orgasm?

“Yes I have and it is a bit Better then a clitoris orgasm. It makes my eyes water and my body Shake. The ultimate.”

Have you ever experienced Female Ejaculation?

“Yes....the experience is probably the same feeling that a man gets when he Ejaculates. I ejaculate when playing with my clit. The best Feeling is laying on my back and my partner laying on his side Penetrating me and playing with my clit at the same time.”

Have you ever experienced Female Ejaculation?

“Yes, with myself. If I take things slow with allot of clitoral stimulation. I can have one.”

Have you ever experienced Female Ejaculation?

“yes but only when I’m totally turned on and after the first orgasm. and its only with intercourse.”

Have you ever had a G-Spot Orgasm?

“my difference in the two is with the g-spot orgasm I completely vibrate all over and cum so profusely that there's not a dry spot. I also shoot it out and completely are covered in my cum.”

Have you ever experienced Female Ejaculation?

“when I have a g-spot orgasm I can squirt and have plenty of multiple orgasm- lots of oral sex and fingering.”

Have you ever had a G-Spot Orgasm?

“it was more orgasmic and made my whole body shudder.”

Have you ever experienced Female Ejaculation?

“yes, when a guy really gets worked up and lets lose and just keeps on thrusting and moving.”

Have you ever had a G-Spot Orgasm?

“Yes, I have had them many times. For me, the difference is that when he hits my g-spot, I have an instant orgasm, there isn't really any building up, like with a normal orgasm. G-spot orgasms are great because they surprise you and last a little longer than a regular one.”

Have you ever experienced Female Ejaculation?

“I mostly have them when watching porn and seeing woman together.”

Have you ever experienced Female Ejaculation?

“yes I have I watch porn and use a dildo and get off like that it was intense not like the real thing but close enough

Have you ever had a G-Spot Orgasm?

“Yes! It makes me shudder and get chills...it's so sensitive and feels so great!”

Have you ever experienced Female Ejaculation?

“Yes, the river flows strong in my healthy body! I am able to stimulate my moist, wet pussy by thinking about and/or experiencing sexual arousal.”

Have you ever experienced Female Ejaculation?

“Yes- My boyfriend has to be sitting up and I on top, like him sitting in a chair. If I lean back and then let him hold me, he fingers me while having intercourse and I ejaculate.”

Have you ever had a G-Spot Orgasm?

“No, but the best (most intense) orgasms are when both the G-Spot and the clit are being stimulated.”

Have you ever had a G-Spot Orgasm?

“It increases the feeling of your orgasm. When I am on top as I am about to orgasm he pushes himself up to my G-spot and this just makes me melt.”

Have you ever experienced Female Ejaculation?

“Yes I have. I am able to have them through imagination. I usually think about my boyfriend and I having sex and talking dirty to me as I play with myself. I don't think about anything other than what I am doing at the time.”

Have you ever had a G-Spot Orgasm?

“I have g-spot orgasms quite often. It feels so much better than clitoral orgasms. you feel the orgasm deep inside you and you know you like the way it feels but then again the feeling is so strong you want to push away. You can feel your vagina walls pushing down on the penis. your whole body starts to tremble. and it just feels really good.”

Have you ever experienced Female Ejaculation?

“Yes I have experienced female ejaculation. It is what I look forward to when

I have sex. It's hard to explain. But it feels like waves are going through your body and in an instant you feel the wetness all on the bed. I have them when I have g-spot orgasms."

Have you ever had a G-Spot Orgasm?

"Oh yeah. It is all the time with the man I am seeing now. If I don't have one something is wrong....I never go without. I get on top and have the best ride possible."

Have you ever had a G-Spot Orgasm?

"I have been w/ ONE guy who could do it via intercourse, and he was long, and bent down. so it was full penetration the WHOLE time. he could have me orgasming within minutes of being in me, and multiples! it was always doggie style, and always good. otherwise, it could only be done w/ fingers and vibes."

Have you ever experienced Female Ejaculation?

"yes. the first time I did, I thought I'd urinated on myself! but it's only happened with one person."

Have you ever had a G-Spot Orgasm?

"Yes, I've had a g-spot orgasm. This was accomplished by his fingers. I awoke one morning to kisses on my inner thigh and of course this led to my clitoris. He then began to finger me gently rubbing and hitting my spot till my legs shook uncontrollably. This differed from my other orgasms in that I felt it was stronger and my legs damn sure shook harder to the point where I grabbed and scratched the hell out of his back."

Have you ever had a G-Spot Orgasm?

"Very intense feeling that starts tingling in my tummy then shoots down the inside of my vagina and makes me entire body shudder with pleasure."

Have you ever experienced Female Ejaculation?

"Mainly from oral sex or masturbation. After an intense orgasm my vagina just feels hot and moist then a clear type of liquid begins to trickle out of me....."

Have you ever had a G-Spot Orgasm?

"Yes I have and it is an experience completely different from clitoral stim. orgasms. It's all of your internal muscles and your whole lower half of your body and if your really good your whole body. Definitely a fabulous feeling that is not always easy to achieve although some women are multi-orgasmic with their G-spots, thank god I am one of them."

Have you ever experienced Female Ejaculation?

"I am not a squirter usually, but I recall with "The Tongue" that I made a disgustingly large puddle on the bed and him and he offered me a towel. Then you know she came no question."

Have you ever experienced Female Ejaculation?

"I can have then whenever I climax during oral sex. Or when my lover enters me

doggy style and rubs on my clit during sex.”

Have you ever had a G-Spot Orgasm?

“oh my god, its very different yet hard to describe, its almost tickling kind of, my whole body shakes and you just erupt into this tickling, warm pleasure, it’s amazing, almost if equal to sexual intercourse orgasms.”

Have you ever experienced Female Ejaculation?

“I have multiple orgasms, so yes I do experience them, it comes out in small quantities sometimes, but I depends on the orgasm, if their larger orgasms, then I ejaculate more.”

Have you ever had a G-Spot Orgasm?

“I like to start slow.. and when he hits that spot.. my legs go weak and tingles run through my entire body...then as he increases the speed and pressure building to a continuously steady pace...I can feel the muscles in my body straining.. then finally the release, the ejaculation.....the actual orgasm isn't as intense as the clitoral orgasm for me...but the entire process is so much more pleasurable.. its like floating, reaching...and finally...falling.. like climbing to the top of a huge slide, finally reaching the top and getting to slide down.”

Have you ever experienced Female Ejaculation?

“through G-spot Orgasm.”

Have you ever had a G-Spot Orgasm?

“I think g-spot are my normal orgasms.”

Have you ever experienced Female Ejaculation?

“yes. I only seem to have them when its really intense. like when I'm getting hard anal and frigging myself.”

Have you ever had a G-Spot Orgasm?

“yes, the intensity of it is 10 times more than just a regular one!”

Have you ever experienced Female Ejaculation?

“yes, I have; it almost feels like I’m urinating; I’m only able to have them when my hubby goes down on me and stimulates my clit.”

Have you ever had a G-Spot Orgasm?

“yes oh god how does one begin to describe an orgasm they are so intense it feels like we are on fire and the whole room is spinning then I feel as though I am going to pass out , my scream is so loud that I think that our neighbors are going to get pissed and tell the manager that we are very noisy people. My orgasms continue long into the night this is a g-spot and it makes me want to keep on going and making love. A normal orgasm is like well kinda like eating something that you've been craving for months but just haven't gotten around to eating and finally you do.”

Have you ever experienced Female Ejaculation?

“yes, when I hit my g-spot orgasm.”

Have you ever had a G-Spot Orgasm?

“Yes, a G-spot orgasm seems to be more intense than most others.”

Have you ever experienced Female Ejaculation?

“Once I was watching a porno (bad habit) and masturbating with my vibrator. I looked up at the TV screen and saw this chic deep throat this huge cock, I had the vibe on my clit, this image turned me on for some reason, so I kicked up the vibration speed, and squirted cum across the bed. I could see it spraying out of me in the mirror, at the foot of the bed. It amazed me, I didn't know until then that women were capable of this.”

Have you ever had a G-Spot Orgasm?

“normal orgasms just get me wet, g-spot orgasms make me cum i.e. it spurts out (female ejaculation).”

Have you ever experienced Female Ejaculation?

“it felt like all my sense and nerves were satisfied all at once.”

Have you ever had a G-Spot Orgasm?

“Yes. Actually I find that my "G-spot" is more towards the back than what is documented in general for women. It's a stronger orgasm, lasts longer and makes me more vocal. It takes longer to climax but feels good right away.”

Have you ever experienced Female Ejaculation?

“yes...I had one and it was the most intense thing...it was a multi orgasm.”

Have you ever had a G-Spot Orgasm?

“Yes, it's an orgasm that starts deep within your belly and just sends waves throughout your entire pelvis and it is a continuous orgasm.”

Have you ever experienced Female Ejaculation?

“I don't know exactly, I'm too much in lala land....but my fiancée thinks I'm peeing on him.”

Have you ever had a G-Spot Orgasm? yes, most of mine are g-spot orgasms, because my clitoris tends to be too sensitive to someone else's touch, and I prefer a g-spot orgasm.. I feel it all over my body in a much greater way

Have you ever had a G-Spot Orgasm?

“yes when my husband massaged the area between my vagina and rectum while fingering my vagina. It was much more intense than regular orgasms.”

Have you ever experienced Female Ejaculation?

“yes when I have orgasm, I have female ejaculation. it runs out of my vagina.”

Have you ever had a G-Spot Orgasm?

“G-spot orgasms don't even compare. They are what all orgasms should be. My whole body gets tense and I can feel my vagina sucking my partner in. I feel a rush of tingling from my toes through my head. Its breath-taking. You can feel your muscles just enjoying every second. I cant help to curl my toes, until the point of where I have cramps in them. And then after I am so shaky. Its great.”

Have you ever experienced Female Ejaculation? This has occurred when my partner was going down on me. He gave me pleasure for quite some time. Fingering me, licking my clit like a dog, until I felt my body get all tense, and just a rush came out of me. He was surprised when a rush of liquid came out, that he moved back, because it had never happened before.

Have you ever had a G-Spot Orgasm?

“I have never had a clit orgasm, but g-spot orgasms make you feel incredibly warm and then your kegal muscles pulse several times.”

Have you ever had a G-Spot Orgasm?

“Yes, it is easy to do if a man would try to massage the inside of a woman's clit either with his finger or his cock. The orgasms are so intense and very fulfilling.”

Have you ever experienced Female Ejaculation?

“Once about a week ago. Had about a three hour wait before my lover would arrive. Took a long hot bath and drank some wine. Was relaxed and had two orgasms already, one thru oral and one vaginally. I then got on top and as I began to ride him I felt like I was going to piss all over him but then I had a real intense orgasm and what was dripping all over him was very slick and sweet smelling and sweet tasting according to him as he licked my pussy clean afterwards.”

Have you ever had a G-Spot Orgasm?

“Frequently. It's more intense and deep and longer. Can happen with finger or dick.”

Have you ever experienced Female Ejaculation?

“Yes, it felt so Gooooooodddddd! I have had them like 3 times every time we have Sex it all depends on how long we are having sex.”

Have you ever experienced Female Ejaculation?

“yes, usually I can make myself come by masturbation, my husband can do it through oral sex as well.”

Have you ever experienced Female Ejaculation?

“it happens Every time I have a really big orgasm!!!”

Have you ever experienced Female Ejaculation?

“I don't know how but I often get ejaculation when I m alone and masturbating. I usually masturbate every night before sleep because I get chance of fucking with my boyfriend only once a week due to our study commitments. He studies in a different class. So I have to masturbate to get satisfied. I masturbate while sucking my own breasts and every time I chew my nipple I get a full load of ejaculate.”

Have you ever had a G-Spot Orgasm?

“I don't know what the supposed difference is. I have all different kinds of orgasms depending on what's being done to me (regular, oral or anal). I don't really analyze them I just enjoy them.”

Have you ever experienced Female Ejaculation?

“Only a couple times when I was cumming so much and so hard I was out of control.”

Have you ever experienced Female Ejaculation?

“Yes, I sat on the Penis of my man and rubbed, and boy it was a feeling you'll never forget, and I was wet in about 3 minutes. Then I fingered myself. You should see your partner's face.”

Have you ever had a G-Spot Orgasm?

“With a G-spot orgasm you can definitely tell the difference from a normal orgasm. It almost makes you fell like you have left your body. Almost like you are out of control. You almost can't take any more but you also don't want it to ever stop.”

Have you ever had a G-Spot Orgasm?

“Yes, yes, yes, one time me and my fiancée were watching a movie at his house and I was sitting on his lap. Through out the whole movie he was rubbing my spot and at the end of the movie I just came. What made it good was the fact he was looking me dead in the eye as he was doing it. The way that it differs from a regular orgasm is it is more relaxed.”

Have you ever had a G-Spot Orgasm?

“It's a lot more powerful than a normal orgasm. the muscles contract slower, so the orgasm is a little longer and a lot more pleasurable. but a g-spot orgasm is usually hard to accomplish for me.”

Have you ever had a G-Spot Orgasm?

“A g spot orgasm is the best when you masturbate. Or when you get your pussy licked. it's better because it's direct contact. It's making me horny now just thinking about it.”

Have you ever experienced Female Ejaculation?

“I usually experience it when I masturbate, which is only every other day, sometimes twice a day. After you come, it just starts to drip down you pussy to the crack of your ass.”

Have you ever had a G-Spot Orgasm?

“YES it is a totally different feeling, like a out of body orgasm that is so thrilling it is like setting you up for the big penetration orgasm.”

Have you ever experienced Female Ejaculation?

“Yes I came one day by squirting my cum all over the place, by just a touch and foreplay it was a great relief.”

Have you ever had a G-Spot Orgasm?

“Yes, you get to completely let yourself go. Scream uncontrollably and you really do feel like your peeing. I was told he could feel the contractions too.”

Have you ever experienced Female Ejaculation?

“Yes, feels kinda like your you're peeing, but you let it go and it's great. Both orally, and through intercourse.”

Have you ever had a G-Spot Orgasm?

“yes having intercourse from the back. It makes everything feel numb it's the greatest sensation ever.”

Have you ever had a G-Spot Orgasm?

“only once. it was awesome. I felt this weird tingle I had never felt before. we kept going in the same position and it intensified. Right about that time my clit started the normal tingle I feel when I am about to orgasm. My clit went off first and then it just intensified to the point that my eyes were rolling back in my head and my hips were thrusting really hard. I couldn't have been quiet if I had tried. it was wonderful!”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“My G-Spot Orgasms last for what seems 10 minutes, which isn't a bad thing. Normal orgasms for me sometimes a small and happen several times through out my sexual experience.”

Have you ever experienced Female Ejaculation?

“No”

Have you ever had a G-Spot Orgasm?

“Yes. My lover found my g-spot with several fingers and applied a gentle rocking pressure, it was good but I prefer a clitoral orgasm.”

Have you ever experienced Female Ejaculation?

“I've been told I ejaculate at times, I just know I can get very wet and excited not sure how it happens if it does just going by my partner.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“yes. by watching a porno.”

Have you ever had a G-Spot Orgasm?

“yes I have, when a woman is stimulated by her clit the sensation is only around the vaginal area but a g-spot orgasm includes the whole body. a good tip for when the g-spot is being stimulated is to push down the lower part of the stomach.”

Have you ever had a G-Spot Orgasm?

“yes. like a million volts of electricity running through my body.”

Have you ever experienced Female Ejaculation?

“yes. you get "gushy and juicy" just like when a guy comes.”

Have you ever had a G-Spot Orgasm?

“yes. the feeling is more intense and somewhat more painful.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“Not as yet.”

Have you ever experienced Female Ejaculation?

“Yes, it happens when he get me so turned on and aroused. by him teasing me by using his tongue or fingers.”

Have you ever had a G-Spot Orgasm?

“not yet.....soon I hope.....VERY soon”

Have you ever experienced Female Ejaculation?

“YesBy receiving oral sex and masturbation.”

Have you ever had a G-Spot Orgasm?

“I'm not sure.”

Have you ever experienced Female Ejaculation?

“yes but I only notice it when I masturbate.”

Have you ever had a G-Spot Orgasm?

“I don't remember exactly.”

Have you ever experienced Female Ejaculation?

“Yes, Ejaculation for a woman feels like a waterfall, that can't be stopped... it keeps flowing and flowing if u do your job right.”

Have you ever had a G-Spot Orgasm?

“Yes, once. The only guy who could even locate my G-Spot used his fingers in a J-shape and stimulated it until I climaxed. It seemed a lot deeper than my normal orgasms.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“yes. I was using a vibrator set on high. I thought I was peeing on myself.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes fingering myself and getting eaten out.”

Have you ever had a G-Spot Orgasm?

“I can't really explain, to me, it was my first orgasm, the G-Spot one, and then I had a regular one, and it just didn't even compare, its like getting shot or getting stabbed, a dull pulsing feeling, or BAM!”

Have you ever experienced Female Ejaculation?

“Yes, I do it quite often actually! When I get fingered while he is talking to me really dirty talking to me, and he moves his fingers in a "come here" motion while up inside me.. it gets damn near g-spot orgasm with that one!”

Have you ever had a G-Spot Orgasm?

“I have only had orgasms from playing with my g spot.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“It makes your vagina sore and it makes me get VERY horny when all the 'liquid' goes oozing out.”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“yes it is just awesome it made me quiver.”

Have you ever experienced Female Ejaculation?

“yes and by intercourse and by oral and by masturbating.”

Have you ever had a G-Spot Orgasm?

“yes. you can feel it deeper in your stomach... well not your stomach but it is deeper and if you are in love deeper is definitely more romantic and you feel as if he really is a part of you.”

Have you ever experienced Female Ejaculation?

“yes. a guy puts two fingers in you and feels for the hard spot. He can play with that for a while then start to have sex with you. you will actually cum (cum will come out of you).”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes. Every time I get fingered I have one.”

Have you ever had a G-Spot Orgasm?

“It is such an awesome feeling. It is a deeper orgasm. Kinda like a mountain crumbling inside you verses the normal "waves in an ocean" orgasm. He plays with my g-spot on my clit and every so often he goes inside me to get natural lube. He starts slow and gets faster. I'm wet just thinking of it.”

Have you ever experienced Female Ejaculation?

“I have them mainly through him eating me out and fingering me at the same time. Or when he is inside of me and our bodies are rubbing together and my clit is stimulated from the contact.”

Have you ever had a G-Spot Orgasm?

“no.”

Have you ever experienced Female Ejaculation?

“yes, only by Masturbation.”

Have you ever had a G-Spot Orgasm?

“Once but I don't really remember it. I know we were in the missionary position and he was leaning to the left (his right) and pulling in and out and leaving it in and swirling it

around and what not, it was good but I prefer a normal orgasm...they are easier to achieve and more frequent.”

Have you ever experienced Female Ejaculation?

“Doesn't a female ejaculate when she has her orgasm???”

Have you ever had a G-Spot Orgasm?

“hell yes, it almost takes you to the other side.”

Have you ever experienced Female Ejaculation?

“yes, it was amazing, oral sex with just my clit.”

Have you ever had a G-Spot Orgasm?

“Only once, it was amazing, so intense! Lasted longer than my clitoral orgasms, felt...warmer.”

Have you ever experienced Female Ejaculation?

“I don't think I have.”

Have you ever had a G-Spot Orgasm?

“yes. legs go numb, intense pleasure, almost slightly painful, absolutely wonderful.”

Have you ever experienced Female Ejaculation?

“I don't know. If you mean getting wet, yes.”

Have you ever had a G-Spot Orgasm?

“Nope.”

Have you ever experienced Female Ejaculation?

“Yes. The first time it happened I thought I was peeing. I experienced female ejaculation when my clitoris was intensely stimulated on one spot only.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“I am not positively sure but I think so, I was really wet and so was the surrounding area where I was laying, It was just from regular intercourse.”

Have you ever had a G-Spot Orgasm?

“yes-ten times more shaking!”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“yes and yes.”

Have you ever experienced Female Ejaculation?

“yes when I am very excite and relaxed.”

Have you ever had a G-Spot Orgasm?

“I am only able to have a g-spot when he is fingering me and licking my clit...so I have yet to experiencing an orgasm during intercourse but the g-spot is definitely more powerful.”

Have you ever experienced Female Ejaculation?

“No I have never been able to ejaculate and I really wish that I could... I know that my boyfriend would love to see it happen and I would too.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes, when I get really excited and/or orgasm I ejaculate.”

Have you ever had a G-Spot Orgasm?

“Yes. He was fingering me and went wild on me by using 3 fingers he started fingering me harder and deeper.. The g-spot orgasm is much more intense.....”

Have you ever experienced Female Ejaculation?

“No”

Have you ever had a G-Spot Orgasm?

“I don't know.”

Have you ever experienced Female Ejaculation?

“yes. all the time. Its an orgasm, and clear fluid comes out. Sometimes I can see some come out when I urinate after sex.”

Have you ever had a G-Spot Orgasm?

“yes, when I have a G-spot orgasm m whole body goes numb and limp and everything gets a tingly feeling and my body shudders, and in a normal orgasm my body shudder and its just not as dramatic and a g-spot orgasm.”

Have you ever experienced Female Ejaculation?

“no.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“it's just really intense, but it doesn't last long. just because guys have trouble

keeping it going for too long usually. It's just like a really pleasurable throbbing that is wonderful. It's erotic."

Have you ever had a G-Spot Orgasm?

"It's better than a normal orgasm because its "the spot" that drives me nuts."

Have you ever experienced Female Ejaculation?

"I experience female ejaculation when I was eaten out and he licked my "nub" really hard and fast and I went crazy and bucked my hips."

Have you ever had a G-Spot Orgasm?

"yes. It's deeper than a normal orgasm....more pleasurable."

Have you ever experienced Female Ejaculation?

"no"

Have you ever had a G-Spot Orgasm?

"yes, fingers are the only thing that can reach this."

Have you ever experienced Female Ejaculation?

"don't know."

Have you ever experienced Female Ejaculation?

"yes, in the bath tub I sit so the water is running onto my pussy or in a hot tub with jets, I let the jets rush onto my clit and it feels wonderful."

Have you ever experienced Female Ejaculation?

"Yes! Position your self in the tub under the faucet and adjust the temp of the water to your liking let it flow in your pussy. and in a few mins....."

Have you ever had a G-Spot Orgasm?

"No."

Have you ever experienced Female Ejaculation?

"Yes, when I masturbate I have them all the time. Just constant pressure on my vagina made me have one."

Have you ever had a G-Spot Orgasm?

"Yes, it is an orgasm from deep inside rather than the normal exterior clitoral orgasm. And it comes in a huge wave(s) over your whole body rather than just being in the pelvic area or pelvic area and legs."

Have you ever experienced Female Ejaculation?

"Yes, it used to happen quite often to me prior to my starting on the pill. I still ejaculate, but it is not as much and seldom and I can't control it anymore. My G-spot is quite large so that may allow me to ejaculate. If my G-spot is stimulated enough through penile or finger rubbing it fills up with liquid and I will ejaculate. It actually

feels pretty weird because you would expect it to be a really huge orgasm, but for me when I ejaculate the climax is really big and then once I ejaculate it is just gone the orgasm is almost non existent, but I feel good and completely relaxed and satisfied. At first I didn't know what was going on I had never heard of female ejaculation so I was pretty embarrassed, but my fiancé was really cool about it and he actually enjoyed it so I became comfortable with it.”

Have you ever had a G-Spot Orgasm?

“yes I have. It was AMAZING!!! I almost passed out it was so intense!”

Have you ever experienced Female Ejaculation?

“I reached ejaculation when I had my G-Spot orgasm. My beau wanted to see me cum. He looked up how to make it happen, and we followed the instructions (he lubes 2 of his fingers and inserts them, using those 2 fingers he rubs the g spot, and at the same time you have to pleasure the clit. after a while you feel this sensation like you have to pee, but it's not pee. Then you just explode!”

Have you ever had a G-Spot Orgasm?

“Yes, I have had a G-Spot orgasm. I don't even know how to explain it. It's like an atomic bomb going off inside of you...everywhere!”

Have you ever experienced Female Ejaculation?

“No I have yet to.”

Have you ever had a G-Spot Orgasm?

“When I have a g-spot orgasm it is a lot harder to get to then a normal orgasm but when I do reach my peak it is the most wet electrifying experience that I could have.”

Have you ever experienced Female Ejaculation?

“no comment.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“Yes, through masturbation, and anything with my clit.”

Have you ever had a G-Spot Orgasm?

“no comment.”

Have you ever experienced Female Ejaculation?

“It is wonderful and it's hard to explain.”

Have you ever had a G-Spot Orgasm?

“For me a g-spot orgasm is what I like to call a full body orgasm. It begins on the vagina

then heat travels throughout my body ohhhhhhhhhhhh yeahhhhhhhh! With a regular orgasm the effect is just centered at the clitoris. But still enjoyable.”

Have you ever experienced Female Ejaculation?

“I am not sure but would like to know more!”

Have you ever had a G-Spot Orgasm?

“A regular orgasm feels like Its coming from the outside in but the g spot orgasm feels like Its coming from the inside out .”

Have you ever experienced Female Ejaculation?

“I have never Experienced that yet.”

Have you ever had a G-Spot Orgasm?

“I believe I've had 4 or 5 G-spot orgasms. For the normal orgasms I get a total numbness then tingling from my thighs down to the tip of my toes. With the G, it was total tingle from head to toe, very intense and lasted longer.”

Have you ever experienced Female Ejaculation?

“never experienced female ejaculation.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“yes, when he goes down on me and uses his fingers along with his tongue.”

Have you ever had a G-Spot Orgasm?

“I couldn't explain anything except my body locked up and I felt like I was on the best ecstasy ever.”

Have you ever experienced Female Ejaculation?

“no comment.”

Have you ever experienced Female Ejaculation?

“Yes. I have done this many times. Alone or in front of someone. I either stimulate my clit by rubbing it in an up and down motion or in circles. When I do this long enough it brings me to an orgasm. Also, I have a vibrator and instead of putting it inside of me; I let it vibrate wide open on my clit until I cum.”

Have you ever had a G-Spot Orgasm?

“Yes, I would. I had never really heard about female ejaculation until it happened to me.”

Have you ever had a G-Spot Orgasm?

“I don't know if I can find the right words for it, but it is like an explosion where your entire body feels relaxed, tense and your mind goes blank all at the same time. Where are your normal orgasms are like a mini explosion.”

Have you ever experienced Female Ejaculation?

“Nope.”

Have you ever had a G-Spot Orgasm?

“It is harder and more intense it makes all my muscles tense up and feel like I can't move and these tingles run through my body and it is deep.”

Have you ever experienced Female Ejaculation?

“nope never”

Have you ever had a G-Spot Orgasm?

“Oh my God yes. During a G-Spot orgasm, I tend to become much, much, much more wet (female ejaculation), my nipples are extremely erect, moaning becomes much louder and waves of ecstasy flow through you. Unlike regular orgasms, my female ejaculation actually squirts out rather than just flows out.”

Have you ever experienced Female Ejaculation?

“Yes, I have. I'm able to achieve it through masturbation, receiving oral sex, and having a ‘more than two minute’ love making session.”

Have you ever had a G-Spot Orgasm?

“I don't know the difference.”

Have you ever experienced Female Ejaculation?

“yes I do all the time it's when you get all worked up and if your clit gets the right amount of attention your body will force you to push when that happens the water flows and soaks everything.”

Have you ever had a G-Spot Orgasm?

“I don't think so.”

Have you ever experienced Female Ejaculation?

“Yes, during oral sex and well like a male ejaculation.”

Have you ever had a G-Spot Orgasm?

“I never had G-spot orgasm.”

Have you ever experienced Female Ejaculation?

“Female ejaculation is so good. I climaxed so much I didn't want it to stop. I was masturbating when I had them. I stroked my clit until it was hard and very wet and came all over myself.”

Have you ever had a G-Spot Orgasm?

“Yes. It was doggie-style I was laying over a coffee table and he was using a vibrator on me that had the spiral effect going on while fingering my clit. And also he was slapping my ass about every 30 seconds. When I came, I literally came! All over him. It was just like one of those nasty porno's where you think "That has to be fake!", but that's what happened to me. I have only come with that crazy intensity one other time. You can really tell the difference when everything happens perfectly right at the perfect time.”

Have you ever experienced Female Ejaculation?

“That's exactly what I described in the question above. But I think the thing that definitely increases the chances of it happening to me is when I'm getting spanked.”

Have you ever had a G-Spot Orgasm?

“It is wonderful! My legs begin to shake when he touches it with his penis.”

Have you ever experienced Female Ejaculation?

“I only have female ejaculation when i masturbate with a vibrator...it feels wonderful.”

Have you ever had a G-Spot Orgasm?

“I've never had a g-spot orgasm.”

Have you ever experienced Female Ejaculation?

“I have experienced female ejaculation and it was truly AMAZING. it's a feeling that just overcomes your entire being and kind of makes your eyes roll back in your head. most often happens he gives it to me from behind.”

Have you ever had a G-Spot Orgasm?

“No, I haven't.”

Have you ever experienced Female Ejaculation?

“I have once. My boyfriend, had my hands tied above my head...and fingered me...while giving me oral sex...mostly clitoral stimulation. It took a while...but it happened. Usually I don't experience female ejaculation though.”

Have you ever had a G-Spot Orgasm?

“how it differs?!?!?! a hell of a lot...its like...i cant even explain it you just feel like your going to explode and you lose track of anything and EVERYTHING except him in you....its great.”

Have you ever had a G-Spot Orgasm?

“Yup! It felt like all of my insides were vibrating.”

Have you ever experienced Female Ejaculation?

“Nope.”

Have you ever had a G-Spot Orgasm?

“Yes they are amazing. It's just so intense you feel like you might explode.”

Have you ever experienced Female Ejaculation?

“Yes several times with my partner and solo with my fingers or vibrator and also oral Sex.”

Have you ever had a G-Spot Orgasm?

“I have never experienced this.”

Have you ever experienced Female Ejaculation?

“I mostly experience this when I am masturbating.”

Have you ever had a G-Spot Orgasm?

“no.”

Have you ever experienced Female Ejaculation?

“yes by being given wonderful oral.”

Have you ever had a G-Spot Orgasm?

“I am lucky to say that I have g-spot orgasms quite regularly, much to the annoyance of my flat mates. G-spot orgasms are in my opinion, allot more satisfying, allot more intense.”

Have you ever experienced Female Ejaculation?

“Not I have not.”

Have you ever had a G-Spot Orgasm?

“it last longer and it is more intense.”

Have you ever experienced Female Ejaculation?

“yes.....it felt like a running faucet.....it felt good....it comes along with having a G-spot orgasm.”

Have you ever had a G-Spot Orgasm?

“N/A”

Have you ever experienced Female Ejaculation?

“Yes I have, I actually have them pretty often. When I am really excited and the pressure is building and all of a sudden I ejaculate. Usually during 4play, when getting fingered.”

Have you ever had a G-Spot Orgasm?

“Yes - however, I don't find them to be as powerful as a clitoral orgasm.”

Have you ever experienced Female Ejaculation?

“Yes - we were having intercourse and while he was massaging my g-spot with his penis - he was massaging my clit with his fingers and the orgasm was incredible. I at first thought I had had an accident. It took almost one half hour for me to recover from it.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“when I cum its like a river... way to much and it makes me feel weird.

Have you ever had a G-Spot Orgasm?

“it almost always happens with the finger followed by my ejaculation in to dream land.”

Have you ever experienced Female Ejaculation?

“done with the finger and sends wild vibrations all over. Lots of liquid after it happens.”

Have you ever had a G-Spot Orgasm?

“no I haven't experienced a g-spot orgasm.”

Have you ever experienced Female Ejaculation?

“I experience and the only way I was able to ejaculate was when receiving oral sex. and I can never get it while having intercourse.”

Have you ever had a G-Spot Orgasm?

“n/a”

Have you ever experienced Female Ejaculation?

“it felt like an explosion, it was wonderful!”

Have you ever had a G-Spot Orgasm?

“yes it he has his cock just in the right spot at the top of my vagina and he strokes it long enough I have a body trembling orgasm then I pass out.”

Have you ever experienced Female Ejaculation?

“no I only have inner orgasms.”

Have you ever had a G-Spot Orgasm?

“I don't know if I've had a g-spot orgasm but I have had orgasms that were ‘different’. The area that I found to be ‘different’ and more pleasing was a little further up inside me than the g-spot is supposed to be (I think it's actually my epicenter that is being stimulated). Those orgasms are often more pleasing to build up to and are more powerful and satisfying than clitoral orgasms.”

Have you ever experienced Female Ejaculation?

“I have never experienced female ejaculation but man, I have sure tried!”

Have you ever had a G-Spot Orgasm?

“No, but I want one!”

Have you ever experienced Female Ejaculation?

“Once I did, but I don't know what happened that time that allowed me to have one.”

Have you ever had a G-Spot Orgasm?

“n/a”

Have you ever experienced Female Ejaculation?

“It just naturally comes to me. I always have to be on top, I have only had one orgasm while the man is on top.”

Have you ever had a G-Spot Orgasm?

“G-spot orgasm. It is wonderful. The sweating the shuddering the climbing the walls, the driving you wild. Throbbing clit after, not wanting to stop, wanting to keep going and not loose that feeling.”

Have you ever experienced Female Ejaculation?

“I used to try and stop it, when I felt like I was going to scream I would stop. Well, I've gotten over it. Ejaculation is wonderful. Masturbating or cunninlingus.”

Have you ever had a G-Spot Orgasm?

“yes-it's my favorite kind. A guy used his finger and then his dick and the orgasm was absolutely great and it lasted so much longer.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“I have had multiple orgasms and am not to sure about a G-spot. I only know that when I have had my partner touch me in sensate areas while making love to me I have responded completely and afterwards described it as a total turn on and rush of sexual energy.”

Have you ever experienced Female Ejaculation?

“I have never even heard of the term...”

Have you ever had a G-Spot Orgasm?

“Yes, it seems like it slowly consumes my whole body and gets steadily stronger until it is the most wonderful intense feeling I have ever felt. I have had g-spot orgasms that

were so intense I briefly passed out. It isn't just a sudden uncontrollable explosion of a feeling it is gradual and can get much more intense.”

Have you ever experienced Female Ejaculation?

“Yes, there has been a number of occasions where I have had a g-spot orgasm or a constant lasting regular orgasm.”

Have you ever had a G-Spot Orgasm?

“Those are the only kind of orgasms I can have. I think maybe my clitoris is broken. (Yes but those feel really good. They're hard to achieve though. For me at least, the spot has to be rubbed really hard, really fast. It's great exercise though.)”

Have you ever experienced Female Ejaculation?

“I've never squirted, but my pussy runs like I have a cold. I've always had a lot of moisture down there, so I don't know that there's anything special done to make a big amount of fluid.”

Have you ever had a G-Spot Orgasm?

“Yes I have he was fingering me alternating the amount of fingers he used and then inserted his penis at the right time to touch it off to an amazing O.”

Have you ever experienced Female Ejaculation?

“Yes, I was drunk, dreaming of my man, getting off and next thing I knew I was having the intense self induced orgasm of a life time and when I got up it was running down my leg and my hand was soaked.”

Have you ever had a G-Spot Orgasm?

“Orgasmic....earth shuddering...weak in the knees... feel lifeless...and than energized. it's the greatest feeling ever. I remember my first one, I remember thinking..."Damn if this feels this great why doesn't everybody do this."

Have you ever experienced Female Ejaculation?

“I don't think so.”

Have you ever had a G-Spot Orgasm?

“only if my g-spot is in my ass. those are my most intense orgasms.”

Have you ever experienced Female Ejaculation?

“yes when it's so good I lose all control of my body.”

Have you ever had a G-Spot Orgasm?

“It is SO MUCH more intense... I can't describe the feeling, other than I couldn't move afterward. He started out by kissing it, then... he went manual.. and would not stop rubbing it until I went numb... I had to arch my back for the intensity of it... I wasn't very quiet ether, he just loved that!”

Have you ever experienced Female Ejaculation?

“I donno how that would work...lemme know.”

Have you ever had a G-Spot Orgasm?

“yes I have had a g spot orgasm and its is long lasting and very sweet. normal orgasms for me are just short and sweet.”

Have you ever experienced Female Ejaculation?

“No i haven't had a female ejaculation.”

Have you ever had a G-Spot Orgasm?

“yes, his cock rubs against the front wall of my vagina and it tingles at first, like the first time a guys touches your pussy. and then when he starts rubbing it, then it feels better than the first time you ever had an orgasm.”

Have you ever experienced Female Ejaculation?

“I don't think so. But I have experienced where lubrication of my part, but that's just like when I get turned on I get wet, yah know, like everyone.”

Have you ever had a G-Spot Orgasm?

“That would be described as a complete rush, your entire body shakes, like a volcano, fire works...Too bad it doesn't happen all the time... Wow.”

Have you ever experienced Female Ejaculation?

“Not sure if it considered female ejaculation, but when I masturbate standing up I like to watch myself and when i come sometimes its like a river that gushes.”

Have you ever had a G-Spot Orgasm?

“I'm not sure what the difference between the two are.”

Have you ever experienced Female Ejaculation?

“yes I have, my boyfriend's fingers were deep inside massaging my g-spot and my ‘cum’(if you will) was squirting all over his hand.”

Have you ever had a G-Spot Orgasm?

“no comment.”

Have you ever experienced Female Ejaculation?

“yes, I have. It's happened on more than one occasion. I have no idea how it happens.”

Have you ever experienced Female Ejaculation?

“Yes I cum a whole Lot! It feels awesome because I can feel the juice on me!”

Have you ever had a G-Spot Orgasm?

“Not alone, though I have experienced simultaneous g-spot and clit stimulated orgasms, which are the best.”

Have you ever experienced Female Ejaculation?

“Yes, but it doesn't have anything to do with how good the orgasm is, it's just kind of a surprise and a little extra mess.”

Have you ever had a G-Spot Orgasm?

“It makes you feel that you're having an attack it's like totally wet and your body feels like a convulsion almost, too strong and crazy. very tiring, though.”

Have you ever experienced Female Ejaculation?

“NO, don't think so.”

Have you ever had a G-Spot Orgasm?

“No. Bummer.”

Have you ever experienced Female Ejaculation?

“Yes, I often ejaculate during the second or third orgasm. How am I able to have them? It just happens. I think it takes a lot more stimulation for the repeat orgasms and my body is already given up a lot of its control hang ups, and when I orgasm, I wet. It doesn't really change the sensation of the orgasm.”

Have you ever had a G-Spot Orgasm?

“He rubs it with his finger while he is going down on me. After I have an orgasm because of the oral sex my clit is very sensitive. My boyfriend will leave his fingers up me applying pressure to my G-spot. He continues to rub and massage and the rubbing gets harder. It usually doesn't take long to bring me to orgasm. He cannot touch my clit but I start feeling the throb in my vagina and usually I start riding his fingers like I would his penis. After just a few minutes of this I usually have a very strong orgasm. It seems to be far inside of me, where when it is my clit it seems to not involve much of my vagina.”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“no comment”

Have you ever experienced Female Ejaculation?

“Sometimes when I haven't had an orgasm for a few days, and my boyfriend gets me off, I have a very nice one, and after it, my thighs are wet and my sheets are soaked.”

Have you ever had a G-Spot Orgasm?

“NO.”

Have you ever experienced Female Ejaculation?

“If the man keeps going or rubbing my clit, I have what feels like multiple orgasms
And the juice just runs out all over.”

Have you ever had a G-Spot Orgasm?

“yes it drove me wild with pleasure it differs with normal, coz normal lasts for a short time but this one drives one crazy and the impact lasts for ever.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“Hmmmmm”

Have you ever experienced Female Ejaculation?

“Oh all the time I just rub and rub on my pussy faster and faster round and round up and down. Whatever feels good, play with my tits, Think dirty till I cum...I do it allot and it does feel great.”

Have you ever had a G-Spot Orgasm?

“yes and my pants got soaked.”

Have you ever experienced Female Ejaculation?

“I am not sure.”

Have you ever had a G-Spot Orgasm?

“Yes... it is more intense and feels like it comes from deep inside, lasts longer, and results in a more satisfied feeling afterward. I can have several clitoral climaxes first and still get off with G-spot stimulation, but after that I'm great for a few hours.”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“it's not as intense...I do it to ejaculate.”

Have you ever experienced Female Ejaculation?

“by being penetrated just slightly and rapidly.... then pull out the toy, fingers, or pull away from the penis; and I push my vaginal muscles... and I ejaculate...a LOT I can do this about 6-10 times in a row...and I will end up ejaculating a substantial amount of fluid I get good distance, too... I've gotten it all the way to my face. yum.”

Have you ever had a G-Spot Orgasm?

“yes, it feels like eating a lot of chocolate)”

Have you ever experienced Female Ejaculation?

“Yes, from doing it Doggy style. Having and orgasm from the g-spot is like nothing you've ever Experienced in your life. Once he starts playing with the g-spot and the bigger it gets and the more fingering and going around the G-spot it does peek out and then softly eating the whole pussy. Stop. Take your fingers and rub up and down on the clit softly then a little harder and in an figure 8 motion, let the squirting Start. Don't stop doing the above and she'll keep squirting for you. You can even squirt while making love. Stop fucking and then Start eating again and fingering again, ecstasy !!!!!!!!!!!!!!!!!!!!!”

Have you ever experienced Female Ejaculation?

“Yes the above question.”

Have you ever had a G-Spot Orgasm?

“I don't really know.”

Have you ever experienced Female Ejaculation?

“Yes! the experience is good and that all I can say about that. well its like an explosion an its good!!! The only way I've been able to have them is manually and only with someone I love... otherwise I cant....first the fact I'm in love with the person who I'm having sex with gets me there and what he's doing to me...especially while he's on top an his body is rubbing on my clit.”

Have you ever had a G-Spot Orgasm?

“Yes, I've had a G-spot orgasm. The guy I was with was blessed with a 10 inch cock...no lie. A G-spot orgasm literally gives you goose bumps from head to toe. I can't really explain how it's soooo different but it is. It's a big rush of excitement and sends chills all over your body.”

Have you ever experienced Female Ejaculation?

“Yes, I've experienced female ejaculation. It was, of course, through oral sex. It was a great feeling. I was so wet and it felt like the orgasm wouldn't end.”

Have you ever had a G-Spot Orgasm?

“No - actually, I really don't know what the G-Spot is and we never tried for this.”

Have you ever experienced Female Ejaculation?

“Yes, every time my man masturbates me or every time he performs oral sex or eats my clitoris it's a wonderful experience - something that cannot be described in words.”

Have you ever had a G-Spot Orgasm?

“Yes, and it is in a different place and lasts longer. It makes me shake.”

Have you ever experienced Female Ejaculation?

“Yes, with lots of penetration.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes, but so far only through clitoral stimulation. My whole body tenses up and I start to shake until I come.”

Have you ever had a G-Spot Orgasm?

“Yes! I can't really describe a normal orgasm in words, but a G-Spot Orgasm is like you can't even control yourself anymore. You just want to scream, and well, my body just wants to get fucked so hard right at that moment. Excuse my language, I hope that's allowed.”

Have you ever experienced Female Ejaculation?

“I don't really know. I know I've come, well I guess that'd be it. That happens during sex for me in any position where entry is from behind.”

Have you ever had a G-Spot Orgasm?

“Nope! I have never ever had an orgasm during intercourse and I'm pissed about that!!”

Have you ever experienced Female Ejaculation?

“Yes, oh yes! I am able to have them only manually or orally. I WISH I could have them with intercourse!! Don't exactly know why not. When I am ready, I feel flushed and I can feel it whell up in my belly like a tidal wave. My body goes into spasms. This is where you can make it or break it. My clitoris gets extremely sensitive now. What does it for me is either extremely small and gentle movements or just simple pressure with your mouth. By the small movements, it is possible to keep me cumming for a hell of a long time. I have never found out how long because I was still cumming when he stopped, Damn it!”

Have you ever had a G-Spot Orgasm?

“Oh man! It's a great feeling...I love it when I cum all over my mans hand and face.”

Have you ever experienced Female Ejaculation?

“G-spot...One word...Tell him to finger your G-spot...It's the best solution.”

Have you ever had a G-Spot Orgasm?

“A g-spot orgasm sends you over the clouds while a regular orgasm just puts you on cloud nine. It feels like there are fireworks exploding from your vagina. Your wetter than you would be if you had just poured water all over yourself. I quiver and my legs shake, don't know about other females but I do. Think of how it feels when you have adrenaline pumping through you and you think that is the best thing in the world. It is 10 times the feeling of that and all it takes is a man that knows how to thrust himself into you and knows how to move himself to hit that spot and man you are flying.”

Have you ever experienced Female Ejaculation?

“no comment”

Have you ever had a G-Spot Orgasm?

“Not sure.”

Have you ever experienced Female Ejaculation?

“YES! It squirts. It's a real strange feeling. No man has been able to make me do it without fingers. If you massage the tissue right above the pelvic bone on the belly-side of the vagina, and concentrate on it, eventually it'll come.”

Have you ever had a G-Spot Orgasm?

“My normal is clitoral , a g-spot comes unexpected and so highly pleasurable it is almost painful.”

Have you ever experienced Female Ejaculation?

“I have before, during orgasm with constant and bearing pressure inside the vagina , very hard and harsh , and with the sucking and slurping during oral.”

Have you ever had a G-Spot Orgasm?

“I never have.”

Have you ever experienced Female Ejaculation?

“I have once, my boyfriend was surprised, it was during oral sex, and it was a particularly good orgasm.”

Have you ever had a G-Spot Orgasm?

“Not sure, I have had phenomenal orgasms...usually 2 or 3 during each session at a minimum. Sometimes they are way off the Richter scale - so I cannot tell you if I have ever had a G spot O.”

Have you ever experienced Female Ejaculation?

“No?”

Have you ever had a G-Spot Orgasm?

“Yes I have had G-spot orgasm better then the clit one on love for my lover to do that and let me tell ya you get so full of juice and all he can slide all his 8 inch all the way into me and man right before I come he always wants to know if I am about to cum and then he slides it in and right when he does I cum or after to pumps oh man I cum so hard.”

Have you ever experienced Female Ejaculation?

“Have I done it my self yes I have when I am all alone love this one. Love to do it in a place where it is kind of scary. Maybe someone might find me love to do it in a open places and yes I love to work my self up big time and cum. This is where I do my g-spot to. feels so good I love sex what can I say.”

Have you ever had a G-Spot Orgasm?

“It's not as intense.. but very wet.”

Have you ever experienced Female Ejaculation?

“Yes.. watery fluid spurts out.”

Have you ever had a G-Spot Orgasm?

“Yes, I have. it was so much more intense than a normal orgasm, it was amazing.”

Have you ever experienced Female Ejaculation?

“Yes, I have, it is wonderful, everything makes me do it.”

Have you ever had a G-Spot Orgasm?

“Much more intense. First it feels like you have to pee, but then you become very hot and flushed very quickly. It seems to take allot less stimulation to orgasm.”

Have you ever experienced Female Ejaculation?

“no.”

Have you ever had a G-Spot Orgasm?

“yes.”

Have you ever experienced Female Ejaculation?

“yes all the time with oral sex and most of the time with intercourse.”

Have you ever had a G-Spot Orgasm?

“Yes, he was fingering me, and his fingers were stimulating my g-spot, it was a different orgasm, I’m not sure how exactly to explain, a bit more intense I guess.”

Have you ever experienced Female Ejaculation?

“A couple of times, when I'm really, really horny and we've been at it for a while.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“yes it only happens sometimes there are no specific things that lead to it just mind blowing sex it is a different feeling makes things really wett.”

Have you ever had a G-Spot Orgasm?

“no or at least I don't think I ever have.”

Have you ever experienced Female Ejaculation?

“Yes it was very different and I was embarrassed at first because I wasn't sure what to think becoming so very wet. I thought I was going to the bathroom.”

Have you ever had a G-Spot Orgasm?

“no.”

Have you ever experienced Female Ejaculation?

“Yes-- I flood every where-- when I orgasm, it's incredible, we mix together.”

Have you ever had a G-Spot Orgasm?

“Yes, it is a total body orgasm and you feel like wow for hours after, it is hard to achieve.”

Have you ever experienced Female Ejaculation?

“no, but I get really wet especially after a g-spot orgasm, i will actually have wetness dripping from me.”

Have you ever had a G-Spot Orgasm?

“My G-spot orgasms result in Female ejaculation. My entire body just shakes and my vagina clamps shut holding him in place while intense contractions overwhelm me. As soon as the contractions slow down, my body releases a gush of hot fluid. My normal orgasm would be the type that occur when masturbation takes place. It is just an overwhelming feeling on the inside and then simple contractions that subside. Feels good, but never too good. I can always have a g-spot orgasm following one of these!!!”

Have you ever experienced Female Ejaculation?

“See above.”

Have you ever had a G-Spot Orgasm?

“Yea.... really nice it's definitely the only way to fly.”

Have you ever experienced Female Ejaculation?

“Yes I have but I have found that only happens during oral sex.”

Have you ever had a G-Spot Orgasm?

“I like my clit and g spot rubbed at the same time....with a penis or fingers or dildo. Its deep and powerful and better than clit only which is more generalized and not so deep inside.”

Have you ever experienced Female Ejaculation?

“Occasionally I seem to flood with lubrication when I come. I can come over a minute or two duration if I am incredibly turned on. This only happens if I've been directly stimulated inside and on my clit, then stimulation is withdrawn while I throb, then resumed and withdrawn while the excitement and tension builds and builds until I explode and gush at the same time....very rare though. Its happened about three times. A man has to stop when I'm begging him not to stop....he has to control me....it doesn't often happen that a man will stop when I'm begging for harder. He has to make me wait, for me to have the strongest orgasm and the best experiences.”

Have you ever had a G-Spot Orgasm?

“Yes, it is more intense than a normal orgasm and I squirt!”

Have you ever experienced Female Ejaculation?

“Yes, I squirt!”

Have you ever had a G-Spot Orgasm?

“Yes - you lose all senses. I felt my eyes roll in the back of my head - I had black spots, felt like my heartbeat changed and could hear nothing but my own breathing. Felt like euphoria. Very hard to explain. And so far has only happened once.”

Have you ever experienced Female Ejaculation?

“Vibrator. It is very nice, but I prefer human contact.”

Have you ever had a G-Spot Orgasm?

“I couldn't control my urinating and I pissed all over the floor.”

Have you ever experienced Female Ejaculation?

“I fingered myself for a long time and then my b/f came in and played with my asshole.”

Have you ever had a G-Spot Orgasm?

“I don't know whether I have or not, but I have had sex where when I was stimulated on the posterior vaginal wall, I ejaculated a clear, odorless extremely hot fluid from somewhere. I can only achieve this when I'm on top, though.”

Have you ever experienced Female Ejaculation?

“see above.”

Have you ever had a G-Spot Orgasm?

“I've never had a g-spot orgasm.”

Have you ever experienced Female Ejaculation?

“Every time I climax I usually experience female ejaculation...whether it's from intercourse, oral sex, or fingering.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes. Quite honestly, I didn't know that I was capable. My partner kept pleasing me by oral sex, intercourse, oral sex, etc. and it just happened.”

Have you ever had a G-Spot Orgasm?

“Yes. You lose all sense of realism, like your senses have all come together and exploded as one. An orgasm feels "great", but your left feeling you want more. Yes.”

Have you ever experienced Female Ejaculation?

“Yes. Only if my "G" spot is reached.”

Have you ever had a G-Spot Orgasm?

“More intense.”

Have you ever experienced Female Ejaculation?

“Yes self done.”

Have you ever had a G-Spot Orgasm?

Yes! It feels totally different... but it awakens places in a woman's pussy that can't be awakened by a clitoral orgasm. The ejaculation part is a trip, it kind of turns me on...”

Have you ever experienced Female Ejaculation?

“I thought the only way to experience that is through the G-spot, I must be missing out on something!”

Have you ever had a G-Spot Orgasm?

“No, any advice?”

Have you ever experienced Female Ejaculation?

“Yes, it was mystical because my partner and I ejaculated at the same time. We had spent time with me riding him and then we changed to my favorite position, and we both came at the same time.”

Have you ever had a G-Spot Orgasm?

Yes. Which one? My husband stimulates the one on the front wall of my abdomen either with his finger or with the head of his penis. A G-spot orgasm differs from a clitoral orgasm like this a clitoral orgasm is quick, intense and very concentrated in one specific area. A G-spot, or internal, orgasm lasts longer, and covers a larger area...it is not as concentrated or intense, but equally satisfying. It's a warm fuzzy orgasm, so to speak. My other G-spot is on the back wall of my internal realm, and it's the spot that a baby hits during childbirth to release endorphins and thus help numb the pains of labor. My husband can insert his thumbnail up, and rub this little knot. It is completely different from the other G-spot!! On this one, I cannot keep still and I giggle the entire time!!!”

Have you ever experienced Female Ejaculation?

“If I have, I didn't feel anything different.”

Have you ever had a G-Spot Orgasm?

“No, I've never had a G-Spot Orgasm.”

Have you ever experienced Female Ejaculation?

“I have once. It was when we were messing around when he was driving. It really didn't feel any different, but it felt incredible the whole time. The stuff just started coming out.”

Have you ever had a G-Spot Orgasm?

“ummmm.....its like when you get tickled no matter how hard you can try you can't help but cum.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“Yes, it feels like you lose control of your mind and body. I became extremely emotional afterward and had a flood of fluid expelled from my body. I don't recall having the contractions like a normal orgasm. It was a feeling of helplessness.”

Have you ever experienced Female Ejaculation?

“Yes when I reached a g-spot orgasm. I was on my back on a table with my legs over his shoulders. he was standing in front of me and with that position he continuously hit the front wall of my vagina obviously hitting the g-spot.”

Have you ever had a G-Spot Orgasm?

“Yes I have. It is intense. It last longer and it is much better than clitoral orgasm.”

Have you ever experienced Female Ejaculation?

“Whenever I had a g spot orgasm, I would ejaculate.”

Have you ever had a G-Spot Orgasm?

“With a g spot I wet myself along with having a orgasm.”

Have you ever experienced Female Ejaculation?

“It was making love with my husband and it was like I was spitting at him.”

Have you ever had a G-Spot Orgasm?

“Yes....it was like a fountain gushing out.”

Have you ever experienced Female Ejaculation?

“I did it for myself.”

Have you ever had a G-Spot Orgasm?

“Yes...an uncontrollable buildup and very strong release.”

Have you ever experienced Female Ejaculation?

“Yes through clitoral stimulation.”

Have you ever had a G-Spot Orgasm?

“Unfortunately no.”

Have you ever experienced Female Ejaculation?

“When I cum it gets everywhere and is very messy...I cum when my clit is given about 20 minutes of special care.”

Have you ever had a G-Spot Orgasm?

“Yes and it is much deeper than normal orgasms, it makes you quiver.”

Have you ever experienced Female Ejaculation?

“Yes, dedicating my whole mind and body into having orgasms.”

Have you ever had a G-Spot Orgasm?

“Yes. The G-Spot orgasm was completely mind blowing. With regular orgasms the feeling is most intense in the genital area but a G-Spot orgasm makes you feel wild all over. Complete satisfaction.”

Have you ever experienced Female Ejaculation?

“This has always been a "problem" of mine. I get extremely wet when I orgasm and it's almost like I peed myself. I know I haven't but I get the feeling like I can't stop coming.”

Have you ever had a G-Spot Orgasm?

“YES!!! When having a G-spot orgasm I have a tendency to not be able to breath properly, as if I am holding my breath. You loose complete control of your body, it writhes in pleasure! I am more likely to have a G-Spot orgasm when I am being fingered deeply or when using my dildo.”

Have you ever experienced Female Ejaculation?

“I don't believe I have.”

Have you ever had a G-Spot Orgasm?

“I have had g-spot orgasm, but it wasn't done by someone else.”

Have you ever experienced Female Ejaculation?

“Yes, by myself.”

Have you ever had a G-Spot Orgasm?

“Yeah, it was pretty much the same for me, except not as much moving around and panting and stuff.”

Have you ever experienced Female Ejaculation?

“yeah. It's kinda weird.. I dunno how to explain it.. its like you feel sorta like you have to go to the bathroom, only not.. it feels good. And then it jus comes out.. it usually happens when i put a vibrator right on my clit and leave it there for a few minutes”

Have you ever had a G-Spot Orgasm?

“Yes!!!!!! It fells like a wave coming over your body that is slow but very intense and it last much longer than a normal orgasm, often with g-spot orgasms I have what we call after shocks where you body has a recall of what has just happened.”

Have you ever experienced Female Ejaculation?

“Yes! Mine came from hand stimulation with great concentration on the

clitoris.”

Have you ever had a G-Spot Orgasm?

“no I haven't.”

Have you ever experienced Female Ejaculation?

“Yes it's just a wow feeling, and the way I've had it is just from the guy having intercourse and just foreplay a lot of it for like hours.”

Have you ever had a G-Spot Orgasm?

“no idea. I just know mine are intense and prolonged.”

Have you ever experienced Female Ejaculation?

“A few times during the most intense sex.”

Have you ever had a G-Spot Orgasm?

“It makes me quiver.”

Have you ever experienced Female Ejaculation?

“by being fingered very hard, I exploded like a fountain.”

Have you ever had a G-Spot Orgasm?

“It will make you come off the bed, you will know it when it happens. it will put your ass to sleep.”

Have you ever experienced Female Ejaculation?

“When I watch porn Flicks.”

Have you ever had a G-Spot Orgasm?

“Yes. It makes your toes curl and it feels like when a dog kicks his foot because it feels so good!)”

Have you ever experienced Female Ejaculation?

“Yes. I know when I'm about to nutt because I get that feeling where I am forcing MORE, MORE, HARDER, HARDER! ya know;) I have no Idea. It just cums!;) “

Have you ever had a G-Spot Orgasm?

“G-Spot O is a similar feeling, but more spontaneous... you don't feel it coming on like a normal orgasm... once they hit the spot, it's only good from there!”

Have you ever experienced Female Ejaculation?

“Only had that a few times, not often... and I had it randomly from a very good sex partner.”

Have you ever had a G-Spot Orgasm?

“Yes it was totally different. It hit my entire body like a storm.”

Have you ever experienced Female Ejaculation?

“Intercourse.”

Have you ever had a G-Spot Orgasm?

“Well if I never had a normal orgasm it has to be on my g-spot. I’ve come close but I tend to lose concentration.”

Have you ever experienced Female Ejaculation?

“Yes, when I see other people have sex.”

Have you ever had a G-Spot Orgasm? yes

Have you ever experienced Female Ejaculation?

“Yes..... when my bf has rough sex with me and he hits the walls.”

Have you ever had a G-Spot Orgasm?

“You totally loose your breath and are soooo weak after it is wild. You can’t move and you can sleep for hours afterwards its so relaxing. It’s the best way to orgasm. I strive to get there every time although it doesn’t happen but like once a month if that that I can get there. My husband puts one arm around or over me so he can reach my left breast while rubbing my clit and entering me with his fingers. He’s the greatest and once I get there I know nothing else that’s going on just that I’m feeling great. He sucks my clit while entering with his fingers at the speed that I tell him feels good and then he takes over and helps me to get there.”

Have you ever experienced Female Ejaculation?

“Only with a vibrator turn it in and take your time exploring you have to practice.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“If I’m stimulated on the anterior of my vagina for a few minutes and then he stimulates my clitoris in any way I ejaculate.”

Have you ever had a G-Spot Orgasm?

“This one really drives me crazy.....it is more localized at first and then makes you shake all over and your eyes glaze over this lasts for a while.....very fun.”

Have you ever experienced Female Ejaculation? no

Have you ever had a G-Spot Orgasm?

“It’s strange. There is a complete difference. A normal orgasm the pleasure is intensified

in the genitals, and the after wash of the orgasm flows through the body, where as a g-spot orgasm, from the point you are about to peak until minutes after the orgasm your whole body feels like it's on fire, its intense and you have to let go, when I'm having a g-spot orgasm that when I cant be quiet, I cant restrain myself and I cant stop until its done, I forget there is another person present, at that moment all you can feel is the orgasm."

Have you ever experienced Female Ejaculation?

"I'm not sure what a female ejaculation is, but I'm definitely more sticky and wet after an orgasm, and its not due to semen."

Have you ever had a G-Spot Orgasm?

"No."

Have you ever experienced Female Ejaculation?

"Once I was very hot it was after a huge orgasm from hand stimulation by him then I got on top, he felt it on his leg and foot."

Have you ever had a G-Spot Orgasm?

"Don't know, all my orgasms are pretty intense as well as multiple."

Have you ever experienced Female Ejaculation?

"Yes, allow myself to fully feel sex and enjoy it. Love it. It is an extremely intense orgasm."

Have you ever had a G-Spot Orgasm?

"Oh Yes! When he is aiming down towards my abdomen. It is unbelievable."

Have you ever experienced Female Ejaculation?

"Yes! through anal and vaginal penetration t the same time."

Have you ever had a G-Spot Orgasm?

"I think so. It doesn't seem real different."

Have you ever experienced Female Ejaculation?

"Yes I have, I do almost every time I orgasm. It just happens."

Have you ever had a G-Spot Orgasm?

"YES, there are no words to describe the heights it takes you too. My lover is the best, most considerate and knows how to use those toys and himself!!!"

Have you ever experienced Female Ejaculation?

"During cunnilingus, after forever twisting and turning and being sucked and licked, the nipples stimulated at the same time, cuming in his mouth he loved it!"

Have you ever had a G-Spot Orgasm?

"Yes...it took longer but felt great and all I wanted to do was push myself harder on to his

fingers.”

Have you ever experienced Female Ejaculation?

“Yes, every time we have sex, and more than once, many times I only have them when sucked and fingered.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Masturbate allot and pump myself hard with a vib or dildo.”

Have you ever had a G-Spot Orgasm?

“Yes, G-spot orgasms are the best of all. I'm not so sure if it actually differs, because I am not sure what causes it, but the sensation is like a million fingers tickling you on the inside. You feel like your pussy will burst. The contractions are very deep and feel soooo good. They are very fast in coming too and can come again even when you thought you were done He knew how to orally stimulate me with fantasy and comfort. He knew how to massage my G spot and I would let go over and over again. That was 5 years ago, and have never had it the same since. The pleasure was so intense it made me cry. I still think of him and wonder what happened to him. He knew how to make me feel cared for, and wanted, but he also knew when it was the right time to take charge with me sexually and that was definitely a turn on. He wasn't always soft and gentle, but I knew that if I really didn't want it that way, he would not continue. When he performed oral sex on me, he didn't go straight to clitoris like so many men do, but teased and slowly maneuvered around until you were begging him to do it, then he would start sucking it so very lightly and slowly and of course, then he would bring me to orgasm combined with G-spot orgasm. The best in the world.”

Have you ever experienced Female Ejaculation?

“No. Never have.”

Have you ever had a G-Spot Orgasm?

“It differs in that it is more intense and almost a painful experience. the orgasm completely exhausts me and makes me almost unable to go on due to the intensity.”

Have you ever experienced Female Ejaculation?

“I am able to experience female ejaculation after having received multiple orgasms either by stimulation by my partner or by self-stimulation....there is an incredible flush that you feel in your genital region followed by an incredible release of fluid from the urethra.”

Have you ever had a G-Spot Orgasm?

“no.”

Have you ever experienced Female Ejaculation?

“Yes-It was very scary the first time. Now I look forward to them. I reach

them mostly with a vibrator either alone or with a partner.”

Have you ever had a G-Spot Orgasm?

“It differs greatly. I felt an overwhelming sensation. I couldn't control any of the muscles in my body. I felt like I was going to explode, very pleasurable.”

Have you ever experienced Female Ejaculation?

“No, I haven't. I'm not exactly knowledgeable in that term.”

Have you ever had a G-Spot Orgasm?

“Yes , it was incredible I can't describe how it felt my whole body was repeatedly pulsed with an amazing comfort and pleasure.”

Have you ever experienced Female Ejaculation?

“Yes it was so weird I was becoming very engaged and rapidly moving on him and it happened.”

Have you ever had a G-Spot Orgasm?

“I was getting it and it was all the way in as far as it could go and moving in circles then I Was also masturbating myself to make it hotter and wetter.”

Have you ever experienced Female Ejaculation?

“The experience is like an orgasm and I learned them by watching myself masturbate and making myself come.”

Have you ever had a G-Spot Orgasm?

“It is way more stronger and takes a lot longer to have one. I feel ripples that go through my body and sometimes causes me to have convolutions. . . .good ones of course.”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“no never have.”

Have you ever experienced Female Ejaculation?

“Yes it is 10 times worse (more) than a guys ejaculation I've only experienced it through oral sex.”

Have you ever had a G-Spot Orgasm?

“I've never experienced an actual orgasm from it. It feels very intense when touched.”

Have you ever experienced Female Ejaculation?

“Yes. Just as you can't control the intensity of your orgasms(your body decides that), you can't really control that either. It usually comes after a very intense orgasm.”

Have you ever had a G-Spot Orgasm?

“YES. I was on top and the guy just kept his dick all the way in and I rode it where I wanted it. He let me find the spot and keep his dick where i liked it. It was different because it gave me whole body spasms. I could hardly breath for ten minutes afterwards.”

Have you ever experienced Female Ejaculation?

“Yes. I always do. I don't know how or why.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes it's just like a little stream that shoots out.”

Have you ever had a G-Spot Orgasm?

“Yes, the g spot orgasm made me shiver, almost cry, but in the good way, I loved every minute of it.”

Have you ever experienced Female Ejaculation?

“Yes, whenever I get eaten out by my boyfriend I do.”

Have you ever had a G-Spot Orgasm?

“YES!!!! It differed immensely, it is really hard to describe, i like couldn't breath it felt so good.”

Have you ever experienced Female Ejaculation?

“Yes, after I had my orgasm and when he kept going it would just happen, it felt good, but I felt bad for him to have to have his hands in it.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“Only w/ a vibrator and it feels mind blowing!”

Have you ever had a G-Spot Orgasm?

“The feeling of a G-spot orgasm verses a clitoral or vaginal orgasm is great. The clitoral or vaginal orgasm is mild in comparison. It's like a relaxed feeling comes over you from your head to your toes, and I personally can feel the fluid come through and out my vagina. The G-spot orgasm you can feel building, and fluid ejaculates similar to a male, but I can't vouch for the same feelings. I guess you could say it's a combined feeling of relief and joy, followed by muscle spasms, then complete relaxation, and sometimes crying, because it is such an emotional and spiritual feeling, as well as stress relieving.”

Have you ever experienced Female Ejaculation?

“My G-spot orgasms are a female ejaculation!(as explained above)”

Have you ever had a G-Spot Orgasm?

“More cum and longer, they are the longest orgasms you'll ever have and the quality is more enhanced. I felt shaken all over and wanted to cry. It's not describable to say how pleasuring and good it felt. I felt a release and I never get that with normal orgasms.”

Have you ever experienced Female Ejaculation?

“You can have them if you find your g-spot. If during intercourse or masturbation you find this spot and pleasure it you'll be able to go.”

Have you ever had a G-Spot Orgasm?

“NO.”

Have you ever experienced Female Ejaculation?

“Yes.it was grrrrreat.I can only have them when the guy hits the right spot at the right time.”

Have you ever had a G-Spot Orgasm?

“Yes, when my man plays with the g-spot for an extended period of time making it so sensitive and nearly numb I orgasm. It doesn't differ really except its external.”

Have you ever experienced Female Ejaculation?

“By having sex.”

Have you ever had a G-Spot Orgasm?

“Never had a man that deep.....YET.”

Have you ever experienced Female Ejaculation?

It is awesome....like a river running loose in you.....very wet.....”

Have you ever had a G-Spot Orgasm?

“A g spot orgasm is strange but incredible for me. If its stimulated in anyway...its like a total explosion of my body. First I feel it in my vagina and then it moves to my legs and back up and then to my abdomen.. and finally all over. Its a total body experience that lasts for a while is feels so damn good.”

Have you ever experienced Female Ejaculation?

“NO.”

Have you ever had a G-Spot Orgasm?

“Puts me in a daze and my body Quivers, feels sooooo good.”

Have you ever experienced Female Ejaculation? A lot of clit stimulation good hitting that g spot helps not giving up to soon

Have you ever had a G-Spot Orgasm?

"I can only get in this position when having sex from behind, on my stomach with my legs tight together. I have to be able to grind my clit between my thighs as my partner pumps me from behind."

Have you ever experienced Female Ejaculation?

"No"

Have you ever had a G-Spot Orgasm?

"My man found my spot and he plays until I am turned on so much that I beg him to put it in and he does and then starts all over again so that I get to that place again and it isn't until we are almost finished with him that could be hours later when he is almost ready he will hit my spot again and let me go and he gets so turned on that he puts his big hard dick in me and fills me with his cum. When he hits my G-spot it is like releasing so much stress and energy your body just shakes and men are so turned on by seeing you have so much pleasure. my man usually kisses me very deep to keep from letting the whole world know what we are doing, I climax every time we have sex and if they start on your G-spot within 30 seconds of a climax they can bring on another and another. If your man knows what he's doing."

Have you ever experienced Female Ejaculation?

"don't know."

Have you ever had a G-Spot Orgasm?

"I've never had an orgasm that way, but I have had the G-Spot stimulated during sex, which feels very strange but good. It's similar to the feeling of having to go to the bathroom."

Have you ever experienced Female Ejaculation?

"Nope. Never had it happen."

Have you ever had a G-Spot Orgasm?

"Nope."

Have you ever experienced Female Ejaculation?

"Yes, I have when I masturbated by myself---using a vibrator."

Have you ever had a G-Spot Orgasm?

"Not yet but I'm ready."

Have you ever experienced Female Ejaculation?

“Only when using a Vibrator.”

Have you ever had a G-Spot Orgasm?

“Yes...oh my god...you just tingle all over, it's a rush. I get so excited that I can't even be touched or I feel like I am going to explode.”

Have you ever experienced Female Ejaculation?

“Yes. It all has to do with technique.”

Have you ever had a G-Spot Orgasm?

“Most unbelievable feeling, it's like the world could end without you noticing!! If the guy hits it you just scream and your body goes completely numb.”

Have you ever experienced Female Ejaculation?

“You just get really wet and lubricated.”

Have you ever had a G-Spot Orgasm?

“The difference was that my entire body felt out of control with the G-spot orgasm. He would put one finger inside my vagina and just hold it there, palm facing forward, and lick my clitoris for what must've been about 15-20 minutes. I don't remember it ever even feeling all that wonderful, but it wasn't bad. So anyway, he's licking and licking and I'm thinking that I'd like to take a book out and start reading because it's been so long. Then, all of a sudden, he starts sliding his finger in and out of me slowly and gently and I would have an orgasm that I never even knew was possible. I was never even able to have one like that through masturbation.”

Have you ever experienced Female Ejaculation?

“Yes. I started experiencing female ejaculation in my early 30's. I am able to have them only through vaginal stimulation. There isn't any great sensation that comes with it. I think it can happen independently of an orgasm and vice versa.”

Have you ever had a G-Spot Orgasm?

“I have yet to experience a G-Spot orgasm.”

Have you ever experienced Female Ejaculation?

“I rarely experience ejaculation through normal intercourse, but when I do, it's rather intense. Mainly I experience it through oral sex.”

Have you ever had a G-Spot Orgasm?

”I don't guess I really know the difference.”

Have you ever experienced Female Ejaculation?

“It is one of my favorite things to do! Either I do it my self or my boyfriend fingers me while I rub my clit!”

Have you ever had a G-Spot Orgasm?

“There is no comparison to a G-Spot orgasm and a normal orgasm. During a G-Spot orgasm your body takes on a different type of feeling. Just the touch of his tongue makes you jerk. The feeling and pleasure is indescribable! I recommend every woman to try it!”

Have you ever experienced Female Ejaculation?

“I love to rub on my vagina as I am making love. As my husband thrust his penis into me I rub my clit and together we both reach orgasm. It is a wonderful feeling to have control over your own body and orgasm. It drives men wild to see a woman have a female ejaculation!!!”

Have you ever had a G-Spot Orgasm?

“I don't know what a G-Spot Orgasm is?”

Have you ever experienced Female Ejaculation?

“It is the best!!! You can feel yourself and it's all wet and warm and moist it feels soo good and when my partner say's ugh I like it like that and starts to perform oral it is the best.

Have you ever had a G-Spot Orgasm?

“Yes. If the penis is firmly pressed and rubbed against the upper wall of the vagina, especially the head, a g-spot orgasm for me can be had, and it's different because all control is lost.”

Have you ever experienced Female Ejaculation?

“From pressing on the clit while contemplating lesbian sex.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Simultaneous clitoris and vaginal stimulation.”

Have you ever had a G-Spot Orgasm?

“When he hits the g- spot it drives me up the wall. it a oh my god feeling .I just can't explain it.”

Have you ever experienced Female Ejaculation?

“Yes! When he plays with the g- spot.”

Have you ever had a G-Spot Orgasm?

“Yes. It is the best orgasm I have ever had. Well I have had several but you get the picture.”

Have you ever experienced Female Ejaculation?

“Yes I have. I usually have them when my man eats me out. It feels so good.”

Have you ever had a G-Spot Orgasm?

“Yes, it feels as if your having a hot flash , your vaginal muscles tighten , your clit throbs your hart races and when its all over you feel so relaxed but your vagina tingles. It differs because it is more intense.”

Have you ever experienced Female Ejaculation?

“Yes, it feels as if your peeing on yourself because it is a sudden burst of wetness. I have female ejaculation by intense vaginal stimulation through sexual intercourse.”

Have you ever had a G-Spot Orgasm?

“No a men has never gave that pleasure.”

Have you ever experienced Female Ejaculation?

“I always ejaculate when I'm with my partner. It come with my orgasm.”

Have you ever had a G-Spot Orgasm?

“O yeah, it feels Sooo much better. You breathe heavier and scream louder.”

Have you ever experienced Female Ejaculation?

“Yes all the time, I think about having hot sex and finger myself.”

Have you ever had a G-Spot Orgasm?

“I have most of my orgasms this way! It is more intense and is felt higher inside my body and lasts longer and feels more pleasurable because the man is inside me.”

Have you ever experienced Female Ejaculation?

“Yes, the entire bed was a wet pool. Did it being on top and only happened with one guy. Don't really know why, but we must have just fit together the right way.”

Have you ever had a G-Spot Orgasm?

“It just feels concentrated in one spot, and it's more intense. I easily have this type of orgasm if I'm on top and I insert his penis only partway into me. Then his head rubs right on it, and since I'm on top, I can control how I rub against it. I easily have multiple orgasms this way because it feels so good. Unfortunately, though, doing it repeatedly in one session tends to make him a little sore and bored.”

Have you ever experienced Female Ejaculation?

“No, I wish I could. (“

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“All the time, Every time I have an orgasm.”

Have you ever had a G-Spot Orgasm?

“no I don't think so.”

Have you ever experienced Female Ejaculation?

“I don't know just how I did it but I know it was GREAT!!! I have had several over the years. Just seems to happen when the man really puts allot into making the night special for me, spending time with me before and during I think for me it's a emotional thing.”

Have you ever had a G-Spot Orgasm?

“Yes!! they are 10 times better, they last longer, and make you cum more, they also get you really hot and really relaxed, when you know you have one is when your exhausted after having sex, if you normally can go about 2 or 3 times.”

Have you ever experienced Female Ejaculation?

“Yes...I don't know I always have them I thought it was normal...oh well!”

Have you ever had a G-Spot Orgasm?

“Yes, When I have G-Spot Orgasms I cum allot more and it feels good.”

Have you ever experienced Female Ejaculation?

“Yes, I can have them with almost anything sexual. Again, I am easy to please.”

Have you ever had a G-Spot Orgasm?

“A g-spot orgasm makes my entire body go weak. when my boyfriend fingers me and I have an orgasm, it feels really good....like a release of pressure, but a g-spot orgasm rocks my entire body and afterwards I need a time out. As opposed to the fact that after a stimulated orgasm I can keep going without stopping.”

Have you ever experienced Female Ejaculation?

“I'm not sure what female ejaculation is.”

Have you ever had a G-Spot Orgasm?

“Yes Many and multi's . Once I've had one I can have another 2-3 about a minute apart or so big difference in sensation and hard to describe Normal is sudden all your muscles tighten up and its like Waves .Sometimes with ejaculation.. No it is not urine. In spite what I've read..!!! G spots have a tremendous build up, like driving a fast car at high speed and not knowing where the brakes are. Then a sort of sinking feeling in the pit of your stomach as you feel it approach .Your body tightens and this tremendous energy is released, or rather pushed out, in spasms and jerks. Seems to go on for ages .Clit is highly sensitive, Sometimes ejaculate too. Rest a minute then carry on and another one can come, often stronger than the first. If the stimulation is continued I will always have a second or third G spot . NO WAY CAN YOU CONFUSE THE TWO THEY ARE NOT THE SAME; NOT AT ALL; NOR IS ONE A CLITORAL ORGASM; WHICH IS DIFFERENT AGAIN I CAPITALIZE THIS TO CONTRADICT ALL THOSE PREVIOUS ""EXPERTS" WHO SAY THEY ARE ALL THE SAME.”

Have you ever experienced Female Ejaculation?

“Yes . But not always but usually with either type of orgasm if it is intense, but usually just once during multiple orgasms. Described by partner as hot juices. IT IS NOT URINE ; Taste and consistency of normal lubricant juices.”

Have you ever had a G-Spot Orgasm?

“No, no G-spot here.”

Have you ever experienced Female Ejaculation?

“Oh yeah, all the time. I dunno how, I just always have.”

Have you ever had a G-Spot Orgasm?

“None.”

Have you ever experienced Female Ejaculation?

“When I am enjoying myself while having intercourse I ejaculate, it’s perfectly normal.”

Have you ever had a G-Spot Orgasm?

“Yes.”

Have you ever experienced Female Ejaculation?

“Yes multiple times with my own fingers.”

Have you ever had a G-Spot Orgasm?

“I don't think so. But we're still searching.”

Have you ever experienced Female Ejaculation?

“I'm not sure whether my extreme wetness and feelings of gushingness is really and ejaculation or just regular old coming.”

Have you ever had a G-Spot Orgasm?

“I had an orgasm while being fingered once...he hit the G spot and i let loose...It was immaculate....almost better than orgasms with intercourse....It wasn't expected I think that's why it was so erotic....we were just fooling around, and it happened...what a rush.”

Have you ever experienced Female Ejaculation?

“I don't know if I have experienced that yet.....”

Have you ever had a G-Spot Orgasm?

“Yes...the G-spot orgasm was more intense and it was just unforgettable. If I think about it I get wet. It’s an orgasm you can only get from a man because its so deep inside you.”

Have you ever experienced Female Ejaculation?

“Yes. when I receive oral sex if he stimulates my clit well enough it happens...and doggie style I can climax real easily.”

Have you ever had a G-Spot Orgasm?

“no”

Have you ever experienced Female Ejaculation?

“yeah it is very easy while playing with yourself b/c you know where the spot is and you are concentrating on you doing it.”

Have you ever had a G-Spot Orgasm?

“I don't think so.”

Have you ever experienced Female Ejaculation?

“I had female ejaculation during oral sex. My husband was down there licking and touching he then started licking my anus and I started getting really hot. When he started fingering my anus and licking my clitoris and fingering me I came so hard.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“I ejaculated when my partner and I were in the middle of anal intercourse. He was licking my vagina and the deeper he went the faster he got. Hold my waist so I couldn't move and I couldn't back off so I ended up after an hour straight of him licking the inside of my vagina. Ejaculated all over him and he enjoyed every minute of it and was happy to get every bit of it into his mouth.”

Have you ever had a G-Spot Orgasm?

“I've only been able to give my self an orgasm and it feels the same all the time.”

Have you ever experienced Female Ejaculation?

“Yes. I just place my hand one on top of the other and push down on the top of my vagina where my clitoris is located. Then I move it back and forth and I can give my self an orgasm in less then a minute. The orgasm lasts about 7-8 seconds.”

Have you ever had a G-Spot Orgasm?

“OH YEAH!!! I just sit up straight on it and fuck him slow or fast, whatever I'm in the mood for. I always have a g-spot orgasm with my present lover.”

Have you ever experienced Female Ejaculation?

“I'm not sure. My boyfriend says I do when he fucks me from behind. I know I get extremely wet, it runs down my legs and I can't stand up afterwards, my legs won't hold me up for awhile.”

Have you ever had a G-Spot Orgasm?

“Yes i have. It is just like an explosion! No words can describe how good it feels. You just shake all over, and you scream as of it hurts. But when you are really screaming about is because it feels sooo good.”

Have you ever experienced Female Ejaculation?

“The man can reach the G spot.”

Have you ever had a G-Spot Orgasm?

“I don't know if I have ever had a g-spot orgasm.”

Have you ever experienced Female Ejaculation?

“Yes, me and my boyfriend were going at it hard and fast and I ejaculated, I was just into it and it felt so good it was like nothing I've ever felt before.”

Have you ever had a G-Spot Orgasm?

“no.”

Have you ever experienced Female Ejaculation?

“yes only with a dildo and my finger on my clit.”

Have you ever had a G-Spot Orgasm?

“very invigorating. Body quivers more.”

Have you ever experienced Female Ejaculation?

“Yes It was very intense and with my husband fingering my g spot.”

Have you ever had a G-Spot Orgasm?

“Now this I'm not real sure about???????”

Have you ever experienced Female Ejaculation?

“It was a very good ohhhhhh my god kind of experience. I've only been able to have those kind by myself.”

Have you ever had a G-Spot Orgasm? I don't believe I ever have,
but I would like to.

Have you ever experienced Female Ejaculation?

“Yes, it was during intercourse with my fiancée. I was on top riding him backwards and guess he was really deep and it just felt so right. It hit the right spot and needless to say, I flooded his lap and our couch.”

Have you ever had a G-Spot Orgasm?

“yes, it makes your whole body shiver and shake.....feels more real and satisfying.”

Have you ever experienced Female Ejaculation?

“no”

Have you ever had a G-Spot Orgasm?

“doggy style It is more intense, and the chills feel better.”

Have you ever experienced Female Ejaculation?

“by orgasm.”

Have you ever had a G-Spot Orgasm?

“Yes and the only difference is, it was more intense and lasted about 45 seconds.”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“yeah i have, my g-spot orgasms are softer and more fluttery than clitoral orgasms. My lovers penis rubs on my g-spot all the time and so I have several per session.”

Have you ever experienced Female Ejaculation?

“not that I am aware of.”

Have you ever had a G-Spot Orgasm?

“have not felt G-spot orgasm because they can't find it even with help.”

Have you ever experienced Female Ejaculation?

“Yes it feels like your urinating on yourself.”

Have you ever had a G-Spot Orgasm?

“Yes. A g-spot orgasm is crazy. It's like ten times stronger and it's quicker(in my opinion) in the sense that you enjoy it...keep enjoying it...then BAM it's done and the bed is all wet. I had never had one until a few months ago and I had no idea what was going on. I thought my bladder had exploded or something.”

Have you ever experienced Female Ejaculation?

“I just explained that. it seems that I'm able to have them after a lot of foreplay and hard sex. when he gets all the way inside me and keeps going, he's always hitting this spot and it feels so good.”

Have you ever had a G-Spot Orgasm?

“Yes. They are wonderful. They are also very different from clitoral orgasms. They are more of a warmth and a muscular contraction for me than a clitoral one. They are great in combination.”

Have you ever experienced Female Ejaculation?

“No.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes, through masturbation with a vibrator in my teens years.”

Have you ever had a G-Spot Orgasm?

“Yes, it feel's like you are never gonna stop cumming. My clit pulsated so hard I thought it Would explode.”

Have you ever experienced Female Ejaculation?

“My pussy gets Really wet and hot. I am able to have them by, masturbating, oral Sex, vibrator's.”

Have you ever had a G-Spot Orgasm?

“I don't think so.”

Have you ever experienced Female Ejaculation?

“Yes and it is great had it during oral sex really drives you wild.”

Have you ever had a G-Spot Orgasm?

“Yes, and it is the most amazing feeling in the world. your whole body gets into it. the negative thing is that the bed sheets really get soaked.”

Have you ever experienced Female Ejaculation?

“Yes, as described above. to have them you must be really into the situation. a lot of built up sexual tension.”

Have you ever had a G-Spot Orgasm?

“Yep. It's different because the G-spot orgasm you can't control at all. They just have you going The whole time. When I have a regular one once it's over i usually Go to sleep. The other once I have one I want to have sex all Night.”

Have you ever experienced Female Ejaculation?

“All the time. When My boyfriend fingers me.”

Have you ever had a G-Spot Orgasm?

“Never had one...”

Have you ever experienced Female Ejaculation?

“I have experienced female ejaculation from oral sex to masturbation. I have also had female ejaculations while having intercourse.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“I have experienced it many times, I don't know how I able to have it, I just do.”

Have you ever had a G-Spot Orgasm?

“Yes I have and the orgasms are more powerful and accompanied by female ejaculation.”

Have you ever experienced Female Ejaculation?

“Yes I have and I only have it from a G-spot orgasm. And the orgasms from having an ejaculation are more powerful and intense.”

Have you ever had a G-Spot Orgasm?

“I've never had one.”

Have you ever experienced Female Ejaculation?

“Yes, I am only able to have them using a vibrator though and it feels like I'm losing control of my body.”

Have you ever had a G-Spot Orgasm?

“Yes, it isn't describable, but you know when you have one”

Have you ever experienced Female Ejaculation?

“Yes, it feels like you have a fountain down there with pudding coming out of it. I'm only able to have one when my boyfriend is fingering me.”

Have you ever had a G-Spot Orgasm?

“I had a pillow under my hips and he was playing with my clit at the same time that he was really deep.”

Have you ever experienced Female Ejaculation?

“N/A”

Have you ever had a G-Spot Orgasm?

“Close but no.. the first time I felt him hit that spot it felt like I had to pee.. it was an intense feeling.. then he moved and it was gone.”

Have you ever experienced Female Ejaculation?

“I don't know.”

Have you ever had a G-Spot Orgasm?

“Yes. When my partner enters my vagina with slow, firm pressure which is consistent each and every time with his penis . The man should aim for the front wall of the vagina or the front of the woman to locate the G-spot. This orgasm is much more intense to me because it requires a little more building up to orgasm and just when you feel as if you

were going to explode you still seem to get even hotter before orgasm. It's some what of a tease before reaching orgasm.”

Have you ever experienced Female Ejaculation?

“Yes. With the G-spot description above. It only happens with G-spot stimulation and it has to be a very intense stimulation at that.”

Have you ever had a G-Spot Orgasm?

“It was with oral sex and all I remember is a really wet seat underneath me and really amazed guy.”

Have you ever experienced Female Ejaculation?

“I only had that happen once with oral sex. I don't know how I did and he doesn't either but it feels damn good.”

Have you ever had a G-Spot Orgasm?

“No, not yet, but I do look for it to be happening soon.”

Have you ever experienced Female Ejaculation?

“Yes I have, my fiancée introduced that to me. We were in bed and all of a sudden he put his hand down between my legs and started rubbing and stroking really fast and I saw myself ejaculate.”

Have you ever had a G-Spot Orgasm?

“Ya, once it was so great I did not know what to say or do I was just shaking and in absolute ecstasy .”

Have you ever experienced Female Ejaculation?

“Ya once I ejaculated so much it went through 3 layers of sheets. I just concentrated on the feelings of his penis in my vagina.”

Have you ever had a G-Spot Orgasm?

“Absolutely. I have multiples all the time. My lover is fantastic. He knows exactly where a woman's g-stop is and knows how to keep me going all night long.”

Have you ever experienced Female Ejaculation?

“Absolutely! It is the best ever! I have them when a man hits my g-spot and when I squeeze my vaginal muscles. Allot of it is mental too.”

Have you ever had a G-Spot Orgasm?

“Yes.....I was on top and I was riding him pretty fast then I started getting this great feeling all throughout my body and my genitals was throbbing and I couldn't control myself nor could I hardly move ...its better feeling than reg orgasms cuz they just are the bomb and last so much longer and make u cum so much more...the only down side is that u get tired easily after one of those...”

Have you ever experienced Female Ejaculation?

“No, I don't think I have.”

Have you ever had a G-Spot Orgasm?

“Yes, it was intense and I came all over the bed.”

Have you ever experienced Female Ejaculation?

“Yes, when my g-spot was touched.”

Have you ever had a G-Spot Orgasm?

“YES. The orgasm is extremely intense and more diffuse than clitoral orgasm. It lasts longer. When both g spot and clit are done at the same time, the orgasm can be so intense it almost hurts.”

Have you ever experienced Female Ejaculation?

“Yes. They just happen with g spot orgasm.”

Have you ever had a G-Spot Orgasm?

“Yes. It makes me squirt and I can have several of these, and they aren't as intense from a normal orgasm.”

Have you ever experienced Female Ejaculation? Yes, as above. I

guess with fingers applied to my G spot and when I am feeling really relaxed, otherwise it won't happen.”

Have you ever had a G-Spot Orgasm?

“Something inside explodes – it literally feels like you can't move- you don't really feel it coming as much as regular orgasms but they are amazing as well.”

Have you ever experienced Female Ejaculation?

“no.”

Have you ever had a G-Spot Orgasm?

“I am not sure I might have had both at the same time. I wet all over my lover the same time I orgasm from my clit. I was wonderful, but he thought I peed on him. He didn't like that to much, because he thought I peed.”

Have you ever experienced Female Ejaculation?

“No but I would love to.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes pressure in the area builds up and it kinda just flows I can only achieve this when i am on top.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“Yes It felt great. I really don't know how I was able to have them but I think because I was being teased or my tits were being touched or I got horny.”

Have you ever had a G-Spot Orgasm?

“no comparison the ultimate knees knocking, insides screaming, nothing like it.”

Have you ever experienced Female Ejaculation?

“yes...g-spot.”

Have you ever had a G-Spot Orgasm?

“no comment.”

Have you ever experienced Female Ejaculation?

“When my partner fondles a great deal, goes down on me + gives me wild, passionate sex, that's when I have female ejaculation.”

Have you ever had a G-Spot Orgasm?

“no.”

Have you ever experienced Female Ejaculation?

“Yes, when I masturbate I have them. If I have them at other times I wouldn't know.”

Have you ever had a G-Spot Orgasm?

“I don't think so.”

Have you ever experienced Female Ejaculation?

“Yes. My lover rubs is erect penis on my clit. It feels awesome, usually if it's real intense, I'll soak the bed.”

Have you ever had a G-Spot Orgasm?

“No.”

Have you ever experienced Female Ejaculation?

“I was sitting on top of a guy and when I got up it just shot everywhere!! Not exactly sure how that one happened!”

Chapter 4

Survey Results (Men) : Real Life Experiences

Men's Answers:

On the survey I asked the men to answer the following question below:

Have you ever been with a woman who experienced Female Ejaculation?

Below are each man's answer to the above question. Since there is only one question I have omitted the restatement of the question before each answer.

"At first it was a shock, but now I manage to get her to do it every time. All it needs is a little time and a little work by both parties. You need to bring her to the verge of orgasm about 5 or 6 times, she should be able to control herself to hold on. Then when she lets herself go it all comes out."

"Yes.... I was giving her oral sex to the point where I was teasing her and not letting her finish and about 3 hours later let her go over the edge and it shot all over the place."

"Yes, she got very wet and started shaking. I guess the sex was great!"

"Wow is all I can say..."

"Yes, when she was totally relaxed."

"Yes, I was making love to a girl on her car bonnet, she was cumming and wet her self and me."

"Yea don't know how she just sprayed all over me!!"

"It was the biggest turn on ever!"

“It was weird I was finger banging her and I found her g spot and I could tell because she was like Holy Shit that is my g-spot keep playing with that. Then like 10 seconds later she cummed.”

“Yes. Those are the most intense orgasms. I've done it by fingering when she was standing up or on her knees while I lay down.”

“Yes, I've been with a lot of women who came very easily. Aim for the G spot, and tease her.”

“Yes, I had messed with her g -spot then her clit and had sex I wrapped her legs around me standing up and she ejaculated on me it felt good.”

“My wife will expel when she has an orgasm, mainly when orally stimulating her clitoris, and using my fingers inside her vagina.”

“Yes...I put a rubber nimble on my middle finger (little fingertip shaped thing with bumps on it) while she went to town on her clit with a little finger vibrator, I reached inside and rubbed the spot between her g spot and her cervix.”

“Yes...through oral sex...a clear fluid shot from her vagina about 6 inches”

“Yes, begin by engorging the clitoris so that it is the size of a large marble then by massaging her vagina about two three inches in portion closest to her belly rub the rough portion upon doing so she did lots of a clear fluid”

”Yes it was an unforgettable experience brought about by G-spot play.”

“Yes, my wife had them with the aid of toys, oral sex, and while having intercourse as I rubbed her clitoris. She seem very happy and very relax afterward. Yes it was a victory for me. That is my secret if you build them up they will come. try rubbing your fingers there clitoris then enter your finger into the vagina. then with your other hand roll the lips around like you are rolling a fat one. when they are about to blow slow way down and single out every nerve you can and build it all up for the big one.”

“Only once, not with my current partner. she flooded my face. It was fantastic!”

“Yes. Lots of fore play. lots of tongue and finger. Hitting those two spots that drive most women wild.”

“Never had a woman ejaculate.... but seen some women flow or even gush When this happens the Vagina tightens and loosens with the orgasm..(which set me on fire) I had given her oral sex before intercourse.... which made her have flowing orgasms... (Where fluids just flow out) then in intercourse she had a orgasm so powerful the she gushed....”

“I take my middle and ring finger and insert it in her vagina and curl up, then make tiny quick circles and she will masturbate her clit at the same time.”

“Once to my surprise and my wife’s, she did and never since.”

“Yes I was performing oral sex on her (eating that thang)”

“Yes, when I was fucking and grabbing her tits.”

“Oh yes...she came on my face... It was a salty rush.”

“Yes my current girlfriend has them at least 7 times during intercourse she gets them from her riding me and me putting motion in to it as well.”

“Yes, i made her cum all over my face and she wuz so embarrass but it turned me on so much, i just ate her out for a bit then started to finger her g-spot and when she said she wuz about to cum, I dove my tongue in there again and she came all over me, it tasted so good.”

“I just fucked her with heaps of four play.”

“Yes she had them from me doing her in the ass.”

“Yes, she had one all over my leg and a huge spot on the covers.”

“Yeah, she dropped lots of a hot and warm liquid from the pussy. I Was doing oral sex to her, and it was a very long time. when a started put my dick inside her, a few minutes after it, she started to scream good and then it happened.”

“Once, she had her leg high over her head toes touching the head board well i entered from a standing position. I would love to experience it again .it was incredible to see her spray, to be sprayed on.”

“Yes. After giving her long oral sex and watching a video, she pulled her legs up to her chest and had me pound her as hard as possible.”

“One time I have no I idea how I did it. But when it happen she started going crazy. She started shaking and screaming. It was real cool.”

“Yes, we were on the bed and I was fingering her with the 9 shallow one deep method. I started penetrating slow and shallow only in the first third of the vagina and doing it nine times, then after nine thrusting my finger deep into her once, then back to shallow 8 time, then two deep thrusts, then back to 7 shallow and 3 deep and so on each time adding up to 10 until it eventually was all deep thrusts, she Ejaculated all into the palm of my hand.”

“Yes, some with oral stimulation only. Others with them in the missionary position.”

“Yes she did while i was having oral with her she ejaculated into my mouth while I was licking her clitoris and kissing her pussy lips.”

“Yup, happens all the time but usually when extended foreplay has been engaged or an erotic video is on the TV.”

“Only one time and she went wild, it was during the missionary position and she was like a bucking horse it was very pleasurable.”

“Yeah. from being turned on and comfortable and allot of stimulating foreplay.”

“Yes, she was really surprised actually, she felt kind of embarrassed at first but I didn’t care sex is messy anyway, no reason to cry over spilled female ejaculate. btw, it was brought about by being really patient and making her almost climax and then slowing down, building up, then slowing down, etc... ad infinitum.”

“Yes, She has them no matter what I do Fingering, cunnalingus, Penetration.”

“Yes, I just ate her out and fingered her hard...”

“Oh yes - that was another high. It happened with me and my woman one day when I was mouthing and fingering her at the same time - she was simply screaming in pleasure and begging for more”

“Several times, it's as though she is peeing.”

“We started out with the straight sex, and then she said to put my cock in her ass. I got the biggest rush of sexual nervousness I ever had, since I had never done anal before. I put on a condom and entered, to my surprise, quite easily. She was on her back and I was in missionary position on this entry (very intense, by the way!). She didn't know I had it all the way in when she looked and was like, "DAMN!! I can't believe you are all the way in me!" I pack a good length, and when I heard this, I started getting off really hard. She asked to have her pussy rubbed and I rubbed this spot I hadn't worked on before, and a short minute later, she screamed and her pussy opened up and an explosion of ejaculate erupted from her body, at least 3 feet straight into the air! I got completely soaked, as did she. It lasted about 5 seconds, and it was so forceful that she almost pushed me out of her ass!

She had been ejaculating for a number of months from a number of ways. I could rub her and she would spray, or eat her out too. During sex, it is forced out of her vagina really hard and shoots out onto me. She doesn't know exactly why they happened, but for the last year, they are very infrequent. We haven't changed much, but the ejaculation is hardly there. I think it's the most erotic shit I've ever experienced, and it is very cool to experience.”

“I have learned that hard, steady g-spot stimulation is the best way to get a woman to ejaculate. It also helps of you stimulate her clitoris with your fingers. It apparently comes from an ultra-intense orgasm.”

“I had a partner who definitely ejaculated. How she had them I do not have a clue. When so came there was no doubt, her love juices would flow extremely freely.”

“Yes I was eating the women out and touching her in all the right spots and then she started to cum all in my mouth.”

“Yes - it was a one night stand, incredible sex that lasted a very long time.”

“Yes. A cute blond, very petite, very hot. We were in missionary style, and started off going very slow. Slowly I built up the pace over the course of about 15 minutes, and she had a very powerful orgasm. I felt her squirt, and I was covered everywhere "down south".”

“Yes I was eating her out for a long time and she started to shake and there it went.”

“Having oral sex, licking the clitoris, hitting the g-spot with my penis.”

“My girlfriend did this once or twice. She pretty much just ignored it and cleaned it up with a paper towel afterward.”

“I've gotten most females to ejaculate by penetrating them from underneath them with powerful even strokes it works best if you got something to put your legs or feet on to give you added leverage and deeper penetration and if done right it normally only takes a few minutes.”

“She came when I went down to her pussy and then I finger bang her.”

“Me and my ex were doing it doggy style, which is really great for me, being that I'm sort of curved down, and can hit the "g" spot better, well, I pulled her back, I laid on my back, her back was on mine, and we were just in a sexual ecstasy. She got so wet, and turned on that she "came" and it sort of squished out onto me. I loved that and have never been able to do that since.”

“YES. It was a very warm liquid and shot out all over the place. The first time was when I was eating her out and the next time was intercourse with her legs up.”

“Yes. It was just a build up on her part during regular sex. After about 25 minutes, she let loose. It made me feel really great having to have been able to please her like that, and even better is that as long as it wasn't me, we can keep right on going at it.”

“Yes. She was able to have them while she was on top during a 69 session, with two of my fingers rubbing her internal g spot on the front wall inside her, one finger anally, and lots of clitoral sucking. When she'd come, she'd just ooze, and it was a total turn on.”

“My woman occasionally has them. I'm not sure why she can do it some times and not others even if we are doing everything pretty much the same. When she does have them it is after a very long oral sex session on my part followed by very deep anal sex with very little movement on my part, just very slow short strokes. Plus, she needs to be using a vibrator on her clitoris. It sounds complicated but it is really amazing. The fluid that is ejaculated is not like in the porn movies – nowhere near as much. My personal reason for trying so hard is so I can clean her up orally. That is really incredible.”

“Yes...my partner has them all the time...she squirts all over the bed and me and makes a great old mess! Any good orgasm will make her flood...it's great!

“Keep playing with her clit , play with it and let it relax and play with it again, after a while don't stop and she'll ejaculates.”

“Yes, I played with her before we had intercourse so that she was already close to the brink of ejaculation.”

“I had 2 fingers inside of her, and was using my thumb to massage her clitoris. I was going between rubbing her g-spot and pressing my fingers firmly against the back wall of her vagina. Just before she came, she tightened her muscles down there, and when she started to come it came out.”

“Yes. I was eating her pussy, thrusting my tongue and fingers in and out of her until she came.”

“She discharged from being fingered and from having her clit massaged.”

“Yes...when i fingered her in her g spot and licked it and made her wild and ejaculate...”

“Yes, I was licking her clit for a long time, playing with it and fingering her. She went crazy, it was a great experience to know I brought that much pleasure to her.”

“Yes. I performed oral sex on her and she went crazy ejaculating heavily in my face.”

“Once, I loved it. It was the most amazing thing I had ever seen. When she ejaculated I thought she peed. She then told me about it and that it wasn't pee. I had to see it again and I was able to get her to orgasm again using my tongue. This time it was all over my face and it drove nuts. We ended up having sex for the rest of the night. She said she was able to do this naturally and it had been happening to her for years.”

“Yes. every time I would pull out of her really quick she would cum her brains out. It was really fun cause I could do it over and over again. She said she was able to do it because of the size of my cock and how good it felt.”

“Yes. She had them all of the time. Those were the only orgasms she had and they were tremendous. She did not know any other way to have them, so she couldn't explain why she had them.”

“Yes....I was using finger on the G-Spot region and finally got her to relax and let go. She was so scared she was going to pee. I finally got her to relax and realize even if she did, it would not bother me or make me melt!”

“Yes quite often and it was from rubbing the g-spot.”

“I've gotten most females to ejaculate by penetrating them from underneath them with powerful even strokes it works best if you got something to put your legs or feet on to give you added leverage and deeper penetration and if done right it normally only takes a few minutes.”

“She came when I went down to her pussy and then I finger bang her.”

“Yes. Intense and I rubbed her clit and then inserted 2 fingers in a circular motion while still rubbing her clitoris.”

“Yes, I was licking her clit for a long time, playing with it and fingering her. She went crazy, it was a great experience to know I brought that much pleasure to her.”

“Yes, my wife loves to ejaculate. It happens three ways--

1. using a vibrator as I give her oral sex and yes I swallow.
2. using a vibrator during penetration
3. using a vibrator and fingering the g-spot”

“Yeah....I dunno, I would like to say it was all me, but that would be arrogant. Most likely it was by mistake..lol, for lack of a better explanation. All I know is we'd be going at it and all of a sudden her legs wrapped around my waist as tight as she could and she started digging into my back, screaming, and moaning "o my god!!" I think I was the first person to give her an orgasm. To be honest, EVERY time, it was all about the build up before penetration. It starts with looks, then touching, getting her horny, and then touching, massaging, playing, TALKING!!!!, and then you get them so worked up, mentally, that they won't hold back ANYTHING in bed.”

“Yes through stimulation of her G-spot with my fingers. She started really thrashing around & then things got very, very wet.”

“Yes...when performing oral sex occasionally she will "gush" fluid during orgasm. only when it's really intense for her (no predictable schedule).”

“Of course. I would describe it as a gushing orgasm. Can be achieved administering oral sex or deep penetration. Usually occurs as extended manipulation is occurring .(If oral /clitoral stimulation over 10 minutes non-stop OR DEEP penetration if VERY slow and also for over 10 minutes non-stop).”

Note: A heavy towel under the buttocks before hand eases the need to change sheets every few minutes . Also relax your partner as this is also a noisy/wet thing occurring. Assure them this is ok and not a BAD thing. Some women think they urinated, when they actually just had a good strong orgasm for the first time in their lives.

“Yes. The experience was magnificent, the feeling of her vagina contracting and pulsing was phenomenal, her moans were outrageous and we both collapsed afterwards. Through good timing with my climax and by paying attention to her entire body throughout the

encounter, as well and a few special tricks that I'm not ready to share quite yet we were able to achieve the pinnacle of all sexual experiences.”

“It happened 6 times and each time it got all over everything, and she had them by a series of positions that helped her with deeper thrust.”

“Yes. it involves me eating her out frequently. She enjoyed it very much and if you shove your tongue in the right spot she will do it almost right after.”

“By licking her clit fingering my lover in the right spot and when her cunt starts flowing like a river that's when I know she's seeing star and strips.”

“Yes, she came all over my arm while I was fingering her.”

“Well it has only happened a few times and never the same person twice.”

“I was fingering her and she started making noises and then it was on my hand”

“Yes, not to sound like I am bragging but almost every time I have sex with a woman she climaxes because I take my time and have found that I have more pleasure if I concentrate more on the woman's pleasure than my own.”

“Yes, she needs to let herself go and enjoy the sensations being bestowed upon her. I enjoy spending time stimulating my partner. I enjoy being able to bring her to orgasm. It is stimulating to me also.”

“Yes that is a cool thing that if in the right position a properly stimulated she came achieve during oral or intercourse, hips above her head legs supported and wide open, my tongue on her clit or my penis in the box and she needs to be really warmed up to let it squirt out. She has to be in the right position hips are higher than her head and she is looking up at the ceiling. Legs are open and supported with sofa of pillows. In this same position I can get her to do it while we are having intercourse.”

“I think it was a ejaculation but I don't know if it was piss but she was wild and thrashing like a orgasm it took lots of four and five even six play to get her there.”

“Yep twice w/same woman. Rubbing clit w/ one hand and massaging g-spot w/ other.”

“Yes fast flicking of the tongue on here clitoris and g spot stimulation with my fingers simultaneously.”

“My girl lets it fly when I go down on her, she cums real hard when I can get her to cum that way it also the start of an orgasm for her.”

“It was really erotic (and messy) as it was always while giving her head. She would be absolutely soaked (like she had urinated)and we had to be sure we were prepared for the flood. For me, I would sometimes come without being touched when she would ejaculate. This was one and only one lover of many over the years. I still get hard thinking about it/her.”

“Yes, through continuous oral sex for almost an hour.”

“Yes, I fucked her without a deep penetration. I only went in about one-half to two inches, and rubbed against a spot that is on the upper, inner wall. I think it's called the G-spot.”

“Did she cum? Yes, when I was giving her oral sex. It was great!!”

“Yes my wife has this great gift and when giving her oral I enjoy swallowing her ejaculate.”

“Yes it was fantastic there was such a fluid build up it pushed me out of her pussy.

“Yes I believe that at times my wife does cum-she is most likely to do this when I am eating her pussy (after it has been entered by my big cock) and is very wet. she gets in a trance like state as she tries to get my face all the way in her pussy. The more she tries the more she pushes and when she reaches the peak she just gushes--- I always suck on her pussy at the end until she stops jerking and squirming and always seem to have a mouthful of her juice (it really turns me on).

“Yes. I was having sexual intercourse with her and I was changing the rhythms of my entering in her. Slow, then faster and faster, then the fastest.”

“My wife seems to climax and ejaculate allot. Don't know what I do.”

“Yes, oral sex with fingers in side.”

“The only times I've seen it involved her on top, riding me hard and strong... then coming fiercely. After warming back up still on top, she rises off my cock, which pops out of her lovely puss followed by a splash of her pussy juices on my abdomen. mmmmm... juices”

“Yes, 3 fingers pumping in her while sucking on her clit.”

“Yep. She had to be really relaxed, and then I went down on her for about 20 minutes, using my fingers. Then, we had sex for ages - me on top, then her. Finally, I lay beside her, and used my fingers to bring her to the edge. As she was about to come, I went down on her, and used my top lip to rub her clit, and my tongue to slide in and out of her hole. As she came, she flooded my mouth with girl-come. It was great!”

“Yes , it happened after a lengthy session where we would get close to climax then cool down a little to hold off. She later ejaculated while I was performing cunnilingus and at the same time I was massaging her anus with my finger moving in small circles.”

“Yes. we just take our time. cold and hot sensations are a key, but also the atmosphere of the room. Candle light, scent, music all play a role in total satisfaction.”

“Yes we had sex all day and around 3:00 she ejaculated while I was performing oral sex on her vagina.”

“My wife does occasionally, it seems that for her when I go slow and push hard on her clit when I'm all the way in.”

“It was while i was performing oral sex on her. I was stimulating the clitoris with my tongue and fingering her in her vagina.”

“Yes, I was fingering her in the shower and she came it was like she shot me with a very thick amount of water.”

“Yes she erupted like a volcano all over my face. I was playing with her g spot and licking her clit.”

“Yes I have been with a woman who experienced female ejaculation. She experienced that type of orgasm through deep anal penetration with my penis, orally and a finger like masturbation and a vibrator.”

“When my cock is like in her stomach and she is all the way on my cock and going really fast and then she ejaculates and its even wetter.”

“During oral sex, she has become so wet you would think she was urinating, can often feel her dripping during intercourse. Have only experienced this with one woman.”

“Yes by playing with her g spot and eating her out.”

“Not sure. Once or twice though I’ve been with a girl who, when she came, there was stuff EVERYWHERE.”

“I don't know how she was able to have them she was riding me and I was thrusting up to get in deeper then she let out a loud moan and I felt it al on me. it was really cool.”

“My wife has it the best it just happens some times and other time it doesn't. It usually happens more frequently when she on her hands and knees over me and I'm just playing with her vagina when I'm lying underneath her.”

“Go for the G-spot and just give them lots of attention down there. Especially the clit.”

“I can get my wife to do it on occasion, but I'm never sure how.. G spot stimulation I believe. It's happened during oral, fingering and intercourse.”

“Yes - Oral sex with two fingers in vagina, flood of Juice.”

“Yes and after multiple orgasm during one hour Fucking, sucking, licking, fingering both front and back.”

“Well a big gush of fluid came out. I was fingering her g-spot and licking her clit at the same time.”

“Yes. Just licking her for 15-20 minutes, massaging the clit and occasionally into the vaginal opening and using ice cubes. That drives her wild. Said she likes the change of temp. That my tongue go through. After bout 15-20 minutes she sprayed all over my face.”

“When I eat my girl out she squirts like a tables spoon of sweet pussy juice I just eater her out like this I stick my mouth on her clit and lick it while I finger her she squirts like crazy then and it is cool that chicks can do that also.”

“Lets just say I have a tongue that is on speed and I can lick my eyebrow and breath from my ears its all in technique all women I go down on eventually ejaculate or we are gonna stay in that position till they do. Yumm”

“Yes I was fingering her when she came it literally flew out of her, at first i thought " what the hell? " this had not been a common thing for me but i liked the idea”

“My wife and I have been married for 18 yrs. and are our only sexual partners (I think) sometimes when we make love and my orgasm is more prolonged than others she will have a orgasm that is so intense she literally drenches me and the sheets. It's like she poured a pitcher of her juices all over me. She doesn't know how or why just that it happens from time to time. seems to be more towards the middle of her monthly cycle.”

“It scared the hell out of me, i was fingering her after sex (just fooling around) and she shot out and I felt it hit my leg two feet down.”

“First of all we both got pretty wet. It was like pouring a big glass of warm water all over my legs. She had them because I turned her on while we did it.”

“Yes, after giving her oral sex for about 20min and playing with her G-spot she achieved this type of orgasm in no time and squirted all over the place”

“Yes, it was a invigorating experience because she kept the urge to move about like I was tickling her. it happened when she was riding me.”

“All the time. All women have different g-spots some are on top of the vagina Some are on bottom, some are off set to the side. It's all a matter of finding it, it helps if you have Communication, she can tell you about where it is, allot of times though you can find

it by the change in reaction from the person. Some girls like it slow some fast, some hard, some soft, some Just like to get f***ed, others live to be made love to, it really Depends on your partner. Again, communication is the key.”

“Yes , I had a vibrator she cum all over the sheets first time in her life , she’s my x now but she wont forget it, I am sure.”

“Yeah I really didn't know I thought I had broke the bitch she was all shaken on the bed and she bit me on the shoulder it was kinda scary the first time it happened.”

“Well me and this one girl in my school we got together in the bathroom and she told me to eat her out so I did she had a big orgasm and pussy juice flowed into my mouth it was so cool.”

“I was going done on her and when she hits her peak she frequently squirts a little clear liquid. Very yummy. Nothing special brought it on, just gave her head until she went nuts. Nothing fancy.”

“My girlfriend has at least one every time we have sex. It usually happens after a long session of intercourse followed directly by oral sex. They are so intense she has passed out from having one before, but she says it is the best feeling in the world.”

“Yes, it was almost like a quick pee, it happens the most when I finger her.”

“I have my tongue pierced and i have a large ball w/8 smaller balls around it. and I rolled it between her inner lips while I squeezed her g-spot w/ my index and middle finger. I thought it was great and she still begs for me to do it again.”

“Yes....she was able to have them because I could hit the g-spot with her on top and me moving her back and forth.”

“Yes. Every time. I think a girl needs lots of oral sex first. and also, you need to last a long time for her and finger her while having sex.”

“If I put my girl on her hands and knees, place two, three, and occasionally four fingers inside her "love box", then reach just over her pelvis. Stroking her "G-spot" she will squirt all over me. We both love it.”

Chapter 5

Techniques for Men to Stimulate Their Partners.

Note: While this section is titled “Techniques for Men to stimulate their partners” All of the manual techniques would work equally well for a bi-sexual or lesbian women and their female partners.

In this section I am going to teach you the best methods for giving your lover a G-spot orgasm and also for giving her an ejaculatory orgasm if it is possible for her to do so.

Maybe you have massaged a woman's G-spot before but she did not have an orgasm or ejaculate. Why?

There may be a few reasons that she did not have an orgasm. The most common are:

- She may not have been relaxed enough.
- She may not feel comfortable enough with you to let her self go.
- You may not have stimulated her in the right manner, place, or used the right pressure.
- You may not have stimulated her long enough or intensely enough.
- You may have put mental pressure on her or she on herself to perform.
- She may believe that she can't, and then she most likely won't be able to.
- She may have weak sexual muscles.
- Her State of Arousal was not high and/or intense enough.

For a woman to experience a G-spot orgasm she must be stimulated properly. But for a women to have an ejaculatory orgasm there are several other variables that must be present for it to happen. I have stimulated many women to G-spot orgasms that did not have an ejaculatory orgasm. And as you have read many of the women who answered the survey had ejaculatory orgasms but not G-spot orgasms. While the female ejaculate does come from the area behind the location of the G-spot is it not necessary for all women to have their G-spot it stimulated to have an ejaculatory orgasm. Many women say that they have ejaculatory orgasms from oral sex. For many others oral sex combined with finger or manual stimulation of the G-spot or intercourse. Others require a vibrator. But there is one thing that is common to almost of the women that were surveyed was:

- **A Very High Level of Arousal:** Some women required a X-rated move or Dirty Talk, Nipples Bitten or to be spanked. The key here is to find out what turns your lover on the most, what arouses her the most and do that thing! Over and Over!

Bring her to a very high level of arousal. In order for a woman to ejaculate, she must be very aroused mentally and physically.

- **Prolonged stimulation:** Before a woman can ejaculate her G-spot must be very engorged. Some women do not need any G-spot stimulation to achieve this and that is why they can ejaculate without any G-spot stimulation. But most women will require some or a lot of G-spot or combined G-spot and clitoral stimulation. Before they will be able to have an ejaculatory orgasm. You will need to stimulate her for at least 20-30 minutes up to over an hour in some cases, until she has been stimulated enough to ejaculate. This may be before her first orgasm or for some women after they have already had a few.
- **Intense Stimulation:** Once she has reached a very high level of arousal and her G-spot has swollen up inside her. She will require very intense stimulation. That can mean constant pressure or harder pressure or faster stimulation or even slower stimulation. Every woman is different. You need to find out what works for her. Talk to her and ask her what she likes. Ask her to show you how to touch her.
- **She Must Have Strong Sexual Muscles.** If her sexual muscles or PC and pelvic floor muscles are weak she probably will not be able to ejaculate and in some cases might not even be able to orgasm. In the woman's section I cover how she can build up and improve her sexual muscle tone and strength.
- **She Must Be Relaxed and Have a Clear Mind:** it's not going to work if she is thinking about her grocery list, something that happened at work today or about how hard she is trying to ejaculate. Most of all it is absolutely essential that she feel very comfortable with you. And you make her feel very safe and secure. That you are not pressuring her to have a G-spot or ejaculatory orgasm, that you make her feel that you are only there to be with her and pleasure her.
Stimulation alone is not enough; you must also help her break through the psychological barriers as well.

People have written volumes and volumes on sex and only a handful mention female ejaculation and they almost all say the same thing "some women experience ejaculatory orgasms with G-spot stimulation", but they don't tell you how to do it. You might rub your woman raw trying to figure it out. She may have a few orgasms on the way and if you are very lucky she may ejaculate, but once again it is hit and miss.

Next I will show you the exact techniques that have been used to help women achieve ejaculatory orgasms. But in order to do that we have to locate the G-spot or **G-Spot Area** which would actually be more correct as there is no exact spot that will be in the same place in all women, but more of a localized area where the G-Spot will be found in most women. You will have to find the G-Spot in each individual woman. The G-Spot Area is located about 1-2" inside the vagina, on the upper wall (see previous Figure 1 again).

If your lover knows where her G-Spot is, by all means ask her to show you and to guide your hand to where it is located. If she doesn't know and/or you would rather not ask, you can use this simple little technique to locate the general area.

Positions for manual G-Spot Area stimulation:

Before we go any farther I want to acquaint you with several positions for manual GSA stimulation that I will be referring to throughout the rest of this book.



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Woman on her back with the man between her legs is a great position for GSA stimulation and allows easy access to the Clitoris, G-Spot and at the same time you are able to view your partners reactions to your stimulation.



Figure 2 This and all images in this book are copyright
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Woman up right on her knees with the man in front of her is also a great position for GSA stimulation and also the position I recommend that you use when trying to find her G-Spot and GSA for the first time and also when using the technique for manually pumping her G-Spot to produce a female ejaculation.



Figure 3 This and all images in this book are copyright
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The woman bent over on her hands and knees with the man behind her can be very stimulation for both partners. This is especially pleasing and erotic for the man if the man is fond of his partner's derriere. He can also add other erotic stimulation by spanking or slapping his partner on her ass (if he and she enjoy that type of play.)

In any position from behind the woman the man must use a downward pressure with his fingers to stimulate the GSA because the position of the front wall of the vagina is reversed from the other positions with the woman on her back.



Figure 4 This and all images in this book are copyright
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The woman on her back with the man beside her position is one of the best positions for helping a woman to experience a G-Spot and/or an ejaculatory orgasm for the first time because of the physical closeness and emotional security that you can provide in this position that most women need to be able to let themselves go and experience a deeper orgasm and ejaculation. You can kiss her, whisper sweet nothings to her, squeeze her to reassure her that you are there with her and stimulate her at the same time. The drawback is that your arm can get tired very quickly in this position.

How to locate the G-Spot Area:

Make sure your partner is highly aroused by extended foreplay before you use this technique.

1. You should be in front of her, and she should be on her knees facing you. (see figure 2 in the previous section)
2. Slide your hand down over her pubic area, covering her vagina.
3. Slowly slide your two middle fingers into her vagina (with your hand palm up).
4. Slowly curl your fingers back toward your palm.
5. You should be able to feel your fingers hook around and over her pubic bone. The area where the indentation is behind the pubic bone is where the G-Spot Area is.
6. The G-Spot itself, will feel like a little bump, mound or slightly swollen area that will have a rough or ridged texture the size of a nickel to the size of a quarter.

Now that you know where the G-Spot is located you need to know how to stimulate it properly in order to help your lover experience a G-Spot and/or an Ejaculatory Orgasm.

How To Stimulate Her G-Spot or GSA

Now that you know where the G-Spot Area (GSA) is located you need to know how to properly stimulate your partner's G-spot. In order for your partner to fully enjoy stimulation of her G-spot or GSA she will need to be highly aroused or even have had one or more orgasms already and I will talk about stimulation in both situations. This is where many men make the mistake of stimulating the GSA too soon or with too much pressure too soon, which can make the experience uncomfortable for your partner and that is the exact opposite of your desired result.

GSA Stimulation Manual Strokes

There are several different strokes that you will be using to stimulate your partners G-spot and GSA with your fingers. As you read below do the strokes in the air with your fingers and visualize them. Or practice on your other hand by turning that hand palm down and make a loosely closed fist to simulate a vagina and insert your fingers into the opening between your thumb and index fingers. This will help you to understand the strokes better.

Light Strokes

The first stroke you will use is either this one or the one below. With this stroke you will also use very light pressure with the pad of your finger. But the stroke is a forward and backward motion following the contour along the GSA vagina to her G-Spot located right behind her pubic bone. You do this very slowly and gradually increase the pressure. Then move to the stroke below.

Light Circles

With light circles you will very lightly rub her G-Spot with very light circles with the pad of your first, middle or index finger. Then you will very slowly and gradually increase the pressure and after a few minutes you will add a second finger.

Press & Release

In this stroke you press firmly on her G-Spot with the pads of either your first two or middle two fingers from the first joint all the way to the third joint. So that you are using the entire surface of the under side of your fingers, just as if you were making a bar chord playing the guitar. Hold the pressure for 10 seconds and then release for 10 seconds and then repeat. Do this several times every once in a while to break up any routine and keep the stimulation from becoming routine.

Firm Strokes

If you have already been using one of the techniques above you can move right in to this stroke. This is basically the same as the “Light Strokes” motion above except this time you are using firm to very firm strokes. Using either your first two or middle two fingers you slide your fingers along the contour along the GSA vagina to her G-Spot located right behind her pubic bone. Stroke firmly back and forth. She must be already very aroused for this stroke to be pleasurable otherwise the firmness of the stroke could cause discomfort. Another variation is to part your fingers slightly while doing the stroke and massage on both sides of the G-Spot, which may be more comfortable for her because you are not pressing directly on her urethra. Try it both ways and see which she prefers.

Come Here Stroke

After you have warmed her up with one of the other strokes you can start to use this stroke. With either your first two or middle two fingers inside your partners vagina you bend your fingers toward you making a “come here” motion like if you were motioning for someone to come toward you. With each stroke you will run your finger along on the front wall of the vagina massaging the GSA and G-spot. Try shallow and deep strokes covering different areas along the GSA to see what your partner likes best. Also try different variations of speed. Start slow and then slowly speed up as your partner gets closer to orgasm.

Tapping the G-Spot

This is very similar to the motion above but while you are making the “come here” motion you also move your hand up and down very fast. Your goal is to firmly tap her G-Spot with your finger tips/pads while you are moving your hand up and down stimulating the entrance of her vagina.

Hitting the G-Spot

In this stroke you are sliding your fingers in and out and hitting her G-Spot or GSA with the soft pad/tips of your fingers with each stroke. Aim your fingers at the GSA not just straight in and out. This is a moderate to fast stroke.

Vibrating Stroke

With this stroke you are combining the “Come here Stroke” and “Tapping the G-Spot” but you are making very short and quick movements, not the full strokes like in the other two. Your movements should be so short and fast that your hand is actually vibrating. You will then be hitting her G-Spot/GSA with small vibratory strokes. Your hand and arm will get tired pretty quickly. So this is not the first stroke to use, but better for late in the game. Another way to use this technique is the variation below the “Pulse Stroke” which will enable you to use this vibrating stroke for longer periods of time longer.

Pulse Stroke

This is the same stroke as above except that you pulse it for 3-4 strokes and then pause for 1-2 seconds and then pulse another 3-4 strokes. Repeat this for as long as you and your partner desire. This pulsing will feel very good to her and also let your hand and arm rest for a few moments so that you can continue this stroke for a while. If she is about to cum you might then move to the “Vibrating Stroke” for continuous stimulation while she is having her orgasm or ejaculating.

G-spot Stimulation as part of foreplay

Using G-spot stimulation as part of foreplay before intercourse is probably the most common method and is also one of the most fun for both partners. It really gets the women ready for intercourse and at the same time you can give her a powerful orgasm and the whole idea of stimulating her with your hand is very playful by nature.

In this technique we concentrate on building arousal and teasing and then the slow and gradual stimulation of the G-spot rather than clitoral or combined stimulation. Now as you read the steps below I want you to imagine yourself doing each step to your lover or a woman of your choice so that your mind will accept this as part of your library of sexual techniques and it will become second nature to you.

So here are the steps one by one for manual stimulation alone :

1. (You will start off in the position in figure 4.) Start off with a lot of passionate kissing. Women often complain that men don't kiss them enough especially after they have been with them for a while in a relationship. You can never go wrong with long passionate, probing kissing.
2. Learn how to give her a sensual massage. At least caress every inch of her body with long soft strokes. She will love you for this. Kiss and taste every inch of her body except her vagina. Kiss her neck, breasts, tummy etc...
3. Spend allot of time touching and stroking her inner thighs. But don't touch her vagina yet! You want to tease her and build up the anticipation.

4. After a few minutes of this teasing, gently rest the heel of your hand right above her pubic hair on her pubic bone and cup your hand over her vagina. Don't touch her yet but get your hand so close that she can feel the heat from your hand. During all of this you should be next to her kissing her on the mouth or kissing and sucking her breasts and nipples.
5. Now take your hand and put two fingers on each side of her vagina (you will have to spread your fingers where you have your 1st and 2nd fingers on one side and your 3rd and 4th on the other side) and gently and slowly rub the whole area in a circle clockwise Do this for 2-3 minutes.
6. Spread her vaginal lips apart by spreading your fingers apart and then bring your fingers and her vaginal lips back together again. Do this as you continue to rub in the circular motion that you started in step. Do this until you can feel her wetness seep through to your fingers.
7. Put your middle finger right on the opening of her vagina and slowly and gently tease and rub around the edge of the opening.(You are still next to her kissing her and sucking her nipples at the same time) Continue teasing her in this way. Ask her if she likes it or tell her that you love to touch her as you continue to do this.
8. Very slowly insert your finger in to her vagina about ½" and continue the circular motion for a minute or two. (make sure before do this that your fingernails are trimmed and filed and don't have any sharp or jagged edged. Or you will hurt her and ruin the whole process!)
9. Slide your finger in deeper to her G-spot (Remember how to find it from above). And slowly massage the area in a small circle with very light pressure (About the same pressure that you would apply chap stick or lip balm to you lips with your finger.)
10. After a few minutes of this she will really start moving and you will see that she is very, very turned on. At this point you can increase the pressure slightly. And continue the stroke.
11. You should now add a second finger either your 1st or 3rd which ever you prefer. And continue the motion for 1-2 minutes.
12. Now you will add in three other strokes to the technique. In the 1st stroke you will use both of your fingers and curl them back toward your palm stroking the top wall of her vagina and the GSA area right behind the pubic bone. You should start off with the same pressure that you have been using and you can use more pressure once she is very aroused!

In the 2nd stroke you will hook your fingers around her pubic bone and put pressure directly on her G-Spot (remember it's about the size of a dime or nickel

and will feel a little rougher in texture than the surrounding area) and make a in and out vibration type of movement keeping the pressure on her G-Spot.

The 3rd stroke is very similar to the first but instead of curling your finger toward your self for the movement you will keep your fingers hooked around the pubic bone and your fingers will keep constant pressure on her GSA, but you will also slide your finger tips back and forth over the entire GSA and in and out of that nook where you have your fingers hooked around the pubic bone.

13. Start with the first new stroke and try that for a minute or two. Ask her how it feels to her, then try the second stroke and the third. See which one she feels the best to her. And continue with one of the 4 strokes you now have learned. Alternatively you can use the **GSA Stimulation Manual Strokes** in the order that you learned them in the last section.
14. Continue the stimulation. You may at this point may begin to feel deep muscle contractions in her vaginal walls and you may also feel her vaginal muscles tighten around your fingers. This is a good sign an means she is on her way to a vaginal orgasm. Alternately you may feel her vagina get looser and balloon outward and get very wet suddenly this is also a signal that she is approaching a G-spot or vaginal orgasm and possibly even a ejaculatory orgasm.
15. At this point she is only a few minutes away from a very powerful deep vaginal orgasm. It could be anywhere from another 2 minutes to 20 minutes. So keep up the stimulation and also talk to her and tell her how much she turns you on and tell her to cum for you, and how beautiful she is. Her mind is the most powerful sex organ she has so you should stimulate her mind as well by talking to her. If you know that she likes to talk dirty then this is the perfect time for that.

At this point all you can do is to continue what you have been doing so far. Her orgasm is on the way. She may or may not ejaculate when she has her orgasm, and ejaculation should not be your goal. Your only goal should be for you to bring her as much pleasure as possible and to share that with her.

Stimulation of the G-spot During Oral Sex:

In this technique you are going to stimulate her orally at first and then add G-spot stimulation with your fingers while you stimulate her clitoris with your mouth. You will still want to start with the extended foreplay even before you go down on her.

1. Once again you will start off in the position in figure 4. Start off with a lot of kissing. Women often complain that men don't kiss them enough especially after they have been with them for a while. You can never go wrong with long passionate, exploring kissing.
2. I suggest that you learn how to give her a sensual massage. At least caress every inch of her body with long soft strokes. She will love you for this. Kiss and taste every inch of her body except her vagina. Kiss her neck, breasts, upper and lower abdomen etc...
3. Spend a lot of time touching and stroking her inner thighs. But don't touch her vagina yet! You want to tease her and build up the anticipation for your touch there.
4. After a few minutes of this teasing, gently rest the heel of your hand right above her pubic hair on her pubic bone and cup your hand over her vagina. Don't touch her yet but get your hand so close that she can feel the heat from your hand. During all of this you should be next to her kissing her on the mouth or kissing and sucking her breast and nipples.
5. Take your hand and put two fingers on each side of her vagina (you will have fingers split where you have your 1st and 2nd fingers on one side and your 3rd and 4th on the other side) and gently and slow the rub the whole area in a circle clockwise Do this for 2-3 minutes.
6. Now move down between her legs and slowly and sensuously kiss and lick her calves one at a time and slide your tongue up the inside her leg.
7. Lift up her legs one at a time and kiss, lick and gently suck the area on the side and back of her leg right behind her knee. This area is very sensitive and she will really enjoy this.(use enough pressure so that you don't tickle her)
8. (Now you will move into the position in figure 5 below, or one that you find comfortable and allows you to use your tongue and hands at the same time.) Move up to her inner thigh and very slowly kiss and lick and suck her inner thighs one at a time. Vary your kissing and licking. And here is a good stroke for you to use that you might not have used before. Gently suck the skin on her inner thigh near her knee and with out breaking the suction slide your mouth all the way up to the top of her leg where it meets her pubic area. To do this you will have to lick the area where you will be sliding your mouth and get the area very wet first.



**Woman on her back with male
between her legs. Combined Oral
and G-Spot Stimulation.**

Figure 5 This and all images in this book are copyright
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9. At this point her vagina will be almost dripping wet. But you are still going to tease her some more until she is like a bubbling volcano about to erupt. So now move your mouth up to the area around her vulva (the external vaginal area). Kiss, lick and suck all around both sides along the area next to her vulva. Lick her there with long sweeping strokes with your tongue, kiss, suck and lick her all over the area next to her vulva. Do the same to the other side and right above and below her vagina on her perineum (the space below her vagina and above her anus, This area is very sensitive and she will love it!) Do this for a 2-3 minutes and she will want you to lick her clit so bad she won't be able to stand it.
10. After you have teased her for a while as described in step 9 slowly start licking, kissing and sucking on her outer vaginal lips. Then lick with long strokes up and down the outside, on, and inside of each lip.
11. Now make your tongue as wide as possible and lick her vagina from the very bottom of her perineum to the very top of her clitoral hood (it's the same motion

you would use as if you were licking an ice cream cone. Do this several times.

12. Start to focus on her clitoris directly now. You can lick up and down or side to side, or make circles with your tongue around and around her clit. Listen to her and find out what she likes and when she says "oh yeah, Right There!" or something to that effect you know you are on the right track so don't do anything different. Just keep doing the same thing.

Note: Ask her to tell you when she is going to cum so that you can back off and stop stimulating her when she tells you she is about to cum. At this point you should bring her just to the edge of her orgasm and when she tells you she is about to cum, back off and not let her have the orgasm yet. Kiss her elsewhere and stop all stimulation for ten seconds or so. Now start the stimulation again and bring her to the edge of her orgasm again. Do this at least 3-5 times and then move on to the step below.

13. Now add in the G-spot stimulation in the following manner. Very slowly start to gently touch the opening of her vagina with one of your fingers (either your index or middle finger will work best) while you continue clitoral stimulation with your mouth. Slowly rotate your finger around the opening over her vagina. At this point you are just teasing her vagina and your finger should not be in her any further than ½". She may start to push her vagina closer to you bringing your finger deeper into her, but don't go any deeper than the ½" at this time.

REMEMBER you are in control right now (It's a great feeling to be in control when you are with a woman...lol) and you are the one who is bringing her great pleasure so just keep up the teasing and clitoral stimulation and if she starts to cum you can do one of the following:

A. Let her cum and wait another 90 seconds to 2 minutes before resuming direct stimulation.

B. Stop stimulation and not let her cum. Kiss her and let her cool down just a bit for about 20-30 seconds and start stimulation again. By doing this you will increase her sexual tension and bring her arousal and anticipation up even higher.

14. As you continue clitoral stimulation with your mouth, slowly slide your finger another ½" into her vagina. So now you are about 1" inside her. Keep doing the circular teasing and also in and out motion. Do this for another minute or so.
15. Then slide your finger in another ½" deeper and start to rub the top wall of her vagina with the pad (where your finger print is) of your finger with very light pressure in a circular clockwise motion. Do this as continue oral stimulation of her clit for 2 minutes.

16. Slide your finger into her ½"-1" more, so now you are about 1 ½" inches to 2" inches inside her, about up to your second knuckle. Now try to feel for her G-Spot on the top wall of her vagina (remember it should be a slightly swollen area about the size of a dime.) massage it very gently with a come here motion with your finger. Continue to do this and at the same time continue to stimulate her clit with your tongue. As she gets more and more turned on and closer to a G-spot orgasm you can increase the amount of pressure you are using. Continue this for a few minutes. (Always make sure that she is very well lubricated either with her vaginal juices or from your saliva)
17. At this time you will want to add a second finger slowly and then continue the same stroke.
18. You will want to try different level of pressure, speed and strokes as you learned in the **GSA Stimulation Manual Strokes** section. You maybe thrusting your fingers in and out of the GSA sliding your fingertips along the G-spot it's self or making a vibratory movement with your fingertips with constant pressure on her G-spot. Try it all, be creative and see what your lover responds to best you may discover something that works great for your lover that I have not covered here. But at this point you must keep both your tongue and your fingers moving and overload her with stimulation. This will bring her a very powerful combined G-spot and clitoral orgasm.

Variations on Stimulation of the GSA During Oral Sex:

The above technique will most likely leave your partner shaking and breathless from an incredible G-Spot orgasm and possible female ejaculation. However I want to give you a couple of variations on the position (see figures below) and some tips that will help you keep things new and fresh for you and your partner as one of the keys to great sex is variation and keeping sex from becoming routine.

Tips and tricks that may help you when stimulating your partners G-Spot:

- In additions to the above techniques there are endless variations of combining oral stimulation and G-Spot stimulation in stages and in combination. What I am giving you are starting points and patterns that you can make your own and customize for you and your lovers own personal preferences. You want the techniques to flow and be spontaneous NOT robotic and routine.
- When you are in the late stage of G-spot stimulation you can take your other hand and put it on top of her lower abdomen and feel where your fingers are pushing on her G-spot on the inside. You can push down gently with your external hand using your palm. This will help to stimulate the G-spot from both sides. Don't go to hard. See how she likes it and test the waters so to speak.

- Here is a technique that you can use if your tongue is long enough. You would do this instead of using your fingers in the above technique starting at step 13. With your tongue apply pressure to her external urethra area for a minute or two this will help to stimulate the G-spot externally. Then slide your tongue as far as you can into her vagina and put pressure on the top wall where her G-spot is. If your tongue is long enough you will be right at her G-spot. Use a very strong and forceful stroke where you are licking toward yourself or back and forth massaging the top wall of her vagina. If she is clearly enjoying this continue until she explodes in an orgasm or alternate back and forth between licking her G-spot and clitoris.



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Figure 7 This and all images in this book are copyright Greatlovers Publishing co. 2001 All rights reserved.

Oral Anal Stimulation Combined with Manual G-Spot Stimulation

I have met very few women that don't enjoy oral sex, and while you are down there pleasing her orally is a great time to introduce new pleasurable anal stimulation with your mouth and tongue while you are stimulating her G-spot with your fingers. If you find this idea completely distasteful then you may skip the idea of using your tongue to please your lover anally. But remember you if do please her this way and follow the precautions below you have very little risk of anything unpleasant and to go one step further you can also place a dental dam or microwave able plastic wrap a fluid barrier.

Anal Sex Precautions & Safety

Even though this book is about G-Spot Stimulation & Female Ejaculation and anal stimulation is not the scope of this book I feel it necessary to cover some basic anal health and safety guidelines since in figure 7(above) I mentioned anal stimulation and the position lends it's self to anal play and stimulation.

I want to cover the safety rules you absolutely must follow for you and your partner to have safe and healthy anal sex. I will also mention any other precautions where applicable.

WARNING: Oral – Anal stimulation if not done under the right conditions can have associated health risks as there are bacteria that live in the lower intestine that can cause serious infections in the upper gastrointestinal tract (i.e. your mouth, stomach, small intestine), or your partners vagina. If you intend to practice oral – anal stimulation, there are certain pre-cautions you should follow.

- You should know your partner well and know that she is in good health, and free from STDs, Hepatitis and HIV.
- You should only do oral - anal stimulation when your partner is fresh from the shower and/or has washed her anus and anal area thoroughly with soap and hot water. And has not had a bowel movement since she has washed.
- Nothing that penetrates your partner's anus should come into contact with her mouth, your mouth or her vagina. I don't recommend penetrating her anus with your tongue. If you do penetrate her anus with your finger, make sure that you don't stimulate her anus orally after that point as when you remove the finger it could bring bacteria and/or feces from inside the rectum outside to the surface of the anus. Also remember which finger penetrated her so that later you can avoid bringing it into contact with her/your mouth or her vagina.
- If you follow these precautions you should be safe (providing that your partner is free from any and all STD's). But remember if you do practice oral – anal stimulation you do so at your own risk.

Note: If you would like to learn more about pleasing your partner through anal pleasure and the techniques that will drive her absolutely wild I suggest that you visit my site that is dedicated to the art of anal sex: <http://www.howtohaveanalsex.com>

Manually Pumping the G-Spot to Produce Female Ejaculation:

This technique should only be used after prolonged oral stimulation and/or intercourse and you have tried all of the other techniques above and/or she has already had several orgasms and/or has been stimulated for at least 20-30 minutes. If she is not very wet I suggest that you add a good [water based lubricant such as Astroglide or a silicone based lubricant like ID millennium or Eros](#). NEVER use Vaseline as it can permit bacteria to stay in the vagina and cause an infection because it is not water soluble and is very difficult to wash out. Also if you are planning intercourse again later and are using condoms DO NOT use any oil based lubricants at all or the condom could break. Oil based lubricants such as Albolene must not be used when you are using condoms for birth control or protection from sexually transmitted diseases.

Your partner should be in the position in Figure 2 on her knees. Slide your middle two fingers into your lover's vagina palm up. If you can feel your partner's G-Spot is very swollen and quite pronounced you can try to pump it manually using this technique to produce an ejaculation.

1. Stimulate her using one of the strokes you learned earlier in the manual. The **Come Here Stroke** the **Tapping the G-Spot Stroke** and the **Vibrating and Pulsing Strokes** are good now that she is already warmed up from intercourse, oral or other stimulation.
2. Then you want to curve your fingers so that with each stroke you are pulling your fingers along the contour of her GSA and her G-Spot from inside toward you. It's actually like you are trying to pull her G-Spot and squeeze the liquid out of her. Be firm but not too hard you never want to cause any discomfort. Move your fingers and at the same time your arm is also pulling your hand toward you. Then you repeat. It's like a pumping or milking motion and rhythm.
3. Try different speeds. Start slowly then gradually increase the speed to a very fast or almost frantic rate of speed.
4. Alternately you might part your fingers inside her and do the strokes with one finger on each side of the G-Spot.
5. Continue until she ejaculates or says that she wants to stop.

If for some women the technique above will not do the trick and make her ejaculate it is usually because the urethral & parourethral sponges which is where the female ejaculate come from and is produced has not been stimulated enough. And rather than to rub her raw I suggest that you get some help from your friend the bullet vibrator it can work wonders.

I recently used the [bullet vibrator](#) with the technique I am about to teach you on a young woman who had never really been multi-orgasmic and she had 3 orgasms and experienced female ejaculation the very first time we tried it!

I had tried manual stimulation on her many times before and gave her many G-spot orgasms but I could never get her to ejaculate until I used the following technique. But first a little bit more about the bullet vibrator.

The [Bullet or Silver Bullet](#) are small vibrators sold at sex shops or at this link here. It is a small vibrator about the size of an lipstick container to the size and shape of an egg depending on the model. They have a wire that comes out of them that leads to a little box that holds the batteries and has the power and vibration control. You want to make sure that you get the most powerful one you can buy. In fact buy two! As I will tell you what you can do with the second one that will drive her wild as an option to the technique below!

Using a Vibrator Combined with Pumping the G-Spot to Produce Female Ejaculation: This technique can be used right after kissing and as part of foreplay. If she is not very wet I suggest that you add a good [water based lubricant such as Astroglide or a silicone based lubricant like ID millennium or Eros](#). NEVER use Vaseline as it can permit bacteria to stay in the vagina and cause an infection because it is not water soluble and is very difficult to wash out. Also if you are planning intercourse again later and are using condoms DO NOT use any oil based lubricants at all or the condom could break. Oil based lubricants such as Albolene must not be used when you are using condoms for birth control or protection from sexually transmitted diseases.

1. Warmed her up and get her juices flowing with lots of kissing, touching and heavy petting for at least 20 minutes. Go down on her and tease her pussy and anus with your mouth and tongue for a while as I have taught you in other techniques in this manual. But do not give her an orgasm yet.
2. Take the [Silver Bullet vibe](#) and lube it up and turn it on to like a medium vibration. And as you are licking her slide the silver bullet all over her pussy, on the lips near the top near the bottom around the opening. Do this for 5 minutes.
3. Now slide the [Silver Bullet](#) into her vagina and with your fingers and push it up to where her G-spot is, don't hold it there just make sure that it is in the right area right behind the pubic bone close to the opening of her vagina. Set it on as high a vibration setting that she enjoys.
4. Now while the vibrator is inside her, continue licking all around and teasing her. But try not to give her an orgasm yet. If she has one it is ok. Just leave the

vibrator where it is and if she is multi-orgasmic she may have an other or if she is too sensitive, turn off the vibrator and wait a minute or two and then turn the vibe back on and resume. What we are trying to do is to use the vibrator to stimulate her urethral & parourethral sponges to produce the female ejaculate.

5. So continue this teasing and vibration for 5 minutes longer. Then pull the vibrator out of her vagina and give it to her and tell her to use it on her clit, while you stimulate her G-spot with your fingers manually. As you learned in the last technique.
6. While you are both stimulating her she will be very close to having an orgasm and in fact may have several if she is multi orgasmic. You should be stimulating her rapidly with the pumping the G-spot technique and at the point of her orgasm withdraw your fingers very quickly. When you do this you are moving your fingers out of the way of her urethra and clearing the path so that she can ejaculate. Don't be surprised if she ejaculates as soon as you remove your fingers. If she does not ejaculate, reinsert your fingers again and resume stimulation again and after about 30 to 60 seconds of stimulation withdraw again. Repeat this until she ejaculates or it become uncomfortable or she is too tired to continue.

Note: Not all women ejaculate at the point of orgasm so you might also use the pumping & withdrawal technique before or after her orgasm as well to produce an ejaculation.

OPTIONAL: Remember I told you to get two [Silver bullets](#) for an optional technique. Well here it is.

Right after step #4, Lube up the 2nd vibrator use the second vibrator to massage her anus for a minute or two and then slowly slide it into her ass. Now when you remove the other vibrator from her vagina and give it to her to stimulate her own clit, she will have one vibe on her clit, your fingers stimulating her G-spot and one up her ass! She will be in ecstasy. You can also use some [Her Turn Cream](#) on her clitoris (See the end of the supplement section for more info on Her Turn Cream)

What if she does not ejaculate?

There are some women who have ejaculatory orgasms all of the time even from just clitoral stimulation and then there are those women that have had it happen before but really don't now why or how it happened and I am sure that there are some women who are not able to ejaculate or don't want to for what ever reason and that is why your goal

should not be getting your partner to ejaculate but to give her as much pleasure as you can.

For most women female ejaculation is a new experience and they must learn how to ejaculate and accept the belief that they can. There are a few blocks that can stand in the way of a woman ejaculating for the first time. After the first time it will be much easier for her to ejaculate in the future and may be able to do it much more often if not every time and with other forms of stimulation as well.

Some things to keep in mind:

- The woman must be absolutely comfortable with you and have a strong enough emotional connection with you to share such a deeply personal and intimate experience with you. If she feels at all inhibited with you she probably will not ejaculate with you. If she has ejaculated before on her own she may fear that you will ridicule her or somehow be disgusted and think she is urinating, so she may hold it back. The other consideration is that for many women the feelings are so strong when they ejaculate that they feel as though they have no control over their body as their vagina is contracting and convulsing involuntarily. They must be able to trust you completely as you guide them through this experience.
- Many women before they have had an ejaculatory orgasm sometime confuse the signal of an impending ejaculation with the urge to urinate. You may be stimulating her and get her almost to the point where she is about to ejaculate when all of a sudden she says "Stop! I have to pee!" or Wants to get up and go to the bathroom. When this happens re-assure her that this is a signal of the coming ejaculatory orgasm and perfectly normal and that she does not have to pee. Also tell her to relax and just go with the feeling. Or have her push out with her muscles as you continue stimulation.
- Her GSA may not have been aroused or stimulated enough. So women will respond better to G-spot stimulation after several clitoral orgasms first or after prolonged intercourse. So if you are not able to give her a G-spot or ejaculatory orgasm by using the technique outlined above during foreplay try it on a different occasion after giving her several clitoral orgasms first. But remember it is very important that you **DO NOT** pressure her to ejaculate. Once again your only goal should be for you to bring her as much pleasure as possible and to share that with her. If she ejaculates Great! If not it's still Great!

And with those tips you now have all of the knowledge and techniques that you need to bring your partner to an explosive G-Spot Orgasm and possibly a Female Ejaculatory Orgasm as well. All that you need to do is to practice. I do suggest that you read the rest of the manual in its entirety including the woman's section that follows and the section on sexual positions. And share this manual with your lover. If she does the exercises in the woman's section of the manual it will make the path to G-spot orgasms and female ejaculation even easier for her.

Chapter 6

Techniques for Women to Increase Orgasmic Capacity

Note: I want to explain that since this book is about sex and erotic experiences and not a medical book I don't want it to sound or read like a medical book. While I will use medical terminology from time to time I will also use the slang to describe sexual situations and anatomy at times. The reason for this that I write from the heart and from my feelings and I want you to feel what I am saying and saying the word "Vagina" does not always have the same feeling or impact that it does when you say the word "Pussy". I have never met a women that said to me "Eat my vagina" Or "Lick my genitals" It does not have the same feeling, passion or impact. And It also takes you from a sexual state of mind and puts you in a clinical state of mind which is not where you want to be when your goal is incredible orgasms. I apologize if this offends you in any way. But if you are offended by the words "Fuck" or "Pussy" you have far more problems standing in your way of great orgasms than this manual can help you with.

Before we get to the G-Spot techniques I want to cover a few things that I feel all women need to know from a man's point of view.

Too often woman complain of inadequate lovers, when they don't really even know their own bodies. I mean how can you expect a man to give you an orgasm if you can't even give yourself one. Now this does not apply to all women. There are many women out there who are very in touch with their bodies and are very easily orgasmic and they are to be applauded. But far too many women place the responsibility for their orgasm on us the men. Now when I teach men sexual techniques I teach them how to give a woman an orgasm and to take most of the responsibility for her orgasm, but it should be our choice, not by default that we as men should be responsible for your orgasm. I mean think about it we are already responsible for our own orgasms. If we climax too soon you don't say "I made him cum too soon." No, you say HE came too soon. Why should we be responsible for your orgasm when you are not responsible for ours? So we end up being responsible for both controlling ours and providing yours. Which is not really fair now is it?

Now in truth we want as men to take the responsibility for our lover's orgasms and to bring you to orgasm over and over again. But it should be our choice not a requirement. And it should be reflected in your attitude toward us as such.

Now on the other hand there are many women that deny themselves pleasure by putting up with selfish, unskilled lovers and wonder why they are not having orgasms and being sexually satisfied. I don't feel that any woman should put up with not being sexually satisfied, and or with a selfish or unskilled lover.

So what is the answer?

Taking Responsibility, Communication, and Sexual Self-Exploration

You should take responsibility for your own orgasms by becoming more in touch with your own bodies and learning what it is that you like and don't like and communicating it to your lover in a seductive and non-confrontational manner. So he can learn what you want and desire and how to fulfill you sexually. Men are not mind readers, and all women are different in what they desire and when they desire it. One day you might want one thing and the next the complete opposite. So if you clue us in on this then we will all be enjoying a much more pleasurable and fulfilling sexual experience and sex life.

First you need to learn how your own body responds to different stimulation, what feels best to you. Allow yourself to let go and just enjoy your own body. Find out what your hot spots and trigger points are. And build up your orgasmic capacity yourself.

Then you need to communicate this to your partner so that he or she will be able to please you the way you want to be pleased. Now I know that some women are looking for the perfect lover to unlock her sexual pleasure for her. This is more fiction than reality for several reasons. You may or may not find that perfect lover and if you do, what happens if he leaves? You should never make your pleasure completely dependent on anyone else.

Let's be honest. You have a fantasy of your perfect lover, and a fantasy will always out shine reality because a real person is not able to read your mind and know what you want automatically. That is something that has to be developed over time with your lover and is also the reason sex should get better over time and the more you have it with someone.

I once heard of one young college girl who slept with over 170 men looking for that perfect lover that would just do everything right. I doubt she ever found him.

In truth most men are not very good lovers especially young men 16-22 as they are not very in touch with their own sexuality yet and often suffer from premature ejaculation and performance anxiety. They really have not even learned how to use their own penis yet. And usually those good looking athletes/jocks and the popular or famous guys are usually the worst in bed. Why? Because they have so many women after them they really don't care if they please the women or not as there is always another woman waiting in line to have sex with them.(Of course there are exceptions. And if you find one you are very lucky! Treat him right!)

I feel that one of the causes of so few women experiencing orgasms during intercourse is that most men don't have the staying power or technique to bring them to orgasm during intercourse. (That is why I sell a manual on the subject at <http://www.greatlovers.com>) And that is precisely why you need to take responsibility for your own orgasms.

The other reason is that many of those same women are not in touch with their own sexuality and might even fake orgasms. NEVER FAKE, ALWAYS COMMUNICATE!

Communicating with Your Lover

Now I want to tell you that you **MUST** communicate with your lover and let him know when you are not enjoying it and when you are. Let him know what works for you and what does not. Never lie to a guy just to save his ego. And faking an orgasm is a false communication telling him that what he is doing is working when in fact it is NOT!

Now the best way to do this is by telling him what you like rather than saying what you don't. If he starts to make love to you and you keep saying "I don't like that" or "That's not right." He is libel to just get up and say "Fuck it!" and walk out! Remember when a man is taking the time to try to please you it is a gift and if you reject his gift, it can be very insulting to him especially because sexual ability is a big part of a mans self image. Put yourself in his place. Think about how would you feel if someone rejected you sexually.

So you must use an approach that will not be demeaning or confrontational. Tell him how good it feels when he does something that feels good by saying it in a seductive rewarding way i.e. "Oh that feels soooo good, keep doing that!" or "Yeah, just like that baby!"

If he is doing something that you are not so crazy about don't just say stop or lay there bored, or tell him what you would rather have him do. Instead say "You know it would really drive me wild if you were to _____." or "I want you to _____ so bad I can't stand it!" or "It turns me on so much when you _____."

Now if your partner still refuses. Have a talk with him at a non-sexual time and explain your desires and lack of sexual satisfaction and what is that turns you on and what it is that turns you off.

If he still does not make any effort at all to improve his skills. It's time to leave and find another more considerate and skilled lover. This does not mean to find an additional lover but rather to end the relationship and find new lover.

No matter what **NEVER** laugh or make fun of your current or ex-lovers. If you do that you don't deserve to have a lover at all! You don't know what it's like to be a man and want to please your lover and to suffer from premature ejaculation, erectile dysfunction, or to have concerns about your penis size. For the most part and to satisfy most men all a woman has to do is show up and get wet. For me that is not enough, I want a woman who is a very active participant in bed. But most men are happy if you look good and are just there.

Now that I have gotten all of that out of the way let's get on with G-spot simulation & Female Ejaculation.

As a woman you are much closer to the experience of a G-Spot orgasm or female ejaculation than we as men will ever get no matter how much we love it or want to help

our partners experience it. It happens in your body and you are once again the one who is ultimately responsible for your orgasm.

Sexual Pleasure Is Like A Muscle

The more you exercise it the stronger and it gets. You are allowing your body more and more pleasure each time and learning what your capacity for sexual pleasure is. This is also partially due the fact that when you have an orgasm you are actually using/exercising your sexual muscles which play a big part in your orgasmic response and are partially responsible for your orgasmic capacity.

Your sexual muscles are the muscles of the pelvic floor, your PC or Pubococcygeus muscle and your vaginal & anal muscles which are all connected and play a big role in sexual response and orgasmic capacity.

If you have weak sexual muscles you may have a hard time having an orgasm or at the very least you are not having the strong and powerful orgasms that you could be having. To have powerful mind blowing and especially female ejaculatory orgasms you **MUST** have strong sexual muscles. The good news is that there are a few ways that you can strengthen your sexual muscles, which I will outline for you below.

Kegel Exercises for strengthening your PC and other sexual muscles

Kegel exercises or just Kegels for short are named after Dr. Arnold Kegel the gynecologist who first advised the use of the exercises. But in truth they are much older and have been practiced by the ancient Taoist and practitioners of the art of Tantric sex for thousands of years. The Taoist and Tantric versions of the exercises also dealt with energy circulation as well. Where as the Kegel version was only concerned with muscle strengthening.

What I am going to teach you is combined version of both types and an additional exercise as well.

Basic Vaginal Strengthening Exercises:

Flex your PC muscles (vaginal and anal muscles) as if you are sucking your vagina and anus up into your body. Hold the flex as described below and then release and relax your muscles as described below then repeat.

The first exercise we are going to do is the:

Quick Flex:

Flex your PC Muscle as tight as you can and hold it for 2 seconds then completely relax the muscle then repeat. That is one rep, wait 1 second between reps.

Slow Flex:

Flex your PC Muscle as tight as you can slowly and hold it for 15 seconds then release slowly, completely relax the muscle. That is one rep wait 5 seconds between reps.

Super Flex:

Flex your PC Muscle as tight as you can slowly and hold it for as long as you can up to 60 seconds then release. That is one rep wait 30 seconds between reps.

Push Out:

This exercise will help you develop the ability to ejaculate and expel the ejaculate from your body. In this exercise you are going to push out with your vaginal muscles like you are trying to push an object out of your vagina slowly and hold it for 5-10 seconds then release slowly, completely relax the muscle. That is one rep wait 5 seconds between reps.

The Program I recommend: (Do this program once a day)

Quick Flex: 20 reps. (work up to 100 reps.) x 1 set. Work up to 4 sets over time.

Slow Flex: 10 reps. (work up to 25 reps.) x 1 set. Work up to 4 sets over time.

Super Flex: 1 reps. (work up to 10 reps.) x 1 set. Work up to 4 sets over time.

Push Out: 10 reps. (work up to 25 reps.) x 1 set. Work up to 4 sets over time.

Just as with any exercise program you should start out slow and build up over time and work up to 3 or 4 sets of each of the above exercises. in this case over about 2-3 weeks to prevent excessive soreness. After being on this program for 4-8 weeks you should have increased your PC muscle tone. Which is required for mind blowing female ejaculatory orgasms!

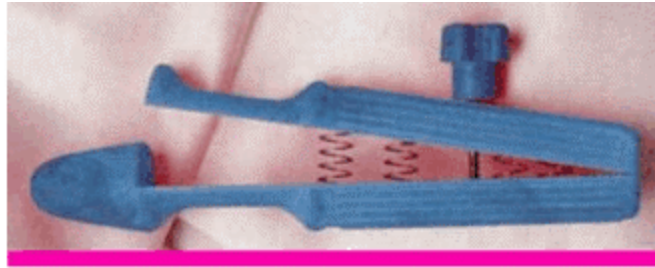
Advanced Variation:

Another way to do these exercises and get even better results is to do them with a dildo or your fingers inserted into your vagina. On the **Push Out** exercise try to push the object out of your vagina.

Caution: Never insert any object into your vagina that would be hard to remove or become lost inside your vagina.

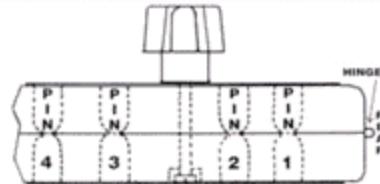
The Best Thing Since Oral Sex For Women's Orgasms!

There is a new product on the market, which is absolutely amazing in the results it provides in vaginal strengthening. It is called a Kegelmaster 2000 (see figure 8 below) and it is really amazing.



Spring configuration

Figure 8



The Kegelmater is a product that provides progressive variable resistance to the vaginal muscles by the use of springs. You insert the Kegelmater 2000 about 3" inside your vagina (see figure 9 below). And then turn the knob on the unit to increase the tension and then do either the above program (excluding the Push Out exercise which is better done without any resistance or with a dildo that can be pushed out of your vagina) or the program that comes with the Kegelmater 2000.

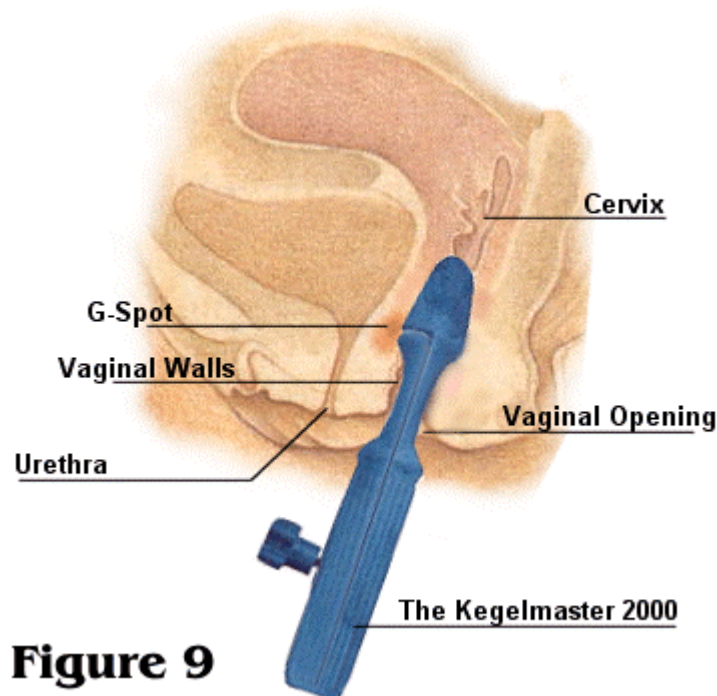


Figure 9

The manufacture claims that there is a world of difference between standard Kegels and using the Kegelmater 2000. And from the feed back that I have received from the women that have tried the test units that they sent me for this review I must agree. Below

is an explanation from the manufacture of how and why the Kegalmaster2000 works so well.

How and Why The KegelMaster 2000 works:

The increased circulation of blood flow to the vaginal muscular area causes greater sensitivity to any stimulation and a tremendous decrease in the vaginal opening.

The KegelMaster 2000, is a revolutionary progressive resistance exerciser created for women. One frequently asked question is what is the KegelMaster? Perhaps the real question is what does the KegelMaster do? There is a tremendous amount of unused muscles in the pelvic floor. Until now women were unable to exercise these muscles. The KegelMaster was specifically designed to cradle all the pelvic floor muscles adding progressive dynamic resistance. Kegel exercises are ineffective without resistance, up until now women have been misinformed about doing Kegels. Strengthening and toning of these muscles may eliminate the need for expensive surgery's, and incontinence products.

Men and women in monogamous relationships have written telling us that every time they have sexual intercourse that it feels like a different partner. This is due to what are called involuntary contractions which occur during sexual intercourse. The reason men and women do not normally feel these contractions is that the vaginal muscles are so weak (tightness does not equal strength). With proper training of the vaginal muscles a woman can bring a man to an orgasm simply by contracting. We recommend that the Kegelmaster 2000tm is used for 10 to 15 minutes before intercourse, and both of you will experience the greatest sexual experience of your life!

Many women that have used the Kegelmaster swear to it's effectiveness, and claim stronger orgasms, female ejaculation and great satisfaction by there lovers of there now tighter vaginas. One of these women is Porn Star Alisha Klass who is famous for huge voluminous female ejaculations!

For any women who is serious about developing a greater orgasmic capacity, experiencing female ejaculation, having a tighter vagina and hearing your lover tell you that "Oh my God! You have the best pussy I have ever had!" I recommend that you get a Kegelmaster 2000. It also prevents and in many causes cures urinary incontinence.

**For More Information On Buying A Kegelmaster 2000 Visit:
<http://www.femaleejaculation.com/kegelmaster2000.html>**

Chapter 7

Supercharging Supplements for Women

Supercharge Your Orgasmic Capacity With Super Fuel

Now I want to share with you some supplements that can increase your sex drive, give you stronger orgasms, and increase vaginal lubrication.

Increase Your Water Intake

If you are dehydrated, as most people are walking around these days you will not only age faster but you will also have a hard time producing vaginal lubrication and female ejaculatory fluid. So make sure you drink at least 8 glasses of water a day. The water should be distilled. If you really want to super hydrate your body drink PentaHydrate. It's the best water on earth! It is designed so that the water molecules are in their smallest molecular form and are rapidly absorbed into your body. When you drink PentaHydrate you can down 16oz at a time and not even feel that full feeling that you usually get after drinking a lot of water. There are also other benefits from drinking this water, such as this water does a much better job of removing toxins and waste products from your body. People report muscle soreness and aches and pains going away after drinking the water for only one month. For more information on PentaHydrate go to <http://www.hydrateforlife.com> or visits your local health food store and ask them about it. PentaHydrate also has a guarantee that if you drink a bottle before you go to bed after you have been drinking alcohol you will not get a hangover!

Vitamins & Minerals

Because of the typical diets that most people are on and that our food supply (unless you grow your own food in an organic garden) is very de-vitaminized and lacks the necessary vitamins and minerals that are bodies need to stay in top shape and to function optimally. No matter If you are a man or a woman you should be taking a quality multiple vitamin supplement and a quality multiple mineral supplement daily. I suggest that you go to your local health food and speak to the sales person there and see what they would recommend to you. They may even have a woman's formula which would be catered to the needs of a woman's body. The good thing about taking a multiple vitamin is that you only have to take 2- 4 a day and you should get most of what your need for general health of course this is not a substitute for a healthy diet but should be used along with a healthy diet. Some people like to buy the individual vitamins and minerals and for some cases this is the way to go but for the most part it is more expensive and you would then have to take 10-20 tablets or capsules twice a day! And most people will quit after a few days and the bottles will just sit there untouched. So that is why I recommend a multivitamin and mineral formula, because if it is easy to take, at least you will continue to take them. In addition to the vitamins and minerals, below is a list of other sexual performance enhancers that I feel are of great benefit by adding them to your diet. Some of the supplements below you can take every day and others should only be taken occasionally.

Also the supplement below have very powerful pro-sexual benefits that you will feel almost immediately some in only 15-minutes and other from just hours to a few days.

Sexual Performance Supplements:

- **Amino Acid: L-Arginine:** Increases blood supply to erectile tissues, increases sex drive and gives more powerful orgasms in both men and women. And has many additional health benefits such as reducing the risk of heart disease, improving immune system response and more. When I take it, I take 2000mg in the daytime and 2000-2500mg about an hour or two before sex. I also recommend that you take a good amino acid supplement and augment it with the L-Arginine as not to create an imbalance in the body. I do not recommend taking high dosages on a daily basis for an extended period of time. If you plan to take L-Arginine on an extended basis, I would suggest that you take no more than 6000mg a day and also take 500mg of L-Lysine to keep from getting out of balance.

Warning: Do not take L-Arginine during a herpes break out or when cold sores are present, or any herpes related disease as it will make the case more severe. If you have herpes and want to use L-Arginine take an equal amount of L-lysine with the L-Arginine and that should help to prevent a break out. Also even if you are free from herpes and in perfect health always start out with a low dosage when ever you take a new supplement just in case you have an adverse reaction. I recommend that you start with about 1000mg twice a day for several days and then move up from there.

- **Vitamin: B-Stress Complex:** for more energy and sexual endurance. Should be part of your multiple-vitamin.
- **Vitamin: B-12:** For more energy and endurance. Should be part of your multiple-vitamin.
- **Vitamin E:** Vitamin E is required for the production of hormones. Also helps to reduce scarring and can be applied to skin. Has been referred to as the sex vitamin. Should be part of your multiple-vitamin.
- **Niacin:** Causes a histamine release in the body, increases circulation and will make you tingle all over and give you an amazing orgasm if taken 15-20 minutes before you have your orgasm. Niacin will also cause you to look flushed and red when you take it and can be uncomfortable and make you feel very hot and itchy if you take too much so start with a small amount like 30mg-50mg and see what happens and if you don't feel anything take a little more like a 100mg. Niacin is more potent on an empty stomach and that is the preferable way to take it. **Warning:** taking large dosages of niacin over

100mg over time can be damaging to your liver, so keep moderation in mind.

- **Colloidal Trace Minerals:** For general health and immunity. These can really bring you a big boost of energy. You will really feel a difference in a matter of days in overall energy level.
- **Bee Pollen:** Is one of the best supplements you can take. It has been mentioned in almost every ancient religious text and been revered by the ancient Egyptian, Greek, Roman, Chinese, Middle Eastern, Slavic and Native American Cultures. Bee Pollen is rich in vitamins, minerals, amino acids and enzymes, all of which you need to maintain good health. It will give you more sexual energy and a higher sex drive. There are many different ways to take Bee Pollen, such as tablets, capsules, and the freeze-dried or raw form. If possible try to get the raw or freeze dried forms that you will find in the refrigerated section at your local health food store as they will offer the greatest benefit as they are live foods.

Warning: Start out slow with a small quantity of the Bee Pollen and build up to a teaspoon full, so that you do not have an adverse reaction to the Bee Pollen as it is very intense and your body may not be used to it. **Also do not take this or any bee product if you are allergic to bees or bee products.**

If you are unable to find Bee Pollen, you can contact:
CC Pollen Co. Phoenix, AZ, USA at 1-800-875-0096

Herbs:

- **Herb: Avena Sativa (Wild Oats):** Increases sex drive and vaginal lubrication in women and volume of ejaculate and staying power in men. It may also help with female ejaculation in women but that is not known at this time to be certain. Studies have shown that Avena Sativa can help women to raise the quality and number of orgasms they have and become multi-orgasmic. Especially good for both men and women who have low testosterone levels. Take 2 hours before you plan to have sex if you do not see any results then try it again for several days. Can be used on a continual basis.
- **Herb: Catuaba:** Increases sex drive, stimulates nervous system, and is considered a sexual tonic in Brazil and the most popular Brazilian sex herb. Take 2 hours before you plan to have sex.
- **Herb: Damiana:** A very popular sex herb for women. Increases sex drive, and possibly vaginal lubrication. I have also heard that the user of this herb will become more attractive to the opposite sex. This could be the result of increased pheromone production. It is also said to improve the flavor if

vaginal juices.

- **Dong Quai:** This herb will help to regulate female hormones and also help to alleviate vaginal dryness. Dong Quai is a tonic herb and must be taken on a daily basis to be effective.
- **Herb: Epimedium Leaf:** Also known as “Goat Sex Herb” or “Horny Goat Weed” is considered an aphrodisiac. And it really works! Higher sex drive and better orgasms! You will see result in just a few hours. Take 2 hours before you plan to have sex.
- **Herb: Muira Puama Extract:** Increases sex drive, and produces harder erections and more frequent erections in men. Should also increase blood supply to the clitoris and female sexual organs as well.
- **Herb: Saw Palmetto Berries Extract:** Good for balancing your hormones and may even increase your breast size is taken as tonic on a daily basis for an extended period of time.

Warning: When you are taking herbs that increase your testosterone level you should also take Saw Palmetto to prevent DHT from building up in the hair follicles and causing hair loss in both men and women.

- **Herb: Schizandra:** It is said to increase the volume of sexual fluids, increase sexual endurance and staying power and to strengthen the whole body. One added benefit is that it beautifies the skin. Schizandra is one of the best tonic herbs and must be taken on a daily basis to be effective.
- **Herb: Yohimbe:** Traditionally a herb for men that will provide rock hard erections and greater force or ejaculation. For women it will also increase blood flow in genitals, lubrication and increased sex drive. Some people have had great success with this herb and claim great results. I don't recommend it, because I have heard that it has negative side effects if over used or used for extended periods of time.. **I would not use it every day for a long period of time. But occasional use should be ok. I would use Muira Puama instead.**

Warning: Not recommend for people with high blood pressure.

- **Herbal Formula: Honeymooners Tea:** This tea is for replenishing spent sexual energy. Dendrobium, Schizandra, Licorice root. You boil all of the herbs and drink the tea.

Creams & Topical Orgasm Enhancers

While these are not supplements that you take internally I felt that this would be the most appropriate place in the manual to cover them. Right now there is a surge of new externally applied topical ointments and creams that are designed to help women achieve orgasm faster and become more sensitive in their clitoral area. While these quick fixes and enhancers do have their place and can enhance pleasure and help you to achieve orgasms they are not meant to be a substitute, for strong sexual muscles, and the exercises that will teach you how to expand your sexual capacity. Rather they will complement your exercises and supplements.

How do they work?

They are cream and ointments that are designed to be places directly on and around the clitoris to enhance sensitivity. They contain many of the herbs and ingredients listed above which increase blood flow and clitoral erection as well as menthol which heightens sensitivity.

Which is the best one?

There are several brands out right and they all claim to be the female answer to Viagra, but they cost much less than Viagra. Viagra which I would not recommend to anyone male or female costs about \$10 per dose and has associated health risks, whereas these topical creams seem to be very safe and cost about \$1 an application.

I have done some testing with:

Via Cream: This is a multi-level product which is sold through distributors. Some women have complained of slight irritation and burning when using it. It does enhance pleasure but it is not my first choice. It is also not that easy to find to purchase. Comes in small tubes that they say are good for several applications, but the tube is not resealable.

Femgra: I actually met the owner of this company at a trade show and he gave me a sample. It seemed like a good product but once again I think their marketing was poor. Hard to find and also comes in a small container that has several applications is not resealable.

Her Turn: This one is also similar but they have taken steps to prevent any burning or irritation by using a different formulation. It is the one that we liked best and it comes in a large container that is resealable. The reason I like resealable products is that it prevents the cream from drying up and protects it from bacteria. It is also very easy to buy and comes in a size that has 60 applications in one tube. I recommend Her Turn to all of my clients. You can buy it online also by clicking the following link.

[Click here to Buy Her Turn!](#)

Have an Incredible Mind Blowing Orgasm?

If the answer is yes. And I really can't imagine it being anything other than yes. Then follow the instructions below, if you are having sex with your lover suggest that he or she do the formula as well:

1. Take 2000mg of L-Arginine in the morning.
2. Then 1 ½ - 2 hours before sex take another 2000-3000mg of L-arginine, 500mg of Avena Sativa, 500mg of Epimedium (Horny Goat Weed), 200-500mg of Muira Puama and 100-150mg of Damiana. Take with a snack so that the herbs do not upset your stomach.
3. Take 100mg of Niacin on an empty stomach 15-20 minutes before you have sex.
4. Optionally you can apply some [Her Turn Cream!](#)
5. And get ready for an screaming orgasm!

There are some commercial herbal formulas that contain the herbs above. If you find one that contains most of the formula above you could use it rather than to buy the individual herbs. I do suggest that you do buy the L-Arginine separately though.

The above formula should not be used everyday, but rather on an occasional basis so that your body does not build up a tolerance to the herbs. You can also substitute some of the herbs from time to time to keep the formula fresh. Substitute Yohimbe or Catuba for the Muira Puama. Try different combinations and see what works best for you.

Also when first using any herbs or the above herbal formula cut the amounts in half to see what type of reaction you have. If you have a positive reaction try the full amount. Basically use commonsense any time you take herbs, supplements, or medication. If one is good 2 does not mean it will be twice as good. For example Yohimbe makes many people feel nauseated and others love it! So start small and see how you feel.

I am currently developing some herbal supplement formulas of my own for both men and women and hope to have them available to purchase very soon.

Warning: Always consult your doctor and/or nutritionist before taking any of the supplements or herbs listed here!

Chapter 8

Sexual Self-Exploration for Women

Sexual Self-Exploration

One of the best ways for you to become more in touch with your body, your sexual ability and orgasmic capacity is through self-stimulation/masturbation. If you have never masturbated then you really are not in touch with your body sexually. You need to explore your own sexuality alone and get more in touch with your sexual abilities and learn how to push your own buttons. That way you can show your lover how to do the same for you. You will also gain greater sexual and orgasmic capacity by self-stimulation. Your sexual and orgasmic capacity is like everything else the more you practice the better you get.

Before we get into G-spot stimulation we are going to cover clitoral stimulation first as many women do not have much experience with any orgasms and will benefit greatly from this and by learning more about how to please yourself with clitoral stimulation it can only enhance your sex life expand your sexual capacity no matter what ever it is now. Also many of the women who have ejaculatory orgasms have them from clitoral stimulation alone.

Remember sex is like a muscle the more you have it the stronger your sexual ability grows. One reason for this is that the more your sexual muscles are used the stronger they get and the stronger they get, the easier it is for you to have an orgasm, multiple orgasms, female ejaculation, G-Spot orgasms.

Below are some sexual self exploration exercises that will help you to increase your orgasmic capacity and sexual awareness in your own body. If you already are multi-orgasmic and masturbate frequently you may skip ahead to the ejaculation exercises. You may still gain something from doing the exercises but they are designed for women who are just coming into awareness of becoming orgasmic or multi-orgasmic. I recommend that you do the following exercises without the herbal supplements once and then try them using the herbal supplements or the formula recommended in the last chapter.

Self Exploration and Masturbation Exercise #1: (See Figure 10)

This exercise will help you to become more in touch with your body and sexuality. Take about 45 minutes to 1 hour to do this exercise. If you have masturbated before this will be very familiar to you if you have not you are opening your self to a new world of sexual pleasure where you are totally responsible for your own sexual pleasure and not reliant on any one else. All you need to do this is some privacy. Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point.

Optional: I also recommend some massage oil to enhance the experience. This experience can be enhanced even further if you do this in front of a mirror. The larger the mirror the better but a small mirror would work as well.



Figure 10 This and all images in this book are copyright Greatlovers Publishing co. 2001 All rights reserved.

1. Take a hot bath or shower to relax your muscles.
2. Find a nice quite private space like your bedroom or a place where you will not be disturbed.

3. Sit down on the bed and just relax and let your self go. Have no expectation just experience and explore.
4. Start touching your body. Feel your body from head to toe. Start with your face then move down to your neck, (you have massage oil apply it here after your neck) chest, breasts, abdomen, inner thighs, calves, feet. Touch yourself like you would like your lover to touch you.
5. Try different kinds of strokes and pressures. See what feels best to you. Do this for several minutes.
6. Now move on to your genital area (If you have oil apply some more to your hands and rub them together) and lightly stroke your entire genital area and vulva (pussy). If you are in front of a mirror or have a small mirror you can watch your hand rubbing your pussy. It can be very erotic to watch your own hand stimulating yourself.
7. Stroke your inner and outer vaginal lips, play with them, pull on them and feel all of the sensations. Make mental notes of what feels good and what feels really good.
8. Now rub your entire vulva in a circular motion. This will indirectly stimulate your clitoris.
9. When you feel ready rub your clitoris through the clitoral hood. Most women do this with a circular or side to side motion with 1 to 3 fingers. Try starting with one and working your way up to three fingers.
10. If you are not too sensitive you can pull back your clitoral hood with your first and third finger and then very gently massage your exposed clitoris with your middle finger in very small circular or back & forth or side to side movements.
11. Continue the stimulation up until and all of the way through your orgasm.
12. At this point many women stop and assume that was it. But don't if you are too sensitive wait 60 to 90 seconds and resume stimulation. If you are still to sensitive start over with the more indirect forms of stimulation. By not stopping you are going to learn if you are multi-orgasmic. Many women believe that being multi-orgasmic means that you can have one orgasm after another and while this is also true you are also multi-orgasmic if you can have more than one orgasm in the same sex/masturbation session. Repeat this for as many orgasms as you desire.

Due this exercise for a few days and then try the following variations below.

Variations on Self Exploration and Masturbation Exercise #1

The goal of these variations is to learn what turns you on and what feels best to you.

1. Do the exercise, but this time really use your imagination and add your fantasies.
2. Try the exercise watching a porn film that really turns you on.
3. Invite your lover to watch you. He/She will love it!

Self Exploration and Masturbation Exercise with a Vibrator #2:

This time you will use a vibrator. It can be the slim, small or compact type or one of the larger electric models like the Hitachi Magic Wand. It is best if you have a selection of vibrators to choose from, as they all will provide different experiences and sensations. Many women find that the [Egg or Silver Bullet type of vibrators](#) work very well and provide very strong vibrations.

Note: If you do not own a vibrator you can buy the more sexual type at your local adult toy store and the more clinical type almost anywhere from stores in your local malls to your local drug store. You can also buy them online from clicking the link below. By buying online you can avoid any embarrassing looks when you make your purchase. And you might even save some money as well. [To Buy Online Click Here!](#)

Take about 45 minutes to 1 hour to do this. Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point.

Optional: I also recommend massage oil and a [good lubricant such as Astroglide or KY Liquid or a silicone based lubricant like ID millennium or Eros](#) which could also be used as massage oil. If you can not find any of those try one of the other fine lubricants available at your local drug store or online. This experience can be enhanced even further if you do this in front of a large mirror or even a small mirror.



Figure 11 This and all images in this book are copyright Greatlovers Publishing co. 2001 All rights reserved.

1. Take a hot bath or shower to relax your muscles.
2. Find a nice quite private space like your bedroom or a place where you will not be disturbed.
3. Sit down on the bed and just relax and let your self go. Have no expectation just experience and explore.
4. Start touching your body. Feel your body from head to toe. Start with your face then move down to your neck, (you have massage oil apply it here after your neck) chest, breasts, abdomen, inner thighs, calves, feet. Touch your self like you would like your lover to touch you.
5. Try different kinds of strokes and pressures. See what feels best to you. Do this for several minutes.
6. Now move the vibrator to your genital area (If you have the lubricant apply some to your vibrator and lightly rub your entire genital area and vulva (pussy) with the vibrator.

7. Rub the vibrator along your inner and outer vaginal lips, try different speeds of vibration, Make mental notes of what feels good and what feels really good.
8. Now rub your entire vulva in a circular motion. This will indirectly stimulate your clitoris.
9. When you feel ready put the vibrator on your clitoral hood. You can just leave it in one spot or move the vibrator back and forth or in a circular motion or side to side over your clitoral hood.
10. For most women direct stimulation of the clitoris with a vibrator is too intense but if you want to try it you can pull back your clitoral hood with your first and third finger and then very gently massage your exposed clitoris with the tip of the vibrator by either just resting the tip of the vibrator on your clitoris or by moving the tips of the vibrator in very small circular or back & forth or side to side movements. You should also make sure that you are using adequate lubricant.
11. Continue the stimulation all of the way through your orgasm.
12. At this point many women stop and assume that was it. But don't if you are too sensitive wait 60 to 90 seconds and resume stimulation. If you are still too sensitive start over with the more indirect forms of stimulation. By not stopping you are going to learn if you are multi-orgasmic. Many women believe that being multi-orgasmic means that you can have one orgasm after another and while this is also true you are also multi-orgasmic if you can have more than one orgasm in the same sex/masturbation session.

Due this exercise a for a few days and then try the following variations below.

Variations on Self Exploration and Masturbation Exercise #2

The goal of these variations is to learn what turns you on and what feels best to you.

1. Do the exercise, but this time really use your imagination and add your fantasies.
2. Try the exercise watching a porn film that really turns you on.
3. Invite your lover to watch you. He/She will love it!

Self Exploration and Masturbation Exercise: Peaking #3

This exercise can be done with your hands or with a vibrator. The goal of this exercise is to teach you how to take your self to a very high level of arousal which is required for female ejaculation and will also increase your orgasmic capacity.

1. Start off as you did in the other exercises and use the techniques as described in either exercise #1 or #2 or both.
2. Bring yourself to the very edge or peak of where you are just about to have an orgasm and then stop all stimulation for 30-90 seconds and let your arousal decrease and drop for down a couple of levels.
3. Then resume stimulation and bring your self to the edge or peak again and then stop as you did in step 2.
4. Repeat this process over and over for at least 3-5 times. Or even more try 3, 5, 7, 10. Each time you will build your arousal up higher and higher without having an orgasm you are building up the sexual tension. And when you finally allow your self to have an orgasm you will fill like you are going to explode in orgasmic ecstasy.
5. Now after you have peaked several times 3 to 5 times at least! Allow yourself to have an orgasm and continue the stimulation all the way through the orgasm. And have an absolutely Fanfuckingtastic orgasm!

Variations on Self Exploration and Masturbation Exercise: Peaking #3

The goal of these variations is to learn what turns you on and what feels best to you.

1. Try this exercise once with your hand.
2. Try this exercise with your vibrator.
3. Do the exercise, but this time really use your imagination and add your fantasies.
4. Try the exercise watching a porn film that really turns you on.
5. Invite your lover to watch you. He/She will love it!

Chapter 9

Getting Up Close and Personal with Your G-Spot

Many women know of the G-spot or GSA (G-Spot Area as in some women it's more of an area than a spot) or may have even had their lovers stimulate their G-spot but really don't know where it is or how to stimulate it themselves. If you do know where your G-Spot is then I would say that you are ahead of the game and are to be congratulated. If not follow the simple instructions below to find and become acquainted with your G-spot.

I want you to refer back to figure 1 on the XX page of this manual so that you can get a mental picture of where your G-Spot is located. Now that you have an Idea in of where your G-spot is located in your head you are going to find it in your body and experience what it feels like.

How To Find Your G-Spot Exercise

Take about 45 minutes to 1 hour to do this exercise. All you need to do this is some privacy, a small mirror and some massage oil or lubricant like Astroglide, Eros, ID Millennium or KY if desired. Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point.

1. Find a nice quite private space like your bedroom or a place where you will not be disturbed. You should be either reclining back or sitting up but not laying down completely. Place a mirror in front of your vagina so that you can watch what you are doing.
2. Bring your self to the very edge or peak of where you are just about to have an orgasm and then stop all stimulation for 30-90 seconds and let your arousal decrease and drop for down a couple of levels. You must stimulate yourself to high level of arousal so that your G-Spot will swell or you will not be able to feel your G-Spot.
3. Slowly slide your two middle fingers into your vagina (with your hand palm up).
4. Slowly curl your fingers back toward your palm.
5. You should be able to feel your fingers hook around and over your pubic bone. The area where the indentation is behind the pubic bone is where the G-Spot Area begins.
7. Your G-Spot itself, will feel like a little bump, mound or slightly swollen area that will have a rough or ridged texture the size of a nickel to the size of a quarter. The G-spot itself is not actually on the front wall of the vagina but rather can be felt through the front wall of the vagina.

8. Apply pressure to your G-Spot and see what sensations come from that. Also feel all around your G-Spot in front and behind and find the most sensitive spots and what type of sensations they create. Make mental notes of everything you experience.

Stimulating Your G-Spot

Now that you know where the G-Spot is located you need to know how to stimulate it properly in order to experience a G-Spot and/or an Ejaculatory Orgasm. This once again may be a new experience to you and will bring you much closer to your own body and sexual capacity. Your only goal at this point should be exploration and pleasure.

Strokes For Stimulating Your G-Spot

Before we start the exercise I want to give you a few techniques for stimulating your G-Spot so that you will have them at your disposal when you do the following exercises.

There are several different strokes that you will be using to stimulate GSA with your fingers. As you read below do the strokes in the air with your hand and visualize them. Or practice on your other hand by turning that hand palm down and make a loosely closed fist and insert your fingers into the opening between your thumb and index fingers. This will help you to understand the strokes better. Also be very careful if you have long or sharp fingernails as you could injure yourself.

Light Strokes

The first stroke you will use is either this one or the one below. With this stroke you will also use very light pressure with the pad of your finger. But the stroke is a forward and backward motion following the contour just inside the opening of your vagina to your G-Spot located right behind your pubic bone. You do this very slowly and gradually increase the pressure. Then move to the stroke below.

Light Circles

With light circles you will very lightly rub your G-Spot with very light circles with pad of your first, middle or index finger. Then you will very slowly and gradually increase the pressure and after a few minutes you will add a second finger.

Press & Release

In this stroke you press firmly on your G-Spot with the pads of either your first two or middle two fingers from the first joint all the way to the third joint. So that you are using the entire surface of the under side of your fingers. Hold the pressure for 10 seconds and then release for 10 seconds and then repeat. Do this several time every once in a while to break up any routine and keep the stimulation from becoming routine.

Firm Strokes

If you have already been using one of the techniques above you can move right in this stroke. This is basically the same as the “Light Strokes” motion above except this time you are using firm to very firm strokes. Using either your first two or middle two fingers you slide your fingers along the contour along the GSA in your vagina to your G-Spot located right behind your pubic bone. Stroke firmly back and forth. You must be already very aroused for this stroke to be pleasurable otherwise the firmness of the stroke could cause discomfort. Another variation is to part your fingers slightly while doing the stroke and massage on both sides of the G-Spot, which may be more comfortable because you are not pressing directly on her urethra. Try it both ways and see which you prefer.

Come Here Stroke

After you have warmed up with one of the other strokes you can start to use this stroke. With either your first two or middle two fingers inside your vagina you bend your fingers toward your palm making a “come here” motion like if you were motioning for someone to come toward you. With each stroke you will run your fingers along on the front wall of your vagina massaging the GSA in a pulling motion like you are pulling your G-Spot. Try shallow and deep strokes covering different areas along the GSA to see what you prefer. Also try different variations of speed. Start slow and then slowly speed up as you get closer to orgasm.

Tapping the G-Spot

This is very similar to the motion above but while you are making the “come here” motion you also move your hand up and down very fast. Your goal is to firmly tap your G-Spot with your finger tips/pads while you are moving your hand up and down stimulating the entrance of your vagina.

Hitting the G-Spot

In this stroke you are sliding your fingers in and out and hitting your G-Spot or GSA with the soft pad/tips of your fingers with each stroke. Aim your fingers at the G-Spot not just straight in and out. This is a moderate to fast stroke.

Vibrating Stroke

With this stroke you are combining the “Come here Stroke” and “Tapping the G-Spot” but you are making very short and quick movements not the full strokes like in the other two. Your movements should be so short and fast that your hand is actually vibrating. You will then be hitting your G-Spot/GSA with the small vibratory strokes. Your hand and arm will get tired pretty quickly. So this is not the first stroke to use but late in the game. Another way to use this is the variation below the “Pulse Stroke” which will enable you to use this longer.

Pulse Stroke

This is the same stroke as above except that you pulse it for 3-4 strokes and then pause for 1-2 seconds and then pulse another 3-4 strokes. Repeat this for as long as you desire. If you are about to cum then move to the “Vibrating Stroke” for continuous stimulation while you are having your orgasm.

G-Spot Stimulation/Masturbation Exercise #1: Manual Stimulation

Take about 45 minutes to 1 hour to do this exercise. All you need to do this is some privacy, a small mirror and some massage oil or lubricant like Astroglide, Eros, ID millennium or KY if desired. Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point. Do not concern yourself with ejaculation at this point if it happens that is great if it does not that is also great because ejaculation is not your goal yet. The only goal should be exploration and pleasure and possibly a G-spot orgasm.



Figure 12 This and all images in this book are copyright Greatlovers Publishing co. 2001 All rights reserved.

1. Take a hot bath or shower to relax your muscles.
2. Find a nice quite private space like your bedroom or a place where you will not be disturbed. You should be either reclining back or sitting up but not laying down completely. Place a mirror in front of your vagina so that you can watch what you are doing.
3. Sit down on the bed and just relax and let your self go. Have no expectation just experience and explore.

4. Bring your self to the very edge or peak of where you are just about to have an orgasm and then stop all stimulation for 30-90 seconds and let your arousal decrease and drop for down a couple of levels. You must stimulate yourself to high level of arousal so that your G-Spot will swell or you will not be able to feel your G-Spot.
5. Stimulate your G-Spot using one or all of the techniques above manually using your fingers.
6. Stimulate yourself until you have an orgasm or for as long as it feels good. Make sure that you use enough lubrication so that you don't rub your self until you are sore.

Using a G-Spot Dildo/Vibrator for stimulation

For some women the angle of self manual stimulation with their own fingers can be quite awkward, so they choose to use a dildo or [G-spot vibrator](#) that is curved to reach the G-spot easily and make self stimulation more pleasurable. In the next exercise you will be using a G-Spot dildo or vibrator that has been designed specifically for G-spot stimulation. But first I am once again going to give you some techniques to use with the vibrator.

Note: If you do not own a G-Spot vibrator/dildo you can buy one at your local adult toy store or you can buy them online from clicking the following link. [Click Here To Buy!](#)

G-Spot Vibrator/Dildo Stimulation Techniques

It does not matter if you have a dildo or a vibrator the techniques will be done the same way. I suggest that you buy both and use the techniques and see which you like best the vibrator or the dildo. Also make a mental note on which of the following techniques you like the best.

Inserting the G-spot Vibe/Dildo

I suggest that you apply some lubricant to both your vagina and the vibe. Because of the shape of the G-spot vibe you can't insert it straight in, so you want to insert it with the curve facing the top wall of your vagina and clitoris.

Tease Yourself

Before you insert the vibrator; use it all along your vaginal lips. Play with your clitoris and bring your self almost to the edge if your orgasm and then stop. Do this several times.

Tease Yourself Some More

Tease your vaginal opening with the tips of the vibrator. Rub it all over the opening of your vagina. Feel which part feels the most sensitive and what feels best. Then slowly

insert just the tip of the vibrator about ½” into your vagina then withdraw it back and do it again and again, then go 1” and repeat the process going ½” deeper each time until the vibrator is in as far as you desire.

Working the G-Spot

Put upward pressure on your G-spot with the tip of the vibrator. You do this by only inserting the vibrator about 1 ½” to 2 ½” until the tip is right behind your public bone (you should feel it slide right into place) and then exerting an upward pressure. Once there you can just let the vibe do all of the work and apply moderate pressure to your G-Spot. You can also make a pulsing feeling by applying pressure to you G-spot for 2-5 seconds and the releasing the pressure and waiting an equal amount of time and then repeating the cycle.

Rocking the G-Spot

Once the vibrator is in place in the nook behind your pubic bone rock the vibrator back and forth or side to side to see what type of stimulation causes.

Pulling Forward

Once the vibrator is in place in the nook behind your pubic push it in deeper and then pull it forward until it is back where you started. This will stimulate you GSA as well as the G-spot itself. Try this slow and then faster. See what feels better. You can also do it fast enough in a manner that when you pull it back it will hit or tap your G-spot with each thrust and pull.

Withdrawal Technique

This technique is one that many women use to help them to ejaculate and is used with the Pulling Forward technique above. Do several full cycles of the thrust pull above and then pull the vibrator all the way out of your vagina in a very rapid movement. So it would go like 1, 2, 3, 4, 5 (or up to any number you like), withdraw and wait a few seconds and then reinsert and start over.

G-Spot Stimulation/Masturbation Exercise #2: G-Spot Dildo/Vibrator

Take about 45 minutes to 1 hour to do this exercise. [All you need to do this is some privacy, a small mirror and some massage oil or lubricant like Astroglide, Eros, ID millennium or KY if desired.](#) Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point. Do not concern yourself with ejaculation at this point if it happens that is great if it does not that is also great because ejaculation is not your goal yet. The only goal should be exploration and pleasure and possibly a G-spot orgasm.



Figure 13 This and all images in this book are copyright Greatlovers Publishing co. 2001 All rights reserved.

1. Take a hot bath or shower to relax your muscles.
2. Find a nice quite private space like your bedroom or a place where you will not be disturbed. You should be either reclining back or sitting up but not laying down completely. Place a mirror in front of your vagina so that you can watch what you are doing.
3. Sit down on the bed and just relax and let your self go. Have no expectation just experience and explore.

4. Bring your self to the very edge or peak of where you are just about to have an orgasm and then stop all stimulation for 30-90 seconds and let your arousal decrease and drop for down a couple of levels. You must stimulate your self to high level of arousal so that your G-Spot will swell or you will not be able to feel your G-Spot.
5. Stimulate your G-Spot using the G-Spot vibrator using any or all of the techniques above.
6. Stimulate yourself until you have an orgasm or for as long as it feels good. Make sure that you use enough lubrication so that you don't rub your self sore.

Variations on G-Spot Stimulation/Masturbation Exercise #2

The goal of these variations is to learn what turns you on and what feels best to you.

1. Try this exercise and add manual clitoral stimulation with your other hand.



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2. Try this exercise and add clitoral stimulation with your vibrator.



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3. Do the exercise, but this time really use your imagination and add your fantasies.
4. Try the exercise watching a porn film that really turns you on.
5. Try the exercise using some [Her Turn Cream](#).
6. Invite your lover to watch you. He/She will love it!

Chapter 10

Your First Female Ejaculation!

Your First Female Ejaculation

Now that you have stimulated your G-spot extensively you are ready to learn how to have your first female ejaculation if you have not already had one. What I am going to do here is give you the basic steps and pattern to follow to have your first female ejaculation and to teach you a process that will allow you have ejaculatory orgasms more often and possibly anytime you desire. I will then give you several exercises for you to try that will incorporate these basic steps.

You may have been very close to having an ejaculatory orgasm during the previous exercises or in the past but actually stopped your self from having it out of fear that you were going to urinate or pee all over yourself or lover(s).

Does this sound familiar?

You are having really great sex and your lover is, going down on you, fingering you or you are having intercourse. Or maybe you where masturbating with a vibrator or dildo and all of a sudden you think “Oh God I have to pee!” or “ I am going to pee all over him!” And you jump up and run to the bathroom to pee and very little or only few drops come out?

What is happening is that your paraurethral sponge or G-Spot has become stimulated ether directly or indirectly through the clitoral stimulation or the use of a vibrator. When this happens the sponge fills with fluid. Since the sponge is wrapped around the urethra it will cause you to feel like your bladder is full and that you have to pee. Also both urine and ejaculate come out of the urethra so they share the same exit just like in mans penis.

That I have to pee feeling of a full bladder that you are holding back is often the sign of an impending female ejaculation.

Ejaculation, Orgasm or Both?

Female ejaculation and orgasm do not always go hand in hand. For some women ejaculation is separate from orgasm and for others it happens with a deep vaginal G-Spot orgasm or a clitoral orgasm. You may experience ejaculation with an orgasm one time and without one at another time. It really does not matter at this point. All that really matter is for you to let yourself go with the flow so to speak and just enjoy all of the new sensations. You are venturing into new uncharted sexual territory. You only need to be an explorer and be aware of what you are feeling and enjoy and let yourself go.

Relaxation Is Key

You must be relaxed and comfortable and not in a hurry. You need to just relax take your time and enjoy yourself. The reason I keep saying this is because it is so important. If you make to big and effort to ejaculate and can cause your to sabotage your efforts. This is

very similar to male performance anxiety where the guy try's so hard to become aroused that he actually shuts down and can't get an erection because he is so worried about not getting one or guys that try so hard not to ejaculate prematurely that they almost always do. So just relax, enjoy yourself and try the exercises with your only goal to be exploring this new area of your female sexuality.

How To Experience Your First Female Ejaculation Step-by-Step

In the exercise that follows your goal will be to enjoy yourself and see if you are able to have an ejaculatory orgasm. If it does not happen the first time do not worry just try keep trying and sooner or later you will, if you are capable of ejaculating. Some women are only able to ejaculate at certain times and others once they learn how to can ejaculate any time they choose.

Before you are able to ejaculate you will first need to let go of that fear that you are about to pee when you get that feeling like you need to urinate or have a full bladder during sexual stimulation. This is most likely to occur during G-spot and as I have said before is an possible sign of an impending ejaculation.

Female Ejaculation Exercise #1: Manual Stimulation

Take about 45 minutes to 1 hour to do this exercise. All you need to do this is some privacy, a small mirror and some massage oil or lubricant like Astroglide, Eros, ID millennium or KY if desired. Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point. I also suggest that you use the herbal formula for having mind blowing orgasms.

1. Take a hot bath or shower to relax your muscles.
2. Then go to the bathroom and urinate to empty your bladder so that you will know that you are not urinating when you ejaculate.
3. Find a nice quite private space like your bedroom or a place where you will not be disturbed. You should be either reclining back or sitting up but not laying down completely. Place a mirror in front of your vagina so that you can watch what you are doing. Put a bath towel down where you are going to sit so that when you ejaculate you will not soak what you are sitting on.
4. Sit down on the bed and just relax and let your self go.
5. Bring your self to the very edge or peak of where you are just about to have an orgasm and then stop all stimulation for 30-90 seconds and let your arousal decrease and drop for down a couple of levels. Then bring yourself to the edge and peak several more times.
6. Stimulate your G-Spot using your favorite and most pleasurable techniques from all of the previous exercises that you have done.

7. Stimulate yourself until you have that I have to pee feeling or an orgasm which ever comes first. And at that point relax and don't fight that I have to pee feeling just let yourself go and push out with your vaginal muscles like you are pushing a tampon or dildo out of your vagina.
8. If you ejaculate keep going if not resumes stimulation and try again in a few moments.

Female Ejaculation Exercise #2: Vibrator & Dildo Stimulation

Take about 45 minutes to 1 hour to do this exercise. You will need two vibrators I recommend either two [Egg or Silver Bullet vibrator](#) or one Silver Bullet and a [G-spot vibrator or G-spot dildo](#) and some privacy to do this is. A small mirror and some massage oil or lubricant like Astroglide, Eros, ID millennium or KY should also be used. Stay very aware of what you feel and keep all of your attention on your own body and what you are feeling do not fantasize at this point. I also suggest that you use the herbal formula for having mind blowing orgasms.

1. Take a hot bath or shower to relax your muscles.
2. Then go to the bathroom and urinate to empty your bladder so that you will know that you are not urinating when you ejaculate.
3. Find a nice quite private space like your bedroom or a place where you will not be disturbed. You should be either reclining back or sitting up but not laying down completely. Place a mirror in front of your vagina so that you can watch what you are doing. Put a bath towel down where you are going to sit so that when you ejaculate you will not soak what you are sitting on.
4. Sit down on the bed and just relax and let your self go.
5. Apply some lubricant to your vulva (pussy), turn on the vibrator to a pleasurable setting and then rub the Egg or Bullet vibrator all over your vulva and clitoris for a minute or two.
6. Then insert the vibrator into your vagina and push it right to where your G-spot is located and turn it up to the highest level of vibration that you find pleasurable. Leave the vibrator in your vagina for at least 5 minutes or more. If you have one or more orgasms it is ok.
7. Start to use the second vibrator on your vulva and near the vaginal opening and external urethral area for a few minutes. What you are doing by using the vibrator this way in steps 6 & 7 is to stimulate your urethral & parourethral sponges to produce the female ejaculate.

8. Now remove the bullet vibrator from your vagina and either use a G-spot vibrator/dildo or your fingers to stimulate your G-spot while you stimulate your clitoris with the other Bullet vibrator.
9. With the G-spot Vibrator/Dildo use the withdrawal technique that you learn (page 131) while you are stimulating your clitoris with the other vibrator, keep repeating the withdrawal technique. You may ejaculate as you withdraw the G-spot dildo.
10. Stimulate yourself until you have that I have to pee feeling or an orgasm which ever comes first. And at that point relax and don't fight that I have to pee feeling just let yourself go and push out with your vaginal muscles like you are pushing a tampon or dildo out of your vagina.
11. If you ejaculate keep going and see how much you can ejaculate if not resumes stimulation and try again in a few moments. Also continue until you have satisfied your self orgasmicly.

OPTIONAL: For even more added stimulation and a different and more intense orgasm. Increase the stimulation by sliding another Egg vibe or silver bullet vibe up your ass as step 6. You can also try using some of the [Her Turn Cream](#).

Female Ejaculation Tips:

Because every woman is different here is a list of techniques that different women have used to have ejaculatory orgasms.

- After you have a G-spot orgasm continue clitoral stimulation and then do the push out when you feel the urge to pee or have an orgasm.
- After you have several clitoral orgasms start G-spot stimulation and then do the push out when you feel the urge to pee or have a G-spot orgasm.
- Peak but don't allow your self to orgasm several times. Then stimulate yourself to the edge orgasm and then do the push out as you have the orgasm.
- After Peaking or several clitoral orgasms use the G-spot withdrawal technique and each time you withdrawal completely do the push out technique. Also try to do this at the point of orgasm as well.
- Try prolonged stimulation of at least 45 minutes with either peaking at the edge of orgasm. Before you have an orgasm.
- Try prolonged stimulation of at least 45 minutes with either peaking at the edge of orgasm. Before you have an orgasm. Using a vibrator. (But don't use a vibrator so much that you become vibrator dependant. Use moderation)

- As you do the push out technique push down on the our side of your lower abdomen right above your pubic bone. This will apply pressure to your G-spot from the outside.
- Watch a Porn movie that really turns you on while you do your techniques.

Troubleshooting Female Ejaculation

If you have tried all of the above and you are still not ejaculating see the list below to see if it could be any of the problems listed below.

- Weak PC or pelvic floor muscles. Do your Kegels and if your want faster and more powerful results get yourself a Kegalmaster 2000.
- Not drinking enough water. If you don't drink enough water you could become dehydrated and not be able to ejaculate.
- Not becoming aroused enough. You need a longer period of stimulation or to have several orgasms first.
- Not letting go and allowing yourself to lose control either alone or with a partner.
- Not enough G-spot stimulation. Try a longer duration.

Chapter 11

G-Spot Stimulation During Intercourse

G-spot Stimulation During Intercourse (Thrusting Techniques for Men):

The techniques below are for men to use when having intercourse with their partners. Before you have intercourse you should have already done either the manual stimulation or the combined oral and manual stimulation techniques as covered in the men's section of the manual.

Now choose a position that will provide good G-spot stimulation as shown in the sexual position section of this manual that follows. Then follow the techniques below.

Thrusting Techniques:

- **Short Shallow Strokes** with your penis aimed at the GSA or G-Spot. You only penetrate an inch or two and then withdraw to the edge but not all the way out. Repeat the motion stimulating her G-spot.
- **Pressure Strokes** which are almost the same as the above strokes except that once you contact the G-spot you really don't leave you it, you just rock back and forth varying the pressure on the G-spot.
- **Fast & Hard Strokes** this is good old fashioned thrusting other wise know as a Good Hard Fuck! But the trick here is that you thrust for 10 to 15 strokes and then withdraw very quickly just as fast or faster than you were thrusting in. The pause for a few seconds and then repeat. This type of thrusting and withdrawal can often cause a women to ejaculate and is actually mimicking the type of thrusting that women use with their dildos who experience female ejaculation.
- **Keep Conscious** of where your thrusts are aiming and try to aim them at the GSA.

Now you don't always have to be stimulating the GSA, women love deeper intercourse as well and also intercourse that stimulates the clitoris, but that is beyond the scope of this manual.

Note: For information on deeper thrusting, clitoral thrusting and other thrusting techniques see the thrusting techniques section my "Penis of Steel Manual" If you don't have it already you can get it at <http://www.greatlovers.com> It contains information on penis enlargement, ejaculatory control, supplements and amazing thrusting techniques and more. So if you need help in any of those areas I suggest that you check it out.

G-spot/Clitoral Stimulation During Intercourse (Techniques for Women):

The technique below are for women do use while having intercourse. Make sure you are already very aroused or have had an orgasm already if you are multi-orgasmic. Then use the one or all of the techniques below.

Techniques for Women:

- **Get In The Right Position:** When you and your partner are having intercourse choose a position that will provide good G-spot stimulation. The positions in the following section are great for G-spot stimulation try them all and see which works best for you.
- **Get On Top and Take Charge:** By choosing a women on top position you will be able to control the rhythm, depth and angle of the thrust of your lovers penis and direct it toward your G-spot for maximum stimulation during intercourse.
- **Add Clitoral Stimulation:** Add clitoral stimulation while having intercourse by stimulating your clitoris with your fingers.

Note: Unfortunately sometimes the male ego is very fragile as is the female ego at times and some men may feel offended if you start stimulating yourself while they are having intercourse with you. The reason for this is they may feel that if you need to stimulate yourself then maybe they are not good lovers or that maybe they are not doing a good job of satisfying you. The way around this is to turn them on by touching yourself as most men love to watch women touch themselves and masturbate. This is very easily done by saying to them “I want you to watch me play with my pussy while you are fucking me! It turns me on so much!”, “Your cock feels so good inside me it makes me want to rub my pussy!” or “I want you to fuck me while I am playing with my clit!” or something along those lines think like a Porn Star and come up with something and he will love it!

- **Add Vibrator Stimulation:** While this is not one that I recommend too often as I don't think that you should rely on objects and vibrators to have good sex with your partner. You might want to add clitoral stimulation by the use of a vibrator during intercourse and see if you and your partner enjoy it.

Note: You do not want to become dependent on the vibrator or to alienate your partner by making him feel that he can not satisfy you without the vibrator.

Chapter 12

Sexual Positions For G-Spot Stimulation During Intercourse

The following sexual positions provide G-spot stimulation during intercourse.

Doggy Style Or Rear Entry



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This Position is a favorite for many women because of the GSA stimulation and also because the feeling of raw animal passion that is sometimes inspires in both partners! For maximum G-spot Stimulation the man should try to thrust at a downward angle aiming his penis toward the front wall of her vagina. This position can also add even greater G-spot stimulation by the man standing and the women on her hands and knees on a bed or a couch which will place the man higher than his partner and angle the thrust of his penis downward providing greater G-spot stimulation.

Rear Entry - Woman Lying Face Down



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This position is even better for GSA or G-spot stimulation. The man should enter from behind with the woman legs between his as shown above. The man rides a little higher up his penis will angle downward even more and be almost directly hitting the G-spot. In addition if the women closes her legs, her vagina will have an even tighter grip on the man's penis. This one is a lot of fun for both partners!

Porno Style



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This position was made famous in the porn films because it let's the camera man get good penetration shots of rear entry. It also is good for G-spot stimulation and once again the higher the man rides the more directly he will stimulate her GSA. This one is also good for anal intercourse if your lover is already comfortable with anal intercourse, but I would not recommend it for the first time.

Woman on Top - Facing Her Partner



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This is a favorite for many women (and men) as it allows the woman to control the speed and depth of penetration and provides very good G-spot stimulation for many women who have had G-spot and/or ejaculatory orgasms in this position. You can also guide her by putting your hands on her hips or reach around with your hand and add anal stimulation with your fingers.

Woman on Top - Facing Away



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This is another great woman on top position. By the woman leaning back the angle of penetration causes the man's penis to provide stimulation to the G-spot and GSA on the front wall of the vagina. The man can guide her with his hands on her hips or cup his hands over her breasts or (my favorite) reach around with one hand and add clitoral stimulation with his fingers, while the other hand caresses her breasts. This can also be a very erotic position to watch in the mirror as both partners can watch the man's penis trusting in and out of the woman's vagina.

Woman on Back Knees Up Over Chest

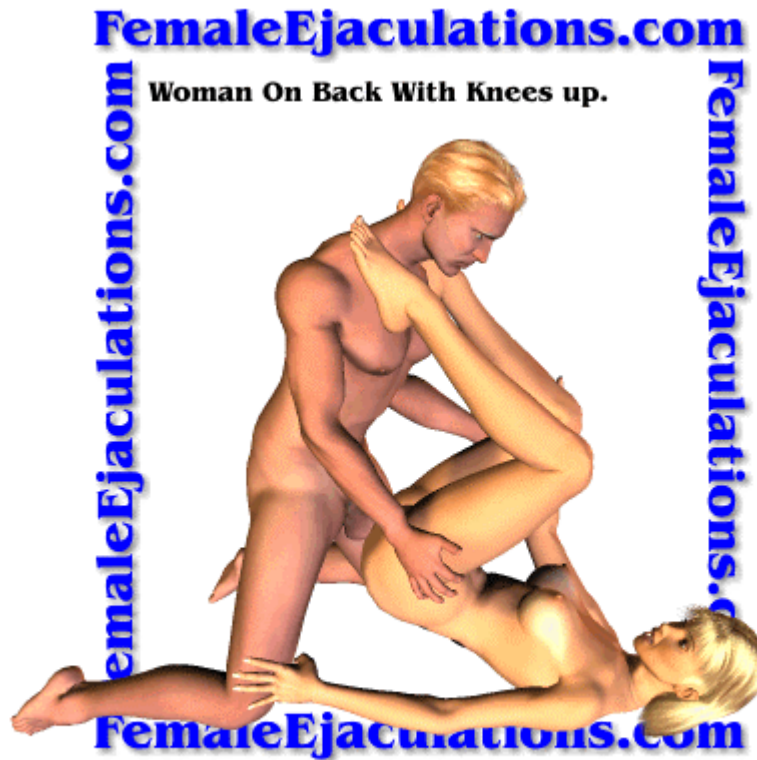


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In this position the woman should lie on her back and bring her knees up almost to her chest. The man should either hold her legs down as he thrusts his penis aiming toward the front wall of her vagina. Or the man can hold the woman's pelvis up by holding placing his hand under her hips and holding her pelvis up to his and thrust aiming at her G-spot. In another variation the woman can also lie flat, then bring her knees up and place a pillow under her hips to raise the angle of entry and facilitate greater G-spot stimulation.

All knees up positions also allow for deeper penetration if desired. Of course if deeper penetration is the goal the G-spot will not receive as much stimulation. The knees up positions are good for men with shorter penises as they can penetrate deeper than they normally could.

In Conclusion

I have given you all the information that you need to give or have a G-spot orgasm and Female Ejaculatory orgasms, to have great mind blowing orgasms, and to expand your capacity for sexual pleasure for both you and your partner. Now the rest is up to you! Do the exercises, learn more about yourself or your lovers body first hand. And if at first you don't succeed try, try and try again! Try all of the techniques and positions out!!! Practice makes perfect and what a great thing to practice, after all sex is fun!

Always let your partner know how happy you are that she is willing to share herself/himself with you. And congratulate yourself as you are on your way to becoming a First Class, Grade AAA, GREAT LOVER if you are a man! And if you are a woman you are on your way to becoming one of those women who have incredible orgasms, is in touch with her body and has a expanded capacity for sexual pleasure, the kind of woman a man loves to make love to!

As an author one of the most rewarding aspects of what I do is when I find out that I have helped someone improve the quality of their life in some way. In this case the quality of their sex life. So please e-mail me and let me know of your experiences and any improvements in your orgasmic capacity/ability, if you experience a G-spot orgasm or ejaculatory orgasm. Send me your testimonies and be descriptive as possible, because I learn from my readers' experiences and in turn are able to help even more people with the knowledge that you share with me.

Also if you are a woman who can have female ejaculatory orgasms and are willing to video tape your self having an ejaculatory orgasm. We are looking for video content for future projects and would like to talk to you about purchasing video footage from you or using you in an educational video production.

Please e-mail your feedback to either: results@greatlovers.com or mark@greatlovers.com

Web Resources

Female Ejaculation Related:

[Squirt Queen](#)

If you have never actually seen female ejaculation in action I suggest that you follow the link below to the Squirt Queen Hardcore web site. This site is a XXX porn site but has some great video footage of female ejaculation by the owner of the site. There are also some free sample images and videos that you can watch. [Click Here to visit!](#)

[Squirting Pussy.com](#)

This is a site that links to other female ejaculation sites. They also sell videos & adult toys.

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Incredible Bonus #1 (For Men & Women)

“How to Use the Power of Your Voice To Turn Your Lover On When You Speak”

By Mark Simon

Both men & women can be turned on or off by the sound of a voice. In fact I would say that all people are affected by the sound of your voice to some extent. I will take this one step farther I will say that we are all affected by the sound of a persons voice.

Think about a time that you heard a very sexy voice, it could have been in person, on the radio, on the phone or in a movie or on TV. How did that persons voice make you feel? What images did it bring to your mind? How did it touch you? What caused your reaction?

Do This Today

Exercise For Tonal Vocal Awareness #1:

Go out somewhere (work, school, mall etc...) and talk with people and listen to their voices. Listen to the tone and the pitch and the vocal qualities. See how it affects you. Notice how your boss or teacher speaks, Notice how people you respect speak, Notice how the president speaks. If your run into anyone who's voice you find attractive, sexy or a turn on. or if you find someone's voice irritating or a turn off note what it is about there voice that causes you to like or dislike their voice. Was it the tone the rate of speech, the pitch. All you have to do right now is just take some mental notes.

There is definite power in the voice. Great speakers have lead armies, taken over countries, made millions of dollars with the power in their voices. Voice over actors make fortunes just speaking a few lines. A soothing voice can calm a frightened and crying child, and yes the voice can seduce as well.

Lets talk about cartoons for a minute. When they do the voices for a cartoon they try to match the voice to the character. If it is a hero like Superman or Batman they choose a deep commanding voice. If the character is cute they use a soft rounded higher pitched voice. If and if it is an irritating character they use a whiny high-pitched voice.

Let's talk about the voice as a seduction tool. In fact the voice is such a powerful seduction tool that there is a Multi-Million Dollar Phone Sex Industry. Where men and women call up people on the phone to talk to them while they masturbate!

Both men and women can be aroused by a person's voice. Women tend to be more influenced by the voice then men in terms of seduction. And that goes back to the old saying **“Men fall in love with their eyes and women fall in love with their ears!”**

A deep voice is very commanding! The tonality of your voice is very important not only with the opposite sex but also in the work place. If you speak with a high or shrill voice people don't take you seriously and even find you annoying! But if you speak with a deep resonant voice people find you powerful, sexy, commanding, and even relaxing!

Most women find a deep resonant voice to be very powerful and sexy. It almost vibrates between their legs when you speak with a voice like that! And for men we tend to find a woman with smooth medium toned voice to be very sexy and can turn us on and give us an erection almost instantly!

So you need to improve your voice and learn to speak to your lover (and everyone else for that matter) with a deeper and more resonant voice. You may never be Hoyt Axton or Recardo Montobon, Jim Morrison or James Earl Jones. But you can improve the voice that you have and make the most of it!

Tips For Women:

If you want to hear a very sexy female voice call a phone sex line and listen to how the women speak and tone and quality of their voices. You can find the phone numbers in the back of men's magazines.

Also if you learn to speak with a very sexy voice and you are in the sales field, telemarketing or anything job that you have to talk to people you will be able to double your income. You will find that buyers and customers will call and order from you just to hear your voice. Be selective with this power. You don't want to use it with women, or people that would call and take up your work time just to hear your voice such as co-workers. You also don't want to use this when you are alone with someone unless your intention is to seduce them, as you could turn them on too much and put yourself in a unsafe or compromising position.

Tips For Men:

If you learn to speak with a deeper, more commanding voice, you will notice that people will treat you with more respect. Women will also find you to be more attractive. If you ask a women out on a date and you use a deeper, confident, voice she is more likely to be receptive and say yes then if you ask her in a shy or nervous high pitched voice.

Many women love to be told what to do during sex and if you do it in that commanding voice it will have a greater impact.

Improving Your Voice: How To Speak

For those of you with high voices this will be one of the most important things you will learn in this manual and it will have profound effects in all areas of your life if you apply this technique.

To speak well with a good tone and resonant voice you must first learn how to breathe. If you tend to breath shallow in your upper chest you will not have as good a tone to your voice as if you were to breath from deeper in your abdomen. Almost all forms of martial arts and meditation as well as singing instruction teaches you to breathe from your stomach. It is also used in Taoist and Tantric sex and can also help you to control ejaculation.

DO THIS NOW!

Exercise For Breathing: Lie on your back and place your hand on your abdomen and inhale into your abdomen instead of your chest. You will feel your hand moving up and down on your abdomen. Inhale and exhale 10 times until you are sure you are breathing into your abdomen and not your chest. Then breath normal again. Now try it again sitting up and then standing. Make sure you are able to do it in all 3 positions.

DO THIS NOW!

Exercise for speaking #1: Speak as you normally do. Now place your hand on your chest and try to speak from your chest rather than your throat. You will feel the vibrations in your chest get stronger and the pitch of your voice should become lower. Try speaking like this and try to use it as the normal way that you speak. Don't over do it by trying to hard to speak low. That is not the goal but rather the goal is to speak from the diaphragm instead of the throat.

Practice speaking like this and notice how people will treat you differently when you have a more powerful commanding voice.

How To Talk Dirty And Turn Your Lover On

Now that you have a new and powerful erotic voice you need to learn how to talk to turn your lover on. As I said before all women are different and some will get incredibly turned on when you talk dirty to them and others will get offended and turned off.

Men for the most part will love it when you talk dirty to them in any sexual situation. The one time that some men are turned of is if you are with a women and every other work out of her mouth is fuck, cock sucker etc.... It comes off cheap and low class. But in the right place at the right time we as men love it!

You must learn how to intuit what each man or woman desires. One way is to ask them sometime. Just ask them "Does talking dirty during sex turn you on?" If he or she says yes ask, like what? See what they say! Ask him or her if there is anything you could say that would offend them so you could avoid saying that.

DO THIS NOW!

Exercise for speaking #2: Speak with your new voice in the sexiest tone possible. Say the phrases below normally and then say them with feeling. Feel the meaning of the phrase let the feeling come through your tonality. Try in a soft whisper, a moderate voice and a loud commanding voice. Try as many ways as possible. First say each line below completely monotone and then use the sexiest tone possible and see what a difference it makes.

Men, Say:

“You turn me on so much”
“I want you right now!”
“I have to have you right now!”
“I want to be inside you”
“I am going to lick you all over!”
“I am going to fuck your brains out!”
“I want to eat your Pussy!”
“God, I love your Pussy!”
“I love Fucking you!”
“Suck My Cock!”
“Your mouth feels so good on my cock!”
“I am going to fuck your brains out when we get home!”
“You feel so good”
“I love you”
(And of course make up your own)

Women, Say:

“You turn me on so much”
“I want you right now!”
“I have to have you right now!”
“I want you inside me”
“I am going to lick you all over!”
“I am going to fuck your brains out!”
“I want to suck your cock!”
“God, I love your Cock!!!”
“I love Fucking you!”
“Eat My Pussy!”
“Your mouth feels so good on my pussy or ass!”
“I want you to Fuck my brains out when we get home!”
“You feel so good”
“I love you”
(And of course make up your own)

Learn to use your voice and your words like an artist would use his paints and brushes. Your voice is like a paintbrush, which can change in size and texture and your words are the different color and hues of paint. With your words and voice you can create strong emotions and desires in your lover(s).

You can and should use this powerful new tool before, during and after sex. Use them as aural foreplay. There is more power than you know in your voice and words.

So the next time you see your lover use your new voice and say something like “You turn me on so much, I want you right now!”

Incredible Bonus #2 (For Men & Women)

“How to Turn Your Partner On So Much That They Will Be Begging You For Sex!” By Mark Simon

One of the keys to Great Sex is being able to really turn your partner on and getting them to a very high state of arousal. And one of the tools we can use to create this high state of arousal in our partners is anticipation.

Anticipation builds desire. Think about a time in the past when there was something you really wanted and you were able to just go and get it.

Now think about a time when there was something you wanted but you had to wait to get it. It could be anything a new car, a toy you were waiting to get or a person you wanted to have sex with, kiss or date.

Now in the first case, sure it was nice to be able to just go and get it. But the impact it had on you after you got it was probably not as powerful as the time that you had to wait for what it was that you really wanted. When you had to wait you for what is was that you wanted. You would look forward to getting it everyday. You would think about it, imagine what it would be like to have it. And your desire for it grew!

Now there is too much of a good thing also. If you have to wait too long to get what ever it is you want. You may actually lose the desire for it all together and lose interest. Or you may create and build up your expectations so high that when you do get it the actual experience does not compare with your fantasy and expectations. This often what happens when women make men wait too long to have sex with them, they lose interest or once they do they think “Well that really was not that big a deal. Why did I go through all of that bullshit for this?”

So the key is balance. What we want to do is to build expectation, anticipation and desire in the course of only a few hours. To turn your partner on and let him/her simmer for a while anticipating the sex they are going to get later tonight. This will work both on new partners and partners whom you have been with for awhile. But you should have had sex with them at least once already.

If you have not had sex with them yet and you are a man using the technique on a woman, you might get slapped or it may work depending on her mood. If you are a woman it will still work most of the time and even if it seems out of place most women won't get mad at a women for making sexual advances. (Anyone else see the double standard here?)

Do not use these techniques unless you plan to follow through and have sex with the person or it will backfire and cause resentment toward you.

Techniques For Men:

Technique #1: Creating Anticipation Verbally

Use this when you and your woman are out on the town, out with friends or at a friend's house or a party (in fact the more public the place you are in the better as it creates more of a secret and more tension because you can not act on the desire right then.)

Pull her a side and whisper in her ear in your sexiest voice and complement her and tell her that when you get her alone or home you are going to do her favorite sexual activity to her. If possible you should grab her ass and squeeze it when you do this or rub her pussy through her clothes. Be discrete so that no one will see this and only the two of you will know.

Examples:

The two of you are at a dinner party with friends and you walk over to her and whisper in her ear, **"You look so Hot tonight! As soon as I get you alone I am going to rip you panties off and lick your pussy till beg me to stop!"**

OR

The two of you are out at a restaurant with friends and you lean over and whisper in a slow and sexy voice **"When I get you home I am going to make you squirt all over me!"** (This is a good one have you have mastered the techniques in this manual)

OR

You are both out at mall or other public place and you whisper **"God, just looking at you is turning me on so much! I am going to give you a fucking of a lifetime when I get you home!"**

Technique #2: Advanced Creating Verbal Anticipation with Descriptive Language.

This technique builds on the previous one by taking it one step farther and being very descriptive in your wording. Women in general are more descriptive than men in their conversations and respond better to descriptive language. So tell her exactly what you are going to do to her while you are once again touching her as you did in the first technique.

Examples:

The two of you are out with friends and you lean over to her and whisper in her ear,
“You look so Hot tonight! As soon as I get you alone I am going to rip you panties off with my teeth..... and slide my tongue all the way up your inner thigh, until I reach you delicious dripping wet pussy....then I am going to suck on your clit until you come all over my face!”

OR

The two of you are out for dinner and you lean over to her and whisper in her ear in your sexiest voice and say **“When I get you home I am going to tie you up and lick every inch of you sexy body!”**

OR

The two of you are out shopping and you lean over to her and whisper in her ear
“When we get home, I am going to bend you over and slide my hard throbbing cock into that tight little pussy of yours and fuck your brains out!”

Optional But Powerful: Whether you can use this technique this optional technique will depend on where you are and how much privacy you have. As you are whispering in her ear, if you are alone at a table and she is wearing a short skirt (which you can make sure of by telling her to wear one. Also if you want to you can tell her not to wear any underwear)

As you whisper into her ear, put your fingers on her pussy, if she is wet slide one in. If she is not wet lick your finger or put it into her mouth and then slide it inside her pussy, then kiss her as you are doing this. Then bring the finger back out and put it into your mouth like you are enjoying her flavor and tell her how much you wanted to taste her and how much you want to lick her when you get home. This will drive her wild!

Technique #3: Advanced Creating Verbal Anticipation With a Surprise!

In this technique you use the promise of a surprise to create the anticipation. When someone tells you that they have a surprise for you can't help but to think about it. But a surprise could mean a gift and could be anything from tickets to a concert to a new car. So that what you must do when you tell her that you have a surprise is that you **must use** the sexiest voice possible. And when you get back to your place or where ever you are going to give her the surprise you must make it a surprise worth looking forward to. You can't tell her that you have a surprise and then just have sex with her.

“Surprise were home now suck my dick” Will Not Work! It needs to be a really great surprise.

Surprise Ideas:

- **Tie Her Up:** If she has been wanting for you to tie her up, that is a good surprise. Even if she has not mentioned it most women will find it exciting and enjoy some light bondage. Go out and buy some restraints and lay them out and set up the room with candles.
- **Spank Her:** If she has been wanting you to spank her and you have not done it yet, then now would be a good time to do it. A light spanking might be fun for both of you in fact and would go good with some light bondage.
- **Give Her An Ejaculatory Orgasm:** This is a good time to use the new bullet vibrator to give her an ejaculatory orgasm as directed earlier in the manual.
- **Buy Some Sex Toys:** Stop by a sex shop on the way home and the two of you pick out some toys to use on each other! I suggest that you buy the bullet vibrator and give her an ejaculatory orgasm if she has one yet!

Find out what she likes and wants and then do it for her. But whatever you choose it **must be** something out of the ordinary! Or it will ruin the effect and let her down after looking forward to the surprise all night long and you will not ever be able to use the surprise technique on her again.

Examples:

The two of you are out to dinner and you lean over to her and whisper in her ear, in your absolutely most sexual voice and say **“Guess what? I have a surprise for you when we get home tonight!”** Then when you get home, she walks in and see candles arranged all around the room. You walk her over to a mattress in the center of the room and start to light the candles one by one. (WARNING: never leave candles lit when you are not present) You undress her and lie her down on the mattress and give her a full body massage, then you both take the niacin tablets (see the supplement section in the manual) and give her an ejaculation orgasm and have hot sex.

OR

The two of you are out with friends and you lean over to her and whisper in her ear in your absolutely most sexual voice and say **“After dinner I have a surprise for you!”** and then just continue your conversation with your friends. If she asks about it, just say **“I’ll tell you later, I told you it’s a surprise!”** Then take her to a nice hotel or a private Jacuzzi tub center where they rent out the hot tubs by the hour.

Now the reason all of these techniques work is that you are putting an image in her mind with either your descriptive language or making her very curious with the promise of a surprise and this will keep her thinking of the image that you described to her in detail or of the surprise you have promised.

The final ingredient to making all of these techniques work is that you must actually deliver on what you are promising. So if you tell her what you are going to do to her then you must make sure you do it or she will be very let down and you will never be able to use these techniques with her again.

Don’t promise that you are going to fuck her brains out if you are one of those guys that suffer from premature ejaculation and can only last 2 minutes! (If you have a problem with premature ejaculation visit <http://www.greatlovers.com>) Don’t tell her that you are going to lick her pussy all night long and then do it for only 5 minutes, and If you tell her you have a surprise it better be a good one not just everyday sex!

Techniques For Women:

Technique #1: Creating Anticipation Verbally

Use this when you and your guy are out on the town, out with friends or at a friend’s house or a party (in fact the more public the place you are in the better as it creates more of a secret and more tension because you can not act on the desire right then.)

Pull him a side and whisper in his ear in your sexiest voice and complement him and tell him that when you get him alone or home you are going to do his favorite sexual activity to him. If possible you should grab his ass and squeeze it when you do this or rub his cock through his clothes. Be discrete so that no one will see this and only the two of you will know.

Examples:

The two of you are at a dinner party with friends and you walk over to him and whisper in his ear, **“Your so good looking tonight! And just looking at you is turning me on sooo much! As soon as I get you alone I am going to suck your cock like there is no tomorrow, till beg me to stop!”**

OR

The two of you are out at a restaurant with friends and you lean over and whisper in a slow and sexy voice **“I want your cock so badly right now! I can’t wait to feel you inside me.”**

OR

You are both out at mall or other public place and you whisper **“God, just looking at you is turning me on so much! I am going to give you a fucking of a lifetime when I get you home!”**

Technique #2: Advanced Creating Verbal Anticipation with Descriptive Language.

This technique builds on the previous one by taking it one step farther and being very descriptive in your wording. Women in general are more descriptive than men in their conversations and respond better to descriptive language. But this will work equally well on men as long as you really use a sexy voice.. So tell him exactly what you are going to do to him while you are once again touching him as you did in the first technique.

Examples:

The two of you are out with friends and you lean over to him and whisper in his ear, (while you say the following you should be rubbing his cock through his clothes) **“You look so Hot tonight! As soon as I get you alone I am going to run my tongue all over you balls...and then lick all the way up the shaft of your cock. Then I am going to suck your big meaty cock so hard...Oh God just thinking about it is making my pussy so wet.**

OR

The two of you are out for dinner and you lean over to her and whisper in her ear in your sexiest voice and say **“When I get you home I am going to tie you up and lick every inch of you sexy body!”**

OR

The two of you are out shopping and you lean over to her and whisper in her ear **“When we get home, I am going to bend you over and slide my hard throbbing cock into that tight little pussy of yours and fuck your brains out!”**

Optional But Powerful: Whether you can use this technique this optional technique will depend on where you are and how much privacy you have and what you are wearing. I suggest that you wear either a short skirt with a g-string or no panties at all. Or pants with no panties so that you have easy access to reach your pussy.

As you any of the above techniques and are whispering into his ear, put your hand on his cock on the out side of his clothes and rub it. Then either while you are whispering in his ear or right after you finish take your finger and reach down in side your pants or up your skirt and slide you finger into your pussy, pull it back out and put it into his mouth. If you are not wet, before you put your finger in his mouth put it in yours first and then his. Do this seductively as possible. It will drive him absolutely wild!

Technique #3: Advanced Creating Verbal Anticipation With a Surprise!

In this technique you use the promise of a surprise to create the anticipation. When someone tells you that they have a surprise for you can't help but to think about it. But a surprise could mean a gift and could be anything from tickets to a concert to a new car. So that when you tell him that you have a surprise for him, you **must use** the sexiest voice possible. And when you get back to your place or where ever you are going to give him the surprise you must make it a surprise worth looking forward to. You can't tell him that you have a surprise and then just have sex with him unless this is your very first time having sex.

“Surprise were home now let's have sex!” Will Not Work! It needs to be really great surprise.

Surprise Ideas:

- **Tie Him Up:** If he has been wanting for you to tie him up that is a good surprise. Some light bondage would be a good surprise. Go and buy some restraints and lay them out and set up the room with candles.
- **Anal Sex:** If he has been wanting to have anal sex with you and you say “Surprise I want to have anal sex” Or “ I want you to fuck me in my ass!” (IF you want to learn the right and very pleasurable way to have anal sex visit <http://www.howtohaveanalsex.com>) That is a great surprise!
- **You Swallow:** If he has always wanted to cum in your mouth and have you swallow but you have not done it yet. Now is a good time, that is a great surprise and honor to him. (Just make sure you know that he is HIV & STD free first)
- **Strip For Him** Men love to watch strippers. Go to a strip club alone or with your girlfriends and then watch the girls and learn what they do, then strip for him. You can also take him to the strip club and watch the girls together!

Find out what he likes and wants and then do it for him. But whatever you choose it **must** be something out of the ordinary! Or it will ruin the effect and let him down after looking forward to the surprise all night long and you will not ever be able to use the surprise technique on him again.

Examples:

The two of you are out to dinner and you lean over to him and whisper in his ear, in your absolutely most sexual voice and say “**Guess what? I have a surprise for you when we get home tonight!**” Then when you get home, he walks in and see candles arranged all around the room. You walk him over to a mattress in the center of the room and start to light the candles one by one. (WARNING: never leave candles lit when you are not present) You undress him and lie him down on the mattress and give him a full body massage, then you both take the niacin tablets (see the supplement section in the manual) and give him a night of wild all orifice sex!

OR

The two of you are out with friends and you lean over to him and whisper in his ear in your absolutely most sexual voice and say “**After dinner I have a surprise for you!**” and then just continue your conversation with your friends. If he asks about it, just say “**I’ll tell you later, I told you it’s a surprise!**” Then take him to a nice hotel or a private Jacuzzi tub center where they rent out the hot tubs by the hour and have wild sex!

Now the reason all of these techniques work is that you are putting an image in his mind with either your descriptive language or by making him very curious with the promise of a

surprise and this will keep him thinking of the image that you described to him in detail or of the surprise you have promised.

The final ingredient to making all of these techniques work is that you must actually deliver on what you are promising. So if you tell him what you are going to do to him then you must make sure you do it or he will be very let down & upset and you will never be able to use these techniques with him again.

Don't promise that you are going to fuck his brains out or suck his cock all night long and then do it for only 5 minutes, and If you tell him you have a surprise it better be a good one not just everyday sex!

Incredible Bonus #3 (For Him, For Her Pleasure)

“How To Give Her A Blended Clitoral, G-Spot, Anal Orgasm By Mark Simon

Stimulation For Clitoral, G-Spot, Anal Orgasm: In this technique you are going to stimulate her orally at first and then add G-spot stimulation with your fingers while you stimulate her clitoris with your mouth, then right before she cums you are going to add anal stimulation that will send her right over the edge! You will still want to start with the extended foreplay even before you go down on her. As you read the directions below imagine that you are doing the technique to your partner.

1. Once again you will start off in the position in figure 4 in the manual. Start off with a lot of kissing. Women often complain that men don't kiss them enough especially after they have been with them for a while. You can never go wrong with long passionate, exploring kissing.
2. I suggest that you learn how to give her a sensual massage. At least caress every inch of her body with long soft strokes. She will love you for this. Kiss and taste every inch of her body except her vagina. Kiss her neck, breasts, upper and lower abdomen etc...
3. Spend a lot of time touching and stroking her inner thighs. But don't touch her vagina yet! You want to tease her and build up the anticipation for your touch there.
4. After a few minutes of this teasing, gently rest the heel of your hand right above her pubic hair on her pubic bone and cup your hand over her vagina. Don't touch her yet but get your hand so close that she can feel the heat from your hand. During all of this you should be next to her kissing her on the mouth or kissing and sucking her breast and nipples.
5. Take your hand and put two fingers on each side of her vagina (you will have fingers split where you have your 1st and 2nd fingers on one side and your 3rd and 4th on the other side) and gently and slow the rub the whole area in a circle clockwise Do this for 2-3 minutes.
6. Now move down between her legs and slowly and sensuously kiss and lick her calves one at a time and slide your tongue up the inside her leg.
7. Lift up her legs one at a time and kiss, lick and gently suck the area on the side and back of her leg right behind her knee. This area is very sensitive and she will really enjoy this.(use enough pressure so that you don't tickle her)
8. (Now you will move into the position in figure 5 below, or one that you find comfortable and allows you to use your tongue and hands at the same time.)

Move up to her inner thigh and very slowly kiss and lick and suck her inner thighs one at a time. Vary your kissing and licking. And here is a good stroke for you to use that you might not have used before. Gently suck the skin on her inner thigh near her knee and with out breaking the suction slide your mouth all the way up to the top of her leg where it meets her pubic area. To do this you will have to lick the area where you will be sliding your mouth and get the area very wet first.

9. At this point her vagina will be almost dripping wet. But you are still going to tease her some more until she is like a bubbling volcano about to erupt. So now move your mouth up to the area around her vulva (the external vaginal area). Kiss, lick and suck all around both sides along the area next to her vulva. Lick her there with long sweeping strokes with your tongue, kiss, suck and lick her all over the area next to her vulva. Do the same to the other side and right above and below her vagina on her perineum (the space below her vagina and above her anus, This area is very sensitive and she will love it!) Do this for a 2-3 minutes and she will want you to lick her clit so bad she won't be able to stand it.
10. After you have teased her for a while as described in step 9 slowly start licking, kissing and sucking on her outer vaginal lips. Then lick with long strokes up and down the outside, on, and inside of each lip.
11. Now make your tongue as wide as possible and lick her from the very bottom of her anus to the very top of her clitoral hood (it's the same motion you would use as if you were licking an ice cream cone. Use your tongue to tease her anus, with quick darting motions. Do this for a couple of minutes.
12. Start to focus on her clitoris directly now. You can lick up and down or side to side, or make circles with your tongue around and around her clit. Listen to her and find out what she likes and when she says "oh yeah, Right There!" or something to that effect you know you are on the right track so don't do anything different. Just keep doing the same thing.
13. Now add in the G-spot stimulation in the following manner. Very slowly start to gently touch the opening of her vagina with one of your fingers (either your index or middle finger will work best) while you continue clitoral stimulation with your mouth. Slowly rotate your finger around the opening over her vagina. At this point you are just teasing her vagina and your finger should not be in her any further than ½". She may start to push her vagina closer to you bringing your finger deeper into her, but don't go any deeper than the ½" at this time. **REMEMBER** you are in control right now (It's a great feeling to be in control when you are with a women...lol) and you are the one who is bringing her great pleasure so just keep up the teasing and clitoral stimulation and if she start to cum you can do one of the following:

- A. Let her cum and wait another 90 seconds to 2 minutes before resuming direct stimulation.
- B. Stop stimulation and not let her cum. Kiss her and let her cool down just a bit for about 20-30 seconds and start stimulation again. By doing this you will increase her sexual tension and bring her arousal and anticipation up even higher.
14. As you continue clitoral stimulation with your mouth, slowly slide your finger another ½" into her vagina. So now you are about 1" inside her. Keep doing the circular teasing and also in and out motion. Do this for another minute or so.
 15. Then slide your finger in another ½" deeper and start to rub the top wall of her vagina with the pad (where your finger print is) of your finger with very light pressure in a circular clockwise motion. Do this as continue oral stimulation of her clit for 2 minutes.
 16. Slide your finger into her ½"-1" more, so now you are about 1 ½" inches to 2" inches inside her, about up to your second knuckle. Now try to feel for her G-Spot on the top wall of her vagina (remember it should be a slightly swollen area about the size of a dime.) massage it very gently with a come here motion with your finger. Continue to do this and at the same time continue to stimulate her clit with your tongue. As she gets more and more turned on and closer to a G-spot orgasm you can increase the amount of pressure you are using. Continue this for a few minutes. (Always make sure that she is very well lubricated either with her vaginal juices or from your saliva)
 17. At this time you will want to add a second finger slowly and then continue the same stroke.
 18. You will want to try different level of pressure, speed and strokes as you learned in the **GSA Stimulation Manual Strokes** section. You maybe thrusting your fingers in and out of the GSA sliding your fingertips along the G-spot it's self or making a vibratory movement with your fingertips with constant pressure on her G-spot. Try it all, be creative and see what your lover responds to best you may discover something that works great for your lover that I have not covered here. But at this point you must keep both your tongue and your fingers moving and overload her with stimulation, **BUT DON'T LET HER HAVE AN ORGASM YET!** If she starts to get too close to climaxing, back off for a minute.
 19. Now when she is very close to orgasm, you are going lube one of your other fingers up with your saliva or a lubricant. And then slide it into her ass. To do this you might have to change your hand position and fingers that you were using to stimulate her G-spot. You want to end up with your index and 2nd

finger inside her vagina working her G-spot and either your 3rd or 4th (pinky) finger inside her ass. To do this you will have to turn your hand so that it is almost vertical with your thumb facing up.

20. With your hand in this position you will be using your first two fingers to stimulate her G-spot as best as you can, because at this angle it will be hard to hit it exactly. And you stimulating her ass with your 3rd or pinky finger and licking & sucking her clit with your tongue and mouth. Continue until she cums which should be soon now! She will have a great 3 way blended orgasm!

You might be thinking that this is similar to one of the techniques for producing G-spot stimulation. But the difference is this is a technique that is done 100% by you without any help from her or a vibrator and that is a big difference. You gave her this pleasure. Also this can be used on a girl the first time you meet her and without vibrators. However if you would like to add one vibrator use the option below and it is still 100% use even the use of the vibrator.

OPTIONAL: As an option instead of using your 3rd finger up her ass. You could slide either a mini bullet vibrator or another type of mini vibrator. This will let you free up your hand so that you can concentrate more on her G-spot while the vibrator works on her ass. This will also give her an amazing orgasm!

So that is it use these techniques in good health and Great Pleasure! And Don't forget to tell me of your experiences. You can e-mail me at mark@greatlovers.com

Also please visit the following sites:

For Penis Enlargement & Ejaculatory Control:
<http://www.greatlovers.com>

For Anal Sex Techniques & Instruction:
<http://www.howtohaveanalsex.com>