

Squirting & Obsession EDITION

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POSITIONS FOR
THE PERFECT
SQUIRT



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Section 1 – Facts & Theory

What learning about female ejaculation can do for you?

If you think the highest form of compliment in the boudoir is a woman having an

orgasm thanks to your expert maneuvers in the sack, let me tell you there's one

carnal accolade even greater: squirting.

Why is it so desired by both men and women everywhere? Because it only happens when you do things very, very right, when you touch exactly the right buttons and when you create an avalanche of feelings that eventually leads to the mysterious unleashing of her feminine fountain: a free-flowing, wellspring of ejaculate.

"Squirting, more scientifically known as female ejaculation, is the expulsion of liquid from the genito-urinary tract in women during sexual activity, usually a small amount of milky fluid, but in some cases a larger amount can be released, and more often than not, it happens during orgasm", says Zhana Vrangalova, author of *The Casual Sex Project*.



Squirting is incredibly cool, there's no way about it, and a legit real thing, not as elusive and mysterious as people like to make it out to be. You've probably heard about it before, or seen it in porn, and if you've been asking yourself whether the whole thing is real or not, let me just set the records straight before we begin. Female ejaculation can actually happen and when it does, you are going to feel like the most amazing lover in the whole wide world. Because what can be more satisfying for a man than to be able to pleasure his partner so much that she unleashes her sweet nectar in heaps? Squirting is the most amazing confirmation that you got her off big time - when you see her entire body convulsing from the pleasure she has just received and spraying all over the bed, you get so turned on your penis get harder than ever, ready to ride her for hours on end.

But surely you've also heard the rumor that when women squirt, they actually just pee a little, right? Ugh, I hate this misconception so much! Why? Because many women, though they can experience female ejaculation, bury this sexual treasure to avoid being ridiculed and shamed and accused of "wetting the bed". They fear squirting means there's something wrong with them on a physical level, which couldn't be farther from the truth. "What is vitally important is that women who experience ejaculation know that it is normal, that ejaculate is not urine, and that there is no need to hide their ejaculation experiences or to take measures - as some have done with the help of surgeons - to eliminate ejaculation", says Deborah Sundhal, author of *Female Ejaculation and the G-Spot*.

Why? Because when they do it, when they consciously stop themselves from squirting, their partners slowly become convinced that the whole act is actually impossible to achieve and maybe not real at all, but a marketing stunt invented by the porn industry, when in fact, female ejaculation is as real as any other amazing sexual experience you can and should enjoy. Think of it this way. Imagine you were told that you don't ejaculate. And that if you do, the fluid must be urine. That would be ridiculous and downright absurd, right?

This is one of the many reasons why I don't understand why squirting is still surrounded by so much skepticism. Especially since female ejaculation is actually much more than just another sexual act. It's actually an ancient practice that has been around for 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, as well as immensely freeing and erotic. "The Kamasutra (written in 200-400 A.D.) speaks of female semen that falls continually, while a 4th century Taoist text, Secret Instructions Concerning the Jade Chamber, distinguishes between slippery vagina and the genital-transmitted fluid. This can clearly be interpreted as female ejaculation", says Joanna Korda, co-author of the study *Sexual Medicine History: The History of Female Ejaculation*.



Learning how to make your woman squirt is sexually freeing and it helps the both of you become better lovers. It can create or enhance a sense of sexual empowerment and may therefore improve your overall sexual happiness. Plus, when you help your partner experience female ejaculation, you open a gateway to her deepest emotions, making her crave you like she has never craved anything or anyone in her life. She'll never again lose interest when it comes to having sex and enjoying herself, her entire sexual satisfaction will only increase from that point forward because she'll be experiencing a kind of satisfying intimacy that most women crave but rarely get from their partners.

I must say, though the thorny myth around female ejaculation is basically the enigma of the century at this point, something of a unicorn in sex terminology, thankfully a growing number of scientists and experts all around the globe are tirelessly working toward proving that women's magical fluids are completely normal, something entirely their own, and not pee, and can happen on a regular basis if you know what you're doing down there and what triggers it.

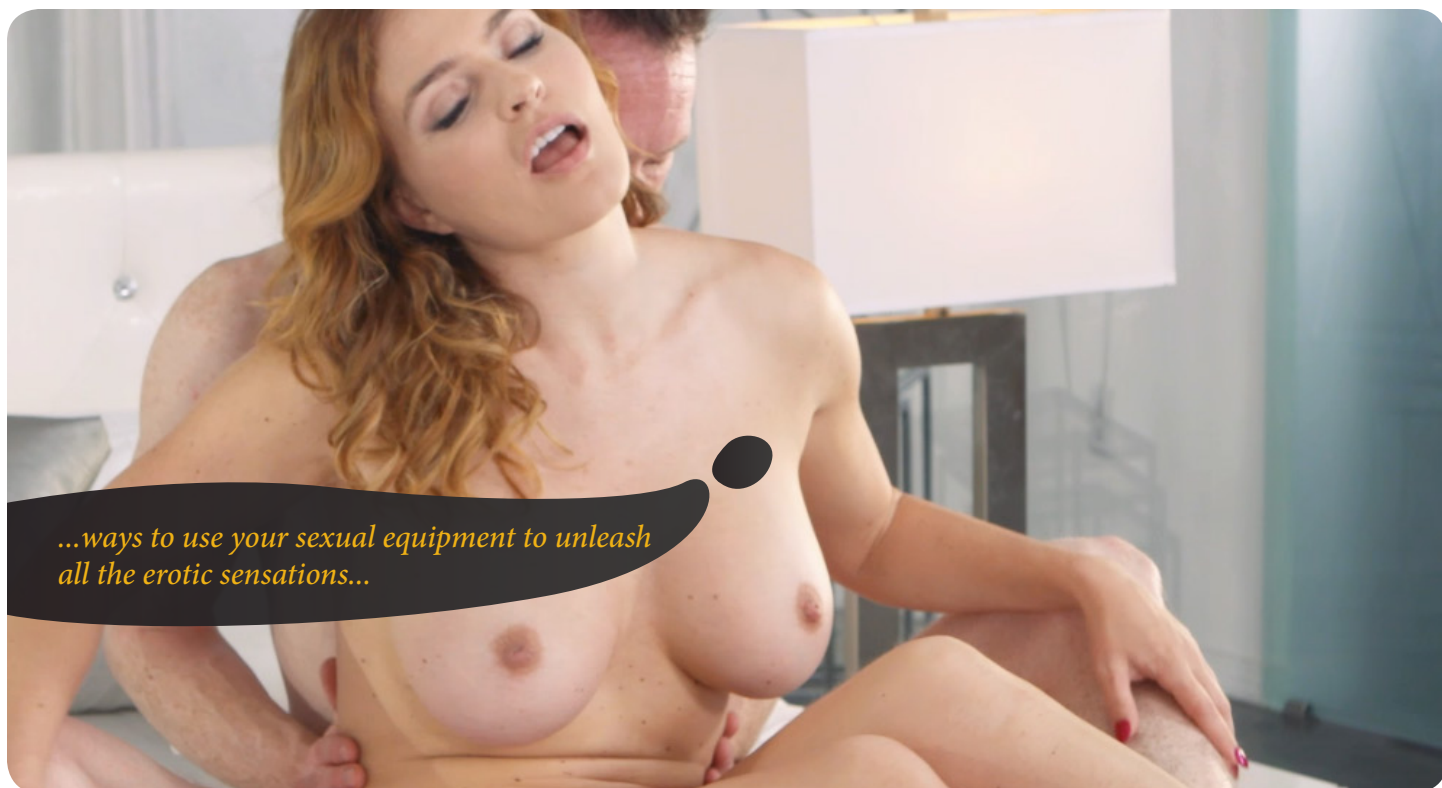
I know for a fact that the debate over what squirt actually is and how to achieve it is very real because I've been an adamant supporter of women's right to gush all over their partners for a very long time. That's why I decided to take the opportunity and weigh in on what squirting is and how you can experience it with your partner each and every time you have

sex. I created this program because I wanted to help you better understand female anatomy, I wanted to guide you on the best ways to use your sexual equipment to unleash all the erotic sensations and sexual secrets female ejaculation can hold. Awakening your ability to help your partner squirt will open you to a new level of sexual discovery. It will assuredly be a fun and satisfying journey, possibly the crowning glory in your process of becoming the best lover you can be, an actual sex god, if I may say so myself. So if you are ready to open your sex life up to a deeply incredible experience, these tips and instructions will aid you in enjoying one of the most wonderful sex acts you can share with your partner.

Feminine Fountain - Your most burning questions about squirting, answered

Just when you thought you knew all there is to know about female pleasure... there's more! It's high time you found out why some women squirt on a regular basis, how you can transform your partner into an instant squirter as if by magic and what are the facts and techniques that make you the giver of a better, faster orgasm, paired with intense female ejaculation.

For men, ejaculation is almost a certainty. For women, it may be a sometime event. And yet I am a firm



*...ways to use your sexual equipment to unleash
all the erotic sensations...*

believer that female ejaculation should become the standard by which lovemaking is measured in our time. A man can consider himself a good lover if he gives his partner the ability to squirt, preferably more than once, each time they make love, thus giving her not just extraordinary pleasure, but validation of her sexuality.

So far so good, but since this has proven to be easier said than done, most couples are struggling with one big sex worry that overshadows all others when it comes to female ejaculation. Will you be able to make her squirt when you want to? Will she be able to give herself to you completely and let her holy waters float freely? The pressure is on, for both of you!

Female ejaculation has been a focus of attention in nearly every culture throughout history. Numerous strategies have been deployed to achieve it: delaying ejaculation, accelerating the female response to pressure, enhancing the G-Spot climax, you name it. For all the words that have been written explaining the phenomenon, female ejaculation remains somewhat mysterious to many men, and to women themselves. And that's because old myths and misconceptions die hard. That a woman should squirt with no effort whatsoever from her partner is a myth that is reinforced by mainstream pornography in which women gush immediately and often during intercourse. Noteworthy is also the fact that straightforward facts about female anatomy are not a thing of interest for the majority of men, who fail to understand how a woman's



body really works, thus fumbling around in the dark when they get to doing the deed, both literally and figuratively. Nevertheless, the simple truth is, “Most women need a specific type of stimulation in addition to intercourse to achieve female ejaculation”, says Alice Ladas, author of *The G Spot and Other Recent Discoveries About Human Sexuality*.

Squirting is really not that difficult. It is one of those incredible joys of your sex life that costs no money and is truly at your fingertips if you wish it to be. And so, to help you achieve this type of exquisite pleasure with your partner, here are answers to the squirting questions men most often ask. Relax and enjoy!

“...female ejaculation remains somewhat mysterious to many men...”

What is this thing called female ejaculation?

Squirting is typically associated with the G-Spot. This area is better described as the clitourethrovaginal (CUV) complex, since it includes a woman’s clitoris, urethra, and the front wall of the vagina. Basically what happens is that, when properly stimulated, a woman expels fluid through her paraurethral ducts, which are located near the entrance of her vagina. This fluid is usually clear in color and does not come from her bladder, but instead, comes from her Skene’s gland, located just above her G-Spot. This gland is very similar to your prostate and the fluid that it generates is similar to your prostatic fluid too. As it enlarges, the Skene’s gland pushes on her G-Spot, making it more sensitive and pleasurable, but you do need to know what you’re doing to achieve this kind of enlargement. In many ways, the Skene’s gland is like a sponge. As you get your partner more and more aroused, it soaks up more and more fluid. That’s how she will be able to ejaculate. “If the woman is getting a ton of stimulation and has a good level of arousal, all her erectile tissue swells up, and that might put more pressure on the G-Spot, causing her to squirt”, says Madeleine Castellanos, author of *Wanting to Want*.

Are you sure it’s not pee?

Am I sure? I absolutely hate this question because it lays at the root of many sexual frustrations in women, as I mentioned in the previous chapter. Because of this particular taboo, many “squirters” - aka women capable of massive levels of sexual pleasure - have held back during sex, never allowing themselves to

have this type of orgasm again. The result? The majority of them have become completely repressed and psychologically and emotionally broken, not being able to fully enjoy intercourse. I do see where this type of misunderstanding might come from though. Because female ejaculation is expelled from the urethra (where pee comes from), and not the vagina, and it also has a more-water like allure than the vaginal fluids, many might mistakenly take it for urine. However, there are so many scientific studies that have shown, through chemical analysis, that it's not pee, that I honestly don't think we should be talking about it anymore. "To the best of our understanding, women have an area equivalent to the prostate gland. This area allows women to release fluids during orgasm", says Jeffre TallTrees, author of *Female Ejaculation: Unleash the Ultimate G-Spot Orgasm*. If you're adamant about solid proof that it's not urine, have your partner eat something that would normally give pee a very particular smell - like urine - and you'll be able to notice that none of that smell is present in her ejaculate. Happy now?

Why are some women much more prone to squirting than others?

Anatomy and physiology are possible factors. Some women may have a G-Spot that is either



larger than average or positioned so that the tip of the penis strokes it from a better angle. They may have learned how to align themselves with a partner's body and move their hips so that they get the necessary kind of stimulation. Or they may have been lucky enough to encounter lovers whose body types mesh with their own. More importantly, easily squirting women share certain behavior traits. Comfortable with both masturbation and receiving oral and manual stimulation from their partners,

“If the woman is getting a ton of stimulation...good level of arousal, all her erectile tissue swells up...

they feel entitled to their pleasure. Women who ejaculate easier than most also freely entertain sexual thoughts and fantasies rather than guiltily repress them. Often, they are primed for lovemaking before it even begins. Don't stress yourself if your partner is not a natural sexed-up vixen, you can transform her into one with the help of my ebook, Double Her Desire - <http://www.double-her.desire.com>.

But can you really learn to squirt?

You don't have to be a natural to enjoy the powers of squirting. In fact, for a big number of women female ejaculation is a learned experience - either alone or with a partner. "One thing women can do to increase their odds of success is to relax, and when, after hard and vigorous G-Spot thrusting, they feel that sensation as if they have to pee, to not stop it but let it go - it's not pee, it's squirt", says Robert J Rubel, author of Squirms, Screams and Squirts: A Guide to Advanced Sexual Play. However, unlike learning a new sexual position where you simply need to imitate a picture or diagram you found online or in a book, learning how to squirt takes more work than this because it's a half-mental, half-physical phenomenon. Plus, it's not the same experience for each and every woman out there: different women ejaculate in different ways. While some may shoot a stream that travels with the speed of light, others will gently release a fluid that trickles out without much force at all. Both are completely normal and desirable, but not that easily achievable. You won't magically be able to make your woman squirt unless you learn the proper techniques. The video I made specifically for this, in which my sexy and eager instructors strip for you, will teach you everything you need to know about the subject, so head there and let's start this journey together.

Section 2

The 3 sex positions that unleash her feminine spring

Want to make your next erotic hookups sexually sensational? Not that your rumbles in the bunks are necessarily boring, but maybe they're starting to feel a bit... routine. Could be because you and your woman have become so comfortable with each other, you've gotten experimentally slack in the sack. Or perhaps you're simply ready to discover fresh tricks and turn-ons that will push you both over the orgasmic edge and grant you the holy grail of intercourse: Squirting! Whatever your incentive, I've come up with 3 up-the-erotic-ante carnal poses that will revolutionize your life behind the bedroom door - and wow (and wet) the pants off your partner.



TECHNIQUE 1:

CARNAL POSE ONE

Mystery Missionary

With this technique, you will see that even a carnal pose as classic as the missionary can have a juicy outcome for your lady. Start with a couple of spectacularly hot foreplay moves to ensure she's good and ready, then re-create the missionary in a different way than what you're used to - this will ensure that she ejaculates with just as much force as you.

The Art of Squirting Loveplay

Most women need a little bit of preparation to get them in the right mood so that they're later able to ejaculate. Great sex really does begin in the brain. Maybe some women can shut off the computer where they've been putting the monthly finances onto a spreadsheet and walk directly into the bedroom and be ready, but most need a little bit of extra special preparation, both mental and physical. I like to call this technique "starting on warm" or "preparatory loveplay" and it's basically a sort of erotic jump-starting that helps women who have difficulties with squirting let loose and get ready for juicing like never before.

Start with delicate stroking

Whether you share a shower or not, join her in the bathroom and as she does her evening routine, help her luxuriate in erotic sensations by fondling with bits and pieces of her body. Nothing too over the top though - this is just to get the motors running, to bring her libido to



life. Lovingly run your hands over her body, your fingers slick with body lotion or massage oil. Start in innocent areas at first and then move to the hotter spots. Draw your hands across her belly, hips and thighs, gliding them over her silken flesh, and gently make wet circles around her nipples and press your flat palms against her genital parts. “The genital tissue around the clitoris is the most sexually sensitive, highly endowed with nerve endings and sexual receptor cells, so use caring caresses here. A harsh touch here can produce discomfort instead of pleasure”, says Gina Allen, author of *Intimacy: Sensitivity, Sex, and The Art of Love*. This type of leisurely pre-sex arousal and stimulation will get your partner going and make her feel sexual, and it’s important that you don’t overlook it. Most men start out intercourse on sexual high, but in the case of the majority of women this doesn’t happen without a little bit of preparation. If you don’t take these fifteen minutes of getting her hot but instead carry her right off to the bedroom to get down to business, then she will end up playing erotic catch up with you and the sex would end up not being fulfilling for either one of you. Not to mention that squirting will definitely not happen in this scenario.

Surround her with sex cues

Maybe your partner associates good sex with candles, wine, a favorite item of lingerie. Use them. They are more than dispensable accessories. Not every woman, of course, responds to strong visual cues.

Lovingly run your hands over her body, your fingers slick...



Some are more attuned to aural, so you can try music to set the mood faster than anything. Make a tape of your favorite lovemaking songs that hold a special erotic or romantic memory for you. When you're feeling sexy, but she isn't, play that tape to remind her mind and body of sexy times. "The mixture of music and flickering lights is erotically intense. It instantly creates a hot, sexy atmosphere", says Sandra Scantling, author of *Extraordinary Sex Now: A Couple's Guide to Intimacy*. For other women, the turn-on is olfactory. Apply a few drops of that cologne of yours she loves - this scent cue will stimulate her erotic fantasies so that she's feeling more warm and loving. These may seem rather unimportant, but don't underestimate their power to arouse your lady's desires. They work in the same way the aroma of cooking makes your mouth water. All the senses are involved in lovemaking, so stimulate them in an evocative way and you can create immediate desire.

Prolong cunnilingus

When women are not in the mood or are having trouble getting sufficiently aroused to orgasm, they often either go through the motions - ending in a faked orgasm - or hurry through the encounter by performing fellatio on their partner, thinking, "He can't wait much longer, and one of us might as well enjoy this." My advice for you? Have your partner lie back and relax while you take her to that wonderful place where orgasms crash



rhythmically like giant rollers against the rocks of the coastline. Help her surrender. She doesn't have to do anything but enjoy. Plus, oral love is for the majority of women the most intimate and pleasurable experience on the carnal repertoire. And it's a surefire way of getting her in the mood when she thinks she's not. Think of it this way: there are times when you want to make love but you don't have the energy to do all the work so you opt for a girl-on-top position. Cunnilingus offers the tired woman a similar option. She might think she's too tired or not exactly in the mood for sex, but you will change her mind with a good round of oral. Nothing arouses a woman as quickly as that. Moreover, sexual desire is energizing. Once that desire is fully aroused, your partner's fatigue, tension, worry, and general malaise will ebb away. It's a myth that great sex only happens when two rested people come together under the most ideal circumstances. If that were true, how often would any couple have great sex? Don't wait for the mood to strike: seize the erotic moment and make it your own. And since we're on the subject, a great way to improve your oral technique is to forget all about your Stay the Course motto - continuing the same stroke over and over won't make for an unforgettable oral experience. While you do need a degree of consistency, after a while, her nerves will grow numb to repeated sensation, so you need to mix things up. One way to ensure the speed and intensity are varied is to place your lips around her clitoris (making sure you cover your teeth), and alternate between gently sucking and teasing with your tongue.

Mystery Missionary Step-by-Step

Mostly, the missionary position is great for squirting because it grants you ample freedom of movement,



and multiple ways to access the coveted G-Spot, which is essential for female ejaculation. A word of caution: Uninventive use of the missionary position might make you miss the proper angle of penetration and leave the G-Spot untouched, which in return leads to the absence of squirting altogether. I'm here to teach you the adjustments you need to try out to make this classic position a surefire squirting gateway.

Start with the Fun Flanquette posture - a naughty variation where your body is swiveled to one side of your partner's body. You can either put one leg between hers or both to one side, while she places one leg across your thigh. Go slow, with soft, gentle moves that are meant to get her juices flowing and her heartbeat running faster. Another great way to add juice to the missionary position is to break it out of the bedroom. Even if your bed features satin sheets and a headboard with handles, nightly romps in the queen-size can begin to blend together. Occasionally swearing off the boudoir boosts erotic opportunities because you're not limited to the same-old scenario. Plus, changing the venue exposes both of you to novel textures, sounds and smells and naturally encourages you to try positions a little bit different than your usual ones.

Continue by taking the missionary much, much deeper with the help of this amazing tweak: Put a pillow under her bum to raise her hips up and wrap her legs over your shoulders. This move is pretty damn glorious on its own, but if you hold onto her legs and push them back toward her head (only slightly, she's not made of rubber) that helps you direct your penis deep against the vagina's front wall. It's the perfect position for incredibly pleasurable, dear...god... so... amazing G-Spot play and the perfect moment to up the ante and give your movements some necessary



speed and coordination. In dire need for more information on how to truly tease and please the elusive G-Spot? My book, Mastering Her G Spot – <http://www.masteringhergspot.com>, has all the information you need on how to touch that little spot each and every time with the moves of a true expert.

For a whole new way of experiencing each other, get your partner on her side (similar to the Flanquette I've already described earlier), lift just one of her legs up and straddle her other leg, entering her from a kneeling position. This position helps you find spots even your partner didn't know she had. Go even further by squirting a dollop of lube on your fingers so you can cup your hand over her clitoris, giving her a long smooth rub with every thrust. Plus, if you're a man with a bit of a bend to your penis, this is a great way for her vagina to embrace your curves.

Another fun (and I do mean FUN) way to play with missionary depth is to throw your partner over the arm of a couch and angle her hips up even higher. Hold up her legs all manly-like while you watch yourself enter her. Use a movement that's not exactly a thrusting one, but more of a back and forth rocking while maintaining the focus on your penis' base and also the clitoris. This is the most important thing to remember! Only when you manage to hit both her clitoris and her G-Spot will she squirt herself silly, having the most memorable orgasm she's ever had.

For the extreme lovers out there, here's a variation that might take some elasticity from your partner.

your partner has to cross her legs behind her head, while you enter her...



I like to call it the Orgasmic Oyster, and it basically means your partner has to cross her legs behind her head, while you enter her, reaching as deep as you'll ever be able to reach. This isn't a pose meant to last very long, that's why I usually advise couples to try it when they're really close to having a squirting orgasm. Do the above first, and then, the cherry on the lava cake, try this. She will literally not know what hit her when she realizes this position grants you so deep of an access inside her vagina. You'll hit her G-Spot, her cervix, her urethra, you name it. And if you also reach down and play with her clitoris, she'll simply explode in a pool of squirt. Don't believe me? Watch the video I made specifically for this and my sexy instructors will show you just how easy it is to squirt using these naughty variations.

TECHNIQUE 2:

Doggy Delight

I've polled thousands of guys about their favorite sex position and while girl-on-top grabs the gold (more on that in the next chapter), doggie-style takes a close second place. It's easy to see why. It lets you go deep and target all your partner's pleasure points - when your partner is on all fours, the vagina narrows for a tighter fit and more out-of-this-world friction. Plus, visually, you get to watch yourself

What more can you possibly want from the good ol' doggy?



move in and out, which you don't get to experience in other positions. Did I mention it's also great for squirting? What more can you possibly want from the good ol' doggy?

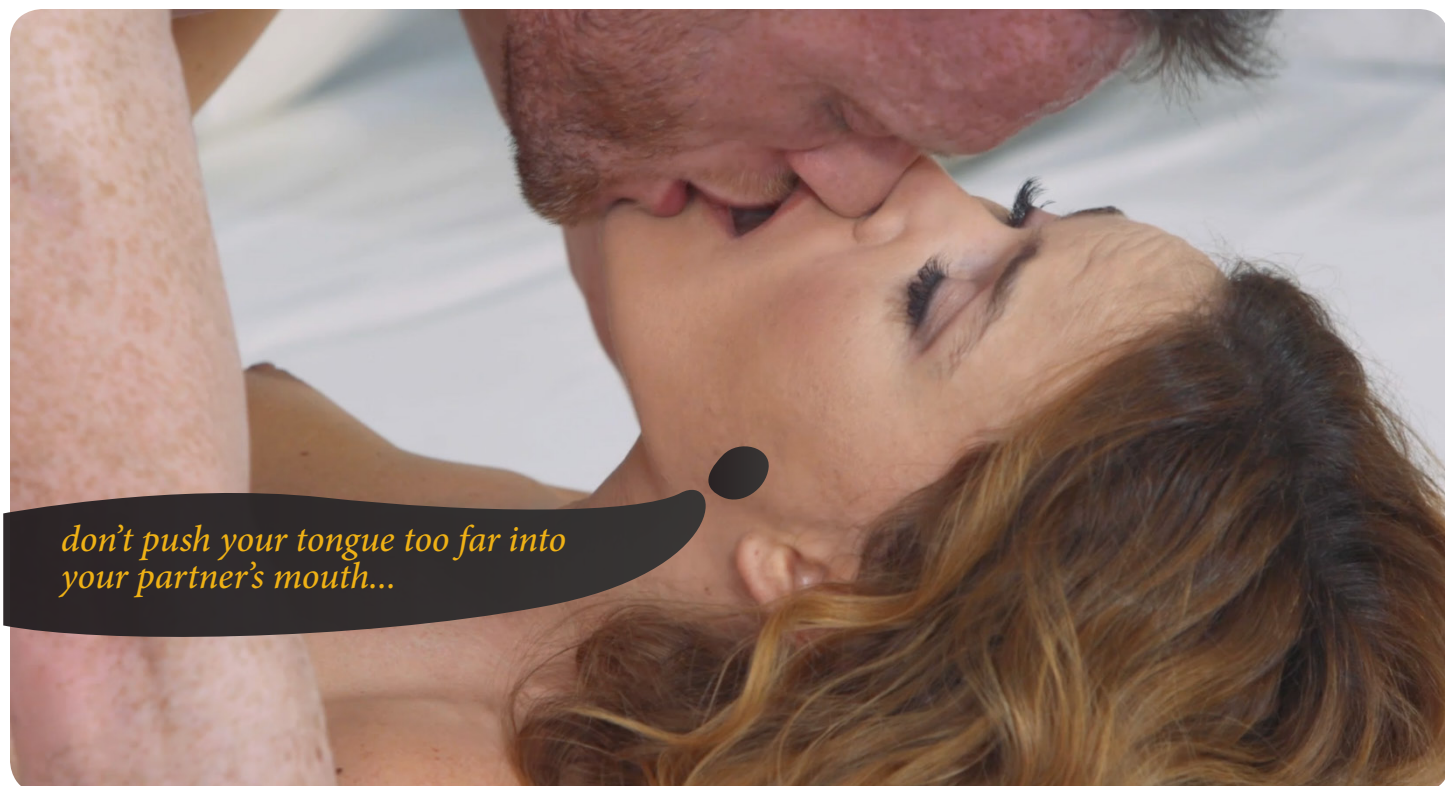
How to be a very good G-Spot awakener

First, mental foreplay

Sexy thoughts are arousing. In fact, many easily G-Spot orgasmic women (those who have a G-Spot squirting climax more than 90 percent of the time) report they often anticipate steamy encounters hours - even days - before the actual assignments. Your first homework? Urge your partner to indulge in naughty thoughts at unlikely moments - this is a powerful turn-on. While she's at work, maybe even meeting with her boss, send her a steamy text in which you describe how you are planning on making her squirt later on. By the time she gets home, she'll be hot for you, ready to kiss and lick and play.

Kiss, kiss

Do you love to make out? You should, because kissing is flirting with your mouth and the perfect way to get your partner ready for intense G-Spot exercises. Start by using your tongue to lick your lover's



lips inside and out. Next, rub your wet lips on all her erogenous zones. Leaving a trail of soft, wet kisses from her mouth to her genitals is also titillating. Bonus? I got this sweet lesson in French kissing done right from a Parisian courtesan: don't push your tongue too far into your partner's mouth, you have less control over its movements. The true French kiss is a passionate yet delicate exploration of your woman's mouth. Lick the sides, underside, and top. Rhythmically trust your tongue in and out. When your partner is really excited, search the recesses of her mouth.

Put on a show

Seeing you visually stimulated and eager for her body is the first stage of female arousal. Prove her you can't wait to ravage her with this simple foreplay routine. Begin by seductively removing her clothes - maintain eye contact and disrobe her slowly, without rushing through a single button, snap, zipper, or hook. You can take this a little bit further by strategically placing small mirrors around the room and lit candles that ensure the play of lights and shadows don't make her feel subconscious about how her body looks naked. Up the ante with the unexpected factor as well. If your lover is watching television or reading a book, simply position yourself near her and start undressing her slowly. When you don't take the extra step to ask her to stop doing whatever she's doing she's really seeing that the urges that are consuming you are very powerful.

Excite her

The moment you climb into bed, you're ready for intercourse, but she needs a lot of foreplay to reach the same level of excitement. You need to help the both of you by taking care of her needs first with this simple pre-sex ritual. What's her favorite way to get in the mood? Taking a long bubble bath, shaving her legs, applying body lotion? Offer to do it for her, and while you're at it, start to




gently fondle with her breasts and genitals. But try to be creative and unexpected with your chosen moves. The more you surprise your lady, the more aroused she'll get. Carnal kings come up with tons of creative, frisky ideas. A mind-blowing move that's as simple as they get? Tickle her vaginal area and clitoris with either your hair (rest your head on her crotch and start gently moving it from side to side, increasing the speed), or your beard (you can pair that with juicy tongue moves for top notch arousal). When she's sufficiently aroused, wet and willing, you're ready to move this to the next step. If you want more information on foreplay and how to make sure your every session is as hot as it can be, read my book on this topic: Turn Her On Faster – <http://turnheronfaster.com>. Everything you ever wanted to know about how to turn your woman to mush is right here.

Start your journey towards the G-Spot

Did it take you a little trial and error to master her body's other pleasure points?

Expect the same with the G-Spot. The easiest way to start things off? Gently slip a finger or two inside her vagina, and then softly feel along her upper vaginal wall. If you're having trouble locating it, kiss or touch her nipples or outer vaginal zone - the more aroused she is, the more her G-Spot will stand out, making it easier to find. Also consider placing a few pillows under her butt and widening her legs, which will open her vagina more and give you greater access. Once you've hit the spot, massage it in



The G-Spot can take a lot of pressure, so you might want to press harder.

slow, gentle circles. Try different caresses, such as figure eights or a rapid succession of pulses. The G-Spot can take a lot of pressure, so you might want to press harder. One G-Spot touch technique you definitely should treat her to is tapping: use just the tip of your finger to tap firmly and repeatedly. There's a biological reason for why this feels so awesome. "The most intense moments of touch along any body part are usually the first few seconds. By tapping, it's as if you're touching her G-Spot for the first time over and over again, building waves of sensations that can culminate in an incredible squirting climax", says Danielle Harel, author of *Making Love Real: The Intelligent Couple's Guide to Lasting Intimacy and Passion*.

Doggy Delight Step-by-Step

Rear entry is one of the best positions for squirting because there's easy access to both her clitoris and G-Spot. She can take charge of the clitoris stroking, using the moves she loves best, or you can reach forward and massage it while you thrust. And since her butt is in a raised position, her G-Spot gets prime-time play, especially if she's lying on her stomach with her legs spread only slightly. Being on her stomach with her legs closed together sandwiches the vaginal walls, so it's almost impossible for your penis not to come in contact with her G-Spot. Let's get started, shall we?

Just because it's called doggie doesn't mean you have to do it with your partner on all fours. Minor




Rear entry is one of the best positions for squirting...

angle adjustments offer added stimulation, and you need that if you're going to make her squirt. One variation: Have her lean over the bed so her torso is flat on the mattress. If she can, she should reach around and grab your hips so she can set the pace. Give it an even randier rush and max its urgent nature by asking your partner to leave on her nightie so that you can push it aside.

Another favorite variation of mine is the pose that I call the Sleeping Doggies. Have your partner go on all fours while you kneel behind so you can enter her. Once you're inside, you should both slide forward until your partner is laying on her stomach and you're gently resting your weight on her. For support, your partner should brace herself on her forearms while you support yourself on your palms. Once again, your woman should keep her gams as close together as possible for lots of feel-good friction. To amp up the action even more, she should thrust her tush back and forth into your pelvis as you pump. This provides deliciously deep penetration and ensures a direct penile path to the G-Spot. Prepare for squirting success! Plus, this is amazing because your body-to-body contact is maximized - you're touching as much of her skin with yours as you possibly can to create the sense that you are melting into each other. This traps your body heat and feels very intimate.

Want a deeper connection? Try a new spin on spooning by resting your upper body against her back and hug her waist rather than holding her hips as you thrust. Increase the intensity by having your




Have her lean over the bed so her torso is flat on the mattress.

partner rotate her pelvis clockwise and pulsing her PC muscles. Bonus pleasure tip: Have her close her legs after you enter her (this keeps you from hitting her cervix too hard, which can sometimes prove to be irritating, instead of pleasurable). This position is one of my saucy assistants' favorite, so watch them recreate it by checking out the video I created specifically for this program.

Another way to score a major buzz during doggy is to do it in a risky place. Convince your partner to do it somewhere semipublic, like for example with her leaning outside the window while you thrust away from behind. Or if you don't want to leave your bed, try doing it with the shades open. "In risky situations, your bodies release extra testosterone and activate neurotransmitters in the brain, which increase arousal", explains Ava Cadell, author of *Love Around the House*.

But the ultimate trick for G-Spot bliss has to be the doggy way of achieving a squirting blended orgasm. This means you have to combine G-Spot stimulation with clitoris play, working it all up to a double-her-pleasure ejaculatory orgasm. "The nerves of the clitoris extend very close to the G-Spot, so reaching peak via the two types of touching at the same time is about as intense as it gets", says Celeste Hirschman, author of *Cockfidence: The Extraordinary Lover's Guide to Being The Man You Want To Be And Driving Women Wild*. Have your partner kneel low on her knees and forearms, with her pelvis lifted off the bed so either you or her can reach her clitoris. Heighten the pleasure even more by stepping on the



*...kneel low on her knees and forearms,
with her pelvis lifted off the bed...*

breaks - twice. Thrust a bit... then stop so you can switch to stimulating her clitoris. Then resume... but stop again as you brush her clitoris with your fingers. Why you should do that? Because the number one lust lesson to learn from this is that the harder it is to get something, the more you usually want it. This kind of delayed gratification builds physical tension and emotional connection, making her ejaculation even more powerful. Finally, when she can't take it anymore, stimulate her inside and outside pleasure zones until she surrenders to a squirting orgasm. For more information about the female orgasm and how it can be achieved, read my book – 7 Day Orgasm – <http://7dayorgasm.com> - and you'll learn exactly how many times of orgasms a woman can have and what you should do to help her have them all.

TECHNIQUE 3:

CARNAL POSE THREE

Good Girl Gone... So BAD

The reason why GoT (no, not Game of Thrones) is so major? In two words: squirting orgasms. The position ups your partner's odds of ejaculating during sex, as her most sensitive interior AND exterior spots can be stimulated at the same time. This kind of double play really seals the deal when it comes to squirting. It's time to recognize girl-on-top as the hot move it is for both of you. If the promise of ecstatic trembling and explosive squirting isn't incentive enough, here are all the reasons to try it tonight, plus the right ways to pre-arouse her body to get all the benefits.



Start things off right - total body arousal

John Mayer was right: a woman's body is a wonderland... of climactic possibilities! It contains tons of nerve endings that, when touched, send signals to her brain that can turn her on. And when she's in a sexy headspace, you trailing your fingers across a certain hot spot can be enough to trigger a juicy earthquake down below. "It's even been reported that the neck and toes, when stimulated in the right way, can lead a woman to orgasm", says Keith Blanchard, who researched the topic for his book *It's All in Your Head*. Let this be your guide to discovering all your partner's O-zones and making them work to your advantage, especially before trying on such a hot position like girl on top. If you turn her on from top to toe before allowing her to take the saddle, squirting will become a welcome reality, not just a lusted-after dream.

Full orgasm potential

These are the main hot spots on a woman's erotic geography. Don't miss any of them during your next foreplay routine and you'll have a turned on, begging-you-for-release woman at your mercy. Urethra. Because of the clitoris's shape, it surrounds three sides of your partner's urethra (the short tube measuring about 1 1/2 inches, surrounded by spongy erectile tissue that fills with blood when sexually

It's time to recognize girl-on-top as the hot move it is for both of you.



aroused, and where her pee comes from... and no, I won't call this a pee-gasm). Technically, touching here still counts as a clitoral climax, but it's more of an indirect contact - and two thirds of women prefer that. The urethra is not considered a sex organ, but perhaps it should be. Some women find the opening to the urethra - that small dimple - to be very sensitive and they stimulate it during masturbation, so you might try that too. The importance of the urethra for the anatomy of the orgasm has been long studied. In 1924 Marie Bonaparte proposed that a shorter distance between a woman's clitoris and her urethral meatus increased her likelihood of experiencing orgasm during intercourse. In 1940 Landis and his colleagues published similar data suggesting the same relationship, and in 2014 Kim Wallen and Elisabeth A. Lloyd published their study, Female Sexual Arousal: Genital Anatomy and Orgasm in Intercourse, in which they analyzed raw data from these two studies and found that both demonstrate a strong inverse relationship between the urethra and orgasm during intercourse. So definitely take this into very serious consideration on your next foreplay adventure.

▀ **Clitoris.** The clitoris is the wishbone-shaped home to 8,000 sensory nerve endings that extends through your partner's labia and runs along her lady parts internally - making it the mecca for most women's bed-breaking orgasms. I know you guys are goal oriented so you often figure the faster and harder you work it down there, the more powerful her orgasm will be. This is not the case. Try up and



down motions right on her external C-Spot with your fingers or a bullet vibrator, or opt for more indirect stimulation by rubbing her labia. You can also try pressing and releasing your fingertips against her clitoris several times, then use them to make small circles in either direction to hit all the nerves. For a twist that will turn both of you on, lie facing each other, take your penis and use the tip of it to touch her clitoris (you might want to apply a water-based lube first). For more naughty tips of the trade on the surprisingly pleasurable art of sexy fingering, grab a copy of my book on the subject, *Naughty Fingers* – <http://www.mynaughtyfingers.com/>. You will find there all the information you need to become a true Gold Finger master. Get ready to play, bad boy!

▮ **Cervix.** Her cervix (at the top of the vaginal canal, near the opening to a woman's uterus) is a hot spot because of its proximity to the vagus nerve, a pathway that carries information to the brain that can lead to intense climaxes. If you can't reach it (the average vaginal canal is 3.7 inches but lengthens when aroused), try an internal vibrator.

▮ **Butt.** Her booty has tons of sensory nerve endings, so the area can be a major sexy center but also quite sensitive. Proceed with caution: Go slowly, practice with what feels good, and use plenty of lube when inserting anything back there (the anus isn't self-lubricating like the vagina).

Her booty has tons of sensory nerve endings, so the area can be a major sexy center...



/// **Vagina.** Vaginal sex hits her G-Spot, the dime-size area along the top wall of your partner's vaginal canal. While the G-Spot is packed with nerve endings, only 18 percent of women in recent studies reported orgasms from vaginal penetration alone. However, during foreplay, you can massage this spot in a come-hither motion with one finger while you press down gently on her abdomen to create a pleasurable pressure that can end with an orgasm.

/// **Nipples.** When lightly twisted or sucked on, her nipples become erect and light up the brain's pleasure center the same way genital stimulation does. Playing with them can also cause uterine contractions that help her reach her peak faster.

Medium erogenous zones

I like to call these nice-to-haves. They don't work on all women, but might work for your partner, so don't overlook them!

/// **Feet.** It's not everyone's thing, but a foot massage or light toe sucking can light up the brain area adjacent to the one connected with genital touching. That explains why some people get off on playing footsie! Try kneading the bottom of your partner's foot to see if it feels good.



/// **Behind the knees.** An often ignored spot, the backs of your lady's knees love a soft smooch or a stroke from you. But this is also a very ticklish spot, so watch out for knee jerks!

/// **Wrists.** The thin skin on the inside of her wrists, also a pulse point, makes the area specifically sensitive for some. Kiss them lightly or gently tie a scarf around them during foreplay.

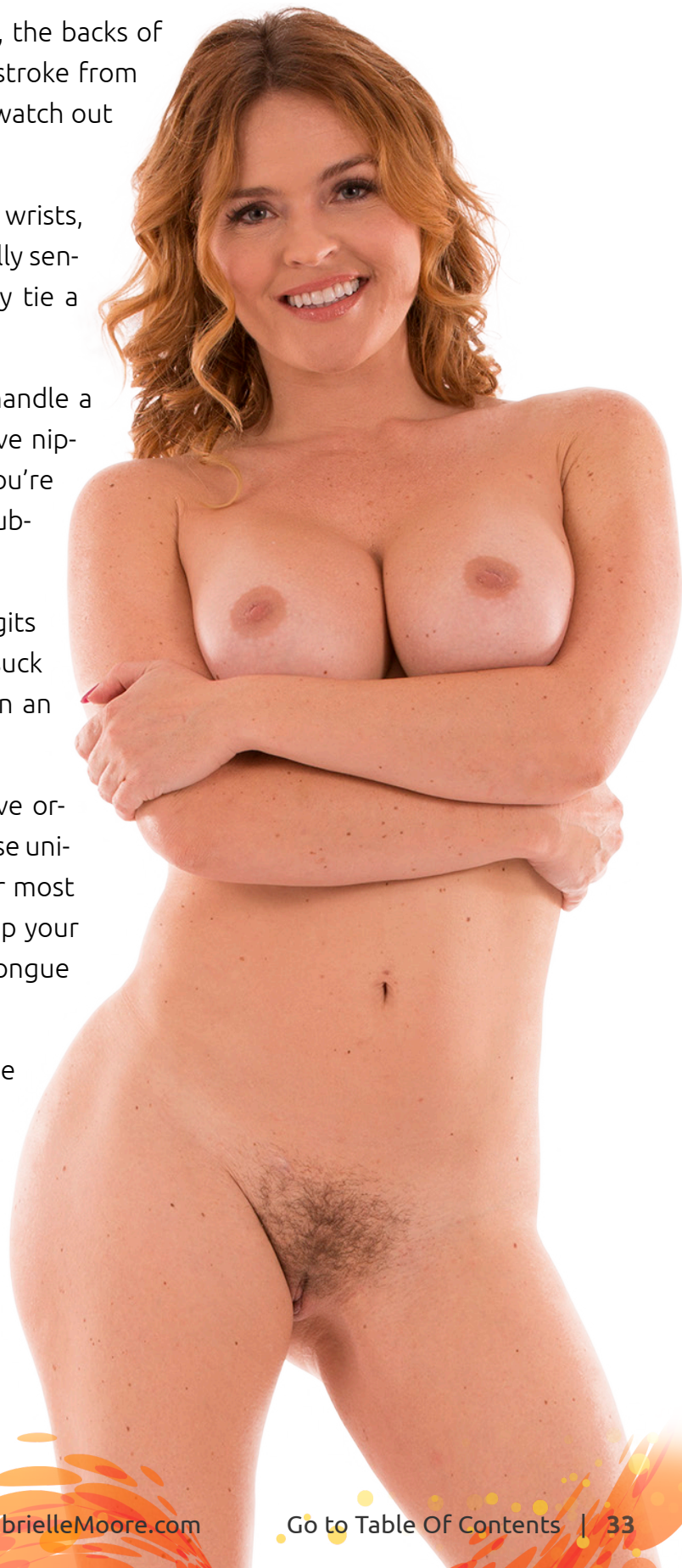
/// **Side boobs.** The side of her breasts can handle a little more pressure than her super-sensitive nipples, so grab a handful the next time you're going down on her or giving the ladies a rub-down with massage oil.

/// **Fingertips.** The nerve-dense pads of her digits can be used to her advantage if you gently suck on them. Or press your tips against hers in an intimate move that will boost your bond.

/// **Lips.** While only some women claim they've orgasmed from giving a blowjob (who are these unicorns?), it's true that her pout is one of her most sensitive, nerve-concentrated parts. Vary up your kissing from quick pecks to running your tongue along her lips to amp up excitement.

/// **Neck.** In a recent survey, women ranked the nape of their necks higher than breasts as a seriously erogenous zone. Run your fingers along her nape, then alternate between light sucking and kissing.

/// **Ears.** The nub between her lobe and the tip of her outer ear is the cymba, and someone touching it can give a woman se-



rious chills. If you gently lick her earlobes too, it can make her think of other places she wants you to use your tongue.

Good Girl Gone... So BAD Step-by-Step

Thanks to gravity, when your partner climbs on top means you can go deeper than an M. night Shyamalan plot. "The pose can also stimulate her G-Spot, the small area a few inches inside her on the front of her vaginal wall that is ultrasensitive and can bring on supersized squirting orgasms", says sexologist and sexuality coach Diana Anderson, author of *Your Secret Chamber: Deep Penetration to Open Your Authentic Beauty*. Think about it: When she's facing you yet leaning back at a slight angle, your penis naturally rests against her upper vaginal wall, and even the slightest thrusting means you can easily stimulate her G-Spot. Plus, being on top puts her in control of the depth and speed, letting her adjust your penis so your strokes always hit the spot.

First, find out which depth feels best, by have your straddle your waist with her legs on either side of your hips. She should move her knees closer to your body for shallower thrusts or farther away for deeper plunges. GoT is a power pose for a reason: The woman decides the speed and direction of the sex (no jackhammer allowed!). "Your partner is the boss, which can feel really empowering", says Joel D. Bloc, author of *Secrets of better sex*. To set an OMG-worthy pace, she should start slow, grinding

...being on top puts her in control of the depth and speed...



her clitoris against your body, then speeding up as she senses her pleasure building and she can see you also about to lose it.

Next, start exploring! After all, you have easier access pretty much everywhere. With her on top, it leaves all hands on deck... and free for touching. Run yours up and down her chest and abs, stopping at the nipples, a major pleasure center, as I mentioned earlier. Then put your partner's hands to work on your own chest as you hold a pebble vibrator against her clitoris. I also suggest pulling her hips down as she swivels them, to up the pressure against her clitoris.

For extra arousal, warm and fuzzy feels and off-the-charts intimacy hold intense eye contact during sex - from close up or high above - this can help to solidify your bond. For more juicy tips on how to make sex an emotional journey just as strong and powerful as it is carnal, check out my book on the subject, *The Tantric Touch* - <http://www.the-tantric-touch.com> - you'll discover that sex can be used as a tool to improve your relationship and your intimate bond as a whole.

Now for the fun part: experiment with different angles! As long as it feels good, there's no wrong way for your partner to position herself when perched on top. She can try a straddle with her knees on the bed or turn around so she's facing your feet (reverse cowgirl) or stretch her legs out in front of her and use her arms to move. And at the risk of sounding like Dr. Seuss, you two can do it in a chair. And



have her mount you and lean all the way back until she's bracing her arms on the ground.

on the floor... And on the stairs... Modification is the key to this classic's lasting (and endless) appeal. Watch the video I created with my hot and bothered assistants and they'll show you just how versatile this position can be. They can't wait to share these secrets with you!

Finish things off with a couple of extra-hot variations. After all, girl-on top is like the best fro-yo bar: So. Many. Options. You can try the You-and-Eye-Gasm - have her mount you and lean all the way back until she's bracing her arms on the ground. Or you can give The Coffee Grind-Her a chance. In this saucy pose, she should straddle just one of your legs so that her clitoris is aligned with your pelvis. Spanks-a-Lot is also a favorite of mine, because it's as naughty as it can be. As you sit up with your legs out, she should straddle you in reverse with her butt high, legs extended, and torso on your thighs. As for the motions she should use while she's mounting you, there's a number of options at her disposal. She can either go for the bounce (using her legs to raise and lower her pelvis onto your penis), the swirl (swiveling her hips in a circular motion to feel you all over her outside and inside parts) or the rock (shifting her hips forward and backward to rub her clitoris against your pubic bone).

vaginal wall that is ultrasensitive and can bring on supersized squirting orgasms...



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