

If you're finding that your neck is straining in this position, what you can do is place a pillow underneath her buttocks. This will elevate her pelvis, bringing her vulva closer to you. You won't have to bend your head back as much, taking off the strain from your neck.

I used to use a pillow all the time, but I found that a pillow becomes ineffective and a pain-in-the-ass after a while because it compresses, I had to constantly buy new pillows because they were soaked from her ejaculations, and typically found myself without a pillow at night!

Now I use a [Liberator](#), and I only use it during sex. It's ultra durable, holds its shape, and is an overall great investment, not only for oral sex, but for optimizing the angles of penetration during sex. Check it out [here](#).

Now that you're both in position, let's get started.

### **Step 1: First Contact**

You want to make the first lick to be a memorable one. The Setup will build more sexual tension and anticipation for your first lick, and it'll leave her wanting more.

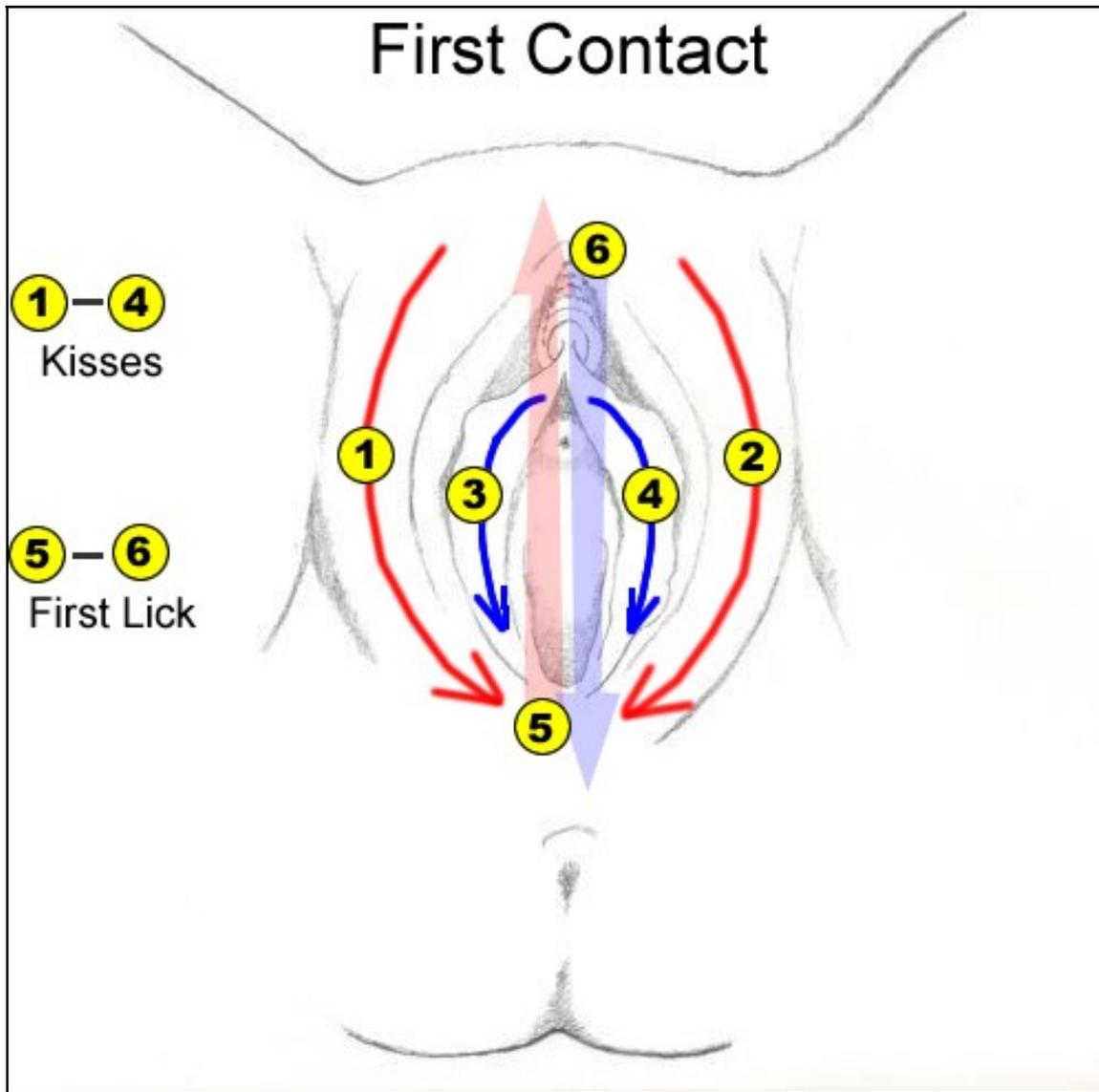
#### **The Setup**

1. Perform a series of kisses on her left outer lip, from top to bottom. Take it slow, and don't rush!
2. Next, do the same thing on the right side
3. Perform a series of kisses on her left inner lip, from top to bottom.
4. Next, do the same thing on the right side
5. Take about 1 second per kiss, and try to cover the entire area with your kisses (in other words, you don't want to kiss at the top, leave a huge gap, and kiss the bottom of the lip)

#### **The Long Lick**

1. Place your tongue on her frenulum (the base of her vagina).
2. VERY SLOWLY, lick upwards, running past her vaginal opening, and inner lips

3. As you past the clitoral head, lighten up the pressure from your tongue.
4. Keep on going up until your tongue is directly over her clitoral hood. You should feel her clitoral shaft underneath the hood with your tongue at this point. Apply more pressure on the shaft, and slowly move your tongue from the left side to the right side of her clitoral hood...slight stimulation, but you're going to take it away
5. Now move your tongue downwards towards the base.
6. After you've reached the frenulum, let your tongue rest upon the entire length of her vaginal entrance and vulva.



Key point to remember:

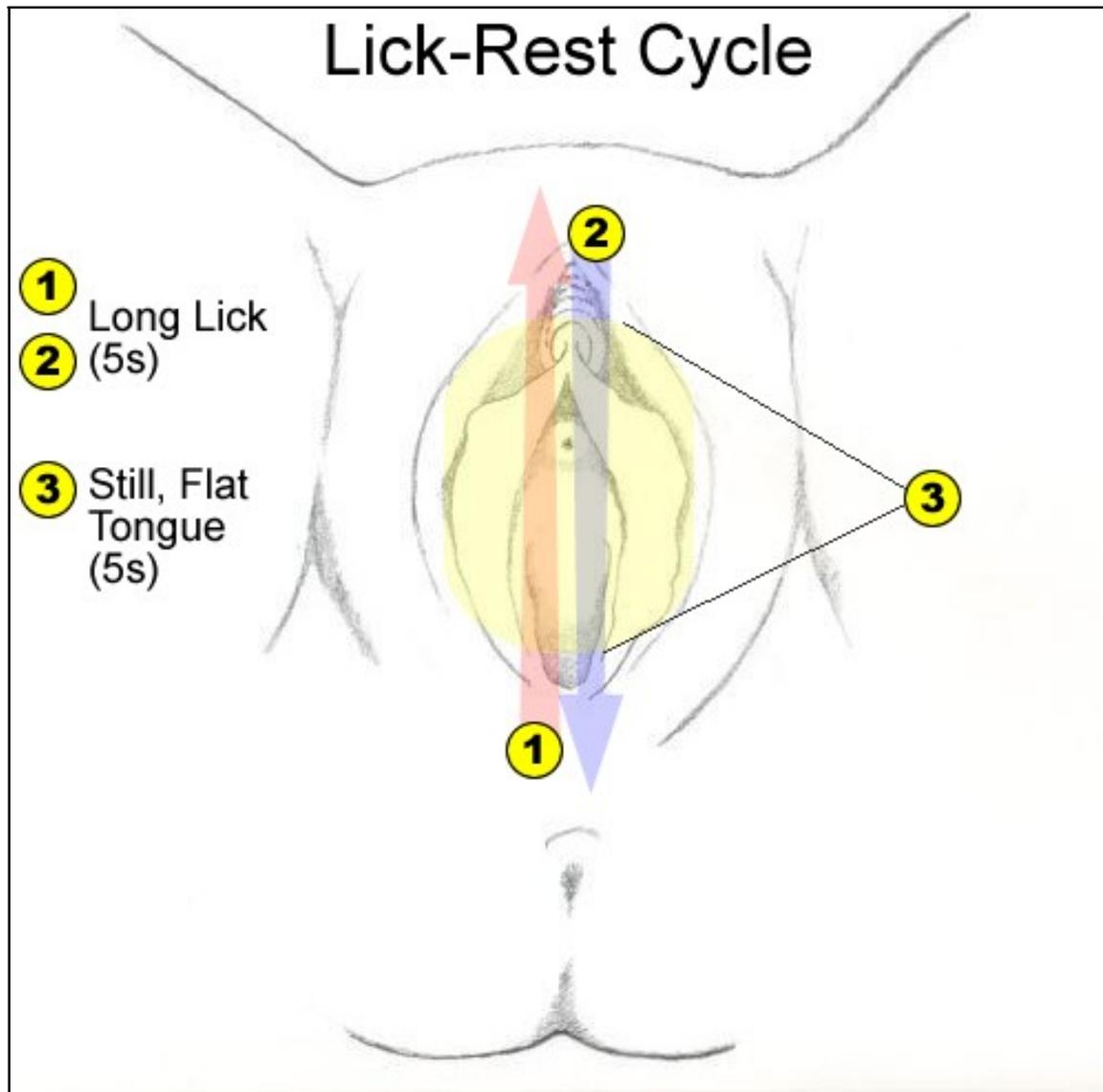
- Don't rush this! Think of your tongue as a snail, moving super slow across her vulva.
- The timing you want to aim for is about 10 seconds up, 2 seconds pause on her clitoral hood, and then 10 seconds down.
- Tip: as you're licking, count 10s-2s-10s in your head!

## Step 2: Establishing Rhythm

During this step you'll work with 3 licking patterns.

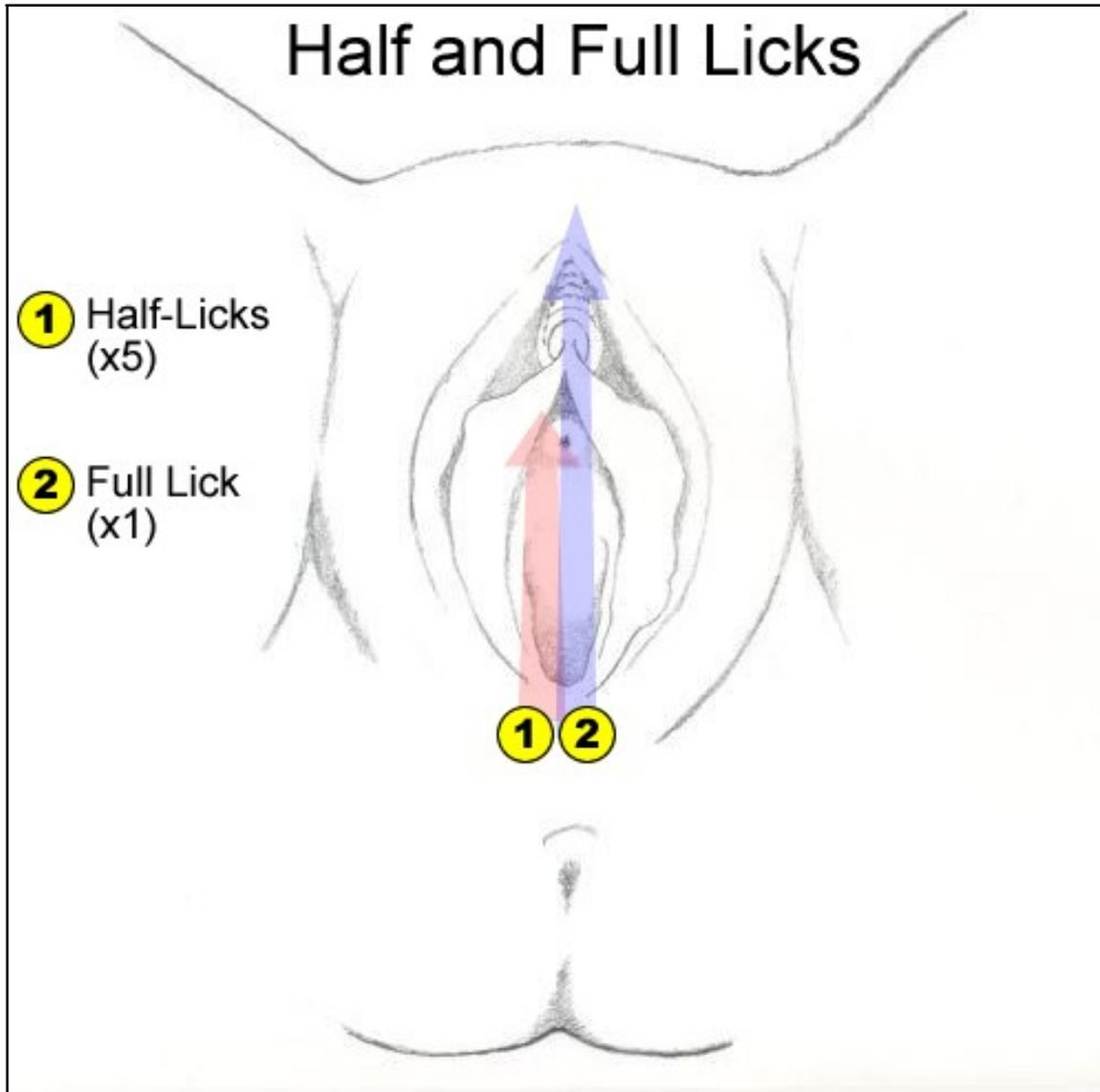
### **Pattern 1: Lick-Rest Cycle**

1. Starting with your tongue on the base of her vaginal entrance, slowly lick up until you've passed the clitoral head and are on top of the clitoral hood, then lick downwards to the starting position. It should take 5 seconds to complete a full lick.
2. With a flat, still tongue, let it rest on her vulva for 5 seconds.
3. Repeat these steps 20 times.



**Pattern 2: 5 Half-way Licks, 1 Full Lick Cycle**

1. Lick up half-way, and then lick back down. You won't be going over the clitoris during this lick. Repeat 5 times.
2. Add in one full lick, going over the clitoris.
3. Repeat these steps 20 times



### **Pattern 3: Random Half-way and Full Licks**

This time, your tongue is going to go over the clitoral head randomly. This will drive her crazy, because your licking "pattern" should be unpredictable!

When you're at this pattern, be playful, and really focus on teasing her clitoris.

1. Lick up half-way, and then lick back down. Repeat anywhere from 1-10 times
2. Add in one full lick, going over the clitoris.
3. Repeat these steps 20 times

Ok, by now her clitoral head should be hard and erect. With all of the teasing you've been giving her has built up enough tension to release her orgasm, and she'll be ready for the next step.

### **Step 3: Secret Twitch Method**

This method will help you figure out what the exact location, speed, and pressure your woman will like best. Once you find the optimal location, speed and pressure, you'll maintain that until she has an orgasm!

As I mentioned earlier, women have involuntary contractions when they orgasm, but what you want to look for is the contractions in the vagina. You'll be using your fingers to feel for these contractions.

You'll "calibrate" one indicator at a time, starting with:

- the best location on her clitoris, then
- the optimal pressure of your tongue, and finally
- the right licking speed

### **Steps**

1. Lick one or two of your fingers (index, or index and middle fingers) to lubricate them.
2. Slowly insert your finger(s) into her vagina, about 2-3 inches in, with your palms facing up.

3. Find the G-Spot. It will be on the ceiling of her vagina, and it'll have a bumpy texture to it. Once you find it, just leave the pad of your fingers "on the button". Don't stimulate this area (yet)

Ok, now that your fingers are in there, what you want to do is feel for any contractions in her vagina. It will feel like her vagina is squeezing your fingers momentarily. Sometimes the squeeze is soft and barely noticeable...so you'll have really pay attention.

4. With your tongue, slowly lick around, on top, to the side of her clitoris. What you're trying to do here is to find a "spot" that makes her vagina squeeze.

5. Once you found the spot, apply different pressures with your tongue. You want to find the best pressure that will cause her vagina to squeeze.

6. Lastly, apply different licking speeds on that spot, using the same pressure.

7. When you've found all of those, hold steady! Don't change locations, pressures or speed (even if she says so). Maintain what you're doing, no matter what

8. When she's nearing orgasm her vaginal muscles will start to clench hard around your fingers, and it will hold its' grip longer

9. Keep a steady pace, rhythm and pressure - under no circumstances change what you're doing, or you run the risk of having to start from scratch!

10. Right before she has an orgasm, she'll squirm and want to move around...but...your job is to maintain what you're doing until her orgasm is complete!

11. Orgasm #1!

Once she has a clitoral orgasm, we're going to transition into G-Spot orgasms.

## **Orgasm #2: G-Spot Orgasms**

At this point, your fingers should still be inserted into her vagina, and the pads of your fingers sitting still on her G-Spot. As you just begin stimulating the g-spot, it's a good idea to start out with slower, lighter strokes, and gradually crank up the speed and pressure.

First, transition into the right position:

### **Her Position:**

Have her raise her legs so that her knees are closer to her chest. She can hold her thighs with her hands.

### **Your Position:**

You want to change your position from laying on your stomach with your head in-between her legs, to an upright position where you're on one knee.

### **Tip:**

For more intimacy and an opportunity to kiss, you can lie beside her while stimulating her G-spot.



## **Techniques**

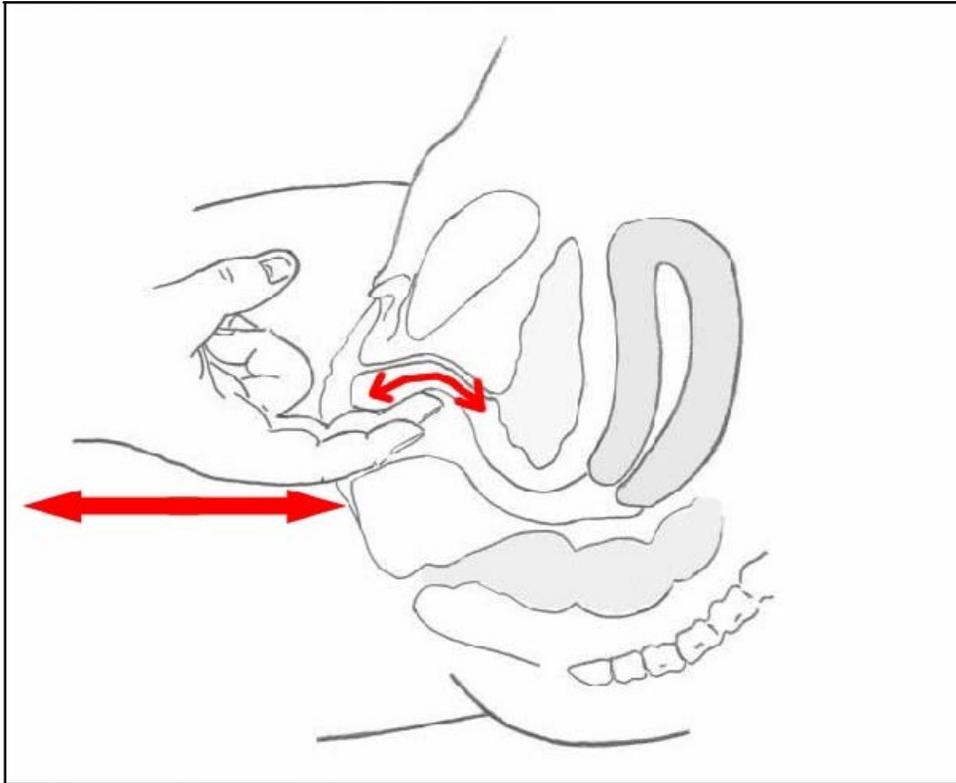
You'll see that the way G-Spot fingering works is like a rollercoaster. You'll start off slow and light, increase the speed and pressure...then...switch the technique and repeat the process again.

By doing this, you're building up further anticipation and sexual tension for the orgasm. On top of that, it'll be easier on your fingers, wrists and forearms too! Fingering and pumping away at the G-spot can become very tiring on your arms, so switching intensities allow you to let your muscles rest.

We'll cover 4 basic techniques here. Once you've mastered these, you can "plug and play" some of the more advance techniques listed in the advance fingering report. Just remember whatever technique you use, that you start off slow and light and gradually build up the intensity.

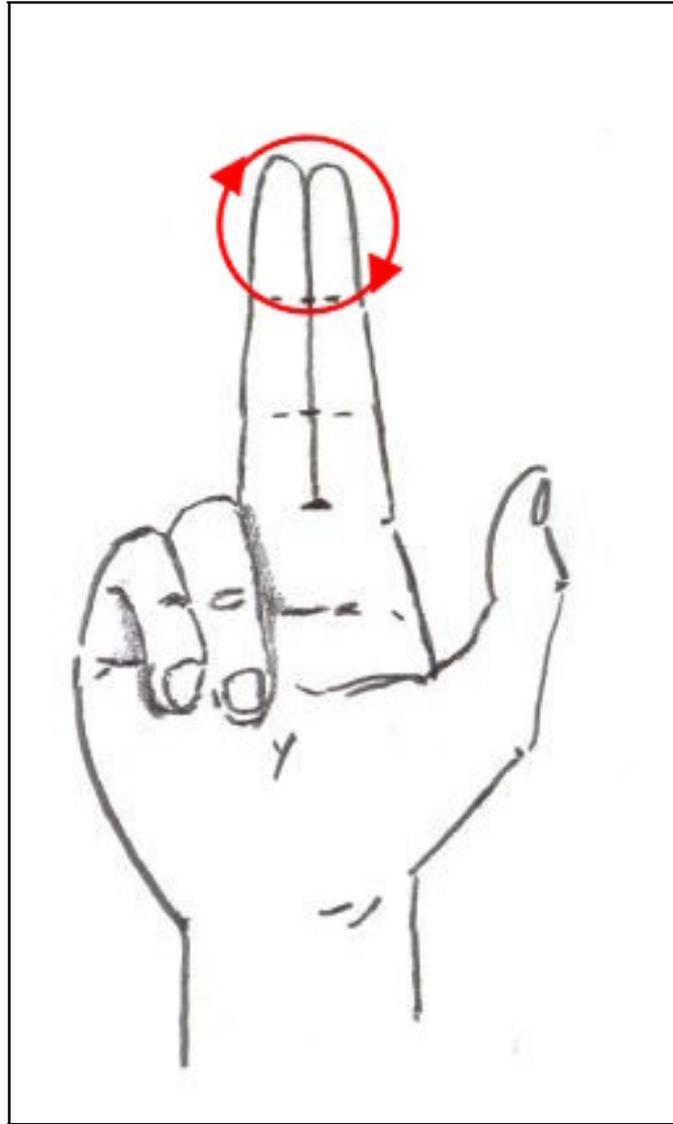
**Step 1. Forward and Backwards Stroke**

- Slowly rub the G-spot in a forward and backwards motion with the pad of your finger(s).
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes



**Step 2. Circles**

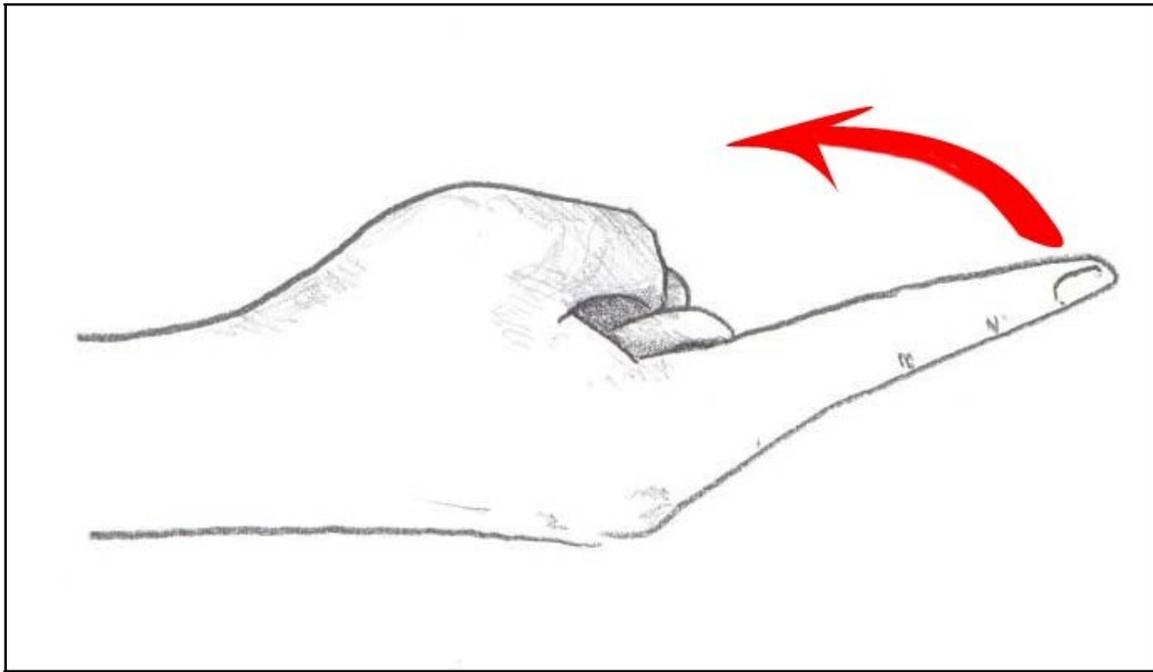
- Now, begin to rub very lightly, tracing small, light circles.
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes



**Step 3. Come Hither**

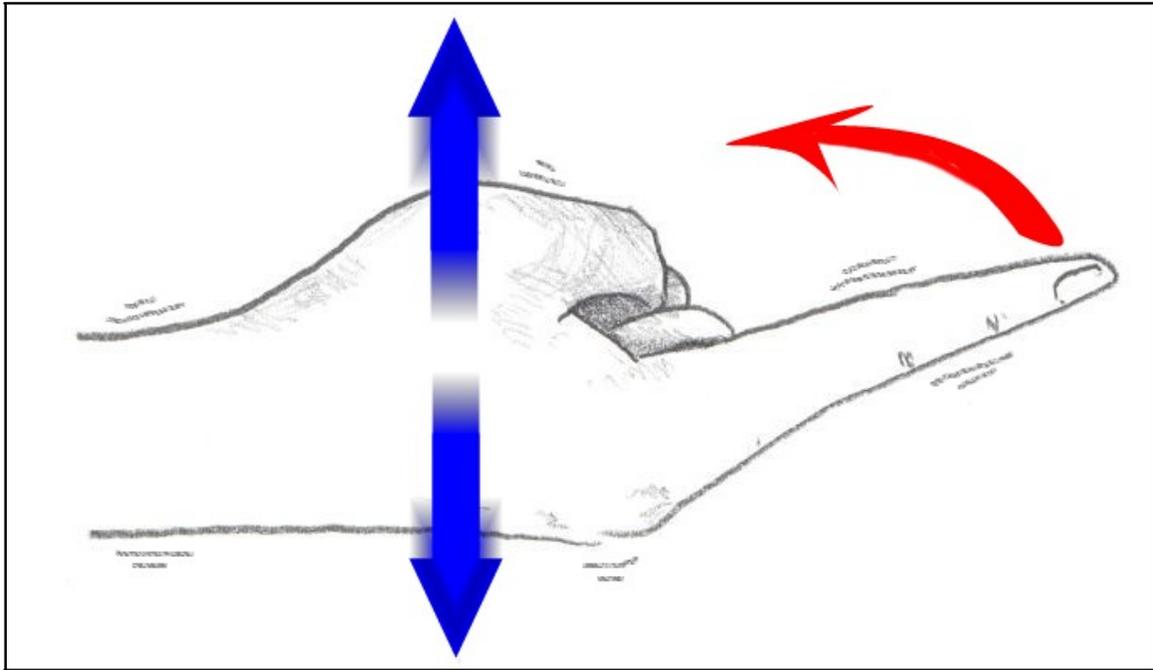
You can do this using either one, two, or even (if she's ready for it...) three fingers.

- Start making the motion similar to telling someone to "come here". The pads of your fingers should be run across her G-spot with each stroke. (be careful not to dig your nails into the ceiling of her vaginal walls-you want to "rub" not "scratch"!)
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes



#### Step 4: Tapping

- Finally, you're going to add a quick "up-and-down" motion with your hands while performing the come hither stroke at the same time.
- As you're doing this, you'll be "pumping" your arms up and down, and in effect her body will start bouncing up and down as well.
- Place your free hand just above her pubic bone, and push down so she doesn't bounce up too much.
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes
- This time, if you need to, if she still hasn't climaxed, go back to the slow strokes and build up the speed and pressure again.



### **Orgasm #3: Blended Orgasm**

The "Blended Orgasm" technique combines your tongue and your fingers to give her a clitoral and G-Spot orgasm.

If your forearms are tired, you can switch arms and insert the fingers of your opposite hand.

You're going start with oral, and then add in G-Spot stimulation.

#### **Position:**

She'll keep her legs up in the air with her knees to her chest, while your position is the same as the oral sex position you were in.

Steps:

#### **Step 1: Start off with the "Lick-Rest Cycle"**

- Starting with your tongue on the base of her vaginal entrance, slowly lick up until you've passed the clitoral head and are on top of the clitoral hood, then lick downwards to the starting position. It should take 5 seconds to complete a full lick.
- With a flat, still tongue, let it rest on her vulva for 5 seconds.
- Repeat these steps 5-10 times.

#### **Step 2: Next, find the "hot spot" again using the Secret Twitch technique**

- Lick one or two of your fingers (index, or index and middle fingers) to lubricate them.
- Slowly insert your finger(s) into her vagina, about 2-3 inches in, with your palms facing up.
- Find the G-Spot. It will be on the ceiling of her vagina, and it'll have a bumpy texture to it. Once you find it, just leave the pad of your fingers "on the button". Don't stimulate this area (yet)

- With your tongue, slowly lick around, on top, to the side of her clitoris. What you're trying to do here is to find a "spot" that makes her vagina squeeze.
- Once you found the spot, apply different pressures with your tongue. You want to find the best pressure that will cause her vagina to squeeze.
- Lastly, apply different licking speeds on that spot, using the same pressure.
- When you've found all of those, remember to maintain what you're doing, no matter what.
- Once you've found it, maintain the clitoral stimulation, and start with the G-spot strokes!

### **Step 3: Add G-Spot Stimulation**

Because she's already climaxed twice at this point, it really doesn't take much to get her to orgasm again. She might even orgasm before you stimulate her G-spot!

IMPORTANT: Just remember that while rubbing her G-spot, to maintain the same oral stimulation on her clitoris! It might be tough at first, because it does take some coordination.

If you're having a hard time coordinating your tongue and your fingers together, just stick to the come hither stroke.

#### **1. In-Out Stroke:**

- Slowly rub the G-spot in a forward and backwards motion with the pad of your finger(s).
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes

#### **2. Circles:**

- Now, begin to rub very lightly, tracing small, light circles.
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes

### 3. Come Hither:

- You can do this using either one, two, or even (if she's ready for it...) three fingers.
- Start making the motion similar to telling someone to "come here". The pads of your fingers should be run across her G-spot with each stroke. (be careful not to dig your nails into the ceiling of her vaginal walls-you want to "rub" not "scratch"!)
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes

### 4. Tapping:

- Finally, you're going to add a quick "up-and-down" motion with your hands while performing the come hither stroke at the same time.
- Aim for: 100 slow/light strokes, 100 medium strokes, and 100 fast/hard strokes
- This time, if you need to, if she still hasn't climaxed, go back to the slow strokes and build up the speed and pressure again.

...that's it! She has just experienced a clitoral, G-Spot, and Blended Orgasm!

Now, what comes after is really up to the both of you. It could include (but not limited to):

- Stop the love making session and move into "after play" (more on this later)
- She pleases you
- Have intercourse (check out the "**Best Sex Positions**" **special report** for this one.)
- Give her more orgasms (through oral, fingering, a combination of both, or through intercourse).

## **Chapter 8: Phase III: Surrender**

### **More On Orgasms**

You've set up a relaxing atmosphere, gave her a massage, labial massage, oral sex, G-spot, blended...and taken her to at least 3 orgasms.

Since we've already touched on the subject of how-to techniques to bring a woman to an orgasm in the previous chapter, this chapter will focus on some of the finer details of the pre-orgasm, and the orgasm.

#### **Pre-Orgasm: What To Expect, And What To Do**

Just moments before she has an orgasm, you'll notice that her breathing gets deeper, she starts sweating, vagina contracts more often, and her body begins to tense up and relax.

This is the transition from the Plateau stage, where you're building up the sexual tension, to the Orgasm, where she's about to release the tension.

The "Pre-Orgasm" is where, I believe, most people reach. They've built up the sexual tension to the point of where she's on the brink of having an orgasm...but all of a sudden, it's gone!

Here are some very important points to remember to guarantee that she'll successfully have an orgasm:

#### **Maintain Stimulation!**

Whatever you're doing up until this point, hold steady and maintain what you're doing...don't change! Maintain contact, speed, rhythm, pressure etc.

Often times couples will either go faster, slower, or stop altogether when she's close to having an orgasm. But...the trick that if it's working already, don't change a thing. The orgasm will fall into place if you maintain what has been working so far.

### **Don't Change Positions!**

Whether you're performing oral sex on her, fingering, or having intercourse, during the time right before an orgasm she might be tempted to move. Don't let her!

What you're doing is literally overwhelming her with physical pleasure. It's almost like there's TOO much sexual tension injected into her, and she wants to release it somehow. What you want is the tension to be released as an orgasm, but sometimes, women might squirm, and move around.

If she moves to a different position, whatever it is you're doing won't feel as good sexually. This build up of sexual tension and pleasure has stopped, and she'll no longer feel overwhelmed by physical pleasure...but...this is not what you (or what she) wants! You want to drive her over the edge!

### **Mindset-She Has to Let Go**

When you know that she's very close to having an orgasm, you need to encourage her that it's okay to just let go, and not to trap those feelings inside.

It might even be the case that she's afraid of urinating from G-spot stimulation (more on this below). If this is so, she'll tense up as if she was holding in her urine, and she'll likely not be able to experience an orgasm. She has to be relaxed, and feel comfortable even if she does expel a little bit of fluid from her body (it's not urine though!)

### **Make Sure She's Not Holding Her Breath**

Finally, do a quick check to make sure that she's not holding her breath. She's got to breathe in order to cum. Though she might not realize it, by holding her breath, she's inadvertently holding back her orgasm. If you notice that holding her breath is habitual, you might want to gently coach her to take in a few slow, deep breaths.

## **Orgasm: What You Need To Do**

Once she's having an orgasm, the main indicators you'll see are spasms, or, involuntary contractions of her body, and most importantly, her vaginal muscles.

Again...

### **Maintain what you're doing!**

The techniques you have been using have brought you this far and you want to "squeeze out" every last bit of her orgasm as possible.

Also, with the continued stimulation during orgasm, she'll have a more intense orgasm as opposed to if you simply stopped.

The only time you should stop is when her orgasm is complete, and the involuntary bodily contractions has ceased.

## **How to Tell If She's Faking Her Orgasms**

Female orgasms are easy to fake to someone who doesn't know what to look for. We've seen women faking orgasms in porno films, and we might have experienced a woman faking an orgasm ourselves!

### **Is She Too Vocal?**

Typically, the women who fake orgasm tend to be very vocal (obviously borrowed from the climatic scenes of adult movies). If she's screaming, moaning, in a tone where it doesn't sound like her voice is shaking...or...if she's saying things that sound "clear" (for example: "Oh My God!" vs. "Oo-h-oohh m-m-m-y-y-...oo...g-g-g..od..!"), then that's a sign she's faking.

### **Contractions and Other Physical Signs**

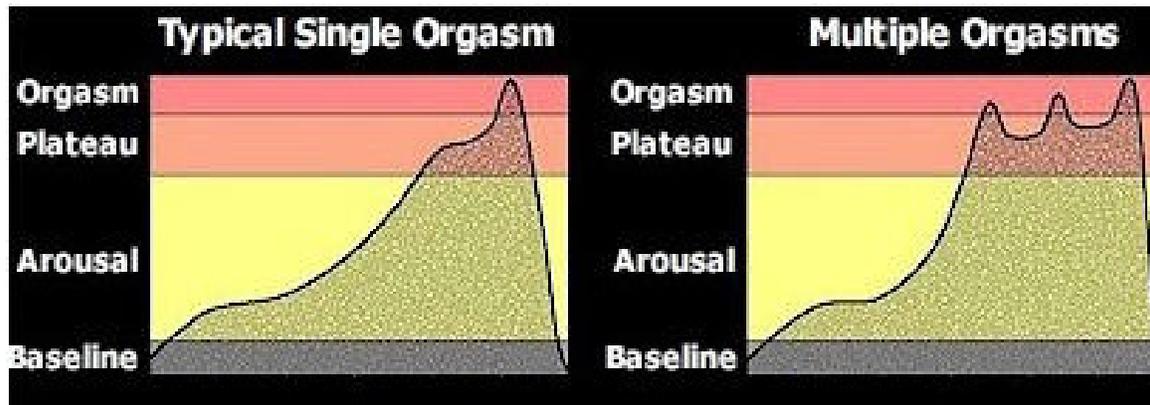
During orgasms, a woman vagina and anus will contract. During a real orgasm, the vagina will contract strongly at about 1 contraction every 0.8 seconds. A woman can mimic a strong vaginal contraction, but to do it at that pace is very difficult.

Other signs she's faking:

- She doesn't have the "Sex Flush" (reddish skin)
- Her anus isn't contracting
- Pupil size hasn't dilated

The chances of her faking the full body spasms, vaginal contractions, shaking voice, reddish sex flush, along with the sweating, vaginal lubrication and other physical indicators are slim to none.

## Multiple Orgasms



Multiple orgasms can be a difficult topic to handle because so many women think that they're incapable of having them.

The truth is that all women have the inherent biological capacity to achieve them. It's just that not all of them have the experience or recognize the natural potential.

Once your partner has her first orgasm, that should make it easier (and more intimate) for her to maintain and escalate her arousal by transitioning into a cool-down bonding time of cuddling and kissing, before moving into g-spot stimulating intercourse or continued manual stimulation.

That said there are some pretty good selling points regarding multiple orgasms. First off, it's actually easier for your lover to experience her second (or third or fourth) orgasm because her engines are already primed.

She's relaxed, aroused, sexually sensitive and responsive.

As I've already mentioned, most women are naturally (and quite often obviously) multiple orgasmic. If she can cum once, she can almost positively do it again (some women can have as many as 50 consecutive orgasms!)

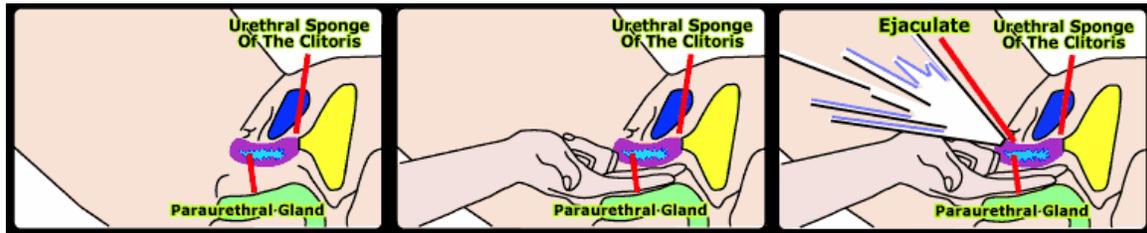
Right after the orgasm, her clitoris will be very sensitive, so you want to allot a few moments of a "break" before stimulating her again. Additionally, keeping things slow can help you cool off a bit and help you to last longer and regain some of your strength and stamina.

At this point, move into cuddling and kissing, where the both of you can take a break from the action...but...keep the palm of your hands covering her entire genital area. As you're kissing, you can start to rub her vulva slowly with the palm of your hands.

If she pushes you away, then, it's too soon to move back in.

However, if she moans, presses her genitals against your palms, or any other sign that what you're doing is making her feel good, then you know you can move back to stimulating her again.

## Female Ejaculation



Sometimes when a woman has an orgasm, she may actually ejaculate. This is especially true for orgasms as a result of G-spot stimulation.

This happens because of the Para-Urethral Glands, which is a female version of a man's prostate gland. The fluid the para-urethral glands produce is similar to that produced by the male prostate and, as in the male, passes into the urethra - and in some cases may pass into the vagina. The glands fill with fluid during sexual arousal and may be felt through the vaginal wall.

Many people who experience a squirting orgasm think that this liquid is pee, or even vaginal lubrication, but studies of the fluid ejaculated through the urethra have shown a different chemical composition than urine...it's clear, and if you actually smell it, you'll find that it doesn't smell like urine at all! (Doesn't smell like anything at all really).

To minimize the amount of urine that could possibly come out, have her urinate before you start your sexual activity. Also, have some towels laying on the bed to soak up any fluids that come out.

### **What If She's Really Worried That She Might Pee?**

Women sometimes will get the feeling that they need to urinate when their G-spot is stimulated. This is perfectly normal, however, the problem comes in when she becomes concerned and self-conscious about wetting the bed.

This can drive her in a state of arousal and relaxation, to the point of stress and anxiety. If this happens, she may not be able to have an orgasm at all at this point. If she's trying hard to hold it in, she's not focusing on the sexual pleasure you're giving her.

I can't stress enough that in order for these tips to work, your lover needs to be relaxed and completely comfortable with you. This means that you'll need a strong enough emotional bond for her to feel safe "letting go." If she feels inhibited, she probably won't be able to ejaculate

Along with the precaution of urinating before any sexual activity, another key factor in female ejaculation (and orgasms) is relaxation. This is why the steps of massaging and having a relaxing atmosphere are included in this system.

She needs to be completely relaxed, and be perfectly comfortable if she does happen to ejaculate. If she gets the feeling that she needs to pee, let her know that she can "let it all out". She won't be peeing the bed, but it will still be really wet once the ejaculate gushes out.

If she's still concerned, you can try stimulating her in the bathtub so any fluids that do come out doesn't soak up the bed.

### **Female Ejaculation Training**

A trick you can use to "train" your partner into become more comfortable with "letting go" is to go with her to the bathroom whenever she's urinating.

If she hasn't urinated with you in the same room, she might feel anxious, and have a hard time urinating. Let her get comfortable with you to the point where she can easily pee while you're there.

Once she releases her PC muscles and starts urinating, reassure her and comfort her by saying, "Good girl" (or whatever line you want to use). Associating the encouraging words along with your presence will allow her to feel comfortable enough to let go and urinate. Do this until she's perfectly comfortable with you being there when she's urinating.

Now, whenever you're stimulating her G-spot, say "Good girl" (or whatever line you used in the bathroom). Because you've already trained her to the point where she feels relaxed urinating in your presence while you're encouraging her, she won't have the previously held inhibitions, and she'll end up "letting go" and possibly ejaculating!

Lastly, another way to "train" a woman to ejaculate is by strengthening her PC muscles. Check out the Special Report "How to Guarantee Orgasms" where you'll find a detailed guide.

## **Chapter 9: Phase IV: Reflection** **Secrets To Getting Your Woman To Want** **To Have Sex with You All The Time**

Physically, during this phase, her body is cooling down and returning to her normal, un-aroused state.

Her breast size, clitoris, inner and outer lips return to normal size, and the reddish "sex flush" is starting to go away...this is Resolution.

Psychologically she's coming down to her normal mindset...but...it's in her mind where you "seal the deal" and guarantee that she'll be wanting more of you in the future. Too many men get so caught up in the performance review of how many times (and how hard) she came that they lose sight of one of the most critical phase of a woman's sexual response - Reflection.

And, for any of you that may believe otherwise - this isn't an elective, its core curriculum. Women crave and require it. And men that understand this, and take advantage of it, have discovered a secret that we touched upon earlier in this book:

The pleasure and satisfaction during one sexual experience doesn't just end after the point of orgasm. Smart lovers know that it can be continued on and lead to the seduction phase of your NEXT intimate encounter.

If, during the period after sex, the experience didn't seem to offer her pleasure and satisfaction, she may not even desire to give you the chance for a "rematch"...in other words, if the sex wasn't good for her both physically and psychologically, there's no reason for her to want to have sex next time around.

To a woman, it's during the space of time after you've cum that shows what you're all about - whether you're considerate, compassionate, intimate or romantic, or if you're just a big selfish lug who, minutes after an orgasm, is already asleep and snoring.

## **What Are My Options?**

When it comes to your post-climax activities, you've got about three ready options, each with their own consequences and rewards. Admittedly, each of these options has their own time and place, but when it comes to deciding which option you'll choose to be your "norm", consider carefully...

### **1. Rolling Over and Going to Sleep**

A tempting option, I know - especially if you've spent the last hour heroically tending to her sexual needs. But, before you roll over and sleep, you'd better weigh your options...

Rewards: Well, you get some sleep, and some relaxation, but that's about it. Sure, there are times when it's in order. After a real marathon, if you're both spent, it can be ideal. But even when you do go this route, try to snuggle up a bit (if only for a few minutes) before you start really snoozing.

Consequences: When it comes to your lover, this is about the second worst route you can go. You definitely do NOT want to make this your normal routine. If you do, you'll either lose her respect or her attentions.

### **2. Getting Up And Doing Something Else**

Another option, though perhaps not as tempting as a good nap, is running off to "seize the day" within moments of your orgasm. To be fair, this response is associated with the way our chemicals and hormones react after we orgasm.

Once we cum, we're finally able to STOP thinking about sex and get back to the more mundane things in life. And though it may help you get your goals accomplished, she'll more than likely be left less than pleased.

Rewards: The ego boost of making your lover cum, added to the satisfaction of your own orgasm can be fantastic fuel to get out there and "Get 'er done!" You'll have a little extra bounce to your step and your mood will be greatly improved, but maybe not hers...

Consequences: Remember how I said that the last option, falling asleep, was the second worst option? Well, as far as your lover is concerned, this one is THE worst option.

Why? Because to some women, hopping right up, getting dressing and running off can make them feel less like lovers and more like a mere "booty call." Sure, if both of you already know that you've got plans for the day, or you're running late for an appointment, you can let it slide. But, otherwise, for your sake, choose one of the following two options.

### **3. After Play**

Want your lover to stay madly and completely in love with you?

Then don't scrimp when it comes to what you do AFTER sex! To a woman, what you do after sex really shows her what you're all about. The little things give her the small indications about what kind of man you are (and what she thinks you think about her).

Take the time for a little "after play" and enjoy your after-glow. You'd be amazed what an extra fifteen minutes can accomplish, so don't take this opportunity for granted. So, get ready to snuggle up, share a few kisses and spend a little time talking, smiling and touching together.

This allows you to stay "connected" and strength the emotional bonds that lead to a healthy relationship - sexual, emotional and otherwise.

Tapping into this, and giving her the attention and respect she deserves means that you'll have the key to making her want (and want to give) more sex the next time around.

Simply cuddling, talking, and "being" with her physically and emotionally after love making...combined with the fact that she thinks you're responsible for her orgasms is like making little deposits in the "Desire" account.

The better she feels about her sexual experience with you this time, will create more desire to be with you next time.

So remember that psychologically during this stage, you'll want to reinforce the positive sexual experience she just had, so when the cycle loops back into "Desire", she'll be thinking of you more, be more attracted to you, and want sex more often.

Not a bad deal for an extra 15 minutes of time, don't you think? 

## **Chapter 10: Routines**

In this section, I'll introduce you to some of the routines that I regularly use. I've divided them up into "Beginner", "Intermediate" and "Advance".

You'll find that the general outlines of all the routines are the same. They follow the different phases (Seduction, Sensation, Surrender and Reflection) and stages (Desire, Excitement, Plateau, Orgasm, and Resolution) of the blueprint. In other words, the overall "strategy" to female orgasms is the same, while the "tactics" can vary.

You'll also notice that within each section of the beginner, intermediate and advance routines, many of the "what to do's" are the same. For example, the routines all have the same massaging sequence. I purposely made this the same, because they work in achieving the goals of each section.

However, this doesn't mean that you always have use exactly what's listed. As long as you accomplish the overall goal for each section, you should be fine. For example, you want to make sure she's physically relaxed before any heavy sexual contact. I've outlined a basic massage sequence, but you use other massaging techniques in place of what I've written down. As long as she's physically relaxed, you're good to go.

The main things that are different in the beginner, intermediate and advance routines are the sexual techniques you'll use.

You can find all the techniques in the Oral Sex Secrets, Advance Fingering Techniques, and Best Sex Positions special reports.

Lastly, I want you to use these routines as a model to creating your own custom routines. You can "plug-and-play" different techniques and different positions into each section, creating a different experience for yourself and your partner every time you make love. But just make sure that you stick to the overall "strategy", and only change around the techniques.

It's a bit like making up an exercise routine, where you'll have a 1) warm up, 2) main workout, and 3) cool down. You

can always warm up on an exercise bike to get the heart rate up and the blood flowing through your muscles and you can cool down by taking a brisk walk. But the main workout can always be different, composed of different exercises, weight, reps, and sets. What you do IN your workout is different, but you'll always have the warm up, main workout, and cool down "strategy".

Now, let's get into the routines!

## **Beginner Routine**

### **Phase I: Desire**

Eye contact

Atmosphere

- Lighting
- Music
- Scents

### **Phase II & III: Sensation and Surrender**

**Stage I: Excitement**

**Step I: Massage**

#### **A. Shower/Bath**

##### **A1. Relaxation Massage**

- Sitting Upright:
  - ③ Scalp
  - ③ Ear lobes
- On Her Stomach
  - ③ Neck and shoulders
  - ③ Back
  - ③ Ass Tease
  - ③ Foot
  - ③ Back of the legs
  - ③ Buttocks
- On her back
  - ③ Top of the chest
  - ③ Brest
  - ③ Belly
  - ③ Glide your hands down, and back up so your hands rest on either side of her labia

##### **A2. Erotic Massage**

**Step II: Labial Massage**

- Massage labia
- Massage mons pubis

## **Stage II: Plateau and Orgasm**

### **B. Orgasm 1: Oral**

#### **First Contact**

- Kisses around her labia
- Long lick

#### **Establishing Rhythm**

- Lick-Rest Cycle
- 5 Half-way Licks, 1 Full Lick Cycle
- Random Half-way and Full Licks
- Secret Twitch

### **C. Orgasm 2: G-spot Fingering**

- In-Out Stroke
- Circles
- Come Hither
- Tapping

### **D. Orgasm 3: Blended Orgasm**

- Lick-Rest Cycle
- Secret Twitch to find "hot spot" with your tongue
- In-Out Stroke (keep stimulating clitoris with your tongue)
- Circles (keep stimulating clitoris with your tongue)
- Come Hither (keep stimulating clitoris with your tongue)
- Tapping (keep stimulating clitoris with your tongue)

### **E. (Her turn to please you, and/or Sex)**

#### **Phase IV: Reflection**

- Spend minimum of 15 minutes cuddling, talking, and "being" with her (so that it reinforces the positive sexual experience she just had, increasing her desire for you and sex).

## **Intermediate Routine**

### **Phase I: Desire**

Eye contact

Atmosphere

- Lighting
- Music
- Scents

### **Phase II & III: Sensation and Surrender**

**Stage I: Excitement**

**Step I: Massage**

**A. Shower/Bath**

**A1. Relaxation Massage**

- Sitting Upright
  - ③ Scalp
  - ③ Ear lobes
- On Her Stomach
  - ③ Neck and shoulders
  - ③ Back
  - ③ Ass Tease
  - ③ Foot
  - ③ Back of the legs
  - ③ Buttocks
- On her back
  - ③ Top of the chest
  - ③ Brest
  - ③ Belly
  - ③ Glide your hands down, and back up so your hands rest on either side of her labia

**A2. Erotic Massage**

**Step II: Labial Massage**

- Massage labia
- Massage mons pubis

**Stage II: Plateau and Orgasm**

**B. Orgasm 1: Oral**

**First Contact**

- Kisses around her labia
- Long lick
- Cool Breath

**Establishing Rhythm**

- Lick-Rest Cycle
- 5 Half-way Licks, 1 Full Lick Cycle
- Clitoral Circles (around the clitoris)
- Clitoral Circles (on the clitoris)
- Tongue Grind
- Secret Twitch

**C. Orgasm 2: G-spot Fingering**

- Have her get in the Doggy Style Position
- In-Out Stroke
- Circles (Clockwise X, Counter Clockwise)
- 3 Finger Sweep (2-3 sweeps)
- "Hitting" the G-Spot
- Come Hither
- Tapping

**D. Orgasm 3: Blended Orgasm**

- Lick-Rest Cycle
- Secret Twitch to find "hot spot" with your tongue
- Circles (keep stimulating clitoris with your tongue)
- 3 Finger Sweep (2-3 sweeps)
- Come Hither (keep stimulating clitoris with your tongue)
- Tapping (keep stimulating clitoris with your tongue)

**E. (Her turn to please you, and/or Sex)**

**Phase IV: Reflection**

- Spend minimum of 15 minutes cuddling, talking, and "being" with her (so that it reinforces the positive sexual experience she just had, increasing her desire for you and sex).

## **Advance Routine**

### **Phase I: Desire**

Eye contact

Atmosphere

- Lighting
- Music
- Scents

### **Phase II: Sensation**

**Stage I: Excitement**

**Step I: Massage**

#### **A. Shower/Bath**

##### **A1. Relaxation Massage**

- Sitting Upright:
  - ③ Scalp
  - ③ Ear lobes
- On Her Stomach
  - ③ Neck and shoulders
  - ③ Back
  - ③ Ass Tease
  - ③ Foot
  - ③ Back of the legs
  - ③ Buttocks
- On her back
  - ③ Top of the chest
  - ③ Brest
  - ③ Belly
  - ③ Glide your hands down, and back up so your hands rest on either side of her labia

##### **A2. Erotic Massage**

##### **Step II: Labial Massage**

- Massage labia
- Massage mons pubis

**Phase II & III: Sensation and Surrender**

**B. Orgasm 1: Oral**

**First Contact**

- Kisses around her labia
- Hot Breath
- Long lick
- Cool Breath
- Long lick
- Altoids Peppermint Trick

**Establishing Rhythm**

- Labial Hold
- Clitoral Suction Cup (hold for 30 seconds)
- Alphabet
- Quick Clitoral Suck x 20
- Circles + Tracing
- Suck and Flick Combo
- Tongue Fucking
- Secret Twitch

**C. Orgasm 2: G-spot Fingering**

- The Cork Screw
- 3 Finger Sweep (2-3 sweeps)
- Side-to-Side
- 3 Finger Sweep (2-3 sweeps)
- Forward and Backwards
- 3 Finger Sweep (2-3 sweeps)
- Circles
- 3 Finger Sweep (2-3 sweeps)
- 2 Handed techniques, Alternating motions
- The Clamp
- Get in her the straddle position
- Come here
- Tapping

**D. Orgasm 3: Blended Orgasm**

- Lick-Rest Cycle
- Cool Breath
- Secret Twitch to find "hot spot" with your tongue
- The Finger Flutter (keep stimulating clitoris with your tongue)
- 3 Finger Sweep (2-3 sweeps)
- Circles (keep stimulating clitoris with your tongue)
- 3 Finger Sweep (2-3 sweeps)

- Come Hither (keep stimulating clitoris with your tongue)
- 3 Finger Sweep (2-3 sweeps)
- Tapping (keep stimulating clitoris with your tongue)

**E. (Her turn to please you, and/or Sex)**

**Phase IV: Reflection**

- Spend minimum of 15 minutes cuddling, talking, and "being" with her (so that it reinforces the positive sexual experience she just had, increasing her desire for you and sex).

## Routine Template

### Phase I: Desire

Eye contact

Atmosphere

- Lighting
- Music
- Scents

### Phase II & III: Sensation and Surrender

**Stage I: Excitement**

**Step I: Massage**

#### **A. Shower/Bath**

##### **A1. Relaxation Massage**

- Sitting Upright
  - ③ Scalp
  - ③ Ear lobes
- On Her Stomach
  - ③ Neck and shoulders
  - ③ Back
  - ③ Ass Tease
  - ③ Foot
  - ③ Back of the legs
  - ③ Buttocks
- On her back
  - ③ Top of the chest
  - ③ Brest
  - ③ Belly
  - ③ Glide your hands down, and back up so your hands rest on either side of her labia

##### **A2. Erotic Massage**

**Step II: Labial Massage**

- Massage labia
- Massage mons pubis

**Stage II: Plateau and Orgasm**

**B. Orgasm 1: Oral**

**First Contact**

- Kisses around her labia
- Long lick

**Establishing Rhythm**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Secret Twitch

**C. Orgasm 2: G-spot Fingering**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**D. Orgasm 3: Blended Orgasm**

- \_\_\_\_\_ (Oral technique)
- Secret Twitch to find "hot spot" with your tongue
- \_\_\_\_\_ (Fingering technique-keep stimulating clitoris with your tongue)
- \_\_\_\_\_ (Fingering technique-keep stimulating clitoris with your tongue)
- \_\_\_\_\_ (Fingering technique-keep stimulating clitoris with your tongue)

**E. (Her turn to please you, and/or Sex)**

**Phase IV: Reflection**

- Spend minimum of 15 minutes cuddling, talking, and "being" with her (so that it reinforces the positive sexual experience she just had, increasing her desire for you and sex).