



# CLITORAL ORGASM

## INTRODUCTION

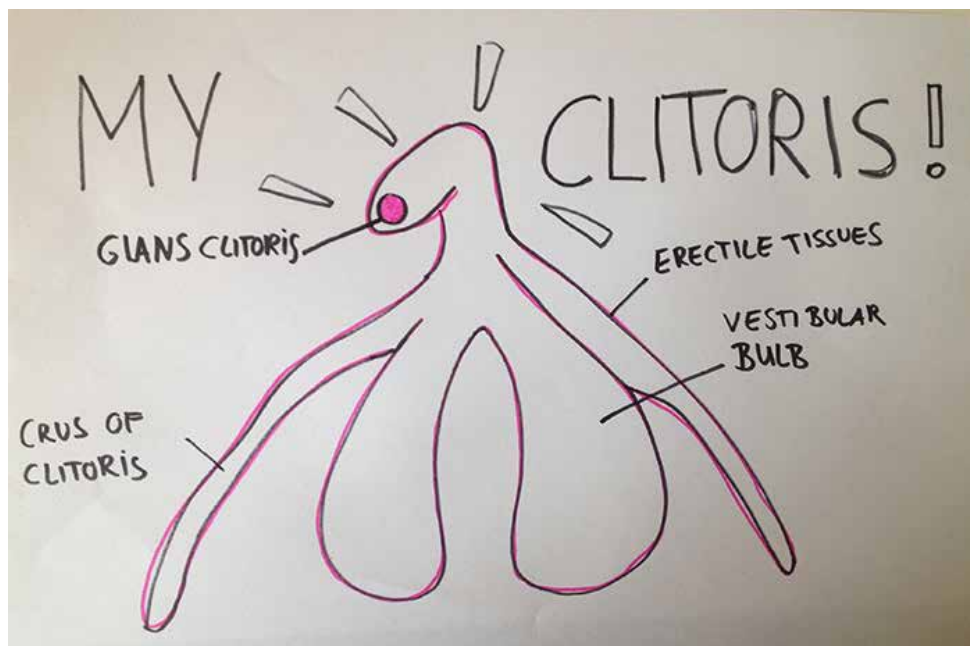
It's the most obvious of all! It's where all nerves are bundled (wow, around 8000 nerves in the tip of the clit alone). It's where everything starts from. The key. It's the tip of the iceberg, the cherry on top or the crown of the G-spot. The only organ made by nature for the sole purpose of providing you with pleasurable sensations (there is no other purpose as far as we know).

## QUICK FACTS

- Clitoris has its origin in the Ancient Greek, derived in Greek from the word key. They might have considered it the key to female sexuality.
- In the 70s women were obsessed with their clit. It became an empowerment symbol for many of the second-wave feminist movement. Singing the chorus "We don't need men, we have our clitorises".
- Interestingly, up to now very little is known about what is probably the most sensitive organ a woman owns. Only in 2009 were the first 3D images of an erect clitoris published by Dr Buisson & Dr. Folès.

- The clitoris is the number 1 organ for reaching orgasms (70-80% of women require direct clitoral stimulation.)
- Some woman even undergo the knife to alter their clitorises. The procedure is called “clitoral unhooding” which might heighten sensitivity. (Note: The idea of improving sexuality through surgery might end up in scarring and infections which means no sex life at all.)

## ANATOMY



*“I wear a hood; I hide and blush with shyness. To tame me you have to approach me delicately. My name is Clitoris”*

As the Greeks called it the key to female sexuality, there is much more to the anatomical part. If you didn’t know, what we see is only the clitoral head (glans) and the hood (above the clitoral entrance). The inside parts are the urethral sponge (where the G-spot is located inside the vaginal canal), erectile tissue, vestibular bulbs and the crus of the clitoris (or the clitoral legs). The whole organ looks pretty much like a penis from the anatomical structure (except for the urethra which I didn’t included in my pretty picture).

If you haven’t naturally played around with it as a child, and sexology courses didn’t gave you a clue? Well, here it comes: It’s an erogenous zone. If you want to see the clitoral glans, you have to expose it by pulling the hood up. Then you’ll see a tiny shape of a pea, which varies in size, depending on the aroused state. This tiny pink gland is the most sensitive part of the clitoris.

## MY EXPERIENCE

### It's LOUD

Orgasms are subjective. My clitoral orgasms are screamingly loud in sensation. Sharp and red if I needed to paint them. My 3 adjectives that describe a clitoral orgasm would be: explosive, intense, super-hot! What are yours?

Whenever for some reason I feel shy about moaning, I cannot have a clitoral orgasm. CLITORAL ORGASMS ARE LOUD! Normally when my clit gets approached slowly I appreciate the outcome much more. Then I can dive deeper into the key purpose of my clit which is PLEASURE (a lot of it)!

### Best orgasm to fulfill your appetite

Just after having a clitoral orgasm, our appetite for sex is mostly fulfilled. Maybe you know this: You are feeling super horny, no one is around... so you stroke your pussy's tip. Best method to calm down your horniness for sure. Quietness.

## WHAT OTHERS SAY OR DO

### Science

Alfred Kinsey was one of the first to criticize Freud's theory that clitoral orgasms are prepubertal. He declared the clitoris to be the main center of female sexual pleasure due to the much higher amount of nerve endings he found in the clitoris compared to the vagina. He also discovered that most women could not have vaginal orgasm. Since then Masters and Johnson, as well as Shere Hite, supported Kinsey's findings. Helen O'Connell, was the one who started the discourse around medical professionals. She found that the G-spot (sitting on the vaginal wall) is the root of the clitoris. Buisson and Foldès demonstrated in 2008 that erectile tissues of the clitoris surround the vagina, so that clitoral stimulation is necessary to achieve vaginal orgasms.

Takeaway: Sexual science is still in its infancy. They underline the clitoris as the center of female sexuality (Well, this is what makes most come, right?)

## Tantric tradition: they want more

The tantric tradition would say: “After clitoral orgasm you have just wasted some precious libido”. They point out that our libido is our vital force. If we calm our sexual appetite, it means our vitality has also calmed down. In this case they speak of “explosive orgasms” with loss of vital life energy. As many tantric male practitioners avoid ejaculation, many female tantric practitioners try not to have clitoral orgasms in order to avoid this energy loss. Instead they try to maintain their libido, in order to channel it into their yoga or spiritual practice.

What the tantric tradition recommends is: Instead of orgasming through the stimulation of your clit only, also use the root of the clit, the G-spot and other inner parts, to come. While stroking your clit, incorporate the G-spot too and bring the pleasure sensation inside your vagina. This way you are directing the orgasmic pleasures towards the inside.

I don't like it when parts of female sexuality get demonized, which sometimes happens in tantric communities. I have to admit for me personally, that I often experience a certain low

vitality after clitoral orgasms. So what I do is, I love my clit and I have clitoral orgasms once in a while but I try not to only focus on them.

Takeaway: Love your clit! And be aware what happens after a clitoral orgasm. What you do with this knowledge is your choice. Spoiler: There's more to discover.

## Orgasmic Meditation: The clit strokers

Coming from a very different background, the Orgasmic Meditation (OM) community promotes a practice, where your partner strokes the left quadrant (from the women's perspective) every day for 15 minutes. They advise doing it really slooowly in order to learn to feel. It's a beautiful practice for couples. It doesn't have a goal per se, the only job for both partners is to feel.

Takeaway: This is a nice practice for everyone who likes to connect to their clitoris without pushing towards anything. It's just about feeling the sensation.

## SUMMARY

To put it in a nutshell, the clit is one of the most famous magic buttons in women's sexuality. There is surely a lot to explore on the sensation front.

Homework: Try to explore the stroking sensation with and without the hood. Explore the area around the hood. Try different sensations (hot, cold, metal, feather, massage ball). Massage your clit with some coconut oil for a smooth slide. Explore the G-spot too, as it's the root of the clitoris and the direct connection to your deeper insides.

Instead of rubbing it quickly off, until it hurts, let's acknowledge our clit in a more slow and conscious way. It's a gift made by nature.

# PUSSY ENTRANCE ORGASM



## INTRODUCTION

When the hymen gets penetrated for the first time (note: not everyone has a hymen), pain and blood can appear. Ta da, our virginity is taken! Many young women have this pain for a longer period of time until the hymen fully disappears and stretches out. Then the vaginal entrance has grown into adolescence. From this fear of being penetrated (that young women have) we acquire the desire to be penetrated. I see it like a bud turning into a blossoming flower, wanting the bee to be attracted (I know it's a boring example).

From a mythological standpoint the entrance of the pussy symbolizes something mystical. In the ancient traditions they worshipped its almost magnetic attraction. They stared at it in order to understand the mysteries. They decorated it with flowers, pouring milk and other ritualistic ingredients over it... it's one of the most fertile symbols that exist on earth, bearing life and abundance.

Nowadays, it's almost demystified, through the influence of the porn industry. More and more vulvas look the same. The beauty

idea for the “perfect vulva” is the reason why many women undertake cosmetic surgery. The individuality of the pussy flower is slowly turning into a mass-industry object.

The last time I wrote: Everyone is different when it comes to feeling certain pleasure zones. Some might be totally bored by a stimulation of the entrance and others might fly to the moon. But we can all look at it as a beautiful symbol of femininity.

## QUICK FACTS

- The entrance of the vagina, like the clitoris, contains many nerves. This is the reason why some women have an orgasmic sensitivity there.
- In folklore there exists a myth around the so called “Vagina dentate”- woman’s vaginal entrance containing teeth, which is associated with the implication that sexual intercourse might result in injury or even castration. (Ugh!)
- The vaginal entrance orgasm might be after the clitoral the most common of the orgasms (but not at all recognized), often it’s a combined stimulus coming from the clit and the entrance.

## ANATOMY

*“Vagina is only one part of me. It is where the soul lives and can only be penetrated after permission from the Vulva.”*

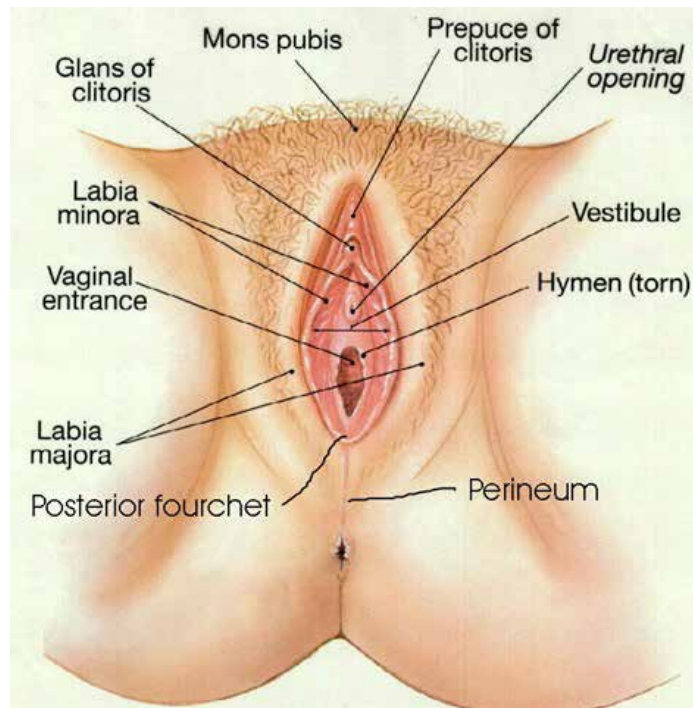
*– June Kaewsith*

The vaginal entrance is part of the vulva (which contains the Mons pubis or the hill of the Venus, the labia minora and labia majora, the clitoris, the urethral opening, the hymen, the posterior fourchet, the perineum and the vulval vestibule or the vaginal entrance). None of the other physical pleasure zones has as many nerves as the clitoris, the vaginal entrance comes second here.

It is interesting to look at the point when the hymen gets penetrated for the first time and then grows into a fully open pussy flower. I wonder if women could make peace with their often painful (yes, sometimes even traumatizing) experiences at the beginning of their sex lives, they’d eventually develop a harmonious relationship with the entrance to their pussy. For more sensation and less numbness.

### So where is it?

It's the whole entrance area where the border to the inner part of the vagina starts. It includes also the labia, partially. Especially the lower half of the entrance towards the pelvis (around the posterior fourchet), which feels (at least for me) the most sensitive.



## MY EXPERIENCE

### What a knocking elephant it is...

It feels like a very strong elephant knocking on my gateway. And when I am ready I relax into this knocking, that turns into a pulsating volcano eruption, moving up my spine. It's the pressure of another body pressing against my pussy's entrance...or the point just before penetration, and when I am ready for diving into this sensation I come. It's a long exhale. It's a heavy warm sensation wanting to express itself.

### Best orgasm to connect to your animalistic earthy side

For me it is something very earthy and vital. It's an orgasm to connect to the tribal woman in us that wants to walk barefoot on the ground jumping up and down. It sometimes seems very similar to the clitoral orgasm, where it tends to be explosive, but from (I find) another source.



## WHAT OTHERS SAY OR DO

### Science

Science claims that the most nerves are around the clitoris and the vaginal entrance. But they haven't recognized the vaginal entrance orgasm yet.

### Tantra

In the tantric communities, this orgasm is recognized but not highly valued. As they claim it has the tendency to take the energy outward. The ancient teaching transforms those orgasms into root chakra orgasms. Which are to my understanding, a more energetic and subtle experience. And most definitely connected to our inner vitality and groundedness.

## SUMMARY

I think the powers of the entrance of a pussy are underestimated in the sex world. The more we explore and understand our physiology and psychological associations, the more we can transform sensations into orgasmic pleasure. Without pushing or wanting to reach the goal, just letting it happen through surrender.

I encourage you to find out more about the mysteries of the vaginal entrance. Massage it, press it. Let your partner press his whole palm against your entrance, let him stay for 10-15 seconds and let him slowly, slowly take off his hands (repeat, it feels soooo good). As if you are glued together, united, and then slowly taking apart this magnetic sensation.

A close-up photograph of a woman with dark hair and glasses, smiling broadly as water splashes over her face. The water is captured in mid-air, creating a dynamic and refreshing scene. The background is a soft, out-of-focus light color.

# G-SPOT ORGASM

## INTRODUCTION

Woohoo, I am so excited about talking about this one. The G-spot orgasm – another of Earth’s mysteries (at least for most people). The G-spot is co-responsible for female orgasms, leading to female ejaculation aka “squirting”.

Say: Open sesame! Navigate, and explore the fountain of youth! It needs the Indiana Jones kind of approach. If you don’t have a compass on you, listen to the proud G-spot owner carefully. Or ask for a map.

Luckily, it’s often not as magic as it sounds, once you get the hang of it. And it’s for sure worth it to dive into the splashy waterfun of this pleasure zone, I promise.

Indiana Jones discovered the Holy Grail; in 1950 Dr. Ernest Grafenberg was one of the first western G-spot explorers (ahh, that’s why the “G”). But hey, the proof started way earlier. 3000 years ago Chinese Taoist doctors developed the Art of Sexual Healing. Where they started to understand the powers of this erogenous zone.

## QUICK FACTS

- The urethra contains a very dense vein network. Sexual stimulation of the G-spot leads to swelling of those blood vessels. (Mantak Chia)
- Not everyone is able to locate the spot, though.
- The G-spot is connected with the clitoral nerves. That's why clitoral stimulation will warm up the G-spot too.
- Female ejaculation or squirting, which is the release of transparent body fluid (not urine!) while stimulating the G-spot, comes from the Skene's gland (at least that's what some scientists say).

## ANATOMY

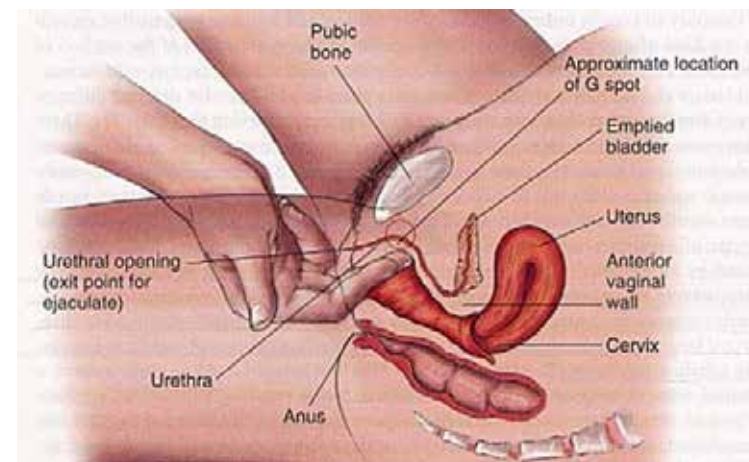
*"...the flow of a poet the rawness of a rapper and his words ate at me teasing me like a smooth flow just when the beat drops he hit my G spot. I gasped for air and now I fully understand the meaning of 'he takes my breath away'"*

*- Samantha Campbell*

Neither the G-spot nor female ejaculation have been scientifically proven. Even though you can see them all over the porn industry. Guess that's not scientific enough.

One reason is that the anatomy of this sensitive erogenous zone has not been studied enough. The Taoist tradition sees it as a spongelike area, able to swell through its many blood vessels.

So where is it?



Ladies, let's start the self-exploration first. Later we can show our lover. Slide with your index and middle finger just a few

centimeters (2.5-7.6 cm) inside your vagina, press with the inner side of those fingers up the front (anterior) vaginal wall, up towards the pubic bone. You'll find a place which feels, when you rub and press on it, like a little spongy area. The more you stimulate this area, the more spongy it gets. Also incorporate a simultaneous clitoral stimulation – it will contribute to the swelling and help you find the location.

## MY EXPERIENCE

### Like a mermaid heaven

I sink into the depth of my water element. Filled with emotions and joy. There is a point, always makes me hesitate, a point of embarrassment (OMG, I might need to pee). But hey, I am covered with blankets and plastic sheets I tell myself, no need to worry. So I let myself get carried into this sensation which grows into a strong urge of letting an emotional tear roll down my red cheeks. Expressing myself through voice. Breathing slowly. Deeply. Realizing that we are all part of a big ocean. Embryos are growing in amniotic fluid, we express emotions with water through tears of joy and sadness, we swim in water, we

are made out of water and women have the power to let water express their orgasmic energy. I bow in gratitude!

## Orgasm for emotional release

This orgasm gives the opportunity to express our emotions freely. It gives us a safe platform to ride the waves of pleasure, and release emotions we don't need anymore. It connects us with our water element, a great source of sexual fantasy and pleasure. What else needs to be said?! It's AMAZING!

## WHAT OTHERS SAY OR DO

### Science

Even today science is controversial on this topic. One study says they have finally discovered the spot, the next one claims it is pure illusion. The problem is, it's not like an organ, which can easily be located, it's a non-confluent group of nerves, whatever. Well, we can probably only prove it to ourselves, then – as it presents itself in pretty subjective ways, says Dr. Randy Fink, obstetrician-gynecologist from Miami, Florida. My words.

## Tantra

The G-spot in Tantra is called “the sacred spot”. I agree. They claim that squirting is the manifestation of pure raw orgasmic energy. Proving that subtle energy exists. The squirting fluid is said to be sacred and healing too. This mystical spot gets worked on a lot in Tantric Yoni massages, as it has the effect of emotional healing and release. Get my ebook for more information by signing up for my newsletter below.

## SUMMARY

Ladies, make love to yourself and explore! Become a sex-adventurer ready to go the extra mile for the fountain of youth.

Get a toy for G-spot stimulation, if it's hard for you to reach. Lelo or the Njoy Pure Wand are safe non-toxic helpers for great G-spot stimulation.

Lie on your back and pull your legs up to your chest, this may be the easiest way for your lover to discover your G-spot.

During lovemaking you can try different positions but it's often difficult to reach. The finger technique (explained in my e-book) is still the easiest way.

Good luck on your quest!



# CERVICAL ORGASM

## INTRODUCTION

Did you know? Orgasms can transport you to another state of consciousness! An awe-like state that almost makes you forget yourself! We are talking about cervical orgasm, which I just realized contains the “cal” from magical.

The cervix lies within. It's the deep center of the vagina or what Kim Anami calls the “gateway of life”. In Taoist reflexology the cervix is the heart point in women. When this center is being massaged we often react through emotions. Some women feel pain, and have the need to cry, some women feel joy and have the need to laugh. Whatever lies in our heart, it wants to express itself.

Like a timid deer, women often shy away from the cervix because it can feel painful at first touch. The womb is the women's second heart! It's where our integrity as women has its source and our yearning for true bliss begins. But it needs to be approached in a gentle and trusting way, so women can open themselves up for the deeper-lying pleasures.

Once we are ready to surrender into the sensation and are able to relax in the cervical area, we can experience the most powerful orgasms that exist. Yep, I tell you – mind-blowing ones.

## QUICK FACTS

The Cervix is the gateway to a women’s womb.

Historically the word cervix can be followed back to the word “deer”. Maybe that explains the sensed shyness around it.

It has been documented since at least the times of Hippocrates, over 2,000 years ago.

The size and shape of the cervical opening varies. In women who have not had a natural birth the cervix has a circular opening. In women who have had a vaginal delivery the cervical opening looks slit-like (so almost like a vagina inside a vagina).

The Cervix has hundred of glands which produce cervical mucus.

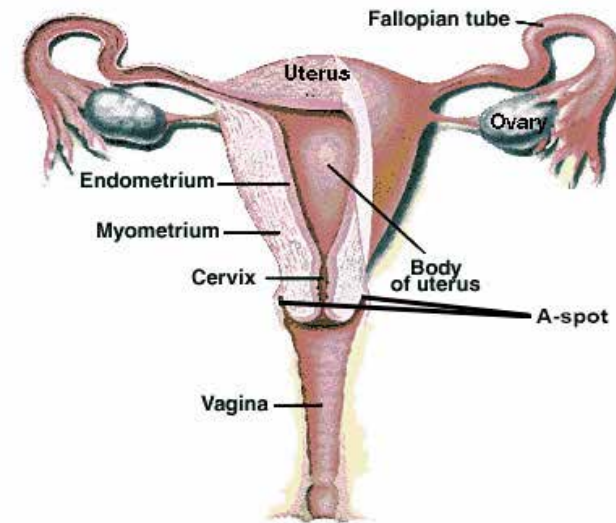
This mucus is like a natural clock, its consistency determines what cycle a women is in, and whether she is ovulating or not.

anatomy

## ANATOMY

*Open the cervix open the heart – Kim Anami*

Once she trusts, once she surrenders you’ll discover deep within a place where all life begins where her deepest desires can be fulfilled. Yes, you found the cervix. A pure bliss zone.



So where is it?

Technically speaking it’s the lower part of the uterus, it’s around 2-3 cm long and has a cylindrical shape. The side of the cervix

that bulges into the vagina is also where the sperm must travel through to fertilize the egg cells.

You can stimulate it best with a dildo or with your lover's penis. Best position here is either from behind or also you riding him on top with a horizontal back and forth and movement.

## MY EXPERIENCE

### The implosion of pure bliss

When I am riding on top and move my hips back and forth (instead of up and down) my cervix gets massaged in a rhythmical stroking manner. I get hotter and hotter. My womb burns with passion and I feel like I'm one step from this implosion of pure bliss. It's that point where no-mind is involved, just pure surrendering into this sensation without any fear of the void. I use my breath to let go of my obstacles, the barriers within myself that want to take control. I breathe in deeply, and move my spine in a wave-like movement. BAM! It's moving upwards, in a seemingly endless flow. It's not a peak, it's an expansion of joy! I could go on forever...

### For what is it good for?

To prove to yourself that there is a powerful force of universal energy within us and all around us. To learn to surrender. Let go of control. It may also prevent cervical cancer and other medical issues around the cervix; there is no evidence on this but it definitely moves some stagnant energies. To alter your consciousness. To connect with your inner self.

## WHAT OTHERS SAY OR DO

### Science

There have been scratches on the surface in science on cervical orgasms. In an article by Barry R Komisruk, Carlos Beyer and Beverly Whipple, who "view the subject of orgasm as an experience that is an integration of body, nervous system and the mind", they report finding very high amounts of oxytocin (the love and bonding hormone) during cervical stimulation. Cervical stimulation has been described as a "shower of stars". The magnitude of increased heart rate, blood pressure, lower pain threshold, and activated brain regions is huge compared to clitoral orgasms. Only the orgasms that are produced by thought



alone (without genital stimulation) show higher effects on body and mind. But this particular research is still in its infancy.

## Tantra

Tantra promotes the cervical orgasm big time. The tradition says that it's the most beneficial orgasm of all. The cervix contracts and other parts deep within the vagina do too, while the pc muscle normally stays relaxed. Compared to the G-spot orgasm the cervical orgasm is more expansive. Tantrikas report high sensitivity beyond the physical body. It has a highly subliming effect (lifting the sexual energy upwards) to the higher chakra (energy wheels).

All around the cervix can be found tiny erotogenic spots, especially the A-Spots (posterior fornix and anterior fornix). Those spots are located under and behind the cervix. The stimulation of the A-spots may have a similar effect to the cervical orgasm.

The uplifting effect of sexual energy may bring you to a higher state of consciousness that may, according to tantric traditions,

bring you closer to God, to yourself, to your soul, to the divine or to whatever you want to call it.

## Taosim

In Taoism the clitoris, the g-spot and the cervix are labeled as the three gates. The cervix is the third gate. They claim that all three gates play an essential role in releasing orgasmic fluids (ambrosia). The activation of the second gate (the g-spot) helps to open up the third gate (cervix). When the third gate is activated it releases a "thick, viscous fluid", and this may feel like an opening and closing or sucking contraction during orgasm. As I wrote above, Taoists term the cervix a sacred heart spot, that may open the heart where "love and vulnerability is commonly felt" (source). The Taoists recommend the screwing technique (tiny spiraling of the sacrum) to enhance the effect and bring more awareness to the chi (energy).

## SUMMARY

Ok, maybe this is a lot to digest. So where to start first? Discover your cervix. Be determined to feel its hidden powers. Be patient. Try to reach it with your fingers, while you rest on your knees. Or use a non-toxic dildo to massage the cervix and A-spots around the cervix. What do you feel? Breathe into this area to enhance awareness.

Let your lover skills be part of your discovering journey. What do you feel during deep penetration? Is it arousing or fear-inducing? Can you relax into it? Breathe!

Ride your lover on top as described above. Shake your hips like a belly-dancer and move your spine in wave-like movements. Feel into your cervix. Picture it. Yes, visualize your gateway of life and surrender into those vulnerable emotions. Every woman has it in her, it's just a matter of touching base with this area, acknowledging it, relax, and bam, surrender into it. Simple truth!

If you found this article informative, share it with your friends or let me know any questions that come up.

A hand is visible on the left side of a purple book cover. The cover features the words "anal street" in large, white, lowercase letters. Above this, the words "ANAL ORGASM" are written in smaller, white, uppercase letters. The background of the cover is a dark purple color with a subtle texture.

## ANAL ORGASM

## INTRODUCTION

Anal orgasm?! Omg, is this even possible? I know it's a bit of a delicate topic for some of you, but definitely worth looking into, I promise!

The Christian influence on Western society has left some nasty effects on how we view sex today. Especially as anal sex was a dangerous sin in the past and it has remained hush-hush till today. In many traditions it's still a no-go. Although the anus has been a part of our sexual instinct since humankind has existed.

But actually anal sex is on the rise; in a National Survey of Sexual Health and Behavior by the University of Zagreb they found that 40-45 percent of young women and men had tried anal sex. That's around 10-15 percent more than 20 years ago.

Anal sex seems for many a black and white thing. Either you hate it, or you can't get enough of it. For some the combination of anal sex and orgasm can never ever go together. For others it's a no brainer. There are women who can only have an orgasm through anal sex. As Naomi Wolf says in her book, *Vagina*, we

are all wired differently. To find out if you are the more anal type you'll need to give it a chance, especially if you've never tried it before.

To get ready for anal sex it has to start in your own mind.

## MOST IMPORTANT RULES FOR SUCCESSFUL ANAL SEX

**Communication:** Talk about your fears openly. Decide on the process and how you are going to do it. (e.g. what kind of foreplay, warm up, etc)

**Trust:** It's the basis for anal sex. If you trust you can relax which is key here.

**Slowness:** Take it real slooowly. Take enough time for warming up. Maybe have even vaginal sex, to get into the mood. Penetrate very slowly!

**Wash then nibble:** You'll have to feel clean in order to be able to relax. Our biggest fear is to hit the shit. Which is totally understandable. To feel physically and mentally clean we can use an enema bulb, which is great for cleaning the anus. And for extra mental cleanliness a condom does wonders to get rid of the shitty thought factor. There are even finger condoms, for

warming up.

**Lube it smooth.** There cannot be too much lubrication in anal sex (avoid desensitizing and numbing gels).

**Relax.** Easier said than done, I know. The anus is one of our strongest muscles, so relaxing this one is definitely not easy but with practice you'll become master.

**Breathe it through.** Breathing deeply in and out will help you with the relaxing part.

## QUICK FACTS

- Pain during anal sex is pretty common (maybe also because out of 2400 women surveyed 52 percent were not even using lubrication (Zagreb)). Ouch!
- There are lots of myths around anal sex especially when it comes to the ugly parts. Just don't brainwash yourself with those.
- Pleasurable anal sex does not cause any harm to your anus or rectum. Use your common sense here.
- There is a huge lack of education around anal sex.
- Wash fingers and penis after anal sex, before entering the vagina. Common sense again!

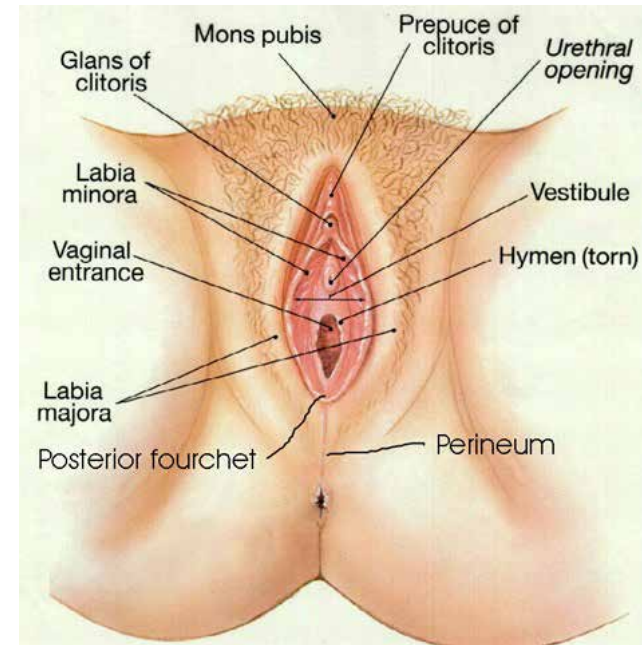
## ANATOMY

The anus means “ring” in Latin and it controls the expulsion of our food, after the digestive process is finished. There are loads of nerves around and inside the anal canal, which when stimulated can lead to a very intense earthshaking-like orgasm. In Taoism the anal muscle belongs to the same energy unit as the sexual glands. When the sexual glands are strong the anal muscles are strong too.

Know your anatomy and check out your anus with a mirror and a good light source. It appears tight and small but it’s capable of stretching enough to accommodate finger, toys and penis size. At the top of the anus is the rectum, it’s not as sensitive as the anus but some women enjoy the “fullness” that is created during anal play.

### So where is it?

I guess this is something we all know. It’s where the sun never shines. Make sure you discover your perineal sponge (PS-spot) which lies between the vagina and rectum, just beneath the perineum (that band of skin between the vaginal opening and



the anus). The perineal sponge is a mass of erectile tissue, which means that when it’s stimulated, it fills with blood and becomes engorged, just like a man’s penis and a woman’s clitoris do during arousal.

The best way to stimulate the PS-spot is with a finger(s). Insert your thumb into your vagina and your index finger into your anus. Apply pressure with your thumb in the opposite direction (i.e. on the back lower wall of the vagina) and with your index

finger push up. Feel the tissue inbetween.

If you want to try getting at it during intercourse, you could try positions that direct the penis/phallus toward your back wall, such as missionary or woman-on-top with your torsos pressed together — basically, the opposite of what works best for targeting the G-spot, which is doggy style.

For men with a good finger inside the rectum you may massage the prostate gland, which can lead to mind blowing male orgasm, sometimes even without ejaculation.

## MY EXPERIENCE

### Enlightened Elephant

This feels so earthy and vital! My instinct is fearful but once I put this emotion aside and breathe it through, I connect to this animal side in me. Yes, why not the elephant in me which is so strong and intuitive? When I opened up to the idea for anal sex a few years back I was pretty scared of pain and shit disaster. My boyfriend was super supportive here through his patience

and softness. I informed myself about it and found some great tools, which helped me personally to overcome my fears. Enema bulb, condom and toilet paper lying next to me does the trick for me. Actually I got initiated by a lovely woman who taught me the beauty of anal penetration in a tantric yoni massage. She showed me what amazing pleasures this orgasm can have and what a healing effect it has on this shame corner.

Today, when the urge and desire for anal sex arises, I turn into a wild elephant-like animal. It's like I am setting aside my ego and letting the wild side in me rule the show. I moan deeper, I move stronger and breath like a bull and the sensation of an anal orgasm simply rises to the roof. It's like a clap of thunder going from down below upwards, earthshakingly strong and intense.

### For what is it good for?

To overcome fear. To learn to surrender. To learn to relax. Makes you relaxed towards life. Especially if you live a very correct, tidy and conservative tight-ass lifestyle – a good anal fuck will just make you easy-going.

## WHAT OTHERS SAY

### Science

They don't say much. Science seems not to be very interested in anal sex, when studies like this one get published hardly anyone's head turns. Guess, science seems to be tight-assed around this subject.

### Tantra

Anal sex doesn't get promoted in tantric communities. They claim that it weakens the anal and pelvic muscles and may also lead to a certain energy loss. I personally find that when you train your pelvic muscles including the anus, you'll develop a strong tightness, but being able to relax this tightness helps you to really control it. It's a balancing act between tensing and relaxing.

## SUMMARY

Be open for the idea to connect with the healing effects of butt-love. Read more about it (except those horror stories). Be patient with yourself and approach this topic in a gentle and trustful manner. You can train yourself firstly with your fingers massaging your ring, connecting with it. Don't forget to warm yourself up beforehand. Then if you feel ready you can stretch it a little and discover the inside walls. Note: Again, use enough lubrication. I know these lines feel a bit weird and maybe they trigger some shame in you. It's just how we associate this part of our body. But hey, aren't we supposed to love ourselves fully! Yep, this includes also the anus. So love it and let your inner sun shine there too.

There's a whole lot more to discover. You can also listen to my podcast on Anal Sex in case you love to listen to information.

# BREAST ORGASM

## INTRODUCTION

Let's look at the blissful breast orgasm, a rarer species in the orgasm lexicon – but it exists! No joke. Breastfeeding mothers talk about it, studies produce evidence and tantrikas use it to open their hearts.

Note: There is an endless diversity of orgasmic sensations that women can experience. This is just a fragment to feed our mind boxes with. I share some of the fundamental physical properties of female orgasms here to help you understand where some of your orgasmic sensations might be coming from.

So breast orgasm is a unique one as there is no other genital stimulation necessarily required. Continuous stimulation of the breasts can bring about the onset of an orgasm more quickly and easily when vaginal stimulation is applied. Especially around ovulation when there might be a greater sensitivity in the breasts (this can vary from woman to woman).



## QUICK FACTS

- The breast can swell up to 25 percent larger than its usual size when you're aroused.
- The nipple is considered one of the erogenous zones.
- It's a highly sensitive part of the body. Communicate with your partner as to how you/they want to be touched there.
- Stimulation of the nipple activates the same region of the brain as clitoral, vaginal and cervical stimulation. (The Journal of Sexual Medicine, Volume 8, 2011)
- Female orgasm shows a well-rehearsed symphony of activation of multiple brain regions which can be induced by breast stimulation alone. Watch this here for your sexy knowledge.

## ANATOMY

Women's breasts develop during the crazy teenager time, when their female sex hormones (mainly estrogen) begin to rise. During pregnancy another complex hormonal interplay enlarges the breast tissue to produce milk. Also during the menstrual cycle many women experience swollen, bigger breasts due to

the increase in progesterone. Etymologically the word breast is derived from bhreus (to sprout). Which I think is a beautiful way to put it. The breast sprouts the baby. It seems that we are the only primates who possess a full-formed breast when not pregnant. Other females develop full breasts only when pregnant. Lucky, aren't we?!

## MY EXPERIENCE

### It's a beauty

Personally I discovered it in the jungle on a deserted island, far from civilization. Ok, I am joking. But it was on an island. I believe I tapped into the Breast O due to the intense practice I was doing at the time with the "Deer Exercise". It's originally a Taoist practice great for healing the hormonal balance, increasing sexual libido and regulating menstruation. It's basically a breast massage done in a special manner. So I was stimulating my breasts twice a day, for a good period of time, when my partner during sex simply sucked my nipple and there was an explosion in my chest. Omg, what a blissful beauty of O.

## For what is it good for?

For opening the heart of course. It connects you with the physical organs closest to your heart center. It activates a certain caring and motherly side in you, and it may even boost your self-love towards your breasts.

## WHAT OTHERS SAY OR DO

### Science

Researchers have discovered that stimulation of the breasts, especially the nipples, activates an area in the brain called the genital sensory cortex. It's the same area that gets activated when clitoris, vaginal canal (g-spot) and cervix are stimulated. Especially during pregnancy when the nipples are sucked on a regular basis by the baby, it may lead to an orgasmic state.

### Tantra/Taoism

For thousands of years breasts have been a symbol for fertility, nourishment and well-being. Humankind saw the breast even in nature, e.g. "Teton Range" (Teton=Tit) or the "Breast Mountain"

in Asia, where Buddhist monk Bodhidharma meditated. There have been numerous sculptures where bosom and hips were exaggerated, due to their representing symbols of fertility. Also in Tantra breasts are seen as a sacred organ. It's the physical extension of the heart chakra. You also find secondary chakra on each side of the breast. Especially the left breast (lunar or feminine side) might be more receptive. The nipples are, regarding to Tantra and Taoism, connected via energy channels to the clitoris. This connection is the reason why breast stimulation arouses the clitoris and genital area too. Tantra recommends that you worship your breasts, through massage, dance, beautiful clothing and gentle touch. See it as an extension of your heart which may be easier to connect with.

## SUMMARY

Breast orgasm is not as mystical as it sounds. Some women love breast play to be harder (twisting and squeezing), others love breast play softer (caressing, featherlike stroking, licking). Ladies, give yourself (gentlemen, give your partner) a breast massage on a regular basis to increase sensitivity, and do some research on the Taoist Deer exercise.

Accept and ask the breast owner how they like it best.

Remember breast sensitivity changes with the menstrual cycle, so play every week and write down your notes, to record when it felt most intense and arousing. You can be a sex scientist yourself. With age the form of the breast changes, which is totally normal – accept your sprouting bosom, acknowledge its evolution and simply love your individual form of feminine manifestation.

A close-up photograph of a woman's face, focusing on her mouth and hand. She has bright red lipstick and is looking down. Her hand is near her mouth, with a finger pointing towards the text. The lighting is soft and warm.

# THROAT ORGASM

## INTRODUCTION

I (blushingly) admit that I originally forgot one quite essential one. I had only heard about this particular type of orgasm, but never took it seriously until I experienced it myself a few weeks back. Tada, the throat orgasm!

While you are worshipping his cock you can have sassy orgasms, yep, inside of your throat. Maybe you've seen the movie "Deep Throat" from 1972 by Jerry Gerard. A great movie about a sexually frustrated woman who is seeking for advice on how to reach orgasm. The doctor discovers that her clitoris is located inside her throat. She starts developing her oral skills and discovers the joy of, guess what, deep-throating.

Anyhow, this fiction sounds quite surreal, but if you dig deeper into the internet or open some Tantric books on the throat chakra you will at least discover some esoteric explanations.

## QUICK FACTS

- All you need is a cock.
- Some say that singing a full-throated song can even do the job.
- One women reported that she gets an orgasm while brushing her teeth.
- The chest and the throat are directly connected to the cervix (Whipple/Komisaruk).

## ANATOMY

As the name suggests, it all happens in your throat. Quite self-explanatory so far. Some might already feel it inside their mouth or at the back of the mouth close to the uvula. Others might need to go further down – which is more likely.

### So where is it?

The point that does the job for me (and for other women describing this phenomenon) is quite deep down my throat on the back side of my air tube. In order to tickle this point I have to

deep-throat a penis. And keep it there for a few seconds.

## MY EXPERIENCE

As I said, I wasn't aware about this orgasm until recently. It happened when I gave my lover a blow job while he was kneeling. I sucked his penis. When I started deep-throating, I noticed that my throat started to get hot. I continued and noticed a little barrier. This barrier is quite typical, and produces a reflex very similar to the one to throw up, but this time I mastered the reflex. I was getting super horny and was yearning for penetration. This yearning for penetration turned into an orgasm, once I opened up for being penetrated inside my throat. The trick was to surrender with my throat to his penetration. It's a pure orgasmic state, where thoughts are non-existent. Just bliss. It all happens inside your throat and the orgasmic explosion throws your mind into an almost transcendental state.

## WHAT OTHERS SAY OR DO

### Science

You won't find much. Except in the book by Whipple and Komisaruk, "The Science of Orgasm". They studied the vagus nerve, whose branches travel along the whole extent of our body. There seems to be a connection between a woman's cervix and her throat, because the vagus nerves travels through those parts. And Whipple and Komisaruk have shown in studies that women with spinal cord injuries who normally cannot feel their lower extremities, could feel an orgasm while the vagus nerve was stimulated through deep penetration in the cervix.

### TANTRA

In Tantra you'll find lots of information about this particular spot of the body, the throat chakra. One of them is this vast and almost genius-like aspect in us that creates, innovates and promotes life-changing ideas. It's a very refined aspect within us.. Super inspiring. Throat orgasms can help to open up this aspect, to tune into your pure creative potential.

Looking into hardcore yoga, you will find the practice of Khecari Mudra. It's a practice aimed at activating the nectar of immortality within us, to overcome disease and death. The main practice is to place the tongue above the soft palate heading towards the uvula and eventually touching it. Yoga states that with this technique there is great potential to raise Kundalini and to discover deep spiritual states of consciousness.

### SUMMARY

Doesn't matter if it sounds weird: Give more blowjobs! Worship your man with passion. Show him your love. And surrender into a yearning state of being impacted or penetrated by him. Close your eyes and feel into your body. Breathe deeply into your belly to relax and control your reflexes.

It's worth it. And it's definitely an orgasm worth adding to your orgasmic potpourri.



# MIND ORGASM

## INTRODUCTION

Mindgasm? Thinking yourself to the Big O?

Oh yes, yes, yes.

There is a way to bring yourself to a power house orgasm while sitting absolutely still, without movement, physical stimuli, or any friction whatsoever. Many women have experienced mindgasm while meditating, sitting still in a yoga posture or with a technique similar to self-hypnosis.

But how can you ‘think yourself to orgasm’? With the power of suggestion. Mark Cunningham, a well-known hypnotist states, “The key is, there is a part inside a woman’s mind that is capable of infinite positive pleasurable response. It is always active, so you aren’t actually going into her mind and making her have an orgasm. You are unlocking, unleashing and directing that which already exists. But you have to know how to access the subconscious mind.”

Hey, maybe you have already experienced it. In your dreams!

Ever had one of those sexy adventurous dreams, so intense and passionate that it brought you to an orgasm? There you go – a mind orgasm. No physical stimulation involved.

You've also probably heard of the phenomenon of ASMR, autonomous sensory meridian response. There are hundreds of videos on YouTube that are supposed to give you braingasms. When you watch a video labeled as ASMR (e.g. this one, it works for me at least) it might produce a pleasurable tingling sensation in your head, scalp, back or peripheral regions of your body. There is almost a cult around this topic. People use it for relaxation, insomnia or simply for pleasure. This kind of tingling creates a certain euphoria, with shivers and goosebumps, that remind us of the similar effects of an sexual orgasm. But this time it only happens in our brain, without the stimulation of other parts of the body.

## QUICK FACTS

- Mind Orgasm doesn't need any physical stimulation.
- The same pleasure centers are activated in the brain during a mind orgasm as in physical orgasms. (Watch this video here

to see the brain activation)

- Some women only need a sexy thought – some combine it with breathing or pelvic floor exercises.
- There is an infinite positive pleasure response inside your mind. You just need to access your subconscious mind.

## ANATOMY

What needs to be aroused? Nothing but your mind. The brain actually plays a huge part in any type of orgasm. The only difference is that with the mind orgasm, there is no extra nerve information necessary, it's all being produced inside your brain. In orgasms that are physically rooted, the brain receives nerve impulses coming from the genitals. The information coming from the vagus nerve, for example, stimulates certain pleasure centers in the brain (in women, some light up, some shut off). Dr. Barry Komisaruk, co-author of *The Science of Orgasm*, discovered that this symphony of brain stimulation can be created with no physical help required. He reports that most of his patients only use thought, others a combination of thought and breathing to reach orgasm, while "the cheaters" use pelvic floor exercises.



## So where is it?

It all begins in your mind. Your thoughts! Think them sexy and you'll see. You can use your breath, moaning and soft hip movement to boost the effect. Or if it is convenient, squeeze your vaginal muscle for extra stimulation. You can use ASMR videos to understand what is meant by shivery, tingly brain feeling and intensify this with your bare thoughts.

## MY EXPERIENCE

### Yoni asana boost

I am more of the cheater type when it comes to mind orgasms. I was once sitting in Yoni asana, which is a great yoga position for increasing your libido and sexual desire. I had a jade egg inserted inside my pussy and was moving it up and down. That kind of gave me the shoot. It was not fully brain created but I mostly used my thoughts to let it happen.

### For a healthy and sexy mind

Great for your mind and body. It shows a strong control over

your mind which leads to greater control of your body. I read somewhere, although I can't find the source, that love hormone production is the greatest in a mind orgasm. Please let me know, if you know the source. Mind orgasms are a huge potential for controlling your sex life. Hey, you are able to orgasm whenever you want, wherever you are. Quite a sexy thought, ooo... oh... OHH OHH ooH OHHHH YEAH!

## WHAT OTHERS SAY OR DO

### Science

Studies like Komisaruk's are just the beginning. There is little known about the deeper neurological reason for mind orgasms. And the subject has been hugely neglected by science, due to the strong physical focus. So let's hope there will be more knowledge available in the future.

### Tantra/Taoism/Hypnosis

In Tantra and Taoism the mind plays a huge role. Everything is possible with the mind. It's your control center, your creator. If

you control it you are master of yourself and yes, also of your orgasms. If you want to know more about the power of hypnosis and how easily it can be used to experience orgasm, you can check out this podcast episode by Sex Nerd Sandra (a record of one of her shows, where a hypnotist also performs a live hypnosis and brings the participant to an orgasm).

## SUMMARY

Mind orgasm, what an intriguing topic! Lady Gaga has stated that she can think herself to the Big O, and in movies like 40 Days and 40 Nights they touch on this topic wonderfully in the sex-via-orchid scene. And we've heard about the hype of AMRS. But can we actually experience it? Maybe a little practice is required. But simply try and see.

1. Carve out some time – you should sit in a comfortable position (spine straight).
2. Close your eyes and try to calm your mind with a meditation technique (e.g. focusing on your breath).
3. Then bring all your mental focus to your vagina or penis (it helps with the blood flow).

4. Take deep abdominal breaths, that expand your belly and open your pelvis up.
5. Inhale and focus your mind on your clit, vaginal canal, cervix, and perineum. Fill it up!
6. Then think about the most intense orgasm you ever had. Think about the emotions you had, about the physical sensations you felt, about the very moment you dived into bliss...
7. You may use your breath and moan or even squeeze your pelvic floor/vaginal muscles.
8. Visualize, visualize, visualize orgasm!
9. Fake it till you make it!
10. And (of course) keep practicing.