

To the Orgasm®

Give her an orgasm she won't soon forget!

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Her Majesty, the Orgasm

Orgasm (climax, “cumming”) is loosely defined as the peak of pleasure during sexual activity in which a feeling of intense bliss is accompanied by an increased heartbeat, faster and heavier breathing, and contraction of the genital muscles.

This is the definition, at least, according to medical science. But real-life experience rarely has the words to describe the out of this world feeling of pleasure and enjoyment that goes through your whole body in waves. Go ahead and try to explain to your lover how it feels to have an orgasm and you will see how easily the words can escape you.

(Please note: there are some people who are not able to achieve orgasm whatsoever, alone or with a partner. This is no fault of their own. The problem is thoroughly described in the main book

“Learn to Lick”. Consult the chapter *Seemingly Insurmountable Problems and What to Do about Them* to find out more about *anorgasmia*.)

After achieving orgasm, a woman is perfectly capable of reaching another one when stimulated. This is to the woman's advantage as a man needs an indeterminate amount of time to recover from ejaculation. However, biologically speaking, a woman is quite ready to have yet another go while a man is apt to fall limp and/or asleep.

The intense sensation of pleasure during an orgasm itself is the result of the activity of several psychoactive hormones which are secreted inside the body. The general euphoric sensation felt is due to such hormones as adrenaline, dopamine, serotonin, endorphins, estrogen, oxytocin, and others.

Clitoral stimulation is the easiest way for a woman to achieve orgasm since there are more than 6,000 nerves compacted into this small area. In fact, only around 20 percent of women need

no clitoral stimulation to achieve orgasm and are able to reach to climax only with the act penetration alone.

Although some men try to be the best lovers their partner has ever had, they only grow disappointed once they have realized that it's not only the size that counts because orgasm is commonly achieved due to outside stimulation. What you need to know is that there is nothing wrong if vaginal stimulation does not happen to do the magic. It's perfectly fine if clitoral stimulation is what it takes to make her orgasm. Mark it down to anatomy, neurology, biology, karma, whatever you believe in, but that's how it is with the majority of womankind.

While some women cannot achieve an orgasm, others are capable of having multiple ones (though this is rarer than you think). What is really incredible about the female orgasm is that it is typically longer in duration than a man's! A woman's orgasm can last up to 50 seconds. Now, imagine having one of these long orgasms and the ability to have multiple ones! The only rub is

these orgasms usually must originate from clitoral stimulation in order to achieve a state of ultimate sexual bliss. It is no wonder that women tend to stick to cunnilingus artists then and you need to master its secret arts.

You might be asking yourself how it feels for a woman to achieve an orgasm. Is it the same as yours? Being a woman, I cannot answer that question, but I can certainly account for what is felt inside the body.

Physically, orgasm is manifested in a series of rhythmic muscular contractions of the pelvic muscles, including those in the vagina, anus, and uterus. The force is so strong that some women will start to blush and their nipples may contract.

Psychologically speaking, however, an orgasm is a round trip, making the sexual act and the two making love into one orgasmic whole, bringing them a bit closer together in the process.

In emotional terms, orgasm is a temporary oblivion. It is a short-term painkiller, a sedative, a love drug, all mixed in one, bringing a woman onto cloud nine.

After the initial surge of overpowering hormones that bring ultimate ecstasy, a range of feelings might emerge. Some women might cry. They might not even be tears of joy, but ones that come from being pushed to the edge, dancing near it and coming back down to reality.

Any reaction is perfectly normal, as the amount of hormones released during orgasm actually is ground-shaking. Emotions, in these states, all come to the surface.

The evolutionary importance of the female orgasm is rooted in keeping the female in a horizontal position, in order for the sperm released by the male to have a greater period of time to find their way to the ovum. These contractions of the female genitals are helpful in achieving the same purpose.

To the orgasm

Give her an orgasm she won't soon forget

Now, think for a while how great the female orgasm must feel for nature to have made it so intensive and awesome that it is intended to make her convalesce in bed for a while. That must be some orgasmic release!

Multiple Orgasms

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ome women (and, in very rare and lucky cases, men), are able to continue having sex after achieving their first orgasm; meaning that no recovery period is needed. The ability to achieve multiple orgasms is a condition in which one orgasm can occur after another in secession, usually quickly and within a short period of time.

The second orgasm a woman may experience may be even more intense or pleasurable due to the accumulation of continued sexual stimulation. On the other hand, subsequent climaxes are not likely to happen for some women, owing to the fact that their nipples and clitoris tend to become very hard and extremely sensitive after achieving the first orgasm (which is naturally very painful for the woman).

How will you know which category the woman in question falls into, the first or second?

Unfortunately, there are only two true tried and tested options at your disposal:

1. Just Ask

Before engaging in love making, ask her (either coyly or directly – you know her better than I do) if she loves or hates prolonged foreplay before having sex as well as whether she likes to continue such play after climaxing. For instance, you could say something like, “I would love to go down on you after making you cum!” and see if she blushes. Or, you could tell her, “I would love to see what you taste like before and after”.

2. Wait and See

Play it by ear if you will. If she asks you to stop, or you see that she is not comfortable, it is time to end your focusing on the genitalia and direct your attention to cuddling. Conversely, if you see that she is enjoying the action of your caresses and thrusts, and commences to climb the stairway to her pleasure palace once again, assist her along the way. Be her knight in shining armor and carry her along that path. Remember, you have the know-how.

Determining whether she is able to achieve multiple orgasms will be your first clue in taking her on a trip to explore her wider sexuality.

Female Ejaculation

Female ejaculation (“shejaculation”, squirting, gushing, cumming) is the fluid expulsion from the genital area during orgasm. Do not be fooled! This fluid is not urine. It does not come from bladder, but from the Skene’s gland (also sometimes termed the “female prostate”). The liquid is not expelled through urethra, but through the openings that surround urethra (also called the paraurethral openings). The fluid consists of water, glucose, creatinine, urea, nitrogen, potassium, sodium, chloride, and chemical prostate markers (PSA - prostate specific antigen, PAP - prostate acid phosphatase, and PSAP - prostate specific acid phosphatase). The amount of fluid ranges from a few up to a few hundreds of milliliters.

The source of the fluid has yet to be conclusively determined. It is generally believed that the origin of the fluid is the Skene’s glands, from where it is expelled to the outside of the body

through the paraurethral openings. Anatomically, the Skene's glands are positioned around the urethral canal. Since the urethral canal is located tightly near the front vaginal wall, the Skene's glands can be palpated through the front wall of vagina. The glands can generally be felt as a small ridged bump half a finger length from the entrance of the vagina.

Just like men's ejaculate is not urine, women's ejaculate is not either. For women (as well as for men) the ejaculate does not come from the bladder at all and may or may not be released during orgasm. For the majority of men, orgasms are usually accompanied by ejaculation. However, orgasms for men can occur without ejaculations being present. Conversely, women do not generally release large amounts of ejaculate during orgasm, while a minority do. Curiously enough, not all women even have Skene's glands which would be the reason why some girls are able to while others cannot "shejaculate".

Socially, not a single person would question if a man was ejaculating urine, but it happens all the time with women. No wonder most women are too inhibited to even try a Skene's glands' massage that could lead to potential squirting. To make matters worse, porn actresses will frequently urinate on camera to imitate squirting in such a way that the one stream squirt is obviously urination and not squirting.

How to Make her Squirt

If both of you are into a bit of experimenting with what the female body is capable of, then a visible phenomenon visible such as squirting, then this little chapter is for you.

Skene's glands may be stimulated by applying light pressure to the G-spot on the frontal wall of the vagina. These glands are also known as the "female prostate gland". They are located (if present) around the urethra. Assuming that she does have Skenes glands, you can most likely and easily make your lady ejaculate using the following methods elaborated on below.

First of all, before engaging in sex, ask her to empty her bladder just to make her relaxed about concerns that it might be urine (and it is not, as has been shown). Secondly, turn her on. (If you need more help, much detailed advice is available in my "Learn to Lick" book.) When she is really hot, and raring to go, find her

G-spot. If not fully wet, do not forget to use a lubricant to prevent any discomfort and make for some “smooth” sailing.

The G-spot can be massaged with your fingers, penis, or any other kind of sex toy (dildo). Fingers are still your best option since you can better control the intensity of the pressure and amplitude of the movements you make. Make sure that they are rhythmic and gentle - do not overdo it!

The best way is to insert two to three fingers into the vagina. Palm upwards, facing her pubic area, gently press and release the frontal vaginal wall with as much surface your fingers will allow. Do not poke, but massage gently! Beware, as she might suddenly feel the urge to urinate, which is a feeling she that will need to be maintained for some time. Eventually, this feeling will turn into a wave which should make her violently orgasm and squirt at the same time. Be calm, patient, and caring; this phase of overcoming her fear of urination is a major milestone on the way to reaching female ejaculation.

Continue to apply light pressure to this area, lightening and increasing your touch intermittently as you go along, repeating as needed in accordance with her pace. Watch for signs as to whether to speed up or slow down.

Although not necessarily guaranteed, you might expect to feel pulsations inside her vagina. Her ejaculate, though, is likely to vary from a few drops of clear odorless fluid coming out of her genitalia, to strong streams of this fluid spraying and reaching three to four feet in front of her. It could also be anything in between and may change from time to time.

Whatever the case, it would be best for all involved if she is the type of woman who likes to talk freely about sex, so that you may ask her openly to navigate you on this sexual journey.

One last note: Do not forget to keep a clean towel or napkins near the bed. The reason should be clear by now.

Advice for Prolonging Orgasms

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omen are naturally programmed and therefore inclined to experience more than one orgasm during sexual intercourse, which you can use to your advantage by helping make her cum several times in one night. If not achieving a multiple orgasm or a wave of orgasms one after the other, knowing how to pleasure her can, at the very least, help her experience a prolonged orgasm.

If you would like her to achieve such an orgasm, the most important items to remember have already been discussed in my “Learn to Lick” book: atmosphere, foreplay, positions, techniques, etc. Still, here are several more pieces of advice on how to help her prolong her orgasm:

1. Use enough lube! Never permit your fingers to be or become dry. This will protect her vagina from unwanted irritation, pain or even injuries. What's more, the more lube, the more pleasurable the gliding inward and outward becomes.
2. Never ever be in a hurry to make her orgasm. Not only will it help little with the desired outcome, it will make the course of her sexual experience go into reverse. Instead of making her hot, it will make her frigid, questioning if she would even like you to touch her again. You may very well say, "What about porn? I've seen them going bam-bam-bam and it's over." Do you know how much prep work goes into filming them and how much money the stars of which are paid? Case closed. So, it bears repeating: go very slow at the beginning, and wait for her to show you the signs that she is ready for something faster.

3. Do not place you full strength or attention on her vulva and clitoris alone. This leads nowhere except to the quick end of your relationship. It is also a beginner's mistake. Muscles and big hands on a man are for looking good, her luscious pink petals are for adoring. (Remember, the clitoris is not an orgasm button.) Be gentle to her and you will be rewarded with an orgasm. If you prolong her orgasm, the sky is the limit.
4. In order to extend her orgasm, the exact lovemaking technique varies from woman to woman, but here is a "menu" of what might work for your partner:
 - a. When you feel that her orgasm is about to start, as soon as she begins her first contraction, place your softened tongue on her clitoris but do not add any additional movements. It may sound simple, but this trick works because when you stop, the movements of her body should continue. Uninhibited by being in the throes of passion, allow her to take over,

letting her thrust her hips into your waiting tongue and massage her clitoris against it so that she may achieve a more powerful and extended release.

- b. If your partner is bridging on the verge of orgasm, but is having trouble crossing over the line into a final orgasm, consider going slow and then fast as to break expectations. You may also want to stop in the middle and proceed with using any of the oral techniques described in the main book. Generally, if a woman is in this position, mixing it up will help her achieve that final orgasm and it will be as powerful as the build-up.
- c. It is advisable that you let your partner massage her own clitoris during sex and not stop her or insist that you do it yourself. Sex is a team effort and you are each playing your own part. You are already contributing through penetration during sex, but there are other ways to add to the experience. If she

is rubbing herself, it is not a bad idea to whisper “sweet nothings” into her ear or even a bit of dirty talk, depending on how she likes it. You could also lick her nipples, nibble at her ear, kiss her neck or engage any other erogenous zones that she happens to like. Too frequently, we concern ourselves on making her reach an orgasm without providing the experience and circumstances to do so. It is much better to create an overall environment conducive to orgasmic ecstasy than merely “trying to get it done”.

- d. Some women who enjoy anal intercourse may be able to achieve more and different kinds of orgasms through the “back door”. Therefore, if your partner openly and explicitly consents, it might be a good idea to engage in anal play. What you might experiment with to try to prolong her orgasm is to let her pleasure herself while you are rimming her

or penetrate her anus with your finger while going down on her vagina.

A prolonged orgasm might be a spectacular experience. It might even be something that happens once in a lifetime in a specific moment with a certain partner. But, it might also be something the body of your partner is incapable of even reaching. Do not be angry or sad if you can never achieve it. There are many happy “ordinary” moments to go through together that will still be heavenly. Don't let chasing the unobtainable spoil your sexual discovery, which is what will actually bring a smile to both your faces at the end of sex.