

Cunnilingus +[®]

Bring Your Cunnilingus to the
Next Level

by Jennifer S. Dobrowitz

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Introduction

This supplemental booklet is of great value for any lover who wants to advance their cunnilingus lovemaking. To apply the techniques described herein, it is advised that you first adopt the fundamental techniques highlighted in the main book *Learn to Lick*.

As a word of advice, I recommend leaving these techniques for nights of mad passion when your feelings of emotional closeness and oneness with your partner bring your entirety into the sexual experience itself. Owing to their subtleness, these methods are best left till after you have read the main book and for those special moments when you feel completely and truly emotionally connected to your partner.

The Lonely Island

Let's kick things off with one of the ladies' favorites (mine too – I will certainly need to have a cold shower after writing this section)!

This technique is great, because it is direct in its nature, eliciting intense, uncontrollable erotic feelings.

By now, you most certainly have learnt that some techniques may and should be mixed together in unison. You can start with one, continue with another, check the mood she is in, change it once or twice again, and bring her to the orgasm by surprising her with something new. The mastery of multiple techniques - intertwined and used in phases - is parallel to cunnilingus mastery. The same stands true for the use of this technique.

To begin with, spread the labia (outer lips), gently stretching them and holding them apart with your fingers. Be forewarned, I

recommend using this technique only when she is already turned on and not as a starter dish.

As you spread the labia, tease her for a few seconds, by simply pausing momentarily, perhaps rising to meet her eyes, or exhaling passionately over her exposed clitoris to cool it down before diving in. Remember to pay attention to how she reacts. Only proceed further into the action if and when you receive positive feedback from her body and from her.

Take the clitoris with your tongue, but do it ever so gently. Move your tongue over it, exploring the exposed areas around the clitoris. Move your tongue left to right or up and down over the entire expanse, depending of what she responds to. What is important to remember though is that if you apply the right rhythm and pressure, she shall feel the close, tender, intense pleasure of the contact of your tongue with her clitoris.

Beware! Do not overdo it at the start! Let it come as she begins to cum.

As for other techniques, pace the speed, control, force, and all other aspects mentioned, feel free to combine them, but start from this simple licking movement.

The only drawback to this technique is that it is not advised to be accompanied by fingering; not because of the need to spread the labia with one hand, but also due to the fact that the objective of this technique is slow elicited passion, erupting in moments of “ohhhhhh!”. You do not want to push her over the edge as you are preparing for something more. Then again, it could all depend on the size and skills of your hands, as well as her willingness, wetness, and desire.

Some women find any kind of direct clitoral stimulation to be too intense to handle. Placing your tongue on a completely exposed clitoris brings about a sensation more akin to pain than pleasure. If your partner is in this sensitive group, you should apply this technique by ever so slightly spreading the outer labia and making sure the clitoral hood is covering her clitoris completely. Place your tongue gently over it, without trying to touch the

naked clitoris. Do the movements with your tongue as described above. Again, all that should be done with your softened tongue is gliding indirectly over her clitoris, clad in its hood.

The Ice Cream Lick

This technique is better left for when your partner is raring and ready to go, for when her levels of unkempt desire and horniness make her super receptive. In these moments of heightened ecstasy, all rhythmic licking, strokes, or other such sexual gesticulation (within certain limits) FEEL GREAT!

The first task is to make a long, slow lick from the bottom of her vulva all the way to her top, as if you were spreading your tongue long and flat against the groove of a well stacked ice-cream cone. Lick slowly, upwardly, and extend this movement. Make sure that your tongue is spread out as wide as possible and continue to lick from the bottom to the top and vice-versa in these prolonged strokes.

Depending on how keen you are to explore her, start each stroke either at the bottom of her vaginal lips, below her vaginal

opening at the perineum (the area between the vaginal opening and anus), just below her anus, or even at her anus itself if she is into anilingus. Wherever you begin, it is important to follow through and maintain your sensual lick all the way until the whole vulva has been truly “tried and tasted”.

A variation of this technique is to start with your tongue at a point, widening it only when you reach her vulva, where your tongue should be laid almost entirely flat to cover as much of her as possible. If you need to pace yourself better, try taking 10 seconds for every stroke.

The Vibrato

Provided that your partner has a healthy sexual appetite, this technique will bring her untold joy.

Have you ever seen those tiny vibrators that are used for only the clitoris and vibrate like all hell? Well, the thing with them is that they can bring certain women to orgasm almost instantaneously! The best feature about them is that they are small, fast, and the only thing that one has to do is to find the right spot (usually the upper part of the clitoris) and turn it ON. Simply put, a few seconds of contact is all it takes for some women to push them over their sexual edge!

The largest drawback for using these types of vibrators for such a quick orgasmic fix is that the time saved is sacrificed in the strength of the orgasm obtained. Somehow, these orgasms are miniscule compared to those which take a greater amount of time to develop. Of course, she *will* orgasm, but it should be

likened to a premature ejaculation where the rest of the night is lost.

Since this cunnilingual method aims to emulate the same sensation these small vibrators provide, I would advise you to not using it as a first step in you sexual repertoire as it is always better to delay an orgasm for as long as humanly possible. This forewarning being made clear, make sure to perform some other techniques on her before jumping to this one.

Carrying out this technique should prove no challenge to the experienced licker if he or she follow these steps:

1. Spread open her labia
2. Do not yet open your mouth but lean your lips close into her clitoral area
3. (This is quite important!) Do not stick your tongue too far out; instead, open your mouth just as much as is needed for the tip of your tongue to appear (like a small bump or flap) and no more

4. Firmly set the boundary in which your tongue can move so that it does not go past your lips or teeth
5. Now, move your tongue up and down her clitoris as fast as you can (the upper/middle part of your tongue should be slightly pressed against your upper or bottom teeth as you do so).

The most important step in carrying out this technique is to set limits for your tongue's movement. If you totally stick it out, no quick movement will be possible. You may want to imitate the actions of famous porn stars where they are stretching out their tongues like a frog on a log trying to catch a fly, but do not follow their example! They must act in such a silly way as the camera needs to record the tongue touching the clitoris (porn is a visual medium after all). If they did it in the way I am advising here, the way that women really like and how it should be done, no one would be able to see it! This is also one of the reasons why real, good, earth-shattering, "GIVE IT TO ME LIKE THAT!" cunnilingus can never be shown in these kinds of movies - just in case you

had not known (Ta-dah!). Anyway, limiting the movement of your tongue is where the magic lies, because when your tongue hits the upper teeth or lip, it goes back and forth as quickly as can be!

Some may find this technique to be a bit hard on the tongue. It will eventually start to hurt, but much of being able to do this technique is really just a matter of practice. To help ease the pain, switch it up a little with another technique, or finger her clitoris for a while to rest a bit before moving on with this “vibrato” tonguing again.

Fingering It by Ear

I see you saying to yourself, “This technique has nothing to do with cunnilingus!” Oh ye of little faith. You need to remember cunnilingus is not just done with the mouth. Likewise, you need to keep in mind how much of a savior your fingers can be when your tongue goes numb, your mouth goes dry, or you find a public hair stuck in your teeth. To prevent your exhaustion or inability to speak from your tongue’s terrible torment and twisting, fingering is a great tongue saver and most dependable ally!

I have already made mention of “fingering the clitoris” while you are resting your tongue. Here’s how to go about this manual approach:

Firstly, always wet your fingers before getting to work with them. Lick them, covering them in your own saliva, use her already flowing juices, perhaps gently place your fingers in her

mouth and wet them or use your favorite lubricant (remember – the wetter, the better!). Then, put your index finger or your middle finger (or maybe even both), over her clitoris and move it left-right, up-down or circle all around and along it.

You need to pay attention to choose an appropriate amount of speed and pressure to match her reaction. Accompany her along as back-up to her sensual movements and reactions. If the time comes or it would seem to turn her on even more, feel free to penetrate or “finger” her, but do not forget the clitoris sitting there, ready at the waiting to be rubbed or licked.

The Labial French Kiss

This technique can come in very handy as foreplay, especially leading up to oral sex, and is great if you want to turn your partner on and make her crave your head between her thighs. It is similar to that of the French kissing technique (described in the basic “techniques chapter”) where a prolonged and sloppy French kiss is performed over her vulva, except for a slight difference.

First, spread her labia, but do not overdo it by stretching them too far. The trick with this variation is that you will need to French kiss everything in the vulva area *except for the clitoris*. This slow delay and teasing will make her desperately want you to touch her clitoris itself, and would get every Ice Queen horny. (So close to the clitoris, yet so far away.)

Keep this up until she starts to swing her hips and begging you for some more straightforward action!

Sit on My Face (and Tell Me You Love Me Some More)

Considering that being a licker requires having a fairly healthy back, and, even then, your back is sure to experience some trouble when it is made to be tense for hours on end, I find this position and technique to be very comfortable for both partners, suitable for both the licker and the lickee (especially if the woman is prone to prolonging her orgasms). This is a particularly wonderful technique that will help keep your back intact while you are allowed to get down to some serious business. As an added plus, it is great for your partner since all the blood will rush down to her clit and make her orgasmic potential ever the greater.

This technique will include using your hands to firmly control her hips. While she crouches her pelvic region above your face, grab her hips, lower waist, or buttocks with your hands to support her.

This next bit may sound somewhat odd, but for this technique you will not need to move your tongue; instead, take control of her body and move her hips with your hands, in which you will “thrust” or rock her body in short moves towards your tongue. Ideally, every movement of her clit should be paid off with the tip of your tongue rubbing against it.

It is a fact that most women enjoy their whole body being rhythmically moved during sex. Cunnilingus is no different. In applying this rule with the aid of this technique, her whole body will be included in the action (not just the vulva) and her enjoyment will be fuller for it.

Due to the fact that this technique demands a certain amount of body strength (your arms could definitely start aching without

the proper upper body strength training and you could lose your grip even if you are such an Adonis), I recommend trying to make short pauses in which you let your arms have a rest and let your tongue do all the work.

One thing is sure though: if you try this position once with her, she will come back for more!

The Tactile Lick

Why not enrich your partner's cunnilingus experience by throwing in some massage techniques as well? To succeed in this approach, you should feel free to use any techniques for cunnilingus that will leave your hands free as to use them for "other things".

For instance, while performing the "sit on my face (and tell me that you love me)" position, or any other that leaves your hands free, use your thumbs to massage her inner thighs and groins. While at the vagina, use your thumbs to stretch the skin easily, so that even her labia stretch apart. If you do this while your tongue is hard at work, it should feel great every time!

Mixing It Up

This is not really a technique per se, but rather a blatant reminder to make sure you mix up the techniques to make the experience more elating for her by creating a flow of sexual passion and emotion that is unpredictable yet encompassing. As an example of a great combo to get her going, start with the “labia French kiss” and continue with “the Lonely Island” ending with the “Vibrato” for an orgasmic crescendo!