



# ORAL SEX SHE'LL NEVER FORGET

**50** Positions & Techniques That Will Make  
Her Orgasm Like She Never Has Before

**SONIA BORG, PH.D., M.A., M.P.H.,**  
Author of *Oral Sex He'll Never Forget*







**ORAL SEX  
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FORGET**



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First published in the USA in 2010 by  
Quiver, a member of  
Quayside Publishing Group  
100 Cummings Center  
Suite 406-L  
Beverly, MA 01915-6101  
www.quiverbooks.com

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Publishers, Inc., 100 Cummings Center, Suite 406-L, Beverly, MA  
01915-6101.

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This book contains the opinions and ideas of the author and is  
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therapy; it's fun.

Sonia Borg, Ph.D., M.P.H. is a clinical sexologist, not a therapist  
or medical doctor. Some of the practices and positions in this  
book may not be appropriate for people with medical conditions  
or physical impairments. Use your good judgment!

14 13 12 11 10 1 2 3 4 5

ISBN-13: 978-1-59233-391-2  
ISBN-10: 1-59233-391-5

**Library of Congress Cataloging-in-Publication Data**

Borg, Sonia.

Oral sex she'll never forget : positions and techniques that will  
make her orgasm like she never has before / Sonia Borg.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-1-59233-391-2 (alk. paper)

ISBN-10: 1-59233-391-5 (alk. paper)

1. Sex instruction for men. 2. Oral sex. 3. Female orgasm. I.  
Title.

HQ36.B635 2010

613.9'6081—dc22

2009031295

Cover and book design: Traffic  
Book Layout: Daria Perreault

Printed and bound in Singapore



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# Introduction: This Is Not the “Same Ole” Oral Sex Book

No sex technique says “I love *you*” quite the way that cunnilingus does.

Oral adoration of her most intimate parts is one of the greatest gifts you can give a woman. Like every gift that will be cherished, it must be right for the recipient and offered from the giver’s heart. A few aimless licks in the hopes of getting something in return will not be considered the gift of cunnilingus here!

Regardless of your position on cunnilingus, most women love it and some can’t climax without it. Cunnilingus is sex, and a beautiful form of sex at that. Unlike intercourse, you get to taste, smell, and touch your partner all in the same moment. Like driving a stick shift, cunnilingus is a learned skill; you can learn it, and you can be very, very good at it. I will show you how.

Other books may teach you different tongue and mouth moves, as I do here. My book does more than that! I have created special scenarios that turn cunnilingus into a sex event.

If you’ve always wanted to be the kind of man who has the power to psychologically arouse your partner and the technical skills to bring her to orgasm, this book is for you. You will get so much from performing cunnilingus, including:

- Increased confidence in your skills as a lover
- Sexual satisfaction (hers and yours)
- Being in your masculine power
- Newly inspired sense of sexual adventure and creativity
- Being more in tune with her sexual response cycle

And my promise to both you and your lover is this: The relationship will feel new and exciting again.



Each scenario is exciting and creative *and* will help you master cunnilingus. I've organized them into categories, and you'll find one that suits every erotic mood. In addition, Sex Facts are sprinkled throughout the book and are sure to add to your sexual knowledge. Within the scenarios, you'll find easy segments: Perfect the Move highlights the special techniques used. The Scenario sets up the creative fantasy that turns this act of cunnilingus into a sex event. Last-Minute Preparations gives you all the little preparatory details. The Technique gives you step-by-step directions from first touch to her orgasm.

And finally, The Sexpert Says gives you useful information based on my own experience, observations as a sexologist, and confessions from clients. The notes here will help you understand how to be playful and sexually adventurous with your woman and give you a snapshot of female sexuality, with some insights into male sexuality, too.

There is a cunnilingus scenario here for every mood, from playful to soul mate-connecting. If you try one and don't like it, try another . . . and another . . . and another. Adapt, change, and modify to make it your own. What compares to the warmth of your breath, the wet sucking of your mouth, the firmness of your tongue?

I sincerely hope that my book will give you the tools and inspiration for rocking her erotic world and becoming more expressive and adventurous with her. And I hope that you learn more about your own sexuality and experience the confidence and personal power from a licking well done.

Wishing you a healthy and happy sex life!

xoxox,  
Dr. Sonia



# But First, Basic Female Anatomy: You've Got to Know Her Parts

You can't drive her crazy if you don't know where her buttons are, right? Here are some terms to get you started:

## The Vulva

A politically and anatomically correct name, the vulva is the whole package of the female genitalia.

- **Mons or mons veneris** (Latin for *mound of Venus*): This soft spot on top of the pubic bone is sensitive to the touch and nice for arousal, but stimulation there generally won't take her to climax.
- **Labia majora** (large outer lips): The labia majora is a somewhat sensitive area that overlays and protects the more delicate inner layer of the vulva. These outer lips are covered with pubic hair (that many women wax or shave). Many women find that removing the hair increases sensitivity to touch.
- **Labia minora** (smaller inner lips): These more sensitive lips swell and change color when a woman becomes aroused. They are more slender in size than the outer lips, though they sometimes extend down past them.

## The Clitoris

Some of the slang terms for the little pink stalk sometimes compared to the penis include the little girl in the boat, the bean, the magic button, the flower, and the pearl, among others. It is the only organ on either the male or the female body designed solely for pleasure. The clitoris has 8,000 nerve endings and operates within network of 15,000 nerve endings that service the entire pelvic region. Knowing this, it would be nearly impossible to have an orgasm that is not clitoral in nature.

- **The clitoral hood**: This little outgrowth or overgrowth of skin covers and protects the clitoral glans. When a woman becomes aroused, the glans protrudes from the hood, though in some women, just barely.
- **The clitoral glans or shaft**: When people refer to the clitoris, they are usually talking about the clitoral glans. The vast system of nerves connecting the clitoris to the vagina all end in the glans. What a potent little piece of genital property that is!

- **The crura** (a.k.a. wings): Located to the right and left of the urethra, they run back to the pubic bone. The internal portion of the clitoris, these two sections are shaped like Vs, connecting to the clitoris at the point of the V.
- **The vestibular or clitoral bulbs**: A string of bulb-shaped aggregations of erectile tissue, the clitoral bulbs extend down beneath the labia minora. When a woman is aroused, they fill with blood, making the vulva swell.
- **Front commissure**: A very sensitive and often overlooked area above the base of the clitoral shaft, just below where the labia majoras meet.
- **The fourchette**: The bottom edges of the lips beneath the vaginal entrance, neighboring the perineum.

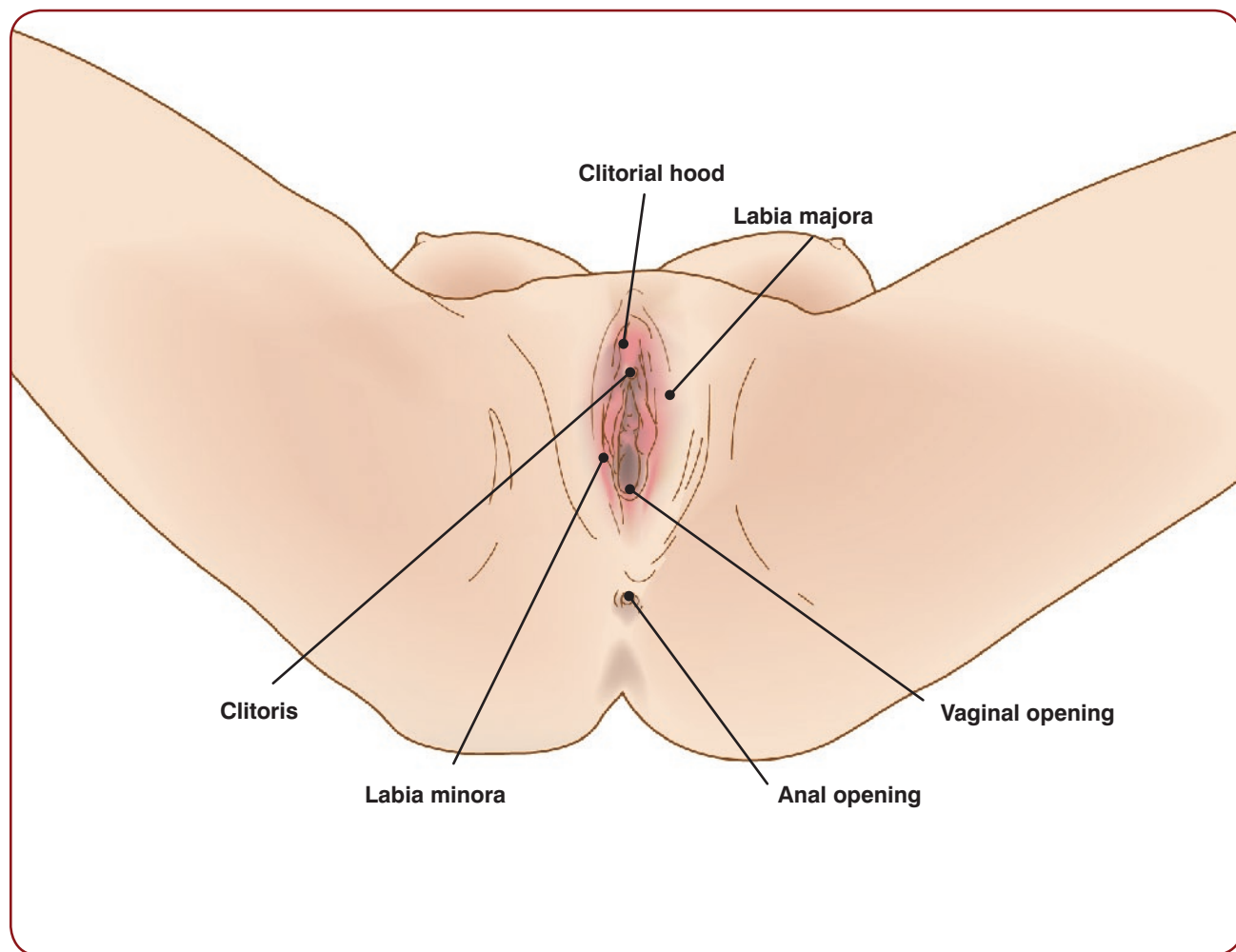
## The Vagina

The vagina is the elastic, muscular canal connecting the uterus to the outside of a woman's body. Babies come out of it. Penises go into it. When a woman is aroused, her vagina expands in width and length and produces lubrication, though additional lube may be needed if she is on some medications that may dry the vagina or is postmenopausal.



## **SEX FACT**

The term *cunnilingus* comes from the Latin word for vulva (*cunnus*) and tongue (*lingua*). A person who performs cunnilingus may be referred to as a “cunnilinguist.”





## The Cervix

The narrow end of the uterus that connects it with the top of the vagina is the cervix. It feels hard to the touch and expands with arousal and orgasm. Women who have cervical orgasms report an intense physical and emotional release.

## G-Spot

The much-hyped G-spot is a spongy, walnut-sized mass of tissue approximately 1 to 3 inches (2.5 to 7.5 cm) up on the back wall of the vagina. You can feel it by inserting two fingers into a woman's vagina and making the come hither gesture. Some women have intense G-spot orgasms; other women claim they can't even find theirs.

## The Urethra

Urine exits a woman's body through her urethral opening. A small mass of erectile tissue above and on either side of that opening is very sensitive to erotic stimulation. Known as the U-spot, it is relatively undiscovered territory for some women (and the men who lick them).

## Bartholin's Gland

Located slightly below and to the left and right of the vaginal opening, the Bartholin's gland secretes small quantities of lubrication when a woman is aroused.

## Skene's Glands

Located behind the rear wall of the vagina and around the lower end of the urethra, Skene's glands swell with blood during arousal.

## Anus

The exit for the colon, the anus is also very rich in nerve endings. Some women enjoy having their anus stimulated with a finger, tongue, anal dildo, or penis. Both men and women have a sphincter muscle that controls opening and closing the anus and that also contracts at the point of orgasm.



## SEX FACT

Don't compare your girl's vulva to ones that you see in *Penthouse*, *Playboy*, or pornography. Many of the women featured in these magazines go through surgery to make themselves look picture perfect.



## Pubococcygeal (or PC) Muscle

This is a hammock-like muscle stretching across the floor of the vagina from pubic bone to tailbone; it controls urine flow and contracts during orgasm. If she—and you, because men have it, too—exercises that muscle, it will become stronger, enhancing sexual pleasure and intensifying orgasm for both of you. With a strong PC muscle, she will be able to “grip” your penis, and even pull it in and out of her vagina.

Doing Kegel exercises builds that muscle. For women, regular Kegels keep the vagina toned after childbirth and postmenopause. Kegel exercises to strengthen the PC muscle are essential for every woman and man. Doing them is the absolute bottom line requirement for good sex. Not only does a strong PC make your orgasm more likely and more intense, it also facilitates multiple and extended orgasms. So do them!

### For Her: How to Find Your (and His) PC Muscle

Locate your PC by stopping and starting the flow of urine. Once you have located the muscle, begin with a short Kegel sequence.

Contract the muscle 20 times at approximately one squeeze per second. Exhale gently as you tighten only the muscles around your genitals (which includes the anus), not the muscles in your buttocks. Don’t bear down when you release. Simply let go. Do two sets twice a day. Gradually build up to two sets of 75 per day.

Then add a long Kegel sequence.

Hold the muscle contraction for a count of three. Relax between contractions. Work up to holding for 10 seconds, then relaxing for 10 seconds. Again, start with two sets of 20 each and build up to 75.

Once you are doing 300 repetitions a day of the combined short and long sequences, you will be ready to add the push-out.

After relaxing the contraction, push down and out gently, as if you were having a bowel movement with your PC muscle. Repeat gently. No bearing down.

Now create Kegel sequences that combine long and short sequences with push-outs. After a month of daily repetitions of 300, you should have a well-developed PC muscle. You can keep it that way simply by doing sets of 150 several times a week.

### A Variation for Her: The Kegel Crunch

Vary your Kegel routine by doing them while exercising. For example, do Kegels as you perform pelvic crunches. Contract your PC as you pull in your stomach muscles. Release both at the same time.

### A Variation for Him: Add Weight

As your PC muscle grows stronger, you can perform your exercises with first a damp handkerchief, then a face cloth, and finally a hand towel draped over your penis.



# HER SEXUAL RESPONSE CYCLE

There are general stages of arousal common to all of us, yet specific to each of us. Paying attention to her sexual response cycle and flowing with her moods is the art of love-making and what will make you the best lover she has ever had. Women's moods are so intricate that this could be a lifelong practice with the same woman.

## Noted Female Erogenous Zones

- Clitoris
- Cervix
- Vagina
- Anus
- Neck
- Ears
- Breasts
- Nipples
- Thighs
- Back
- Lips
- Hips
- Stomach
- Buttocks
- Shoulders
- Hands
- Collarbone
- Feet

- Backs of the knees
- Lower back torso
- Armpits

## Signs of Early Arousal

- Heart rate increases and her blood pressure rises
- Body muscles tense
- The vagina begins to lubricate
- Nipples and clitoris swell as they become engorged with blood

### Approach

At this stage you want to psychologically and physically engage the female form. The scenarios in this book are a creative way for you to initiate this phase. Approach her with the intention of authentic appreciation, selecting back her own beauty. Long, slow strokes and gradual builds are generally desirable at this initial stage. Initiate physical contact with:

- Soft kisses
- Relaxed eye contact
- Light touches

## As She Becomes More Aroused

- Breathing deepens, and she may moan or gasp
- Muscle tension increases, toes may curl, and spasms might show on the feet, face, and hands
- She sweats
- As the vagina swells with blood, the genitals appear darker
- The clitoris becomes larger
- Her breasts may even increase in size to become more full
- Her body flushes with a red tone

### Approach

- Incorporate a rhythm
- Establish patterns and sets
- Apply pressure
- Increase pace





## SEX FACT

On average, a woman needs twenty minutes of direct clitoral stimulation to have an orgasm. The average guy needs two to five minutes of stimulation to the head of the penis via thrusting in intercourse or manual masturbation. Not fair, huh?

- Direct contact to clitoris and surrounding erogenous spots
- Sucking works well to direct energy
- Create gaps or moments of no stimulation
- Be present watching and listening to what she likes
- Hold on to her as she approaches orgasm

### During Orgasm

- She has muscle contractions and loses control. Depending on the intensity, she may have between three and fifteen contractions occurring at 0.8-second intervals. She may also experience contractions in other parts of her body such as the sphincter
- Her body may become rigid at the highest point of orgasm
- Some women ejaculate fluid
- Sex flush becomes brighter and more noticeable

### Approach

Some people use cunnilingus as the appetizer, others the entrée. Women do not need to repeat the entire cycle to orgasm again. Once they are in the orgasm phase, they are highly orgasmic.

- Be grounded and steady, holding her in place
- Maintain contact to her clitoris and stimulating areas
- Apply pressure or sucking to the clitoris combined with light tongue strokes, which intensify orgasm

### After the Last Orgasm

The refractory phase is an important part of the oral experience. Interrupting this phase would be the same as cutting any of the other phases short.

- The clitoris and nipples become very sensitive
- “Sex flush” disappears
- Increased amounts of oxytocin, the “cuddle hormone,” are released into the body

### Approach

How long should you stay in this phase? Ideally, until she breaks free from your embrace, but twenty minutes is a safe amount of time.

- Slow down direct stimulation to erogenous zones to a stop
- Be present with her
- Hold and caress her
- Celebrate her



## SEX FACT

Any place can be an erogenous zone. Sex researcher Alfred Kinsey found that some women could reach orgasm by having their earlobes nibbled or eyebrows stroked.









# Cunnilingus Event Headliners

**Cunnilingus can be part of any celebratory event, from a rare dinner out at an expensive restaurant to an anniversary or major holiday or a fantasy game that merits special status.**

- **Rock Her World, page 16**  
The occasion calls for a gift of jewelry—wrap it around your penis and dangle it over her mouth after you’ve given her cunnilingus.
- **The Aphrodite, page 18**  
Treat her like the goddess she is.
- **Tantric Cunnilingus, page 20**  
Soul-mate sex—from your mouth to her vulva.
- **Shaken and Stirred, page 22**  
Add an element of erotic surprise to dinner out with friends.
- **Shave Before You Eat, page 24**  
How often do you get to shave her pussy?  
Yes, that’s an event!
- **The Mile High Challenge, page 26**  
Join a small and select club of international lovers—but don’t try intercourse in that tiny space.



# ROCK HER WORLD

**She loves your penis just as it is. But wouldn't she be thrilled to discover it wearing a piece of jewelry meant for her? And all she has to do to get that jewelry from the mighty penis is submit to cunnilingus.**

This is a win-win scenario: She gets the orgasm and a piece of jewelry. And you are definitely the man who rocks her world.

## The Rock Her World Cunnilingus Scenario

It's Valentine's Day (or her birthday or the anniversary of the day you met or married or had sex for the first time) and you want to give her something special. Forget the box and present it with style. Buy your bling and put it on your penis. And keep it in your pants during the foreplay.

A playful man makes life—and sex—more fun. And trust me: She will never forget the bling that came wrapped around your penis and was preceded by an orgasm. Wow!

### Last-Minute Preparations

Put on the bling. If it's a bracelet, simply lasso your penis. Rings can be laced with ribbon and wrapped like a present on the penis.

Kiss, caress, and stroke her. Tell her you want to eat her pussy. If she reaches for your penis (inside your pants), resist her advances, proclaim that it is all about her, and make your way down between her thighs.

## The Rock Her World Cunnilingus Technique

- Trail little sucking kisses down from her belly button to her vulva. Allow your hands to follow.
- Put your face between her legs and smell the sweetness of her. Put your nose on the button of her clit and rub it back and forth, to and fro.

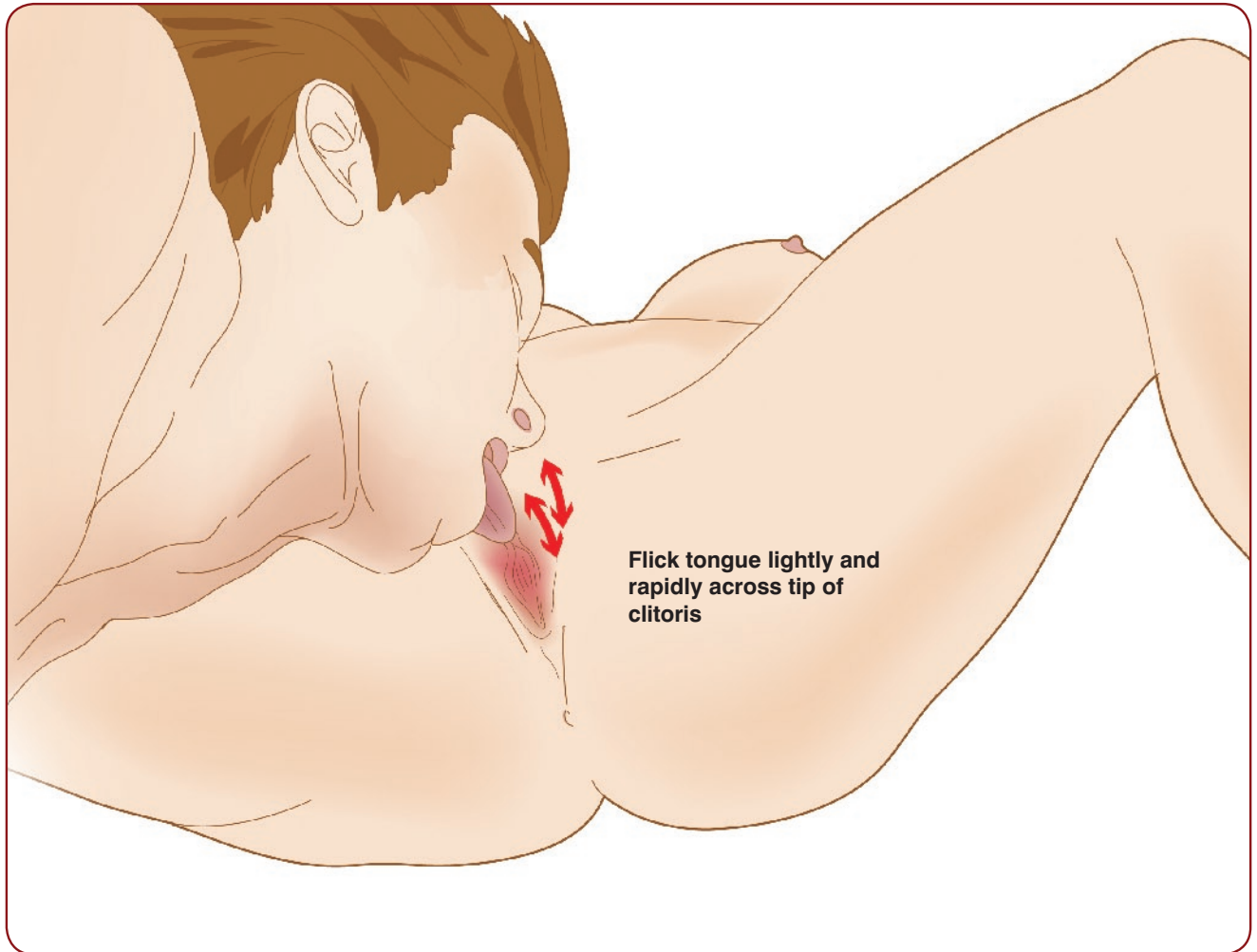
- Move your nose from the tip of her clit down to her perineum and back.
- Use the butterfly stroke, starting with wisps lightly over the top of her clitoris, down to her urethra. Increase the speed, doing shorter, faster strokes. Increase the pressure.
- Insert a finger into her vagina. Watch and listen to her.
- When you feel the contractions of orgasm begin, use your tongue to lightly prod the clitoris at the head. Use a flat tongue to get more area with your prod.
- After her orgasm, while in cuddle mode, unzip your pants and confidently pull out your decorated penis and present your gift. She will laugh, and you'll probably get that BJ—after she removes the bling, of course.





## SEX FACT

The average time it takes for a vulva to lubricate is 30 seconds. Part of this lubrication comes from the vaginal walls and a small part comes from the Bartholin's gland. Not only does lubrication make penetration easier, it's nature's way of balancing the environment in the vagina and clearing bacteria.





# THE APHRODITE

**You have probably told her time and time again how beautiful she is and how much you adore her body just as it is—but she still thinks she's too fat or too small in the breasts or wide in the rear, or whatever. Am I right?**

All too often women have a lot of body insecurities that hold us back from expressing our potential.

This cunnilingus scenario is designed to make her feel like Aphrodite, the goddess of love, beauty, and sexual rapture.

## Perfect the Move

- Tell her that you have an illuminating surprise waiting for her in the bedroom but that you will need a few moments.
- Light about six candles at the base of a full-length mirror. Play some music she likes or choose a song that has lyrics you think were written for her.
- Create a place (using a lot of firm pillows) for your Aphrodite to recline in front of the mirror with her back supported, so she can see herself as you perform cunnilingus on her.

## The Aphrodite Scenario

You take her hand and lead her into the room. Quietly, you hold her and let your eyes express how beautiful you find her and how much you desire her. Feel the erotic energy between you.

### Last-Minute Preparations

Take her hand and walk her over to the mirror. Meet her eyes in the mirror and tell her that you want her to watch you worship the goddess of love. Stroke her hair, for example, and tell her how much you love the way the curls fall on her shoulders. Slowly slide the collar of her shirt down and kiss her smooth neck. Watch as she turns her head and makes room for you to kiss her. Take off her shirt slowly, button by button. Cup her breasts in your hands. Remove her bra and rub her breasts against your cheek. Tell her you love the firmness of her nipples and swirl your tongue around them.

Run your hands down her body, feeling her hips and thighs and legs and commenting on their beauty as you undress her down to her panties.

Sit her down on her throne of pillows, remove her panties with your teeth, spread her legs open wide, and show her the contours of her flowering petals.

Remark on her luscious shades of pink or purple.

Put your nose to her vulva and let her hear you drinking in her scent. Glide your finger between her labia and put it in her mouth to taste what you taste.

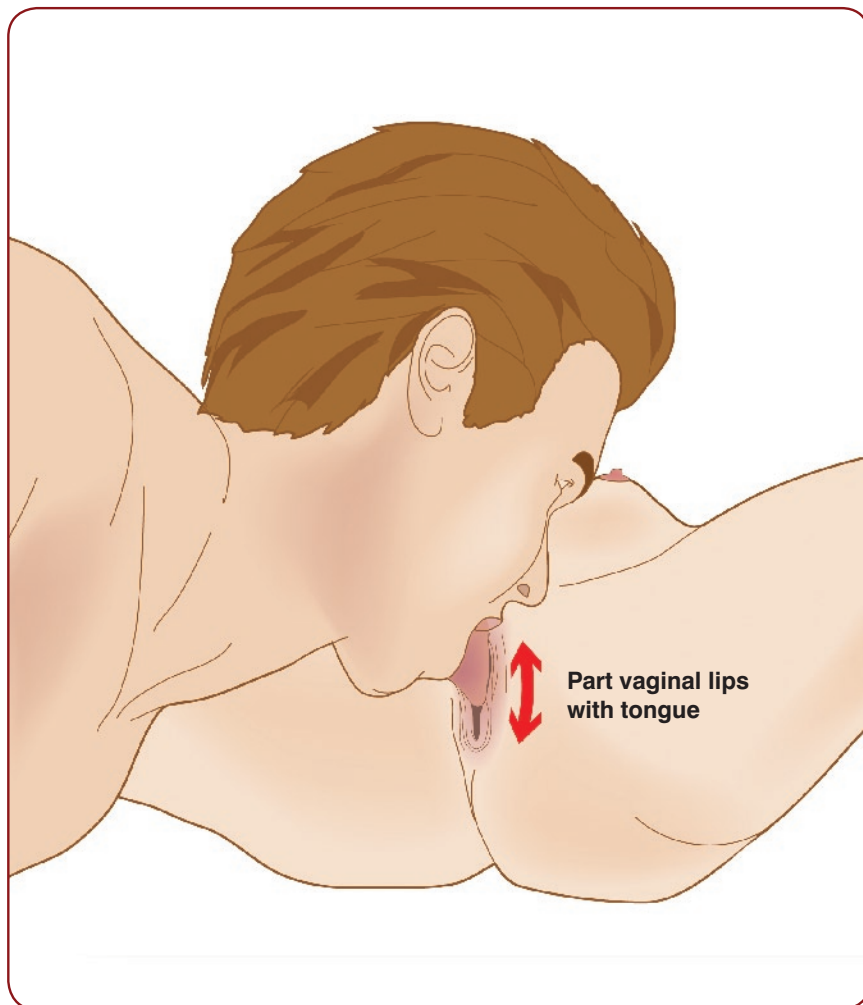
## The Aphrodite Cunnilingus Technique

- Using your tongue alone, separate her labia majora and labia minora. Move slowly and press your tongue as lightly as possible to open her lips. Make her crave more touch by shifting your patterns.
- Glide your tongue up the clitoral shaft to the clitoral hood.
- Expose the clitoral glans (or the head of her clit). Swirl your tongue *slowly* around the head, barely touching it.
- As her breathing gets faster and she moves against you, take her to the next level, adding more tongue pressure to your moves.
- Slip your tongue back and forth in the space between the place where her labia meet and the clitoral hood.
- Put your lips around her clit and suck. Alternate with licking the shaft. Increase the pressure and speed as she moves toward orgasm.



## **SEX FACT**

In French, the word to describe feminine smell is *cassolette*, which translates to “perfume box.”



## ***The Sexpert Says***

Most women have gotten the message that our vulvas don't smell or taste good. Men have trouble understanding that because they believe the pussy is perfect. You're right: It is.

You can help instill sexual confidence in your lover by telling her how beautiful she is, how much you love her smell and taste. Do you like to give her oral when she is fresh out of the shower, or do you prefer it after a good workout? Describe your preference to her in graphic detail.

This cunnilingus scenario is a winner because it lets her see herself through your eyes in the most positive way. She will feel beautiful and desirable—and love you for helping her feel that way.



# TANTRIC CUNNILINGUS

If you have ever studied (or read about) Tantra or other spiritual sex practices, you know that some devotees regard sex as a path to the union of two souls.

This scenario helps you put a bit of spiritual magic into your sex life. The secret to success? Awareness, synchronized breathing, presence, and imagination.

## Perfect the Move

- Breath is life. Practice breathing together in the “spooning” position, one partner curled around the other from the back. Breathe in and out louder than usual so you can hear and feel each other until your breathing is synchronized.
- Meditate together, experimenting with some visualization and imagination techniques, for example:
  - *Releasing:* Release the energy that gets in the way of your ability to connect and be in the moment. Imagine that you have a hollow tube or tree trunk that connects to the center of the universe. Dump all thoughts, good and bad, down the shoot to be recycled into another form of energy. This will help you be present.
  - *Restoring energy:* Imagine a large, magnetic golden sun hovering over your head. Let it collect all the energy you’ve spent during the day.

- *Alchemizing energy:* Now take all that restored energy and imagine that it is transforming into sexual energy and flowing into your body through the top of your head.

## The Tantric Cunnilingus Scenario

You and your lover are ready for something not only “new” but “different” in sexuality. The “woo woo” elements of Western spiritualized sexuality courses may be off-putting. This scenario demystifies spiritual sex and takes you through the first steps of a practice that you can shape and call your own. The big bonus for you? You get to give her cunnilingus.

### Last-Minute Preparations

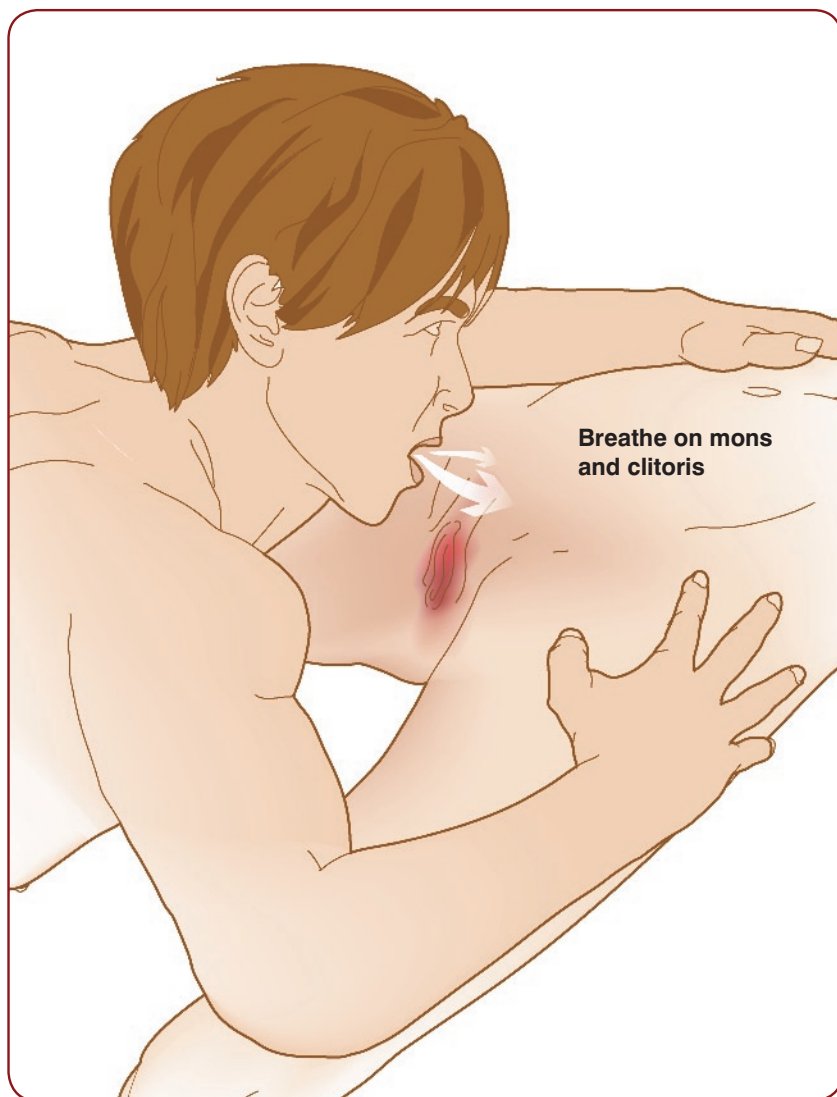
Do what helps you to feel grounded and in the moment. Lighting candles provides a nice glow and allows for lovers to make eye contact.

Close your eyes and kiss your lover. Breathe in and out through your nose, matching your breath. Relax into it like water collapsing into an ocean wave.

## The Tantric Cunnilingus Technique

- Keep a relaxed eye gaze as you kiss your way to her vulva.
- Breathe against her inner thighs and mons.
- Continue listening for her breath, moving with her.
- When her breathing pattern starts to change, change your pattern.
- Do slow diagonal licks. Change direction. Three minutes is a good time to change a pattern. Never do any pattern for longer than ten minutes.
- Now lick her shaft up to the head.
- When you hear her breath increase, flick the tip of your tongue lightly back and forth across the head of her clitoris.
- Without losing the breathing rhythm, bring her to orgasm.





### *The Sexpert Says*

You define what is “good sex” or “bad sex.” Maybe you do not relate to Tantra and other spiritual sex disciplines. It’s okay—if you like it fast and furious every time and she does, too, great. As long as the act is consensual and no one is getting hurt and it is not against the law, do it your way.

People are often judgmental about sex. Even those who claim they pass no moral judgments might tell you that their way of doing it—Tantra or polyamory or BDSM—is better than “vanilla sex.”

All that matters is what’s “better” for you.



# SHAKEN AND STIRRED

Going out to dinner with her friends *can* be fun! Give it to her shaken and stirred before the evening begins. When you whisk her away from the table and bring her back some time later looking happy and sated, she'll be the most envied and admired woman in the room.

## Perfect the Move

- Preparation is everything. If you haven't been to the restaurant before, make a quick trip just to scope out the bathrooms.

## The Shaken and Stirred Scenario

Surprise her with a quick trip to the bathroom the next time you go out to dinner with friends. What woman expects to receive oral pleasure while her friends sip their cocktails?

### Last-Minute Preparations

After you're seated and drinks are ordered, text her this message: Shhhh! Leave the table and meet me in the bathroom 2 minutes after I leave. Knock 3 times. xoxox

As soon as she's read the message, excuse yourself. Give your girl a smile and head to the bathroom.

When she knocks, guide her into the bathroom. Kiss her and tell her that she looks stunning and you can't stop thinking about the taste of her vulva. Turn her around the face the mirror, so she can see her herself.

## The Shaken and Stirred Technique

- Guide her into this position: legs widespread, leaning forward on the bathroom counter or basin, her rear pushed out. Get down on your knees facing her rear.
- Appreciate her beautiful curves with the warmth of your hand and cool wetness of your mouth.
- Using a soft touch and long, slow strokes, reach your hand to her labia and separate them with a gliding finger.
- Because she usually experiences this while lying on her back, she'll feel these strokes as bold and new.
- Now put your fingers around her clitoris in a V and stroke up and down, rubbing her clitoral crura, or "wings." Play with varied pressures and speeds until you feel her body relax.
- Break contact for a moment. This will build tension for the few moments it takes you to get in front of her.
- Go back to the V stroke on her wings. When you notice her breathing increase, put your lips around her clitoris and suck softly, covering your teeth with your lips.
- As you stroke her wings with one hand and use your mouth to gently suck, place one finger into her vagina and then two. Add pressure to the walls of her vagina with the balls of your fingertips. Do this pattern for about ten seconds, and then slowly rotate. Alternate sucking her clit with rotations.
- Match the rhythm of hands and mouth, increasing the intensity until she comes.



## *The Sexpert Says*

This may be the first time that she has seen herself orgasm in a mirror. Women don't masturbate as much as men do. Often, they don't think of an orgasm as something they give to themselves. When they do indulge in self-pleasuring, they fantasize a lover giving them that orgasm—and close their eyes.

Few women (and many men) would think of masturbating in front of a mirror. You might start a powerful dialogue by asking her whether she has ever watched herself come before and how she experienced it.



## **SEX FACT**

Women are always surprised to hear that you enjoy their smell. Making noises of appreciation will help her feel more comfortable about her body as you're performing oral sex on her.

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# SHAVE BEFORE YOU EAT

Are you the man who gets a 5 o'clock shadow before noon? The slightly unshaven look is sexy—unless that rough face is between her thighs. Offer to shave before you go down on her—and suggest a twist: You'll shave her pussy, too. Soft, hairless flesh meets the same.

## Perfect the Move

- Practice shaving your own pubic hair with a woman's razor. You'll quickly see that you need a more gentle technique than you use for shaving your own face—and that's why women's razors are shaped differently.
- Hair removal cream is also an option for her if she has complained about the itch when pubic stubble grows back in. A popular pick among porn stars is Magic Shave, located in the African American hair care section of the drugstore.
- Searching for a gift for the girl who likes to wax? Give her a gift certificate to use at her favorite waxing salon.

## The Shave Before You Eat Scenario

She always wants to watch you shave. On this day you let her, and after some time, you offer to shave her. You tell her where you want to put that smooth face, and in mid-sentence, as you are describing the details of the pleasure you will give her, she looks you in the eye and unbuckles her jeans. The sound of jeans hitting the floor is the last thing you remember hearing.

## Last-Minute Preparations

Gather your tools: a new disposable women's razor or a fresh blade for the razor she always uses, small scissors, hair conditioner, shaving cream, a hand mirror, waterproof lubricant and/or a waterproof vibe.

With her input, select the pattern. Is she going bare? Will there be a shape? A landing strip? Or will you create a stencil? To create a stencil, get out a piece of cardboard, draw a pattern, and cut it out. Start with something simple such as a heart or initials.

Offer her an orgasm to relax her. Use a waterproof lubricant and/or a waterproof vibe.

## The Shave Before You Eat Cunnilingus Technique

- Wash and condition her pubic hair.
- Start by trimming her pubic hair with small scissors or an electric trimmer.
- Have her stand or lift her butt up so that her hair is easy for you to reach. Lather her with shaving cream. Now take that razor carefully in hand. Proceed cautiously. When she is clean shaven and exquisitely sensitive, rinse her pussy, help her out of the tub, and towel her dry.

- Notice how heavenly silky smooth she feels. Tell her about it.
- Lay her down on her back on the bed or floor and get on your stomach.
- Marvel at the beauty of this masterpiece. Start by brushing your fingers over her mons. The absence of hair increases sensitivity.
- Gently touch and explore the smoothness of her inner labias with a lubed finger.
- Glide the tip of your tongue over and around the forchette, the skin at the base of the vaginal opening.
- Move your tongue in short slow licks up the side of her inner lips, or labia minoras, and up to her clitoral shaft.
- Maintain tongue action and insert your lubed finger(s) in between her already slippery thighs.
- When you make your way to the clitoral head, use a flat broad stroke to wash over her back and forth.
- Occasionally pause and put pressure on the commissure with your tongue.
- When she begins to contract to orgasm, applying light taps to the clitoral head will spark her orgasm.



## *The Sexpert Says*

Although it leaves the pussy silky smooth and delicious, the Brazilian wax is very painful, especially the first few times a woman has it done. Many women choose not to wax because they hate the pain. If you really want your girl to wax it all off, then offer to go with her and wax your balls, pubic bone, perineum, and ass. That would be the equivalent. Don't forget the Scream Cream—it's a product that takes the sting away . . . well, a little bit.

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# THE MILE HIGH CHALLENGE

**You want to have sex on an airplane, but those bathrooms are tiny! Wouldn't it be much easier to give her an oral orgasm than have intercourse? (It still counts as sex, so you can be an active member of the Mile High Club.)**

With overcrowded flights the norm, there's only one way you can be sure you'll get the necessary bathroom time: Book a red-eye flight to your destination. Give her manual foreplay under a blanket. When most passengers are asleep, make your move.

## Perfect the Move

- Without ruining the surprise, do a “dry run” in a confined space roughly the size of an airplane bathroom. A shower stall, perhaps?
- Pay attention to how long it takes her to reach orgasm via various oral/manual techniques.

## The Mile High Challenge Scenario

Pretend you are strangers who just met on the plane. Ask if she minds your hand in her lap, down her pants, or on her clit. Invite your new-found friend to join you in the bathroom. Choose a rear restroom because the back of the plane is the loudest section.

## Last-Minute Preparations

Put the toilet seat down and cover it with paper towels. (You want to avoid splash—uck—in the event of turbulence.)

Make eye contact just before going down to your knees.

Get down into a squatted position and face her vulva. (It's the best use of the space.)

Have her scoot forward and put her legs over your shoulders.

## The Mile High Challenge Technique

- Cover her clitoris with your mouth and make the “mmmmm” sound. Vibrate your lips on her clitoris, simulating the noise and vibration of the plane and adding to the spirit of playful adventure.
- Insert two fingers into her vagina and tell her to grip them with her PC muscle, and then release. Flexing and releasing the PC will make her orgasm more quickly.

- Give her alternating sensations of a flat, wet, not moving tongue. A lot of times we think we have to “do something,” but watch as the absence of movement after the vigors of vibration has her moving her pelvis over your tongue and maneuvering your head.
- Cover your teeth, take the whole clitoris in your mouth and gently suck, simultaneously running your tongue around and over the clitoral glans.
- Now get to work seriously—give her what you know she loves.



## *The Sexpert Says*

The challenges of limited space and time—and the risk of discovery—will probably bring her to orgasm faster than she's ever come during oral sex. Someone knocking angrily on the door only adds to the excitement. Exit that bathroom together like strangers who will go your separate ways. No hand-holding. No eye contact. Keep up the façade. What a naughty boy and girl you are!

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## **SEX FACT**

According to an unofficial survey of international flight attendants, about half the couples having sex in airplane bathrooms just met on the plane.

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# Increase Orgasmic Intensity with Sensual Indulgences—Plus Cunnilingus

There are many ways to indulge your lover. Whatever surprises and treats you have in store for her, make them more memorable by including cunnilingus.

- **The Whole Donut Massage, page 32**  
Give her a massage that includes the whole donut, even the hole—and don't forget her happy ending.
- **Morning Thunder, page 34**  
Give her breakfast in bed and a new mouth move.
- **The Royal Treatment, page 38**  
Service your slightly kinky queen and reap the rewards later.
- **Light Her Fire, page 40**  
Build her a roaring fire—and go down on her in front of it. That's a luxury any woman will love.
- **Wet and Wild, page 42**  
Hot tubs are sexy. Can you hold your breath underwater and lick her at the same time?
- **The Harlequin Special, page 44**  
Read out loud from a romance novel together—orgasms included.
- **Wake-Up Call, page 46**  
Become her human alarm clock with your tongue.
- **Thrill Her from Head to Toe, page 48**  
After you paint her toes, suck them . . . and keep sucking.



# THE WHOLE DONUT MASSAGE

She doesn't have to go to a spa to get a massage. You can give her the donut and the hole massage in your own home. The secret to success in this scenario lies in predicting her needs as well as meeting them.

## Perfect the Move

- The key to giving her a whole donut massage is developing the long, slow buildup of tenderness and care that leads to a luxurious (or more than one) orgasm.
- Pay attention to the speed of her response the next time you perform cunnilingus. How quickly does she come from various mouth and tongue moves? You want to take her high, bring her down, take her up again—so you need to know when to pull back the intense stimulation.
- This is not a quickie.

## The Whole Donut Massage Scenario

She's had a rough week at work. Your girl is taking care of you and everyone else but herself. Every woman loves to be nurtured. You take her in your arms, simply listen to her, give her eye contact, hold her, stroke her face and hair, and tell her that you care. You mirror her tone of voice and body language—a technique that registers as empathy. You encourage and give your woman permission to take care of herself, and as a result, you experience the ultimate payback: more satisfaction and more sex.

### Last-Minute Preparations

Create a spa environment. The most important task is to create a space that is clean and simple. Put all junk, papers, projects, and work out of view.

Draw a bath for her. Undress and caress her to the tub.

Play relaxing music. There are many different types of mood music, including relaxation, that you can purchase to make your own CD.

Have fresh flowers arranged in small vases. Put clean sheets on the bed and fluff the pillows.

Have a warm towel waiting for her when she gets out of the tub, and lead her to the bed.

Turn on the heater and cover the parts of her body not being touched at that moment with a sheet or light blanket.

Focus on your long gliding strokes and caresses on her butt, breasts, stomach, and thighs.

Wrap one arm around her back and use your finger pads to exert pressure on her lower back, just above one of her butt checks. Hold for about ten seconds. Switch and add pressure to the other side. Hold for about ten seconds. If she asks for more pressure, give the girl more.

Do the same thing to a point just above her mons.

Now put one hand on her heart and caress her vulva with the other. When she begins to moan, she's ready. Open her legs wider and lower your head.

## The Whole Donut Massage Technique

- Put one hand under her buttocks and leave your thumb free to massage her perineum.
- Nibble your way around her entire vulva area.
- Lift her legs over your shoulders and rest them on your back. She should have to exert as little energy as possible. Cover her clitoris with your mouth and suck rhythmically until she is highly aroused.
- Slowly lick up and down the sides of her clitoris and occasionally over it.
- Place one finger along either side of her clitoris and gently press in as you flick the tip of your tongue across her clit. Repeat.
- Insert a finger into her vagina, then two, and explore her vaginal wall. When you get to the spongy G-spot, add pressure and rub with your fingers. Put a hand on her mons and gently press. The contrast of internal and external pressures onto her G-spot will delight her.
- Combine the internal massage with the sucking and flicking the tip of your tongue across her clitoris until she explodes in orgasm.



## *The Sexpert Says*

Every woman loves it when a man knows how to adapt love making to her mood. Even strong, successful, independent women want to feel taken care of from time to time. She wants to curl up in his arms and hear him whisper, “Everything will be okay,” which helps her relax and set her worries aside. And she may need that to enjoy sex! Women who have difficulty reaching orgasm especially need the extra reassurance. “Foreplay” begins when she walks in the door.





# MORNING THUNDER

In this scenario, you give your girl Morning Thunder as you lie on your back and she straddles your face. That position affords you a great view of her face and bouncing breasts—and it's easy on your neck. A nice bonus: She's in the female superior position, where she feels totally in control. You are her human vibrator and she can use you however she pleases. Nice!

## Perfect the Move

- Practice sending vibration to your lips by making a humming sound. Start with “hmmm,” then try different sounds such as “ohhh,” “uhhh,” and all other vowels. Put your lips to your wrist and practice, because the skin on your wrist is thin and sensitive. Because you probably can't practice on your own penis (bummer, huh?), this is the next best thing.
- If you don't have large pillows to put behind your head, buy some. Pillows make a great sex furniture. And pick up a breakfast in bed tray. After the cunnilingus, you serve breakfast.

## The Morning Thunder Scenario

You wake up to find your girl, naked and rubbing up against you. For a brief moment, you think you're dreaming, and soon you realize that she wants your morning thunder. You glide your fingers in the inner crevices of her vulva as you lick and suck her clitoris. She's on top and in charge. And you are there to give her your lightning bolts of delight, as usual.

### Last-Minute Preparations

Arrange the pillows so that you are both resting comfortably and in a position that affords easy connection with her pussy.

Have lube ready on the bedside table to facilitate manual play.

Tell her that you are her warm, wet, human vibrator and that she should use you however she pleases.

## The Morning Thunder Technique

- Hold her butt loosely in your hands. Don't try to control her, but provide support when she is, for example, sliding her clitoris back and forth across your tongue.
- Put your tongue out in front of your teeth and flatten it so she can wiggle and move her vulva over your tongue as she pleases. Refrain from moving. Just let it be and watch; you will be amazed.
- Play with her breasts, creating a rhythm of squeezing them (or tweaking her nipples) in sync with her gyrating movements.
- If she is receptive to it, hold her hips still as you put your tongue inside her vagina and twirl it clockwise, then counterclockwise.
- Still holding her hips, do your hummer move: Place your lips around her clit and vibrate them.
- Hum her to orgasm.

## MORNING THUNDER VARIATIONS

- She can squat rather than straddle, putting more pressure on her feet than your face.
- Or she can kneel on pillows placed on either side of your head, making it easier for her to sustain the position.
- If you have bedposts or a suitably designed headboard with slats or other places to grip, she may be able to hold on to them, giving her better leverage as she “fucks” your tongue.



## **SEX FACT**

Worried about your size? Women report that what a man does with his hands, tongue, fingers, and toys matters more than his size. Cunnilingus is the perfect sex activity because you can bring her to orgasm no matter what your size or the quality of your erection.

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## *The Sexpert Says*

Cunnilingus is typically used as either foreplay (bringing her close to orgasm) or as the means to give her an orgasm before he has his in intercourse. The bonus: Performing cunnilingus does help you last longer and thus be a better lover. If you have a tendency toward premature ejaculation, then going down on your woman slows you down. When you make cunnilingus the focus of a





lovemaking event, you begin to see it as more than foreplay or her guaranteed orgasm. It's also the path to orgasmic intensity for her. Try pulling back when she's close to orgasm and kissing, caressing, and stroking her in ways that sustain arousal but don't bring her immediately to orgasm. When you finally do take her there, her orgasm will be bigger and stronger than it usually is.

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# THE ROYAL TREATMENT

**We all want to be treated like royalty on occasion. In this scenario, she is your queen, but not a cold, distant, bitchy one. She's hot. In fact, her majesty is a bit kinky.**

She wants to be worshiped in a carnal way. Sit her on a throne and give her the royal treatment.

## Perfect the Move

Practice by creating the image in your mind's eye. You will be performing cunnilingus on her as she is seated on a throne (or a near approximation to one), giving you an unforgettable view of her and access to angles that you never explored.

In your mind's eye, imagine your girl's vulva. See yourself putting two fingers on the sides of her clitoris (in a V shape) to make her jewels stand up and at attention. Imagine that you are tapping the tip of her clitoris with the tip of your tongue. You can even put your tongue to your wrist and gently tap.

## The Royal Treatment Scenario

It's an ordinary day, but you know no special occasion is needed for the queen to be treated well. She will likely accept the offerings of your kingdom any of the 365 days of the year.

### Last-Minute Preparations

Create the throne. Pull out a chair and place some pillows on it. If you have a raised space in your home, such as a fireplace or a step to another room, place her chair on that step. A padded bar or counter stool also makes a nice throne.

Put a pillow down before her throne to give your knees a break.

Kiss and caress her. Remove her panties. Lead your lady to her throne and ask permission to worship.

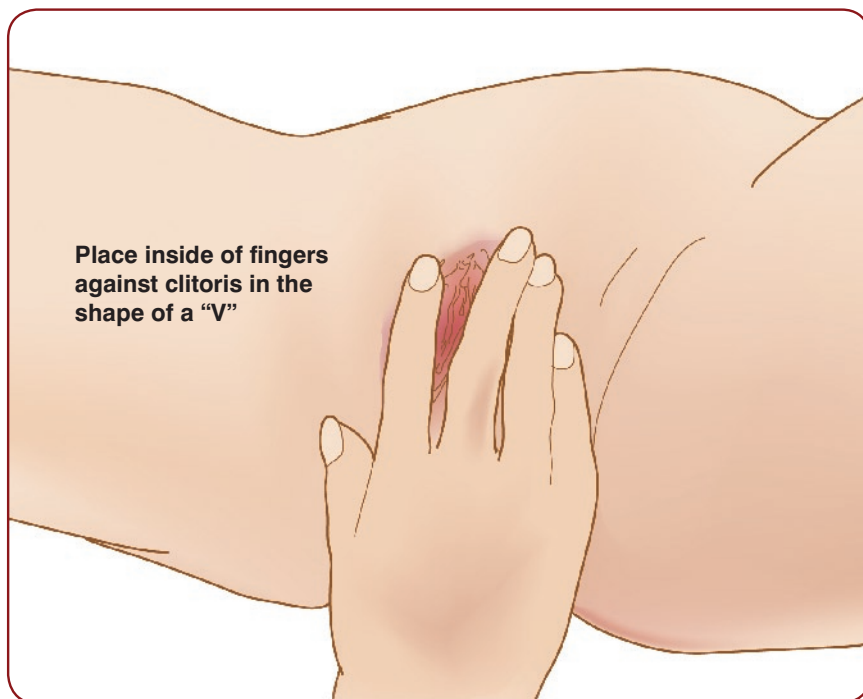
## The Royal Treatment Technique

- As you bring your mouth reverently to her, use two lubed fingers to form a V around the sides of her clit.
- Slide your tongue over the tip of her clitoris a few times.
- Lick the sides of her clit as you insert two fingers of the other hand into her vagina.
- Suck her clitoris as you stroke her G-spot.
- Tap the tip of her clitoris again a few times.
- Put your lips around her clitoris, and as you suck gently, move your head back and forth.
- Swirl your tongue around her clitoris, alternating fast and slow. Switch directions.
- Continue the G-spot massage until she comes.

## SEX FACT

Staying consistently sexually active will help maintain the sexual response of lubrication. Other factors, such as fluid intake, stress, smoking, alcohol, and medications, all play a part in the degree to which women lubricate. In their studies, Masters and Johnson found three women over the age of sixty who lubricated in response to sexual stimulation as rapidly as women in their twenties did. They discovered it was because these women reported satisfying sex once or twice a week for their entire adult lives.





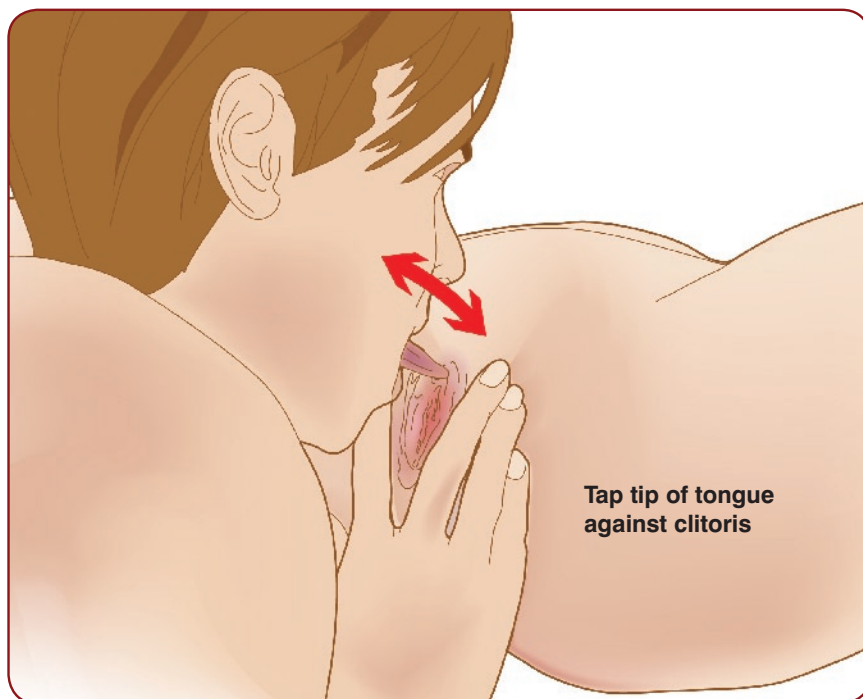
**Place inside of fingers  
against clitoris in the  
shape of a "V"**



### ***The Sexpert Says***

If your lover takes a while to come, remind her that you enjoy giving her oral pleasure, that there is no rush, and that she looks, smells, and tastes wonderful. Women get performance anxiety, or orgasm anxiety, too. Be authentic, sharing the truth about this, and devote more time to "foreplay," including the twenty-four-hour variety, kissing and caressing her even when you don't have sex in mind.

Give her the gift of cunnilingus more often. It is often a sure path to orgasm for many women.



**Tap tip of tongue  
against clitoris**



# LIGHT HER FIRE

**Light her fire—literally as well as figuratively. A man who can build a roaring fire for a woman is sexy. The fire touches something primal inside us. Imagine the cavewoman edging closer to the fire builder, her man.**

Stretch her out in front of the fire you've just created, and build a different kind inside her with your tongue.

## Perfect the Move

- No fireplace? Rent a weekend getaway cabin with a fireplace.
- Practice your fire building skills. (Hint: Start with a fire log; you can't go wrong.)
- If you have a flannel shirt, wear it. It helps set the mood.

## The Light Her Fire Scenario

It's snowing outside (or it's damp and chilly). You say, "It's a perfect night for a fire" and settle her onto the sofa. You make sure she has a clear view of her man at work. Start lighting those fires.

### Last-Minute Preparations

Wrap your arms around her and blow warm breath onto her body.

Pull one of those new warming gels out of your shirt pocket. Put some in your hands and rub it into her vaginal lips.

## The Light Her Fire Technique

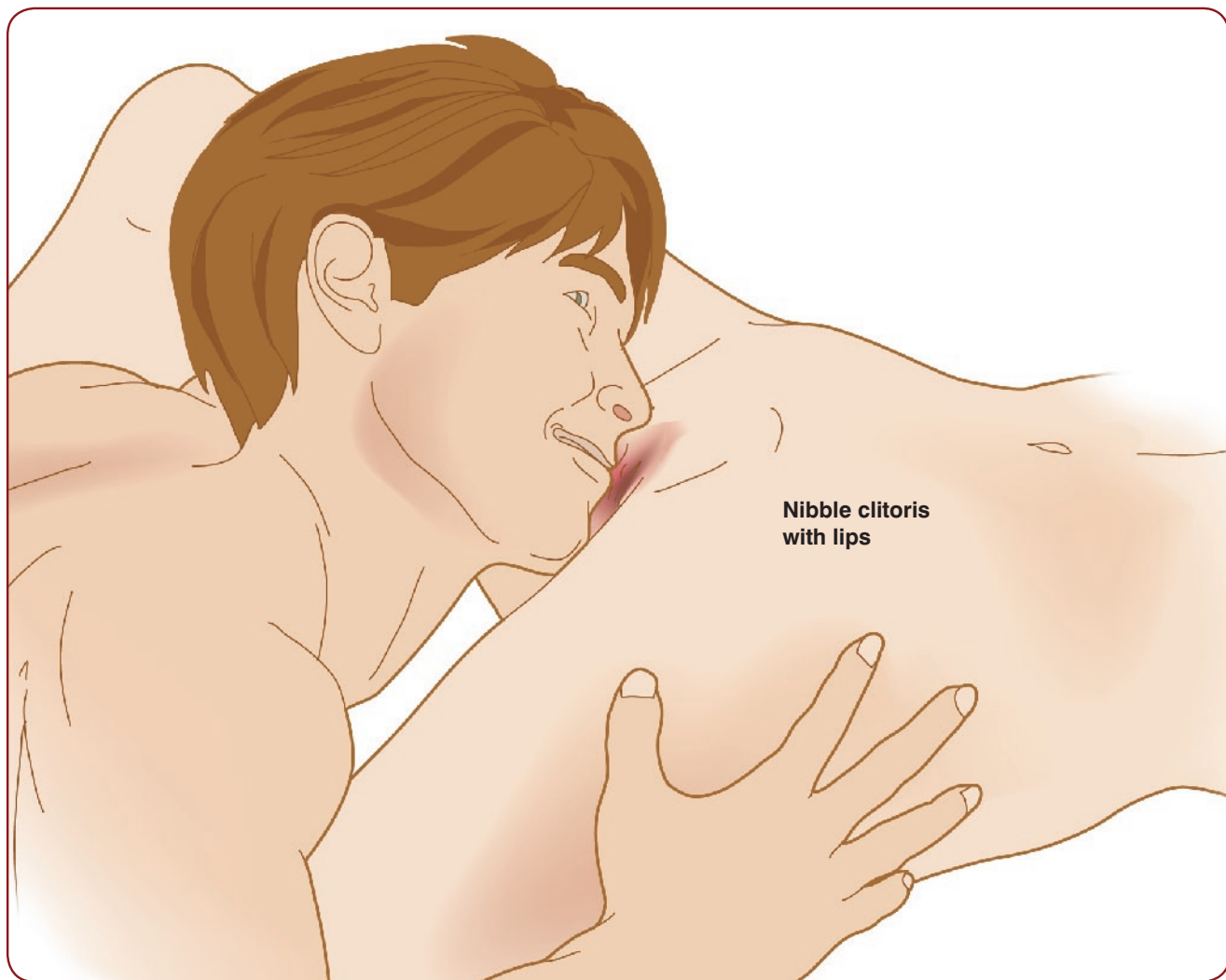
- Lie down on your belly between her legs. Kiss and caress her whole body as you remove her pants or skirt. If she's very agile, lift her legs above her head. Lick her labia and perineum with swift, broad strokes of your tongue.
- Slap her ass lightly a few times, sending a nice vibration to the clitoris and surrounding area.
- Bring her legs back down. Gently "nibble" her labia with your lips covering your teeth.
- Flutter your tongue across her clitoris.
- Now, nibble her clitoris the same way you did her labia.
- Insert a dildo into her vagina and apply slight, slow pressure to the left and right of her cervix, a move often called The Frisbee. Massage these regions with gentle but firm pressure.
- Continue with the massage as you suck and wisp your tongue over her clitoris.



## *The Sexpert Says*

Some women report that stimulation to the anterior (AFE zone) and posterior fornices surrounding the cervix offers an intense orgasm and an emotional release. Other women report that the fornices can't be stimulated without contact to the cervix, which could be painful at times and arousing at others. The fornices have been described as a ring-like structure that encircles the cervix, with the texture similar to the back of a Frisbee.







**Hot tubs are sexy. The warm water, the bubbles, the minimal clothing—it's a potent erotic combination. If you have a hot tub, or access to one, you've probably fooled around in it.**

In this scenario, water is foreplay—take a breath. You're going under.

## Perfect the Move

- Practice holding your breath under water. The secret: Breathe slowly out your nose and do not panic. As you practice, your lungs expand their capacity to take in more air, giving you more time under water for when you go down.

## The Wet and Wild Scenario

It's a star-lit night. Champagne in one hand, your girl in the other, both of you enjoying the hot tub. Getting Wet and Wild may make “meet me in the hot tub” a regular household saying.

### Last-Minute Preparations

Take a moment to connect with your lover using kissing, petting, and stroking.

Make eye contact. This will help her to feel like she is engaged with you and not giving you a show of her masturbating with the jets (unless of course that is the direction it takes).

Position her on the jets by having her hold onto the side. You will hear a moan when she finds it.

For a gradual progression, hold her labia over her clitoris and allow the jets to offer indirect stimulation. After some time, move them away and open her up so that

the water hits her clitoris. (Make sure that she's far enough away from the jet to experience the water as arousing, not painful.)

As you're doing that, give her little sucking kisses on her neck and breasts.

Turn her around to face you, with her back to the jets.

Now take a deep breath—and dive.

## The Wet and Wild Technique

- Insert your tongue and thrust in and out, in time with the water jet stroking her back.
- Come up for air. Using a silicone lube (it's water resistant), goo up your finger, a G-spot stimulator, or a dildo, and insert it.
- Hold it in and gently push it forward toward her abdomen.
- Take a deep breath and go down again. Replace the dildo with your tongue.
- Repeat a few more times, alternating the tongue thrusting with broad licks of her labia and perineum.
- Now, lift her out of the tub and sit her on the edge. Kneel before her and bring her to orgasm using a combination of licking, sucking, and swirling the tip of your tongue around the tip of her clit.



## *The Sexpert Says*

Women are more likely to believe a story or situation as “true” if it includes details. Without them, women wonder about the validity of your statements. Men brush over the details and get straight to the facts. This explains why men often get frustrated with women when they tell a story loaded with details. Women often get frustrated because they think their man is holding out on them.

What does this have to do with sex? Everything. She needs to hear what you want to do to her in exquisite detail. Verbal foreplay is very hot for a woman, but don't forget the details.



## **SEX FACT**

Kissing has physiological benefits, such as slowing down our brain waves and putting us into a more calm and relaxed state. It's also fantastic foreplay for cunnilingus. Your lips seem to make their way naturally from her mouth to her pussy.





# THE HARLEQUIN SPECIAL

Romance novels are a hearty genre. They have grown increasingly more erotic in recent years. (Yes, women like it hot.) The books reflect our new recognition that women do think about sex, not just love. In fact, romance and sex are entwined in female fantasies.

In this scenario, you'll use an erotic romance as foreplay and help her bring that fantasy to life.

## Perfect the Move

- Go to the bookstore and select a sexy novel that has a theme you know she finds arousing. (Check her bookshelf and draw upon memories of shared fantasies.)
- Practice reading aloud from the sections you've highlighted in your romance novel of choice. (Obviously, it should include a cunnilingus scene.)
- If you're going to try a new mouth move, practice that, too. If you don't find a book to your liking, write your own scene.

## The Harlequin Special Scenario

Set the scene by adding your own paragraph for imagination. If the scene for the book is set in Tuscany, Italy, set the scene by having her close her eyes and imagine the golden rolling hills, the smell of grass, and the warmth of the sun. Begin your reading. When you get to specific details, hand her the book. Ask her to read. You act them out as she does.

### Last-Minute Preparations

Have your scene bookmarked. Stroke her legs and caress her feet as you begin reading. Work your hands up her body, bypassing her vulva.

When it's her turn to read, ask her to sit facing you with her legs spread. Stroke her thighs and listen to her voice change as she becomes aroused.

## The Harlequin Special Technique

It depends on the book, but here are a couple suggestions.

- Here's a move very popular in erotica: the lollipop lick. Slowly lick her clitoris up the shaft, to the top, swirling your tongue around the tip. Repeat, repeat.
- Another good one: darting tongue. Penetrate her vagina with your tongue, but instead of going straight in and out, dart to the sides as you thrust.

## THE HARLEQUIN SPECIAL VARIATIONS

- Blindfold her as you read the story.
- Have her create her own story as the hero goes down on the heroine. Ask her to give you specific instructions, and follow them.

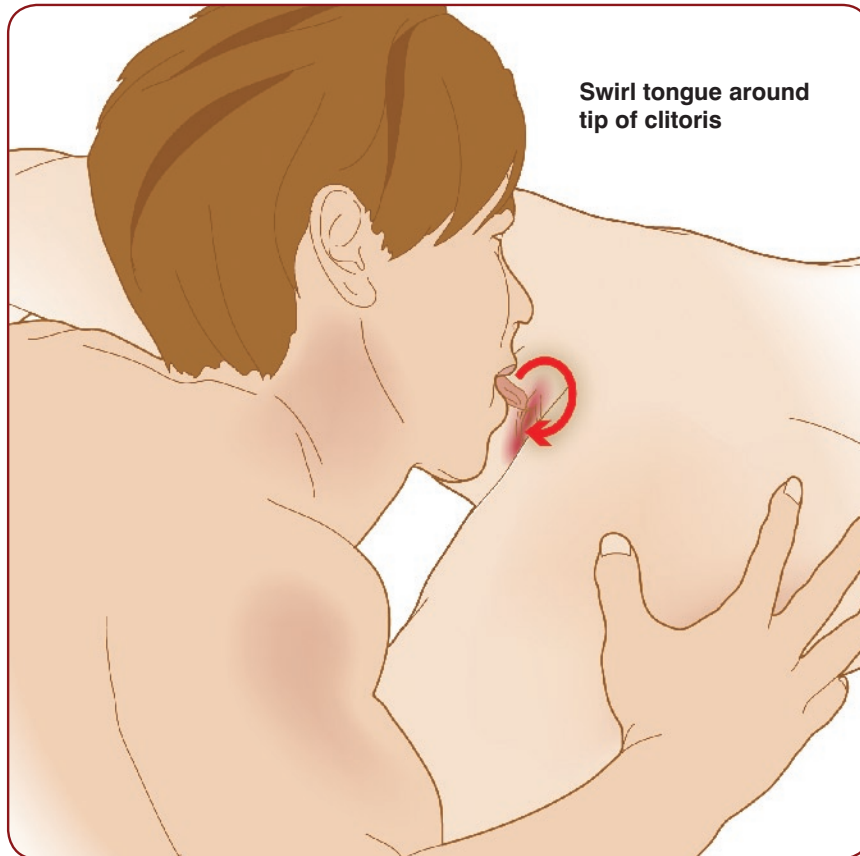






## SEX FACT

In one experiment, Olympic athletes were asked to imagine running in the Olympics as they were hooked up to machines to measure their physiological responses. Interestingly, the same muscles fired when they imagined the race as when they actually ran the race. What does this have to do with sex, you ask? You can create your reality in your mind.



## *The Sexpert Says*

Women have porn, too. But we call it erotica. Words are more important than pictures in erotica, while the reverse is true for porn. The language is also different, with men preferring the hard physical words such as *suck*, *fuck*, and *thrust* and women being more aroused by sensual terms such as *caress*.

Both serve the same purpose. They titillate and arouse, fueling our fantasies and encouraging us to be more creative in lovemaking.



# WAKE-UP CALL

**Does she hate waking up in the mornings? Give her a wake-up call that will send her off to conquer the world. The next time she has an early meeting, become her human alarm clock. She'll be very grateful to discover that your swirling and twirling tongue has replaced the bleating of the clock.**

## Perfect the Move

- Set your cell phone to wake you.
- Pay attention to the tongue moves that bring her to orgasm fast. This is a quickie.

## The Wake-Up Call Scenario

Today she has to make a big presentation, and she has been anxious about it for days. You help her relax and start the day right by giving her an orgasm. What puts things into perspective better than an orgasm?

As the tension releases from her body, you tell her she is beautiful, glowing—and a very competent businesswoman, too, of course.

## Last-Minute Preparations

While she is still sleeping, slide your body down hers. Accommodate her sleeping position and try to get your head in the right place without waking her. She sleeps on her back? Perfect. If she is on her side, move the top leg gently to create an opening.

If she is wearing pajamas or panties, slip them aside and slide your tongue between her labia lips, gently opening her up.

Run your hand up and down the small of her back to bring her energy down to her pelvis.

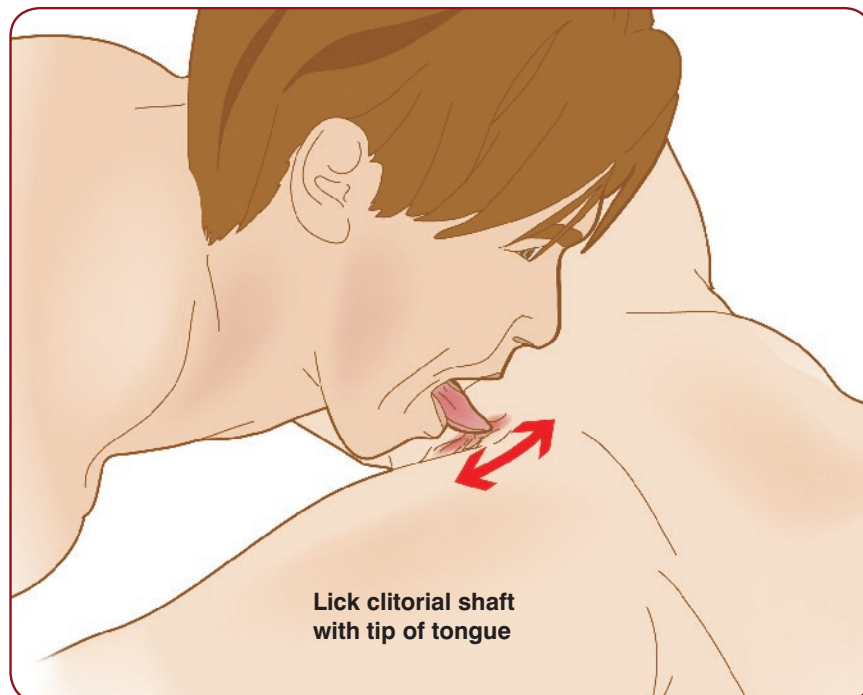
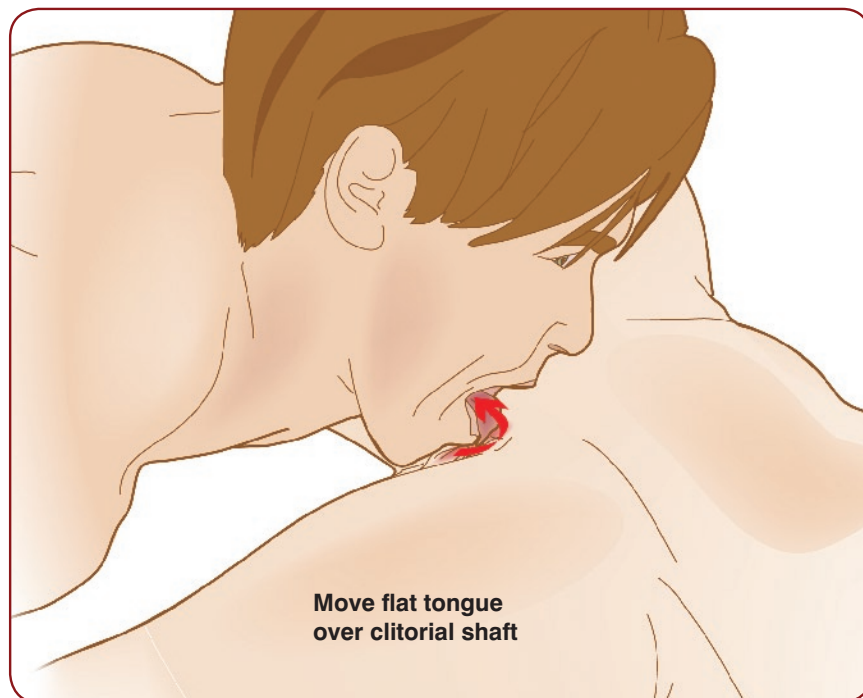
## The Wake-Up Call Technique

- Feather your tongue softly over the head of her clitoris, going back and forth, to and fro. It takes effort and concentration to touch this lightly. Think of a butterfly's wings fluttering rapidly.
- Continue those feather strokes. Flutter the wings diagonally left then right.
- When she's aroused, awake or not, lick the shaft of her clit with the flat of your tongue, then with your pointed tongue. Do this pattern for some time. Observe her and be in her flow.
- When she is showing signs of accelerated breathing, she is almost there. Go back to the head and give a few jabs with your tongue.



## **SEX FACT**

The hormone oxytocin, which is released at orgasm, also plays a role in the desire to fall back asleep after sex, which takes effect about fifteen to twenty minutes after orgasm.



## ***The Sexpert Says***

A lot can be learned with simple observation. As a general rule, if you ever see a woman scoot towards you, she wants more pressure. If she moves her pelvis back and forth, or up and down quickly, it probably means faster. If she pulls away, less pressure.



# THRILL HER FROM HEAD TO TOE

**Her feet are sexy, too. According to reflexologists, applying pressure to certain parts of your hands and feet stimulates a corresponding organ. I am quite certain that there are some super nerve endings traveling from her feet to her clit. (Why else would we love shoes so much?)**

Give her a pedicure. Worship her toes. Move up those gorgeous legs. And finish her off.

## Perfect the Move

- The best way to know how to give a pedicure—and how good it feels—is to get one yourself. If you've never had one in a salon, now is the time.

## The Thrill Her from Head to Toe Scenario

Who isn't on a budget? Do you know anyone who hasn't made some lifestyle changes, including giving up or limiting little luxuries such as salon pedicures?

The next time she pulls out her home pedi kit, take it out of her hand and offer to give her your own version. If she looks at you sideways, remind her of your steady hand and all the things you've painted.

### Last-Minute Preparations

Fill a large bowl with warm, soapy water.

Sit her down somewhere comfortable with pillows behind her back to push her forward. Let her feet soak for ten minutes.

Next, apply a cream or an oil to her feet.

Start by massaging the top of the foot, then the instep, and then the heel.

The feet, so often ignored, have thousands of nerve endings and pressure points that lead throughout the entire body. Press down on the heel of her foot in a series of circles, making a bull's-eye. Glide your thumb along the arches and gently pull a toe. Repeat this process with all ten.

Perform the pedicure as it was done to you at the salon.

When her nails are dry, lift one foot to your mouth and suck each toe. Repeat with her other foot.

Now lick up her legs to her vulva. Repeat using little sucking kisses.

Using the fleshy part of your thumb, gently but firmly apply pressure and slide your fingers up to the top of the foot. Visit the indent between the outer ankle bone and Achilles tendon. Hold the pressure for about 30 seconds to relieve tension and inspire pleasurable feeling. Repeat several times. This pressure point works for men, too.

## The Thrill Her from Head to Toe Technique

- Part her lips and lick inside both the major and the minor ones. Repeat using the same sucking kisses that you used on her legs.

- Work your tongue softly in circles around her clitoral shaft.
- Reverse directions and go counterclockwise.
- Move the tip of your tongue lightly back and forth across the tip of her clitoris.
- When you have found the magical spot, stay there for about three minutes. You can change the direction and sequence, but don't switch it up at a magical moment.
- Move your tongue faster until she comes. Then slowly and softly, pull the last contractions out of her as you run your fingernails just above her pubic bone.



## *The Sexpert Says*

Many people enjoy playing with feet during sex play, but that doesn't mean they have a foot fetish. When an erotic activity is more than a trigger for arousal, but the one necessity for arousal, it's a fetish. So, don't worry that a little foot play is perverted. It's mildly kinky—and every good sex life needs a little kink now and then.

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# Cunnilingus and the Single Lover

Once upon a time, mostly established couples practiced oral sex, which seemed somehow more intimate than intercourse. Now new lovers, male and female, expect to receive oral gratification long before they meet your mother.

- **Safer Sex Cunnilingus, page 52**

Diseases are less likely to be transmitted via oral sex than intercourse, but there is some risk involved. Practice safer sex.

- **Hookup Cunnilingus, page 54**

This one works if you really are hooking up with a stranger—or just pretending with your longtime lover. We all want to feel single sometimes.

- **Casual Sex Cunnilingus, page 56**

Place a personals ad for a woman who desires cunnilingus. It's a game you can play with your partner—or in real life, if you're single.



# SAFER SEX CUNNILINGUS

Maybe you enjoy orally pleasuring many women. Or maybe you have a new woman in your life. You haven't had the "safer sex" talk, nor agreed to be tested for sexually transmitted infections (STIs). Oral sex is less risky than intercourse, but it isn't risk-free.

A little plastic can save the day. And the barriers will seem to melt away with your enthusiasm for performing. Safer sex can be hot sex, too.

## Perfect the Move

- You might want to practice preparing the plastic or latex of choice so it looks like you know what you are doing. Here are your options:
1. Cut open a condom. Place lubrication on one side and make sure that this side touches her flesh. You can also put flavored lubrication on your side or use a flavored condom.
  2. Work with plastic wrap. Does it feel like something you can use, at least in an emergency?
  3. Buy some female condoms. Open one and get the feel of it.

## The Safer Sex Cunnilingus Scenario

You took one look at this gorgeous stranger and said, "I want to eat her pussy." You want to do it without worries, concerns, or the STI talk, and she wants it done. A bit of plastic won't interfere with the pleasure.

### Last-Minute Preparations

If this is a spur-of-the-moment erotic engagement, you won't have much time for last-minute details, so carry condoms in your pocket and make sure there's always plastic wrap in the cabinet. (Store condoms away from heat, and throw away expired condoms or torn packets.)

While kissing her passionately on the lips, reach down with one hand and caress her vulva through her clothes. Whisper in her ear what you want to do to her. This is hot!

Kneel before her. If she's wearing pants, unzip them with your teeth.

Admire her beauty. Remember that psychological stimulation is as important as physical. Get to your feet. Lead her to a bed or sofa, and get your plastic of choice. Don't forget to place a small drop of lube and/or stimulating gel on her side to increase sensation for her.

## SEX FACT

The barrier can also be used for anilingus, mouth to anus sex. Make sure that you do not use the same barrier if you go from back (anus) to front (vulva). There are some bacteria in the anus that can give her an infection.





## SEX FACT

Plastic wrap can do more than keep food fresh. Some people use it in place of the female condom, which looks much like a dental dam—the latex barrier between the patient and the dentist. You can also unroll a condom, slice it open, and create a protective sheet.

### The Safer Sex Cunnilingus Technique

- Spread her legs open and have her hold her knees. That position affords greater exposure, facilitating your application of the barrier.
- Place it on her vulva so the lubrication or stimulating gel is downward on her clitoris.
- Shape the plastic to her inner lips, following your fingers with your tongue. Imagine that tongue is pasting the plastic to her flesh.
- Lift the clitoral hood, exposing her clitoris. Smooth the plastic over it and use the tip of your tongue to tap it into place.
- Now put your mouth around her clitoris and suck—a little harder than you usually would because the barrier dulls sensation a bit. Experiment with intensity, taking your cues from her responses.
- Likewise, when you alternate sucking with licking, use more pressure on your tongue strokes.
- If you want to insert your finger in her vagina, put on a well-lubricated surgical glove.



### *The Sexpert Says*

You can get a sexually transmitted infection (STI) from oral sex. It is possible to contract HIV if you have a cut or an abrasion in your mouth or on your hand and expose that cut to body fluids. Unless you and your partner are monogamous with one each other, safer sex is a fact of sex. Stock up on different condoms—sizes and variations, lubricated and not. Condoms are a lot more interesting now than they were even a few years ago, and come in a variety of textured surfaces. Some even come with vibrating cock rings attached.



## SEX FACT

Many women often report an increased desire for sex during their menstrual cycle. (Blame it on hormone surge.) If she's wearing a tampon and you have fashioned a barrier, you can give her cunnilingus without the mess.



# HOOKUP CUNNILINGUS

Perhaps you have pretended to meet your lover as strangers at a bar. If so, you know it adds some pow to your night. And you're taking it a step further by performing cunnilingus on that sexy "stranger" just minutes after meeting her.

Make the date by sending (or leaving on the bed) a package that includes some very naughty lingerie and a note telling her where and when to show up for her surprise.

## Perfect the Move

- Do your research and find an upscale, sophisticated bar with a great unisex bathroom—and find out when it is least crowded so you're sure of getting bar stools as well as a little time in that pretty john.
- As suggested in other scenarios, make note of her response time to various cunnilingus strokes. When time is of the essence, you need to get to the point of the tongue—quickly.

## The Hookup Cunnilingus Scenario

You are in the bar staring moodily into your drink when she walks in the door. You notice her immediately in a long (and gratifying) reaction shot. Tell the bartender you want to buy that beautiful lady a drink.

When she smiles in acknowledgment, you move to the bar stool next to hers.

You touch her in a way that suggests SEX. Negotiate a meeting in the bathroom.

### Last-Minute Preparations

Practice seeing and touching her with fresh eyes and newness, like you are touching her for the first time. You know what I mean: lingering and smoldering eye contact as you seem to "accidentally" touch her arm, hand, waist, or shoulder.

Make witty small talk, remembering to ask her why her guy isn't with her tonight. Ask her to describe the lingerie she's wearing.

Kiss her neck, run your finger down her cheek, and nuzzle her ear.

When her nipples are perked, accidentally brush them and tell her to meet you in the bathroom.

## The Hookup Cunnilingus Technique

- Turn her so that her back is against the sink. Get on your knees. Spread her legs, push those wispy panties aside, and slide your tongue between her inner labia lips.
- Using both hands, grab her butt cheeks so that you control her movement against your tongue.
- Put your mouth around her clitoris and lightly suck, twirling your tongue around the heat of her clit as you do.
- Holding her ass/hips firmly in place, fuck her clit with your tongue. Fast. Hard. Fast, until she comes.

## SEX FACT

Women report that a good sense of humor is the most important quality in a man. Men report that a good sense of humor is important, too. But men consider a good sense of humor to be a woman's readiness to laugh at his jokes.



## *The Sexpert Says*

Foreplay is not a useful term for modern lovers. The hectic pace of most of our lives doesn't afford us the leisure of dedicating a half hour to arousing our partners. The average woman needs to be touched, kissed, caressed, and reminded that she is beautiful and loved often. Why limit sexual arousal to that short period of time, anyway? Be generous with your affection 24/7 instead of saving it for "foreplay" time.

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# CASUAL SEX CUNNILINGUS

Hookups or casual encounters can be spontaneous connections made in bars or clubs—or the planned result of a personals ad for “no strings attached” sex. It’s about fun, not relationship.

In this scenario, you will write a personals ad that exactly describes your lover—and leave it on her pillow. A hot casual encounter is bound to ensue.

## Perfect the Move

- Check out the ads on the Internet to pick up the style and tone. Begin with a physical description—of your lover, of course. Be specific about what you’re looking for.
- Give her a place to respond: your email, voice mail, or the special mailbox, under your pillow.

Here is a sample, written by a guy who probably has a full dance card:

*I am a tall, good-looking exec looking to give a fit, good-looking woman oral today. No recip required. I am very talented with my tongue and love to do it. If you just want to relax, lay back and enjoy, then hit me up. I am clean, discreet, and for real. Let's meet first in a public setting for coffee to make sure there is a fit . . . then we can make arrangements. Looking for today. Let me know.*

## SEX FACT

Research has found that men initiate sex directly by asking for it, whereas women prefer guiding his hand to touch her genitals or undressing in front of him. And, yes, women are suckers for love talk and commitment promises. That’s no excuse to be less than honest about either your desires or your intentions.

## The Casual Sex Cunnilingus Scenario

You’re happy with her—and she seems to be happy with you—but every now and then you get the itch for someone entirely different. You have a feeling that she has occasionally fantasized about receiving no-strings-attached oral sex from a stranger, and this scenario lets you act out that fantasy safely.

### Last-Minute Preparations

Dress to impress this hot new woman. Arrive at your meeting place early.

Read your ad again and get into your role. You can take risks with her that you wouldn’t otherwise take. You get to safely talk about your sexual desires and licking her pussy on the first date, and she gets to safely respond and accept.

Look at her with fresh eyes, appreciatively taking her in from head to toe. Ask questions. You know nothing about her.

## The Casual Sex Cunnilingus Technique

- Start out with the lightest touch. Some women like very gentle pressure during cunnilingus, and she may be one of those. Flutter your tongue up from her perineum to her clitoral hood, inside her labia, and around her clitoris.
- If she indicates she wants a firmer touch by pulling your head closer into her or thrusting her body more forcefully at your face, pick up the speed and intensity of your touch.
- Once you are moving at her pace, confidently employ your range of tongue tricks to see which ones get the best response. Lick her like a lollipop, flutter her like a butterfly, suck and swirl, use the firm tip of your tongue and the broad flat of it. Listen for her moans. Take measure of her lubrication.
- When you feel her body straining toward orgasm, use the move that most excited her to bring her home.



## *The Sexpert Says*

This scenario allows both lovers to step outside their roles, express hidden desires, and explore new ways of being sexual. We all change and grow—and thank goodness for that. A major relationship issue is that people do not let one another grow. We still expect to see that person as we want to see her. It doesn't have to be this way. If you want change, identify the specifics and then take steps to do that.











## Cunnilingus on the Sexual Edge

If she's willing to experiment with a little kink or role-playing, show your gratitude with cunnilingus.

- **Dominant/Submissive Games, page 60**  
A little spanking, a lot of sucking—show her the fun in being adventurous.
- **“Dirty Girl” Cunnilingus, page 64**  
Call her a slut and make her do what you want her to do, making cunnilingus one of the naughty acts.
- **Naughty and Nice, page 66**  
Any time a woman lets you play with her ass, it's an erotic event. Make it work for her.



# DOMINANT/SUBMISSIVE GAMES

Most of us are “vanilla” folk—meaning we don’t practice a BDSM lifestyle. On the other hand, we’ve played a few games. If you have ever engaged in light spanking, restrained your lover, or participated in any kind of sex fantasy role-playing, you’ve dabbled in BDSM, which includes bondage, discipline, dominance and submission, and sadomasochism.

BDSM activities are primarily mind games, meant to arouse. On the physical level, they take sensations to a different or higher level. Like all games, there are rules. Safe and consensual are the bywords. In this cunnilingus scenario, the bondage game is the foreplay.

## Perfect the Move

- Do your research. Visit a sex store together and check out the different types of restraining devices, such as harnesses, cuffs, and blindfolds. Silk blindfolds and fur-lined cuffs are luxurious, while velcro cuffs are nonthreatening.
- While at the store, whisper questions such as “Would you like me to cuff you to the bed with these while I go down on you?”
- Read some hot SM erotica, such as *Spanked!*, a collection edited by Rachel Krammer Bussell. Also read some good, clear directions on how to bind, spank, and clamp nipples—or whatever you plan to do.

- Agree on a “safe word” that means she wants you to stop—stop spanking, loosen the restraints, etc. The code word in BDSM is typically “red.” “No, don’t,” and “stop” aren’t used because saying those words could be part of the role-playing. Aside from safety, who wants to stop the fun to discuss context and semantics?

## The Dominant/Submissive Scenario

You pick out the toys together or tell her that you will buy them and surprise her at another time. The anticipation is part of the fun. She knows those cuffs and clamps are waiting for her. When you are ready to dominate, put your dominant persona on. You play role games such as master and slave to help you get into the experience. The game is simple: She “resists” cunnilingus and, with a little display of mastery, you “force” her to submit.

## Last-Minute Preparations

Put nipple clamps on her. Adjust them to the lightest setting at first, and progressively tighten, especially if she is naughty.

Cuff her hands together behind her if she is going to stand or cuff her to a chair if you want her to sit. Cuffing her from behind offers the most flexibility.

Tell her that you are in control and she cannot come without permission.

## The Dominant/Submissive Technique

- Gently rub your fingertips over her swollen nipples. Lick and blow on them.
- Lightly lube your hands, rub them together, and slide your finger around the inside of her vulva. Stroke everywhere except her clitoris until she is very aroused. Stop. Scratch her belly, pinch her nipples.
- Now tease and titilate her clitoris, but watch her body language. You want to build up desire, and a lot of it. When she starts doing the pelvic thrust like a cat in heat, pull back on stimulation. Make her want it.











## **SEX FACT**

Serious doms and subs spend years practicing their art and take a lot of pride in their rank. There are some switchers, or people who can go from sub to dom, but the serious players say it is a lot like baseball, or any other sport, in that once you play second base, you are a second baseman.

- Access her G-spot from behind. You may need to uncuff her from the chair. Gently bend her over. Give a little spanking on the ass, sending a nice vibration to her vulva. Lube your G-spot stimulator or vibrator and insert it from behind, tilting it forward. Simply leverage it without moving it in and out.
- Tug on the nipple chain with one hand as you put your mouth over her clitoris again. The pausing will build the sexual tension needed to exert control and give her an intense orgasm.
- When you are ready for her to come, lay her on her back and vibrate her G-spot as you alternate sucking and flicking your tongue back and forth across her clitoris. As her master, demand that she not come as you do everything she loves, drawing out the orgasm until the finish.



### *The Sexpert Says*

Experimenting with dominance and submission can give you new insight into both your and your lover's sexuality. Many people find that role-playing frees them to express feelings and desires they may not have acknowledged even to themselves. The submissive revels in the luxury of having everything done for her (or him), while the dominant enjoys not only the power but also the privilege of being in charge sexually.



### **DOMINANT/SUBMISSIVE GAMES VARIATIONS**

Let her be the dom. To initiate submission, put the harness chain in your mouth and take it to her. Tell her you were a bad boy and beg to lick her pussy.

Use red vine licorice instead of cuffs for a less threatening (and tastier) restraint.



# “DIRTY GIRL” CUNNILINGUS

Women have more “sex rules” than men do. Some of the rules are designed to protect, but many are repressive of sexual pleasure.

That said, it is very hot to break the rules. Rules were meant to be broken (especially in this case), and playing the part of the bad girl can free your girl and help her expand her comfort zone with you and experiment.

Done at the right time, defining some sex acts as “dirty” will likely turn your woman on. When you are talking dirty to her, you are really saying that she is safe to have carnal sexual desires outside of the rules; you are saying it is okay to fuck. When it’s all done, she is your lady, your goddess again.

Talking nasty makes the “Dirty Girl” scenario smoking hot.

## Perfect the Move

- Over a week or a few days, use your lover’s term for her pussy, even if it’s something silly like “chi chi.” Then add more names and more fun, creating a litany of names ranging from the silly to the definitely dirty. Yes, you will call that pussy “dirty cunt” and more.
- If you have trouble speaking dirty to your girl, practice in the mirror. Look in the mirror and say, “I love pussy.” “I love to eat cunt.” “Pussy, pussy, pussy.” “Cunt, cunt, cunt.”

## The “Dirty Girl” Cunnilingus Scenario

It’s a dark, rainy day (or night). You put on a film noir classic, not porn. You’re looking for mood, not tight shots of penetration. You choose something featuring bad guys, a private dick, a few sluts, and a good girl dying to be bad as you snuggle with your own conflicted good girl.

You start the foreplay on the couch, kissing her hard, playing rough with her nipples, and calling her pussy by its many names.

### Last-Minute Preparations

Close the windows (unless you and your girl want your neighbors to hear). Sound bounces off walls. It can be especially loud in an apartment complex or courtyard.

Tell her she’s a bad girl.

Watch her body respond to your words. If she likes it, her nipples will get hard, her breathing heavier, and she may begin thrusting her body against yours.

## The “Dirty Girl” Cunnilingus Technique

- As you tweak her nipples, ask questions in dirty talk. “Do you want me to finger your asshole?” “Would you like me to suck that dirty cunt?”
- Remind her that she likes sex—a lot—and she’s a bad girl because she does. “You like to get your pussy eaten. You are such a dirty little whore.”
- Give orders. Tell her to grab her ankles, spread her legs, or bend over. Bring your tongue to her clit in these positions. Tongue her faster and harder than usual.
- Ask her to tell you how it feels as you suck her clit.
- Work lubricated fingers inside her pussy (or her asshole, if you put on a glove) while you lick and suck her clit.
- When she comes, use the “pretty” love words. Like slaps to the ass, dirty words are exciting during the arousal phase, but off-putting afterward. She’s your lady again now, your proper princess.



## *The Sexpert Says*

Using dirty language during sex can be very hot for your lover. If she hasn't told you what she calls her genitals, encourage her to do so. Hint: Women who call it "down there" likely do believe that sex is dirty, or at least unmentionable. So many women grew up believing that their vulvas were less than magnificent. They don't appreciate the magic that they hold between their legs. Playing dirty helps them smash their taboos—and admit that, yes, they do like sex.

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# NAUGHTY AND NICE



The secret to knocking on the back door is communication. She has to be relaxed and anticipating the event—not surprised by it. Every woman is different in her openness to experience anal play. Discover hers.

## Perfect the Move

- Both men and women can experience pleasure around the anus via digital stimulation (finger play), rimming (mouth to anus contact), and stimulating the sphincter muscle.
- Practice by stimulating the pucker of your own butt with a lightly lubed finger.
- Try the same move as you're masturbating. See how much easier it is to get that finger inside when aroused or post orgasm?

## The Naughty and Nice Scenario

You're in the bathtub lathering her up, moving from her shoulders, down her back, to her legs and feet. You engage in a sex talk (hopefully one of many) as you explain the details of pleasuring all her parts. She may be ready for the full or partial pleasure that you are describing. Regardless, the negotiation is part of what makes this event so exciting.

### Last-Minute Preparations

Some women are not comfortable with anal play for several reasons. It's best to initiate a dialogue that eases her concerns.

**Concern:** She may have a difficult time getting past the cleanliness issue.

**Possible Solution:** Clean the region by inserting a soapy washcloth-covered finger inside the anus.

**Concern:** She may have had a less than desirable experience in the past.

**Possible Solution:** You can agree to take it slow and offer a sampler by gliding a moist finger over her anus.

**Concern:** She may not find the idea exciting. **Possible Solution:** Tell her how much it would turn you on to do it to her.

**Concern:** She may not consider it safe.

**Possible Solution:** Pull out the plastic wrap and lubrication.

After the bath, relax your lover against a bunch of pillows, propping her knees to her chest with her legs spread wide open. The position gives you great access to her vulva and anus. Get on your knees in front of her.

## The Naughty and Nice Technique

- Initiate your first contact slowly.
- Start with her vulva, giving her short whispery strokes and teases.
- Put both hands under her buttocks, separating her cheeks.
- Move a soft tongue up and down the inside of the labias.
- Twirl your tongue slowly around the clitoris and put firmer pressure on the commissure.
- Give her a light little spanking to vibrate her clitoris and relax her.

- For protection, place the plastic wrap or barrier with lubrication side toward her ass.
- Start by going toward the anus, stopping at the perineum and adding pressure with a pointed tongue in broad wide strokes.
- Change the stroke with a flat tongue from bottom to top, like a lollipop.
- Move to the anus and glide your tongue across the pucker, tickling many little nerve endings.
- Run circles around her anus as if it were a bull's-eye.
- Using a pointed tongue, trace a star over her hole and hum your favorite song, her favorite song, or any other diddy that adds fun and vibration and allows for relaxation.
- Point your tongue and lightly press against her pucker. Barely penetrate her with it moving it slowly in and out.
- Continue the pattern of moving around the pucker and inserting it. This will build tension.
- As she continues to relax into you, pick up the pace and depth of the thrusts to match her excitement.
- Few women are going to be able to orgasm with anal stimulation alone. Add some manual play to her clitoris, while your tongue is bringing her to orgasm.



## *The Sexpert Says*

Anal play is so erotic because it is very taboo. Most people who hesitate to “kiss ass” fear of encountering feces. That can happen—and it’s why you want to start with a bath. And never go from licking ass to licking pussy! Double dipping can give your favorite vulva a nasty bacterial infection. You minimize your risks by using plastic and plenty of lubrication. Performed with care and good hygiene, anilingus can be the path to a thrilling orgasm experience.

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# Your Cunnilingus Fantasies Come True

Some of these scenarios could also fit into other categories, but they are assembled here because they take you out of your everyday world and into the sexual fantasy where she might be anyone from an expert ballroom dancer to a queen.

- **Rhythm and Flow Cunnilingus, page 70**  
Dance her off her feet—and give her an oral experience that's better than a dance trophy.
- **The Handyman's Special, page 72**  
Maybe you are not the greatest handyman, but you can be her DIY hero as long as you carry a vibe in your tool belt and have a talented tongue.
- **Wild and a Little Rough Cunnilingus, page 74**  
Dress like a mountain man and go down on her in the woods.
- **Pay-to-Play Cunnilingus, page 76**  
Turn her into a call girl—with you her only client.
- **Full-Service Cunnilingus, page 80**  
Become a butler and give your employer what she wants.
- **Waterside Cunnilingus, page 82**  
This one is an outdoor adventure fantasy. You might get wet, but she stays dry.
- **Bonus Cunnilingus, page 84**  
Fulfill her fantasy of sex at the office. Get under her desk and service her.
- **The Cunnilingus Train, page 86**  
Another sexual adventure. Get on a train, even if it's a subway or commuter train, and have a sexual experience worthy of the Orient Express.
- **French Cunnilingus, page 88**  
Create a Parisian fantasy in your bedroom.



# RHYTHM AND FLOW CUNNILINGUS

**Why do women seem to love dancing more than men do? Dancing gives women permission to express our sexuality in a socially acceptable way. It's an erotic and liberating expression of our strong feminine energies.**

Put the music on and give her rhythm and flow all the way to the bed. This particular dance ends with your face in between her legs.

## Perfect the Move

- Take dance lessons together, preferably something sexy like salsa, merengue, or, your best bet, tango. The tango is, in fact, the dance of seduction and will give an added dimension to your sex life as well as make you look good on the dance floor.

## The Rythm and Flow Scenario

She has asked and asked and now the time has come to take her out dancing. (Or have a dance date at home.) You had taken several dance classes, but it wasn't until now that you remember your instructor professing that every move you make on the floor is about sex and seduction.

## Last-Minute Preparations

Whether you're going out or dancing at home, dress up in whatever makes you both feel sexy. One of those flirty skirts that go up mid twirl is hot, especially if you are at home and wearing no panties.

Look at her and think "sex."

As you dance, hold her so close that she can feel the warmth of your breath. Nuzzle her neck. Brush your lips across hers.

Hold her for an extra beat, breathing in sync with her and gazing into her eyes, before releasing her for a twirl.

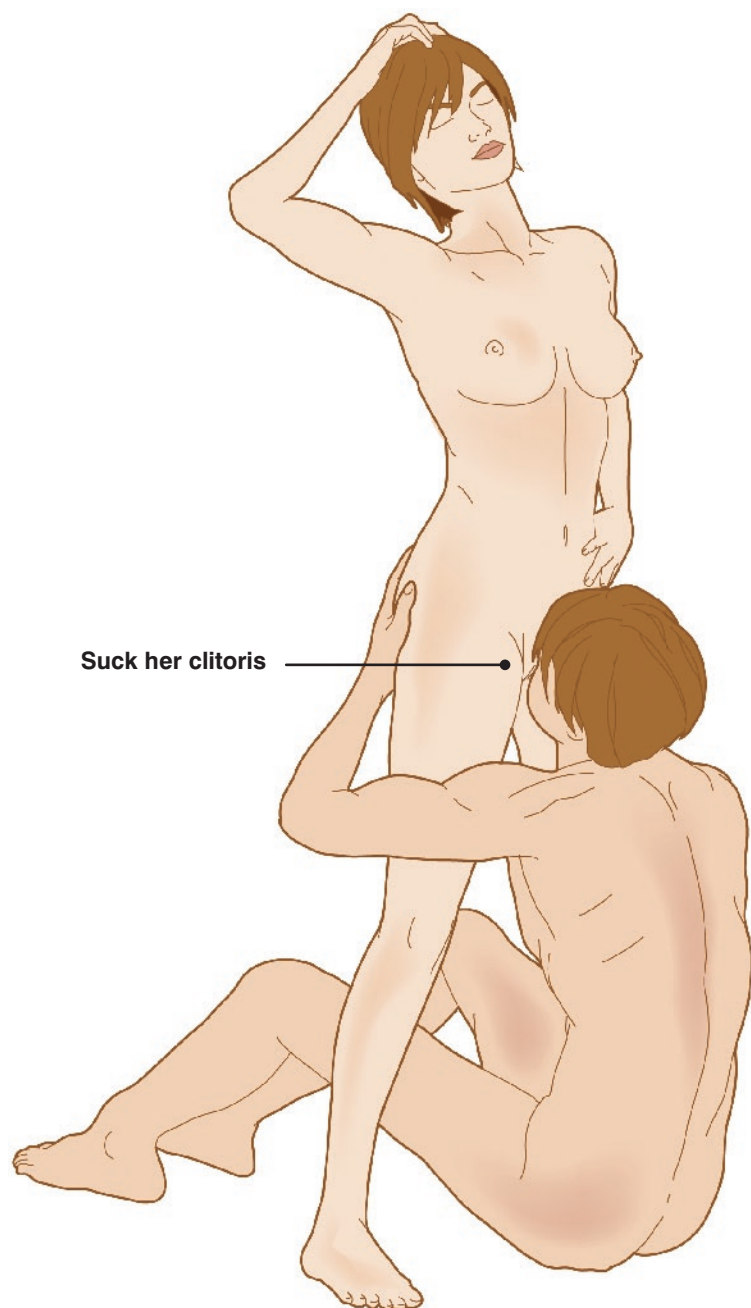
Swing down to her waist and breathe warm breaths on her mons just before removing her panties.

## The Rythm and Flow Technique

- Rub your body down the front of hers in time to the music. Pull her in close and do a pelvic thrust, then release her and slowly sink to your knees in front of her. Reach your hand up her skirt and caress her vulva.

- Gently spread her legs.
- Without touching her vulva with your hands, lick her from the bottom of her slit to the top.
- Reach both hands out over her butt cheeks and pull her in close to your face. Inhale deeply and sigh happily.
- Lightly suck her clitoris. Now twirl your tongue round and round it in time with the music.
- Run your tongue up and down the shaft of her clitoris. When you lick up, you lift her clitoral hood where the little pearl, or clitoral glans, is located. This upstroke is especially thrilling.
- When she starts to whimper, put your mouth around her clitoris and suck her to orgasm.





Suck her clitoris

### *The Sexpert Says*

Both men and women like to feel desired and will often go to great lengths for sexual validation. Rhythm and Flow Cunnilingus is a highly validating sex act. Using the dance as foreplay, you connect with her body and soul before lowering your mouth to her vulva, leaving her feeling desired and ravished all at once.



# THE HANDYMAN'S SPECIAL

Handymen are sexy. Women love to be taken care of in many different ways. A man who can fix what's broken around the house is a powerful man. Ask for her household to-do list. Shop for any needed supplies.

Do those household repairs sans shirt. Let her see you sweat a little while you're working. When you're finished with that work, pull down her panties and show her the expert job you do at cunnilingus, too.

## Perfect the Move

- If she doesn't already own one, purchase a Hitachi Magic Wand. They are sold in regular stores as massagers. Test the Magic Wand against your own sensitive parts, including your inner wrist, inner thighs, and, of course, genitals. Get a feel for its power. This is not a tool most women use on high, directly on their clits. Usually they cover the clit with the labia majora or outer lips, still enjoying the good vibrations.
- Work it around until you gain respect for this machine—and how fast it can do what it does.



## SEX FACT

Your tongue could never perform like a vibrator, nor would you ever want it to. (I will bet even Gene Simmons, “the tongue” of the rock group Kiss, has a vibrator in his tool belt.) Starting with tongue and alternating with vibe gives her a full range of sensations and brings her more quickly to orgasm.

## The Handyman's Special Scenario

This Saturday, tell your lady that you're taking care of her to-do list (or at least getting started on it) while she runs errands. Let her see you shirtless and working before she heads out the door. When she comes back, let her “catch” you still working, all sweaty and hot.

Now pull that Magic Wand out of your tool belt and offer to “work” on her.

### Last-Minute Preparations

Take a shower and put on your tool belt while she's still home. Clean up your mess as you go. (A handyman who cleans after himself—now *that* is really sexy!)

After you've brandished your big tool, the Magic Wand, take her into the bedroom. Remove her bottoms but leave on her panties. Lay her across the bed so that her legs are off the mattress and her hips come to the edge.

## The Handyman's Special Technique

- Move her panties aside and gently breeze your moist tongue over her clitoris. This is a delightful start and contrast to what is to come.
- Get down on your knees, turn the vibe on low speed, and run it over her right and left labia (still covered by panties).
- Kiss her buttocks and thighs as you continue the slow massage.
- When she's very aroused, turn off the vibe, pull off her panties, and bury your face in her pussy.
- With the tip of your tongue, trace the outline of her inner lips. Flick it rapidly up and down her clitoral shaft and across the tip.
- Separate her lips, completely exposing her, and run a flat wet tongue over her clitoris.
- Switch gears and switch the vibe back on low, holding it against her labia.
- Insert two fingers into her vagina and do the come here motion, accessing her G-spot.
- Move the vibrator up to her nipples as you lick and suck her clitoris until she comes.



## *The Sexpert Says*

Taking care of your woman—whether it's working around the house or working your mouth on her clitoris—will improve your sex life. Translated, you will get more sex and probably more of the kind of sex you want. Women relax and feel sexier when things are done for them. Why do you think that couples report that they have more sex on vacation? Maid service.

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# WILD AND A LITTLE ROUGH CUNNILINGUS

Sometimes women like to be handled a little . . . rough, even taken in the wild outdoors. Most women say, “I like it rough sometimes and gentle sometimes.” Some men find this puzzling. Who is she anyway? The pampered princess or the wild child who will do it on a bed of leaves and twigs? (She’s all that—and more.)

A good lover is a good observer. He recognizes her different moods and pays close attention to her responses. When he knows her well, he can even help set her moods.

In this scenario, you take her out to the woods and pleasure her with cunnilingus. Feel like an enlightened mountain man?

## Perfect the Move

- Scout out a scenic location and try to find out when there are fewer people hiking and camping there.
- Talk to her about her fantasies of outdoor sex. Match those fantasies with techniques that arouse her. For example, she fantasizes about being naked under a waterfall, and you make sure that you have a waterproof vibe in your backpack.

## The Wild and a Little Rough Cunnilingus Scenario

Maybe it’s the fresh air or the scent of pine, but there is definitely something very sexy about the woods. Underneath the idyllic surface danger lurks—in the form of snakes and bugs, bears and coyotes. In this scenario, you play on that edge of danger with a game of adult hide-and-seek. Let her feel “hunted down,” within safe parameters.

Each time she is found, she removes an article of clothing of your choice. It’s up to you when the game ends in her surrender—to cunnilingus.

### Last-Minute Preparations

Put your running shoes on.

Tie a sweatshirt around your waist in case you want to lay it down beneath your knees or her back.

Don’t forget the lube and vibe.

Kiss her passionately (and with a little roughness) as you claim her panties.

## The Wild and a Little Rough Cunnilingus Technique

- Run your tongue quickly and lightly over her labia, caressing the inner lips with it before you flick the tip across the tip of her clit.
- Bend her over and spank her bottom. Tell her she has been very naughty in running away from you. Her punishment is that you are going to lick her. Lick her buttocks. Spank. Lick again. Let your tongue play in her labia from behind.
- Turn her back over and move slowly to her clitoris, stopping right at the base of the shaft. Feel the power of the pause and a shift in dynamic as she moves her pelvis over your mouth to and fro until she brings herself to orgasm.



## *The Sexpert Says*

One question men often ask about rough sex play: When a woman says “No,” does she mean no? That depends on the woman and the moment. Establish the ground rules between you—and pay attention to her responses so you can tell whether she is uncomfortable and wants to stop. Finally, it is very important to be clear in getting consent for playing certain games.

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# PAY-TO-PLAY CUNNILINGUS

When I was teaching blow job classes, I met students who were bribed by their husbands or partners to attend. One woman received a Coach handbag; others opted for cold cash. Some psychologists believe that sex is in itself a form of negotiation. The negotiations continue in marriage.

Bad girls—and prostitutes—have sex for money, and that's what makes the idea so appealing in this scenario. You're going to pay her for the privilege of going down on her.

## Perfect the Move

- If you've never paid for sex, do a little research on how men handle that transaction. Generally, you have the agreed upon amount of cash in your pocket and put it down on the table or dresser before the "transaction" begins.

## The Pay-to-Play Cunnilingus Scenario

In this fantasy game, she is a woman who gets everything she needs from sex: food, shelter, clothing, and money. You are a man who wants her badly enough that you will pay to lick her. You pay with money, gifts, romance—and cash.

Make the arrangements by calling her and agreeing on a price, time, and location.

### Last-Minute Preparations

Get a stack of cash. (She won't accept your credit cards.)

Buy some luxurious little gifts, such as scented soaps and lotions, maybe earrings or a scarf—and wrap them in pretty gift wrap.

Create the ambience, whether it's in your own bedroom or a hotel. You get there first. When she knocks on the door, be ready with the cash in your pocket.

Lead her to the bed, where presents await her. (She's a very expensive call girl.) As she opens her gifts, put your arms around her from behind. Kiss her neck, run your hands up and down her body. Undo her buttons and zippers.

## The Pay-to-Play Cunnilingus Technique

- Sit her, dressed only in her sexy lingerie, on the edge of the bed. Spread her legs, kneel before her, and kiss her mons before inserting lubed fingers and playing in her vulva.
- Put your lips around her clitoris and suck gently, rhythmically, occasionally swirling the tip of your tongue over the head of her clitoris.
- When she is very aroused by the sucking, move your mouth away from her clitoris. Lick the sides of it; lick her inner labia as you penetrate her vagina with your fingers or a dildo, accessing the anterior (AFE zone) and posterior fornices surrounding the cervix.
- Tap the tip of her clitoris with the tip of your tongue several times as you bring her to orgasm.



## SEX FACT

Sex for money is not isolated to street corners and bars. A recent study found that more than 5 percent of college women have been paid for sex.



## *The Sexpert Says*

Often couples are disappointed in their sex lives because their needs aren't being met. But they don't tell their partners what they want! Communicate is an overused piece of advice, but it's a good one. Most men don't like to hear "communicate" because they associate it with, "Honey, we have to talk." Like sex, communication can be whatever you want. It doesn't always have to be therapy talk. It can be sexy, in the form of whispered requests and fantasies shared in the dark.

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## **SEX FACT**

In *The Evolution of Desire*, David M. Buss surveyed more than ten thousand people in thirty-seven countries about their sexuality. He reported that men view women as sex objects and women view men as success objects. Imagine that!

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# FULL-SERVICE CUNNILINGUS

On occasion, every woman wants to be serviced by a man who knows exactly what to do and gets it done smoothly and efficiently. Imagine the perfect butler who also performs cunnilingus. She's in the position of power, and he is there to serve her in any way she wants to be served. You are the submissive servant in this scenario. And you just might enjoy the role more than you ever imagined you would.

## Perfect the Move

- Put your butler costume together.  
The butler costume usually includes a white long-sleeve button-down shirt, black vest, black bow tie, black pants, white gloves, and a tray. If you don't have a butler costume, consider a more humorous version of you holding a plate or platter and wearing only a bow tie.
- Practice your pleasing smile and have your repertoire of her favorite moves all worked out so that your performance flows flawlessly.

## The Full-Service Cunnilingus Scenario

As she's relaxing on the couch, you walk into the room in your outfit carrying a little tray holding fresh juice or a glass of wine and a bell. You hand her the bell and introduce yourself as Jeeves the butler. You say, "Ring if you need me."

She gets the idea quickly enough, ordering play-by-play cunnilingus.

## Last-Minute Preparations

Have a pillow ready to put on the floor in front of her.

Stand close by awaiting any requests—and stand tall.

Ask her if you may draw her bath. Maintaining your professional demeanor, help her undress, soap and rinse her body, then dry her off.

Ask her if she requires "full service."

Have her stand up facing the wall, a position that sustains the "professional" distance between you. No eye contact.

Massage her back and shoulders and finally the beautiful curves of her butt.

Kiss your way down her back. Stop at the small of her back, an erotic pressure point. Lick here.

Spread her ass cheeks and bend her over. Move your tongue over her perineum.

## The Full-Service Cunnilingus Technique

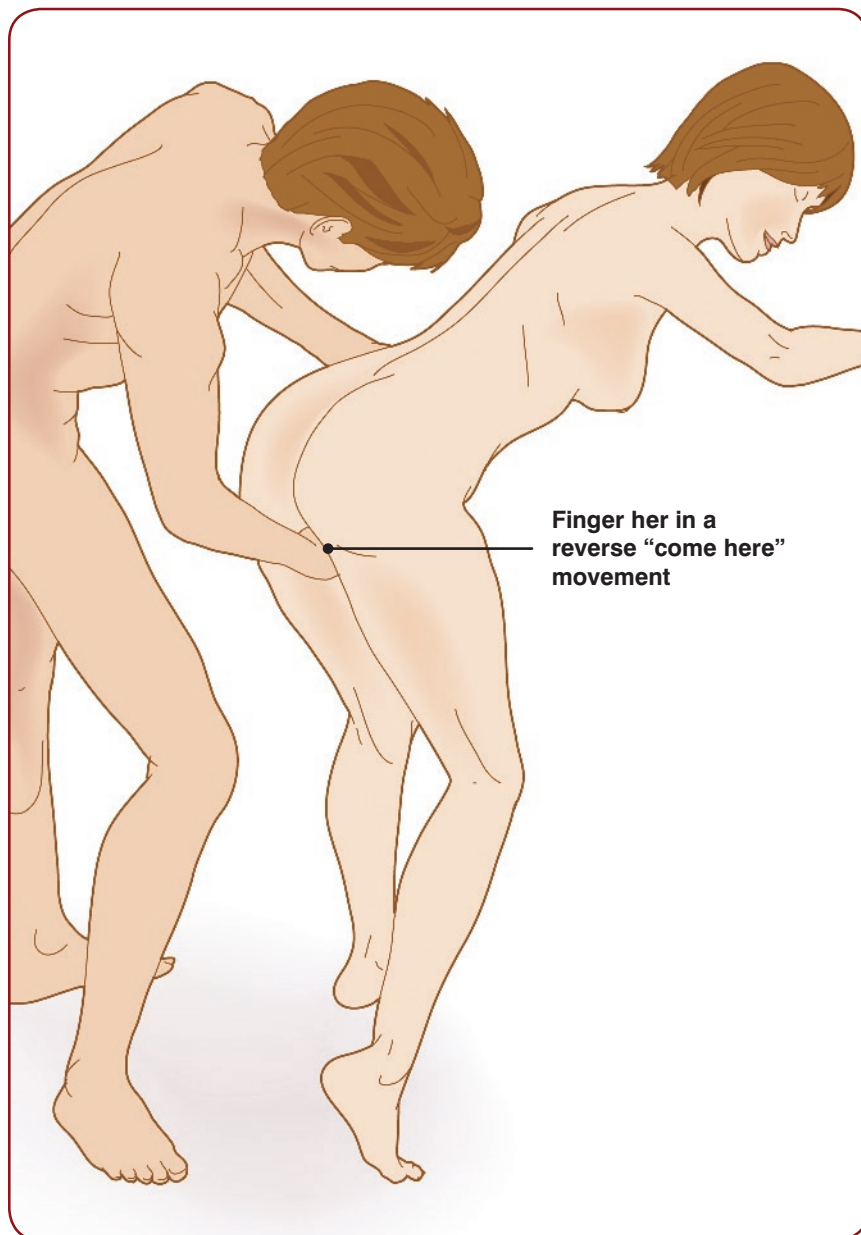
- Lick her inner lips with broad strokes from bottom to top. The sensations will feel different to her because you are approaching her from behind.
- Insert two lubed fingers into her vagina, locate her G-spot, and stroke as you continue to lick her lips.
- Put your lips around her clitoris and push them firmly against the base until your lips roll open.
- She will feel the inside of your lips against her clit as you roll them up and down the shaft.
- Now revert to her favorite combinations of lick/suck strokes to bring her to orgasm.



## *The Sexpert Says*

The brain truly is the most powerful sex organ. You can't have a satisfying sex life if you have a head full of negative sex thoughts. On the other hand, you can use positive sex thoughts to help elicit desired physical responses.

Indulge your fantasies—and hers, too. Fantasy scenarios like this one expand your sex life.



## **SEX FACT**

Women are less concerned about the size of your penis than you are. But if you must know, here is how to measure your penis:

1. Place your ruler over your flaccid penis and push it back as far as it will go without hurting.
2. Stretch out your penis and see where it lands.

The average flaccid penis is around 3  $\frac{3}{4}$  inches (9.5 cm), give or take. Small ones grow proportionately bigger during erection than big ones do.



# WATERSIDE CUNNILINGUS

If you can't get to the ocean, how about a lake? Or a picturesque pond? Following a picnic lunch, give her cunnilingus on the bank or in a sturdy rowboat.

This scenario combines the thrilling risk of exposure and the freshness of the great outdoors.

## Perfect the Move

- Scope out your territory. Which part of the lake or pond affords the greatest privacy and most scenic atmosphere? What are the best days or times to go? (If you choose the boat, tie it up in the shallow end, unless you can tread water and eat pussy at the same time.)

## The Waterside Cunnilingus Scenario

Ah, a quiet weekday mid-afternoon, and no one is on the lake. The sun is warm and shining. (Or the moon is rising in late evening—whatever works.) Your girl is lounging on blankets sipping her wine, or perhaps lolling in the rowboat or stretched out in the water on a floating mattress.

You've been kissing her and nibbling her neck and caressing her body for a while now. Isn't it time you gave that lady an orgasm?

### Last-Minute Preparations

Check your surroundings. You don't want to look up from in between her thighs into the eyes of a fisherman.

Throw a beach towel or wrap over your shoulder so you can use it to cover her body if someone does come along.

If you're in a rowboat or she's on a float, approach cautiously. Secure the boat or float.

## The Waterside Cunnilingus Technique

- Push her bathing suit or panties aside and glide your warm tongue up from her perineum to the commissure.
- Using your tongue, apply pressure to the commissure and then apply short firm horizontal strokes.

- Trace her clitoral shaft with a firm pointed tongue, avoiding the glans. Repeat with a flat tongue.
- Using your fingers in the shape of a V, stroke her clitoral wings, located left and right at the base of the clitoral shaft.
- With your pointed tongue, scroll a figure eight, circling above her clitoral hood and looping around the base of her clit.
- Now do the figure eight in reverse.
- Move the tip of your tongue back and forth across the head of her clitoris.
- When her moaning and thrusting indicate she's ready for orgasm, perform the combination of licking and sucking motions that bring her there quickly.

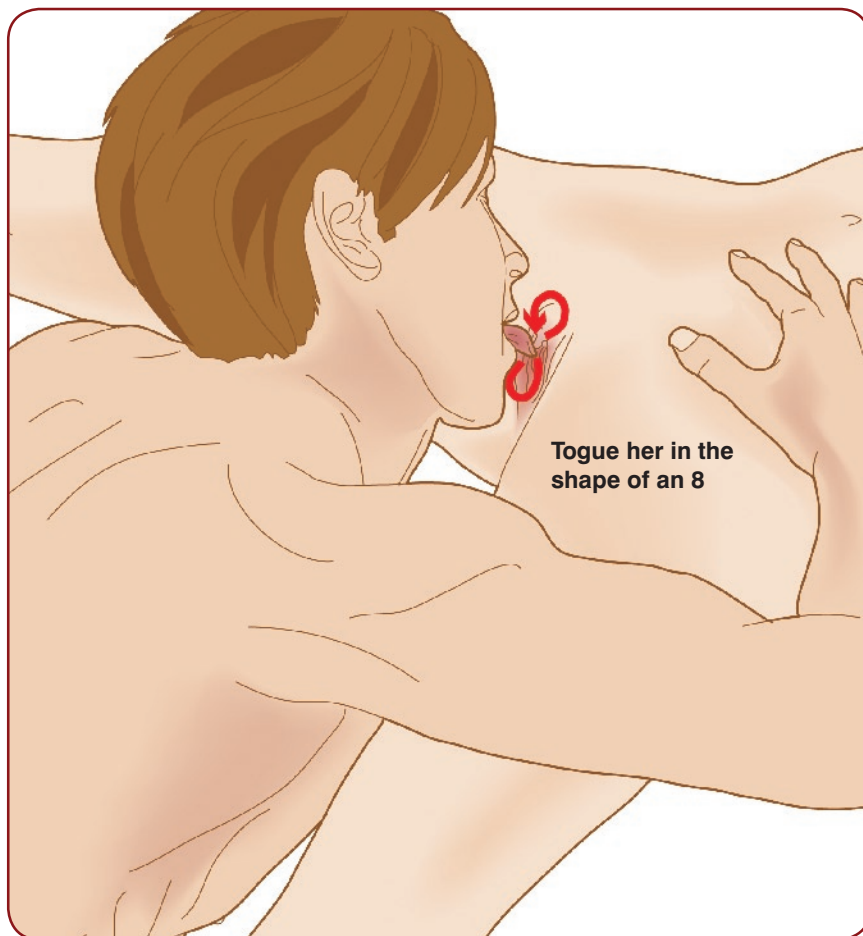
## SEX FACT

How often do you think about sex? According to one study, 54 percent of men think about sex every day and two-thirds of women think about sex a few times a month.



## **SEX FACT**

Just like penises, vulvas come in different shapes and sizes. Size doesn't matter. A large clitoris has the same amount of nerve endings as a small one.



**Togue her in the  
shape of an 8**

## ***The Sexpert Says***

Sex in the great outdoors gives your libido a boost that will last longer than the outing. The risk of exposure, the feeling of fresh air on your genitals, the sounds of nature as you're making love—it's all exhilarating. And possibly sex in a natural setting touches something primal in us. Our ancient ancestors did it that way all the time.



# BONUS CUNNILINGUS

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**She's working too hard. Late hours at the office. Work brought home in her briefcase. She deserves a bonus...a cunnilingus bonus.**

## Perfect the Move

You can do this one in her office after business hours if she has a *private* office. No private office? Create a home office. Bring in a desk chair, put her work bag down beside it to simulate the real environment, and show her how big girls kick back and relax on the job.

## The Bonus Cunnilingus Scenario

You just called her at the office and suggested that she meet you for a coffee (or wine) break. When you see her, you kiss her and tell her how beautiful she is until she's aroused. Lead her to the desk and position her in her chair, get under the desk, and service the lady who's been working hard from nine to well past five.

When she opens her eyes after being in the throes of orgasm, she will look at her stacks of paperwork and have a whole new concept of "work." We could all only hope for this kind of life changing perspective!

### Last-Minute Preparations

Make sure the door is closed and locked.

Get on your knees, and under her desk if that's an option. If not, turn her chair to face a corner. Kneel down before her.

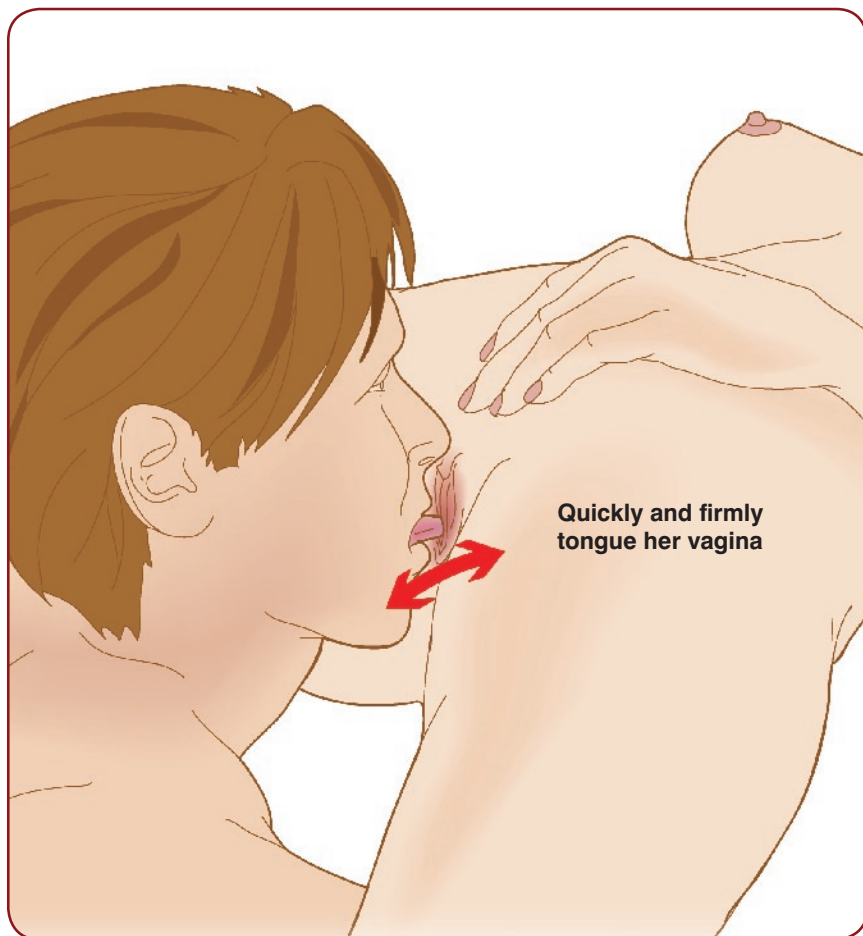
Approach her with a lubed or saliva-covered finger. Give her a vulva massage at first to warm her up and relax her. Just when she thinks she's getting a nice fingering, stop.

Pull her butt toward the end of the chair and spread her legs. Really get your face in there, tongue to clitoris.

## The Bonus Cunnilingus Technique

- Using a flat tongue to blanket her entire clitoris, run it up and down the folds of her labia. Open and close the labias with your tongue—an unusual sensation for her.
- Take her clitoral shaft into your mouth and give her slight suction.
- Just when she's getting into that, move your tongue inside her vagina as if you were fucking her with your tongue.
- Pull out and ask her for directions. She's the boss.
- Using the moves she gives you, bring her to orgasm.





### *The Sexpert Says*

Sex at the office is a big fantasy for both men and women. Again, whether or not you actually live out the fantasy is up to you, but considering that most people do not like their jobs, this at least helps make it bearable. And you can play the office game at home anytime, taking turns being the boss and the “employee.”



# THE CUNNILINGUS TRAIN

**Leaving on the midnight train to . . . wherever, it doesn't really matter. Buy two tickets to somewhere and get on that train. No train service? A bus will do.**

This scenario combines the thrill of adventure—a little exhibitionism and some risk of exposure—with a new sensation: cunnilingus in motion.

## Perfect the Move

- The success of this endeavor depends entirely on the train (or bus) schedule. Study your train schedules, and check out the car. Would you be able, for example, to perform cunnilingus on a commuter train or subway late at night between stops? Can you maneuver in a city bus seat on a slow afternoon?

## The Cunnilingus Train Scenario

Your sex life could use an adrenaline boost. There's no money in the budget for a vacation, even a weekend getaway. Try taking your sex life on a train ride adventure, even if it's a commuter train between two stops, thirty minutes apart.

This scenario is an affordable, sexy getaway. What's better than that?

## Last-Minute Preparations

Make sure she's wearing a full skirt, no panties. Sit at the back of the car. (Generally, the front and back cars have the fewest passengers because people congregate in the middle of the platform and board the middle cars.) Put your hand up her skirt and massage her clitoris.

When the train stops and passengers enter and exit, remove your hand and start over when everyone is seated. This start/stop pattern of stimulation will increase the sexual tension, intensifying orgasm.

Make frequent eye contact with her. She will likely go on more adventures with you if she feels like they increase the intimacy between the two of you.

Go down on her during the longest period between stops. Often, commuter and subway trains are nearly empty by the time they reach the end of the line, especially at odd hours such as 4 a.m.

## The Cunnilingus Train Technique

- Lean over into her lap with her skirt covering your head or kneel to the side or in front of her.
- Run your pointed tongue up and down her labia to open her lips.
- Carefully lift the clitoral hood with your well-lubed finger. (Have an individual packet of lube in your pocket.)
- Gently glide your tongue over the clitoral glans. Go in circles and back and forth.
- Add a little bit of suction. I mean a little bit.
- Incorporate back-and-forth tongue movements across the tip of the clitoris, like the predictable movement of the train.
- Insert a finger and stroke her G-spot.
- Cover her mons with your hand as you perform the moves that bring her quickly to orgasm.

## SEX FACT

According to the 2005 Durex survey, 7 percent of people have had sex on a subway or bus.



## *The Sexpert Says*

Sometimes people are unhappy about work, family, or personal issues, but they associate this unhappiness with their partner. They begin to question whether or not they are still “in love.” They may not realize that they’re just in a rut. A sexual adventure like this scenario can change your perspective on everything. Continuous adventures can change your relationship for the better. Once you climb out of your rut, you won’t want to go back again.

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# FRENCH CUNNILINGUS

Cap d'Agde (“naked city”) is a nudist colony with a beach in France. I love the sound of it and have fantasized about going there. If you are like me and can't afford a trip to a naked city in France with your lover, give her a virtual trip to Paris. What woman doesn't want to receive cunnilingus in Paris?

This scenario will impress her with your romantic creativity.

## Perfect the Move

- Borrow a simple phrase book from the library and practice some basic French phrases. Luckily, some of the words you'll need are similar in French and English, for example:
- vulva = *vulve*
- clitoris = *clitoris*
- penis = *pénis*
- sex = *sexe*
- Buy a book of dirty words in French.
- Buy some French wine and cheese and a baguette.
- Borrow or buy some French music, perhaps Edith Piaf.

## The French Cunnilingus Scenario

You both long for a European vacation, but that is definitely not within the budget. Instead of thinking about what you don't have, think about what you do have: imagination and sex. Pack a bag with

your French books, her best lingerie and stockings, vibes and lubes, and that yummy French food—and take a trip to your house where you have created a little corner of Paris.

### Last-Minute Preparations

Pack your bags.

Pick her up at the office and announce you're going on a virtual trip.

Tease her with the details, including what you want to do to her when you're alone in your “hotel” bedroom.

Adopt a French attitude. Remember: The French are more sex positive than Americans are. They consider sex one of life's pleasures, like chocolate. (Don't forget the French chocolates. How can you visit Paris without indulging in both pleasures?)

Serve the wine, cheese, and bread in the living room (your hotel lobby cafe) and take her bag “to your room, Madame” as she kicks back and indulges.

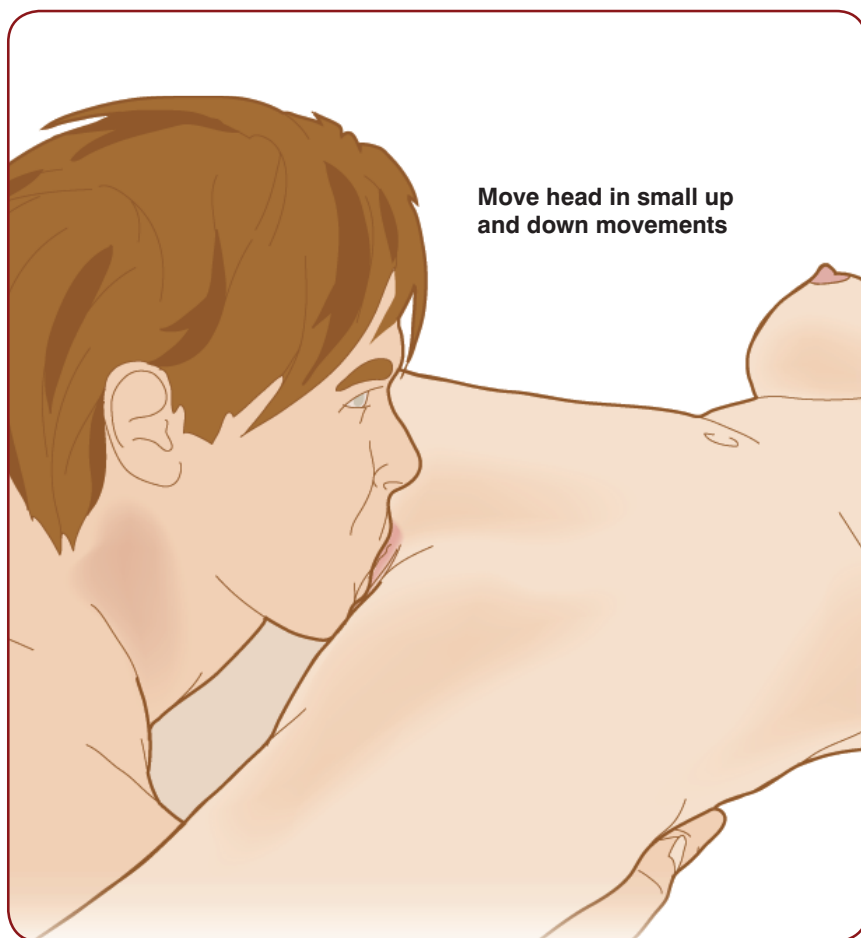
When you return, use your newly acquired French as you charm and seduce her.

Take her into the bedroom, where you have created a Paris fantasy.

## The French Cunnilingus Technique

- Gently run your tongue around the folds of her labia, occasionally lifting your head to murmur words in French.
- Slowly move your tongue back and forth across her labia lips, then across her clitoris.
- Push your lips against the base of her clit so that they press out, making contact between your inner lips and her flesh.
- With your lips held this way, move your mouth up and down the shaft of her clit.
- Now suck her clit, swirling the tip with the tip of your tongue as you do.
- Add G-spot stimulation if desired (via vibe or finger) and bring her to orgasm.





### *The Sexpert Says*

There's nothing like a little vacation—in this case, from reality—to reignite sexual passion. As she's lying back against the pillows, feeling pampered and sated from orgasm, she will feel like she's in another place entirely. Generally, women go to the trouble to create fantasy environments more often than men do. You'll get a lot of extra credit for this one. (This might be a good time to leave my blow job book on her side of the bed.)









# Special Skills Cunnilingus for an Even Deeper Connection

Some activities require special skills, but they are worth the effort.

- **Downward Dog, page 92**  
Watching her do yoga is sexy. Now make it sexy for her, too.
- **Juicy Squirt Cunnilingus, page 94**  
Not every woman “ejaculates,” but cunnilingus can lead to a juicy squirt experience if she does.
- **Fire and Ice, page 96**  
You can make mouth magic with this one—and it’s a skill easily mastered.
- **Cool and Refreshing, page 100**  
Can you suck a mint and lick a clit at the same time? It’s another easily learned, yet impressive, skill.
- **The Cunnilingus Exercise, page 102**  
Teach her a new set of calisthenics, involving her clitoris and your mouth.
- **Cunnilingus on Demand, page 104**  
The necessary skill here: dexterity. Your moves are at her command.
- **The Steady Tongue, page 106**  
How good are you at holding still and taking direction?
- **The Vulva Whisperer, page 108**  
You speak and only her vulva hears and understands.
- **Three Erogenous Zones, page 112**  
How coordinated are you?
- **Humming Cunnilingus, page 114**  
Turn your mouth into a low-speed vibrator. You can learn to hum while you lick and suck.
- **The Cunnilingus Closer, page 116**  
Clone your penis. Now you can have intercourse and perform cunnilingus at the same time. Isn’t that a special skill?



# DOWNWARD DOG

**Don't tell me you haven't thought about sex acts while watching women assume yoga poses. The downward dog, in particular, is a position practically designed for cunnilingus.**

Doing yoga together is very popular among young suburban couples. Even if you don't fit the demographic, you might want to give it a try. Think of the possibilities. Yoga is sensual and fun, can be damn sexy, and is good for your health. You might have to take a few classes to get the moves—but it will be worth the trouble.

## Perfect the Move

- Practice downward dog until you can do it comfortably, even though she'll be in the pose, not you.
- Make sure you have a cushy yoga mat at home.

## The Downward Dog Scenario

You have been watching her raise her lovely ass in the downward dog position for some time now. You can't stand it anymore, and finally you approach her with the honest approach (because that's all you can think of). "Seeing you in that position makes me so hot. Would you do that naked for me sometime?"

### Last-Minute Preparations

If she doesn't get into naked yoga within the next few days, continue to repeat the request while letting her know how much it turns you on. Women want to please you too.

Make sure she is on the cushy mat on hands and knees.

Help her stretch her elbows in front of her and relax the upper back between the shoulder blades. Kiss her naked back and lightly caress her breasts.

Coordinate your breathing with hers.

When she exhales, carefully guide her so she lifts her knees and draws her back toward her pelvis so that her arms and back form a straight line.

Help her stretch and straighten her legs with her ass in the air in a posture that looks like an upside-down V.

Be ready to take action because she won't be able to hold this pose for more than one to three minutes.

## The Downward Dog Technique

- Place your hands loosely on her hips, put your well-lubed hand between her lips, and tell her how good your hand feels between her legs.
- Get down on your knees. Put your head in her beautiful ass, stick out your tongue, and lick. Extend your tongue further and nibble her labia (admittedly a stretch, but you can do it).
- Continue to lick that beautiful ass, run your finger over her clitoris with one finger, and stimulate her vaginal wall and G-spot with another. Lick, rub, and stimulate until she reaches orgasm.

## SEX FACT

Sexual energy is a very powerful creative force that everyone can access. Yoga naturally teaches us how to do that. You don't have to achieve complicated poses to get the sexual advantage edge.



## *The Sexpert Says*

In addition to being a great workout, yoga is a philosophy or a way of being that encompasses values, beliefs, and practices. You can incorporate some of the practices into your sex play without being a yogi. Practices such as focusing on the breath, being in the moment, and increasing awareness are helpful during both yoga and sex.

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# JUICY SQUIRT CUNNILINGUS

**Female ejaculation: Where does it come from? Is it urine? Myth or fact? Women who squirt rhapsodize about the experience, reporting that it elicits feelings of empowerment and a deeper connection to their own bodies. Men report that they enjoy the control and participation in bringing her to ejaculation. Understandably so, and women enjoy that same quality about male ejaculation. If your woman is a juicy squirter, who cares what people are saying about it? Just enjoy it with her.**

## Perfect the Move

- Work on your manual G-spot stimulation skills. Most women who squirt report that G-spot stimulation triggers the event.
- Practice using a G-spot vibe. Let her responses guide you.

## The Juicy Squirt Cunnilingus Scenario

You will bring her to a stupendous, gushing orgasm through a combination of G-spot stimulation and cunnilingus. It's a special treat for both partners. You get an up-close look at the process of female ejaculation. And she, of course, has an unusually stimulating experience.

### Last-Minute Preparations

Lay down some towels or a shower curtain.

Have her empty her bladder.

Kiss, stroke, and fondle her, slowly building up the intensity of foreplay.

When she is very aroused, have her lie on her back.

## The Juicy Squirt Cunnilingus Technique

- Insert two fingers into her vagina and make the come hither motion with your fingers. Find the G-spot? It's a rough patch of skin that becomes harder as she is more aroused.
- Massage her G-spot with your fingers or with a G-spot vibe.
- Lick her labia and swirl your tongue around her clitoris.
- Press your finger or the vibe on her G-spot. If you're using a toy, tilt it toward her abdomen. (Don't thrust the vibe, simulating intercourse.)
- Put your lips around her clitoris and suck rhythmically and tap her G-spot in time with the sucking.
- Encourage her to push out her orgasmic contractions. This is key. Many women tighten when they feel the urge to ejaculate with orgasm because they don't want to "pee."
- Even if she doesn't squirt with this orgasm, it will be intense.



## SEX FACTS

Women have been releasing fluid at orgasm for centuries. The practice was mentioned in the two-thousand-year-old sex manual *The Kama Sutra*. Practitioners and devotees consider the liquid a sacred nectar.

In 1950, the German obstetrician Ernst Gräfenberg observed the expulsion of fluid from the urethra and reported that it was not urine, but secretions of the intraurethral glands in the anterior (frontal) vaginal wall. He speculated that the secretions had no lubricating significance. If it did, he said, the fluid would squirt at the beginning of intercourse and not at orgasm.



## *The Sexpert Says*

Approach this scenario in a playful, adventurous way. If you (or she) make ejaculation the primary goal, you'll be disappointed if it doesn't happen. Relax. Don't make squirting a goal. Consider it the icing on the cake. Also, some women have no desire to ejaculate and others aren't designed for it. If she doesn't, don't push it. Just give her the best combination cunnilingus/G-spot orgasm she's ever had.

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**Before there were sex toys, men and women created new erotic sensations by performing oral sex with a cold or warm mouth. It's still a very sexy thing to do. The accessories are simple: hot tea and ice cubes. Talk about cheap thrills!**

Add a little excitement to the game by blindfolding her. When you close one of the senses, the others seem to operate with more acuity.

## Perfect the Move

- Practice on yourself. I know. You cannot reach your penis with your mouth. So, warm it in a shower or bath and then quickly ice it down. Refreshing? Stimulating?

## The Fire and Ice Scenario

You're really in the mood for sex—and not “just sex,” but something hot. She experiments, but not at the top of her game. You decide this is a good time to surprise her with some new moves.

The beauty of this scenario: no advance planning required. How long does it take to heat water and grab some ice cubes?

### Last-Minute Preparations

Heat the water for the warm beverage. I suggested tea, but alcohol adds a little more heat, too.

Put towels down on a chaise lounge or your bed.

Have her lie on her back and tell her to relax.

Bring in bowls of ice cubes.  
(That will get her attention.)

Now tell her to close her eyes or blindfold her.

## The Fire and Ice Technique

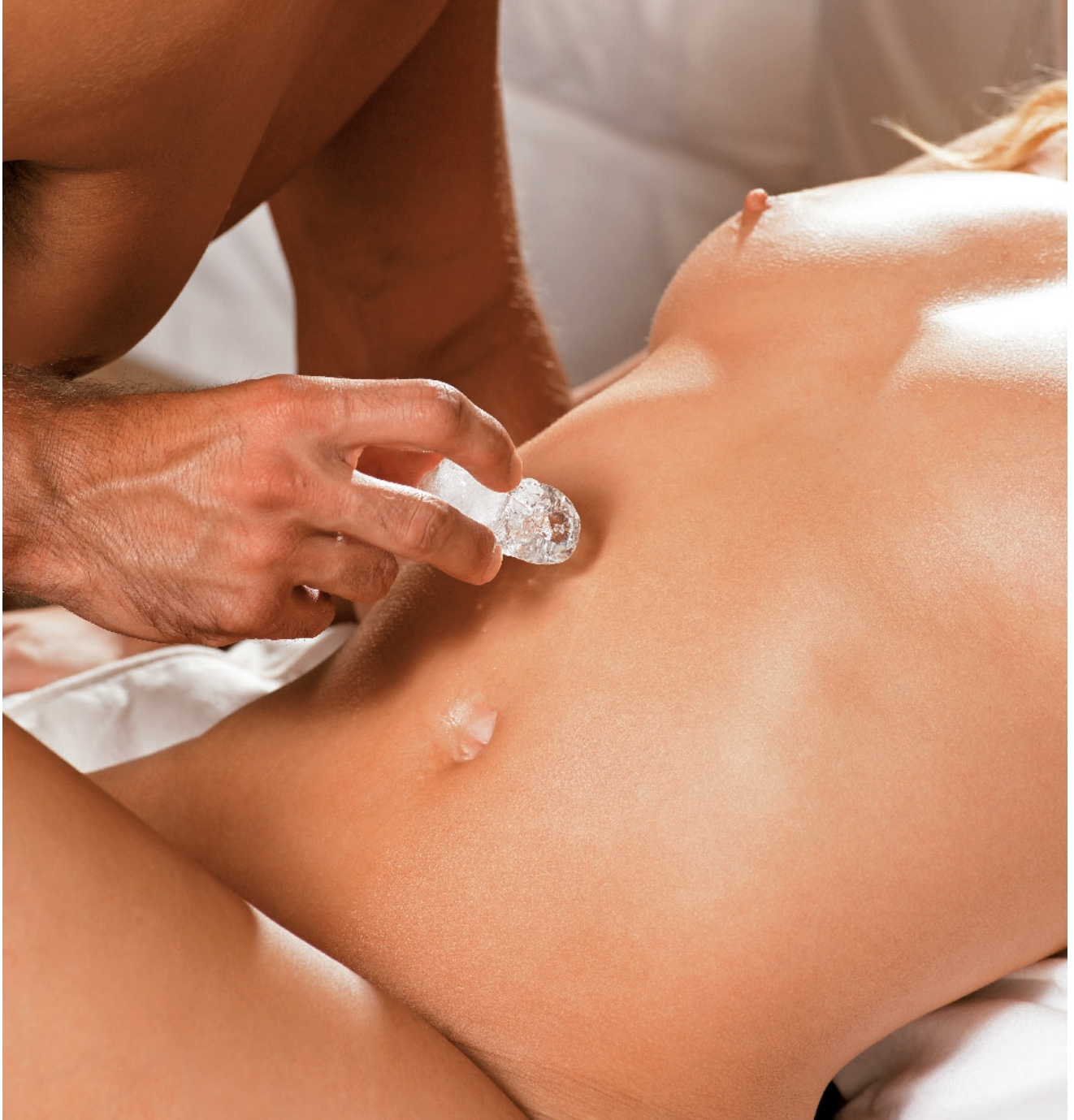
- Prolong the foreplay! As you stroke and caress, let her hear you slurping and rustling those cubes in your mouth, building up anticipation as she wonders, “What does he plan to do with a mouth full of ice?”
- Put your ice cold mouth on her nipple. It will feel cool at first, then very arousing. Repeat with the other nipple.
- Glide an ice cube down her forehead, her face, her back, and her legs—slowly. Tell her where you are taking the ice cube next as you do it. (You will likely go through several ice cubes in this extended version of chilled foreplay.)
- Chill your mouth again. Slowly work those cool lips and tongue down her body to her vulva, teasing and slightly torturing her.
- *Slowly* take her inner labia lips, one at a time, into your chilled mouth.
- Hold an ice cube briefly to the tip of your tongue and use it to lick the shaft of her clitoris.

- Chill your mouth again, making sure your tongue is mostly chilled. Run that tongue along the sides of her clit, then circle it.
- Select one of the smaller melting cubes from the bowl of ice. Place a piece in your mouth. With your tongue, gently press the ice against her labia. Roll it around.
- When the ice has melted, *gently* run your cold teeth up and down her labia majora. Pay attention to her responses.
- Now, with a warm mouth, blanket your tongue over her clitoris and move the entire clitoris back and forth until she comes. Ahh!



## *The Sexpert Says*

The main reason that men have trouble getting an erection is performance anxiety. They are so worried about how they're doing that they are not really in the moment. Cunnilingus takes the pressure off and allows a man to focus entirely on pleasuring his partner with no anxiety. It is, however, normal to be in your head the first few times you try something new. If you find yourself paying such close attention to these new cunnilingus techniques that you're missing some of the pleasure, don't worry. Once you master the skills, you will be totally in her moment.









## **SEX FACTS**

An ordinance in Newcastle, Wyoming, specifically bans couples from having sex while standing inside a store's walk-in meat freezer. Now that is extreme. And not advised!

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# COOL AND REFRESHING

If she's given you a blow job with a mint in her mouth, you know the true meaning of "tingling sensation." How about reciprocating the favor?

This little game doesn't require much advance planning. It is what it is: simple and perfect. If you can walk and chew gum at the same time, you can hold a mint in your mouth as you suck her clitoris.

## Perfect the Move

- Put several mints in your mouth at once. Swish them around your mouth to distribute the menthol.
- Now suck on her vibe or dildo to get the hang of it. That's it. You're good to go!

## The Cool and Refreshing Scenario

Maybe you just ate at a restaurant that served mints. Maybe you picked some up on a whim. Whatever, take it as a sign and seize the moment. It's a perfect situation. You have a mint in your mouth and your girl is there before you. What more do you need?

### Last-Minute Preparations

With the mint tucked into your cheek or under your gums, lick her nipples to give her a preview of what's coming. Blow across her nipples, following the coolness with your hot breath.

When she is highly aroused—possibly ready for intercourse—go down on her with that fresh, minty mouth.

Wow! She'll never look at a breath mint the same way again.

## The Cool and Refreshing Technique

- With your tongue, glide the breath mint along the folds of her inner lips.
- Push the mint against the base of her clitoris. Use the tip of your tongue to move the mint back and forth, tickling her clit.
- Work your tongue around her clitoris, swirling the mint as you do.
- When the mint dissolves, suck her clitoris and alternately tongue the shaft and tip with the tip of your tongue. Move quickly to orgasm while your mouth is still popping with menthol.



## SEX FACTS

Some women claim that they don't enjoy receiving oral sex because they miss being held, kissed, and caressed at the point of orgasm. If your woman has that issue, make sure you connect prior to "going down," and use one hand to caress her hips and legs as you lick and suck her.

Never blow air inside a vagina because it can cause an embolism (an air bubble that enters the bloodstream), which can be fatal.



## *The Sexpert Says*

Playing in bed with food, especially sugar, is sweet and fun. However, yeast thrives on sugar. Your babe can develop a nasty infection from all the party food. Consider switching to sugar-free mints for this scenario.

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# THE CUNNILINGUS EXERCISE

You could jog and do jumping jacks, lift weights, or take spinning classes to burn calories. Or you could have sex. Sex burns up some calories, too. (Okay, you will still need to work out.) Orgasm boosts the immune system, improves cardiovascular functioning, and generally contributes to physical, mental, and psychological well-being.

Work up a little sweat together—and then give her a thrilling oral orgasm.

## Perfect the Move

- What are her favorite workout activities? Join her in one of them and observe her physical responses to exercise. When her face flushes and sweat beads on her body, she is physically alive and can be sexually aroused with a flick of your tongue.

## The Cunnilingus Exercise Scenario

It's another workout day for her, and you propose that this workout be different. When she is reluctant to change her routine, you gently remind her of the importance of switching things up. You volunteer to be her coach, prepared with the perfect routine. You tell her about the one and only rule—she must be naked.

### Last-Minute Preparations

Lay down an exercise mat or towel.

## The Cunnilingus Exercise Technique

- Begin with push-ups. She must position her clitoris over your mouth, hold it for five seconds, push down so that it's inside your mouth, and then
- slowly push back up. Repeat this ten times. And no licking, sucking, or any form of tongue play!
- Move on to sit-ups. Have her lie on her back with her knees bent (crunches); sit on her feet, with your legs spread facing her. Have her fold her hands behind her head with her elbows pointing straight out. This proper form will push her chest out so you have access to her glorious nipples. Stick out your tongue and lick a nipple on the first five sit-ups. Go for her clitoris on the next five.
- Exercising has never been so much fun. Now, have her get on her knees (girl push-up) holding a fusion ball. Make sure she tucks her pelvis down and her back is straight. She will balance as she does a push-up. You lick her labia on the downstroke. Repeat ten times.
- Doing the same exercise, have her spread her legs, lowering her closer to the floor. Lie on your back, with your head between her legs, and prop yourself up with a pillow, if need be. Stick out your tongue and lick her clitoris each time she comes down. Repeat ten times.
- Final stretch. Have her lie back on the fusion ball and reach her hands behind her. She is wide open and extremely

vulnerable. Get on your knees, extend your right hand, and put your pointer finger and thumb on her nipples. Do the same with your left hand. Put your face between her legs. Using your tongue, separate her lips and suck on her clit. *Caution:* You should only hold this position for a few seconds. The blood is rushing to her head.

- Now for the happy ending. This should be a part of every workout program. Your woman did an excellent job. Thanks to you, she has a lot of muscle tension AND sexual tension. Lay her on her back, spread her legs, pucker your lips, and put them to her clitoris.
- Lightly suck as you run your tongue over the top of her clitoris. Run your fingers over her mons. This sucking and gliding the tongue over the clitoral head is a real winner every time. Coach her to the finish line.



## *The Sexpert Says*

Encourage your woman to perform Kegels as she does her sit-ups, push-ups, and other exercises. Doing so will intensify her arousal while conditioning her PC muscle at the same time. Put your finger in her vagina and have her do Kegels while you are performing cunnilingus on her. She'll feel her orgasm more strongly—and you'll feel it in your finger as well as your mouth. If she does Kegels during intercourse, it will feel like she's gripping your penis tightly, then releasing it. Very hot.

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# CUNNILINGUS ON DEMAND

**Have you ever wondered: What does she want in bed? Maybe you ask her every now and then and don't get a definitive answer. Sometimes it's difficult to know what women want because what we wanted yesterday isn't necessarily what we want today.**

Our sexual desires often match fluctuating hormone levels. Some women are hottest when they ovulate, but others want sex more right before, even during, their periods. Pay attention to her cycles and to other factors affecting her desire, including exercise, diet, alcohol consumption, rest, and the life happiness factor. So, pay attention and respond to the perhaps subtle signals that cunnilingus is on demand tonight.

## Perfect the Move

- The best way to prepare for this scenario is to pay close attention to how she responds to your advances, verbal and physical. Listen with your eyes and ears.
- When you kiss her and fondle her breasts, look for the signs of early arousal in her sexual response cycle. If your hand (or groin) pressed against her vulva makes her moan and move against you, her body is telling you: cunnilingus, now.

## The Cunnilingus on Demand Scenario

You have been reading several scenarios in this book and you're getting the hang of them. You have learned how to enjoy erotica and psychological arousal, and you have become an aficionado of different techniques. You read this scenario and you realize that this a good time to practice responding to her desires communicated both verbally and nonverbally. Perhaps she shows up to bed naked, she rubs herself against you, or maybe she holds that "hello" or "good night" kiss a lot longer than usual.

When she lets you know she's hot, amp up the foreplay and move to cunnilingus. (She'll think you can read her mind.)

### Last-Minute Preparations

Put her in the crab position: She's on her back on the bed with knees bent, her feet at the edge of the bed. She lifts her butt up off the bed, supporting her weight on outstretched arms and feet. You kneel on the floor and clasp her buttocks in your hands, holding her up as you move your face into her vulva.

## The Cunnilingus on Demand Technique

- Penetrate her vagina with your tongue. Thrust it in and out as if it were a small penis.
- Now slowly lick, using a flat, broad tongue, from her perineum to the hood of her clitoris. (Remember, bottom to top.) Do this again and again until she is writhing and moaning.
- With the tip of your tongue, lick the folds of her inner lips.
- Put pressure on her clit with your gums while you penetrate her with your tongue.
- Flick your tongue over her swollen clitoris, going faster and increasing pressure as she moves against you. Follow her lead.
- Alternate sucking her clit with flicking the tip of your tongue across the tip of it until she comes.

## SEX FACT

The more women are able to express their sexual feelings to their partner, the higher they rate their sex lives. In other words, the more they talked (and their partners listened), the higher they rated their sexual satisfaction.





## *The Sexpert Says*

This is an excellent scenario for longtime lovers to reconnect and for new lovers to get to know one another because you are really listening to her body. When was the last time you did that? Even though she is not speaking words, you can hear her. Would you have ever guessed that “listening” could be so much fun?

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# THE STEADY TONGUE

Stick out your tongue and let her have her way with it. You heard me correctly. You do nothing but sit back and let her slip and slide all over your tongue. You only move if she gives you an order to go left, right, faster, slower, up, down, all around.

Tell her: “This tongue is entirely at your disposal. Use it at will.”

## Perfect the Move

- Lie on your back and stick out your tongue. When you do the real thing, you will be listening for directions.
- If you have challenges with receiving directions, hop in a car with a GPS system and go to a new destination. Without the directions, a map, or the GPS, you probably would have not reached your destination. If you had, it would have been after much wasted time and energy. The same is true for this oral game in which you are the human sex toy.

## The Steady Tongue Scenario

You love to play with her dildos and vibrators, but tonight you propose something new. You propose to be her human sex toy. She can use your tongue to do as she pleases. She laughs, knowing that there are no sex toys to compare with the oral satisfaction you can give her.

### Last-Minute Preparations

Prop pillows under your head so you can be easily adjusted.

There is a lot to be learned by just observing how she moves and what she shouts out in the midst of her arousal. She may learn more about herself in the process.

Stick out your tongue and let her drive the Vulva.

## The Steady Tongue Technique

- Lie on your back with the back of your head to a wall or bedpost.
- She sits on your face toward the wall or bedpost, extending her arms so she can hold the bedpost or brace herself against the wall.
- Stick out your tongue and let her move and groove.



## THE STEADY TONGUE VARIATIONS

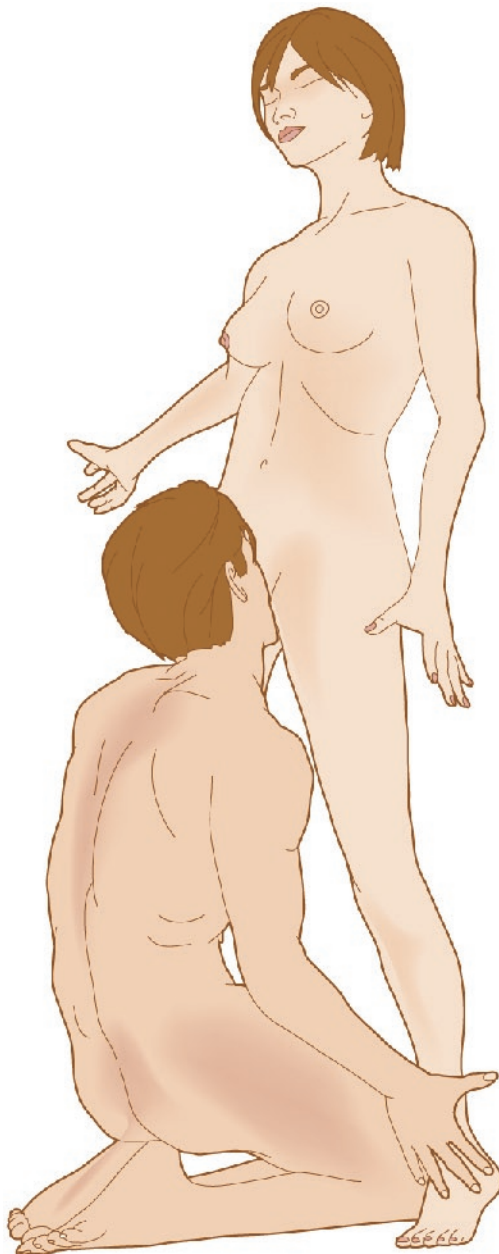
- For more control, she can squat, putting more pressure on her feet than your face.
- To help, she can distribute some of her weight on a pillow, bedpost, or stool placed on your bed.
- Try some toys. The Oral Sex Helper wraps around your head, and you can position the vibrator under or over your tongue so she gets vibration and the tongue. The Mini Tongue is 6 inches (15 cm) in length, which is above average as far as tongues go, comes in three speeds, and is made of silicone Trueskin. Another nifty toy is TongueJoy, which actually adheres a small vibrator to your tongue with a rubber band-like strap.



## SEX FACTS

The tongue is made of 16 muscle. The average tongue is 4 inches (10 cm) long and weighs 70 grams.

Nearly 75 percent of women require some sort of clitoral stimulation to reach orgasm.



### *The Sexpert Says*

When a woman climaxes, she releases a hormone called oxytocin, called the “cuddle” or “love” hormone. Oxytocin is the bonding agent responsible for helping a woman feel close to you. Men release oxytocin as well, but not nearly to the degree that women do. Women release five times the amount at the point of orgasm, and it works even if you’re out of the room. You could be having phone sex and she will still feel connected to you. This explains why a woman might feel more connected after sex than a man does.



# THE VULVA WHISPERER

**The Vulva Whisperer knows what the vulva wants with no words spoken. He just knows. With practice and observation, you too can become the Vulva Whisperer. First, surrender to her responses as you explore the peaks and valleys of her sexual response cycle and orgasm.**

The key to this scenario is simply observation. It's easy to get so caught up in the idea of performing that we forget that the most important part of the experience is to be present. Be present in the vulva.

## Perfect the Move

- Observe her sexual response cycle every time you make love. If she'll let you, get it on DVD.

## The Vulva Whisperer Scenario

Not every cunnilingus scenario is a gourmet one, but this is. It's a slowie, not a quickie, created to nourish her body and soul.

When you can enjoy at least an uninterrupted hour together, lie down with her. Begin with nonsexual caressing and stroking. Going straight for the penis

usually works well with men, but not always with women, and certainly not this time.

Listen to the vulva.

### Last-Minute Preparations

Get naked together. Give her a rub and wrap her in warmed towels or a cashmere throw, if you have one.

After your rub, caress her body—feet and legs, face, arms and hands, belly and back—but not her genitals.

Have her lie on her stomach and make long, gliding strokes up and down her body from neck to ankles. Caress her ass.

When her breathing accelerates, or she begins doing the pelvic thrust, turn her over and begin whispering to her vulva. Whisper words of love and endearment so softly that she can't hear, but she can sense the connection between you and her vulva.

## The Vulva Whisperer Technique

- Stroke her vulva lightly with your fingers, intensifying pressure if that is something she enjoys. Now move your tongue in the same path.
- Listen to her body language, giving her more or less pressure when she wants it.
- If she scoots downward, she wants more stimulation on her clitoral hood or clitoral glans, the head of the clitoris. Use her favorite sucking and licking techniques.
- If she scoots upward, you are stimulating her too high or too directly. Try going lower or giving her indirect stimulation by lowering her clitoral hood or using a soft piece of material such as silk to cover her clit as you lick and suck.
- Let her vulva lead you in this clitoral dance until she comes.



## SEX FACTS

The first phase of the sexual response cycle occurs in the brain. The brain is the most important sexual organ.



## *The Sexpert Says*

Just like penises, vulvae come in different shapes and sizes. Some are pierced, some are not. Some are shaved, others are not. Some labias are very long, some are not. To view vulva photography art and get a good idea of the variety, see Nick Karras's book *Petals*.

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## **SEX FACTS**

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Everyone has a sexual response cycle and, in fact, men and women have many similarities. However, the big difference is in the recovery. Men need a longer recovery time. Women, oftentimes, need none.

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# THREE EROGENOUS ZONES

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Inspired by the French term *trois zones érogènes*, this scenario incorporates the three erogenous zones of anal, G-spot, and clitoral stimulation. Now that is every woman's idea of the ideal trifecta.

## Perfect the Move

- Point your pointer finger on each hand. Move them in circles going in opposite directions. Now reverse. What does this have to do with oral sex? You are practicing doing several things at once really well.
- This technique will take a little bit of mindfulness to start, but eventually it will be like second nature.

## The Three Erogenous Zones Scenario

She is lying on her back and you are about to go down on her. Although she's probably expecting the usual "she comes first" cunnilingus—straight to the point, give her an orgasm before intercourse—she is also learning to expect some surprises from you. This one will triple her fun.

## Last-Minute Preparations

Have some anal lube (as well as the regular vaginal lube) and a glove or finger cots ready in your nightstand drawer, next to a G-spot vibe or dildo.

Put a pillow under her butt.

Only proceed with anal stimulation once you have had the discussion about which if any types she enjoys or would like to enjoy.

## The Three Erogenous Zones Technique

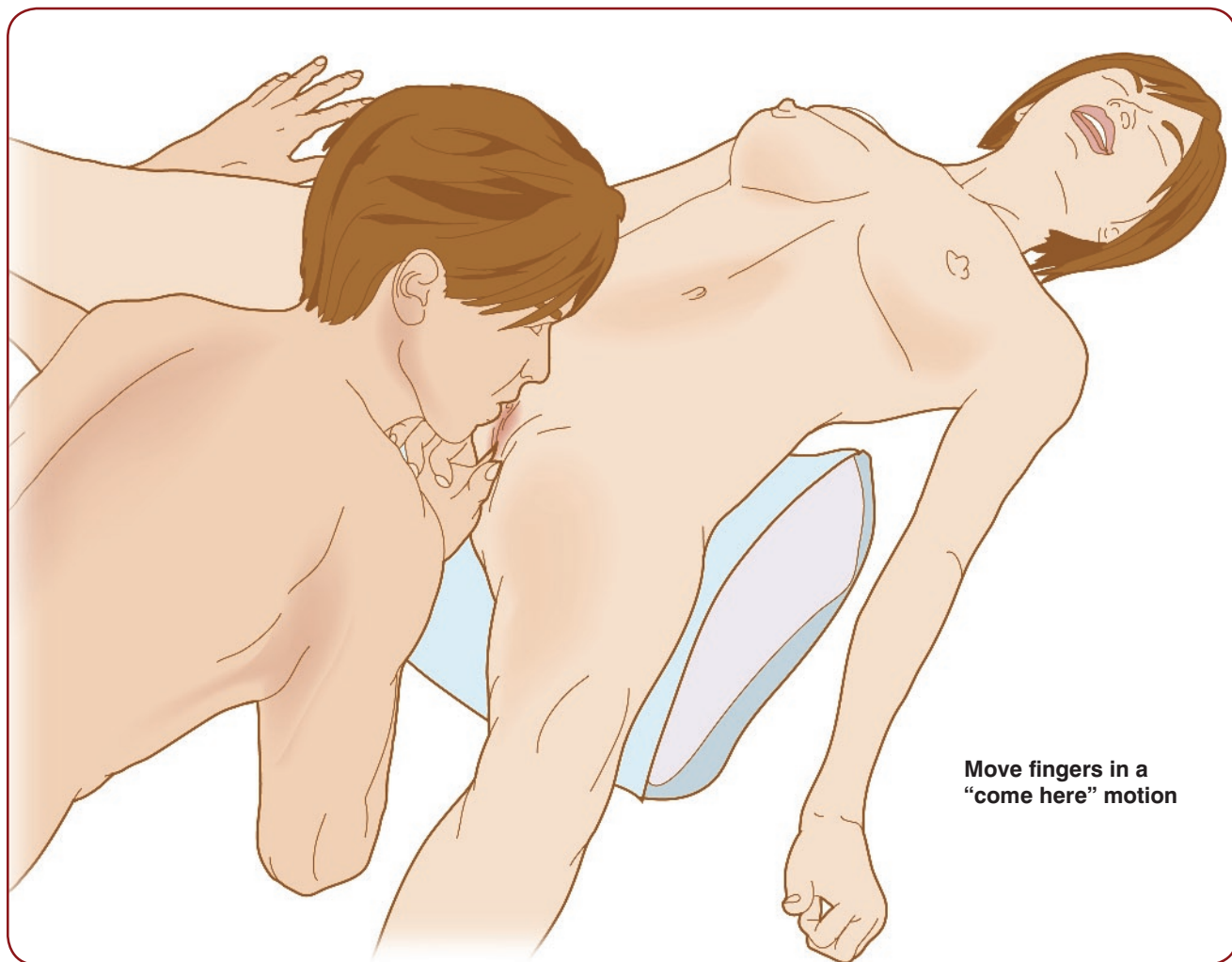
- Start with slow stimulation of her clitoris, alternating light sucks with tickling the tip.
- Ease the well-lubed G-spot stimulator into her vagina, tilting it upward. By now, you will know you've hit the right spot by her responses.
- Using a butt plug or gloved hand, and with ample lube, massage around the anus to relax her muscles.

- Slip a finger or two (if she is comfortable with that) into her anus. If she is not okay with insertion, she may enjoy external stimulation of the sphincter or perineum.
- Like a brilliant juggler, keep her three erogenous zones in play, coordinating the pace of G-spot, anal, and clitoral stimulation (using her favorite moves).
- Bring her to an intense, explosive three-way orgasm.



## *The Sexpert Says*

Always clean your toys and hands well before inserting them. Never double dip your sex toys or fingers by moving from anus to clitoris/vagina.



Move fingers in a  
“come here” motion



# HUMMING CUNNILINGUS

Turn your mouth into a low-speed vibrator and make her giggle with delight before she gasps in a different kind of delight. This scenario is fun and sexy, too. (I told you that no vibrator could replace you, but you can, however, replace a vibe on occasion.)

## Perfect the Move

- Practice by pressing your lips together and making the “mmmmm” sound, as in “mmmmm, you are tasty,” or the “ooooohhhh” as in “ooooohhhh, I can’t wait to taste you.” A Tantra practitioner? Try the ohm sound.
- Now, place your fingers on your lips. Do you feel the vibration? That feeling will be more intense in her clitoris, the most deliciously sensitive part of her body.
- Put your lips to your inner wrist, another very sensitive spot, and practice making the sound as you suck.

## The Humming Cunnilingus Scenario

You have mastered your craft and your skill set is vast; why are you suddenly feeling as if you ran out of fresh ideas? “Humming” adds fun and play to any situation, and no batteries are needed.

### Last-Minute Preparations

Lay your girl down on the bed, sofa, or backyard chaise lounge.

Move the collar of her shirt aside and put your lips to her skin. Oh so gently, brush your moist lips up to her earlobe, where you continue to whisper how beautiful she is to you.

When you begin to feel her sexual energy surge, make your humming sound on her earlobes and down her neck.

As she giggles and squirms, run your hands down her body.

Pull her panties off and stroke her pussy with your hand.

Now, begin to hum.

## The Humming Cunnilingus Technique

- As you lower your head to her vulva, make the “mmmmm” or “ohm” sound so that your mouth vibrates.
- Take one of her labia lips into your mouth. Continue humming. Repeat

with the other labia lip. Glance up to gauge her response; she’s probably smiling in delight. It’s hard not to smile when a man is humming you.

- Holding her vulva in one hand, and keeping the other free to stroke her exterior mons or slink between her inner thighs, run up and down the shaft with little sucking kisses. Keep humming!
- Put your lips on the hood of her clitoris. Continue making your vibrating sound as you suck it.
- Lick up and down the shaft. (Keep humming.) Put your lips around her clitoris and suck. (Keep humming.) Lick and suck and hum until she comes.



## HUMMING CUNNILINGUS VARIATIONS

Maybe you don’t want to hum your way, start to finish, to her orgasm. Use the technique:

- To initiate oral sex
- As foreplay
- To give yourself a break from vigorous sucking
- To reignite your interest if you’re losing enthusiasm
- To add variety to your oral repertoire



## *The Sexpert Says*

Many men consider cunnilingus the way to give her an orgasm before intercourse. Another way to look at cunnilingus is that you come, too. Try putting a vibrating bullet inside your pants. Pay attention to her responses. As her flesh pulsates and throbs in your mouth, imagine those movements traveling throughout your body. Let her arousal ignite your own. Give yourself a few strokes—and you'll come, too.

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# THE CUNNILINGUS CLOSER

**In this scenario, cunnilingus is the closer, strictly the means of delivering her orgasm after a lot of penis play. Yes, I said a lot. You're going to clone your penis with the help of a penis-cloning kit!**

That's right, your girl likes your penis so much, it would be nice to have another. After all, you have two breasts to play with. Why not give her two penises—followed by a delicious oral orgasm?

## Perfect the Move

- Secretly order your penis-cloning kit (Clone-A-Willy) online or buy it at your favorite sex supply store.
- The next time you go down on her, tell her that you fantasize eating her and fucking her at the same time. Clearly a fantasy, but an intriguing one, yes?
- When you're home alone, create your penis clone and put it somewhere safe where it can mold for twenty-four hours.

## The Cunnilingus Closer Scenario

You take a photograph of your penis using your cell phone, email it to her, and type a message that says, "Tonight, we're going to double your pleasure." You don't respond to reply emails asking for more details. You hide the penis clone under her pillow and let the fun begin.

### Last-Minute Preparations

Admit it: you've always wanted to suck your own penis. I dare you to pull it out from beneath the pillow and put it in your mouth as she watches.

Hand it to her and ask her to suck it.

Encourage her by stating what she is doing well. "I love it when you do that gentle glide over the head of my penis."

While she's sucking your penis, work your mouth down her body.

Take the penis from her and play with it, slapping her thighs and ass.

Lube it and insert it into her vagina. As you fuck her with it, rub your erection, the real one, against her thighs or between her breasts.

Keep working the clone as you go down on her and bring her to orgasm.

## The Cunnilingus Closer Technique

- Matching the pace of the clone's thrusting, work your firmly pointed tongue around her clitoris, circling it fast.
- Put your lips around her clitoris and suck lightly but also quickly.
- Holding your lips pursed together, move them up and down the shaft of her clitoris.
- Return to sucking.
- Finish her off with rapid butterfly strokes to the tip of her clitoris.



## *The Sexpert Says*

Women love to talk, and we want the details. Men appreciate the plain facts. Sometimes I get the feeling that telling a man more than the facts is a waste of time—and can make him dizzy.

After you both had fun with your clone, give her the details—like what you were thinking as you had to wait five minutes with your penis casting in the rubber solution. Build up the story of how you wanted to surprise and please her. She'll love it.











## Spice Things Up With Cunnilingus Quickies

When you say “oral sex quickie,” everyone thinks blow jobs. But you can make her come fast with your mouth and tongue, too.

- **The Car Wash Quickie, page 120**

You’ve got five minutes and foggy windshields—now, go!

- **The Drive-Through Quickie, page 122**

Here’s your challenge: Give her an oral O between the order window and the pick-up window—without getting arrested.



# THE CAR WASH QUICKIE

**What better place for a quickie than a car wash? The windows are steamed. The sound of the brushes is sensual. Perform cunnilingus on your lady while the car is getting cleaned.**

Talk about a full-service station stop!

## Perfect the Move

- Time your lover. How long does it take her to reach orgasm via cunnilingus?
- Research drive-through car washes in your area. The average car wash takes around five minutes. Obviously, go with the slowest one. (Every minute counts.)
- Due to the nature of this quickie, it would be best if she wore a skirt. You could pick out an outfit from her closet, or better yet, buy her a new skirt that you would like to see her in.

## The Car Wash Quickie Scenario

She's been begging you to run her car through the car wash. You tell her you'll do it—but not alone. Going through the car wash has never been so much fun.

### Last-Minute Preparations

Just because this is a quickie, don't forget the foreplay. Instead, maximize your time. While in the car wash line, kiss, nibble, and lick her neck. Reach up her skirt and tickle her clitoris. (Make sure your fingers are lubed. Every glove compartment should have it.) Or ask her to stroke herself.

As your car is maneuvered into position for the wash, move your seat back so you have more room.

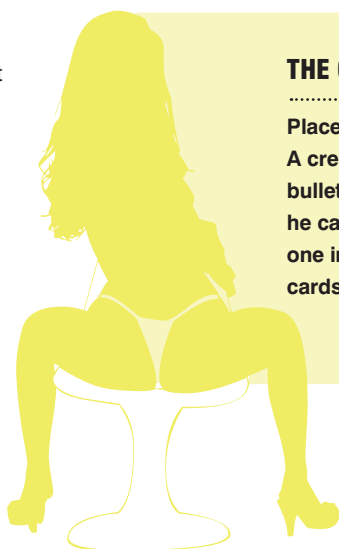
## The Car Wash Quickie Technique

- Do a face plant in her lap. Tickle her clitoris with your nose. Now rub your nose back and forth across her clitoris as your lubed fingers explore her vagina, searching for her G-spot.
- Flick your tongue over, around, up, and down her inner lips.
- Run your tongue in circles around her clit.
- Suck on her clitoral shaft.
- It takes coordination, but suck her shaft and move your tongue in circular motions around her clitoris simultaneously. You can switch directions if you like, but once you find a rhythm, stick with it.
- Every so often, run your tongue over the clitoral glans while sucking. This little twist might bring her to orgasm alone, but massage her G-spot at the same time for insurance.

## THE CAR WASH QUICKIE VARIATIONS

Place a dildo or small bullet inside her vagina.

A creative lover carries a small vibrator, such as a bullet or pocket rocket, in the glove compartment so he can give his girl a little buzz in traffic. Or he keeps one in his pocket with his identification, money, credit cards, and all the other things he can't live without.

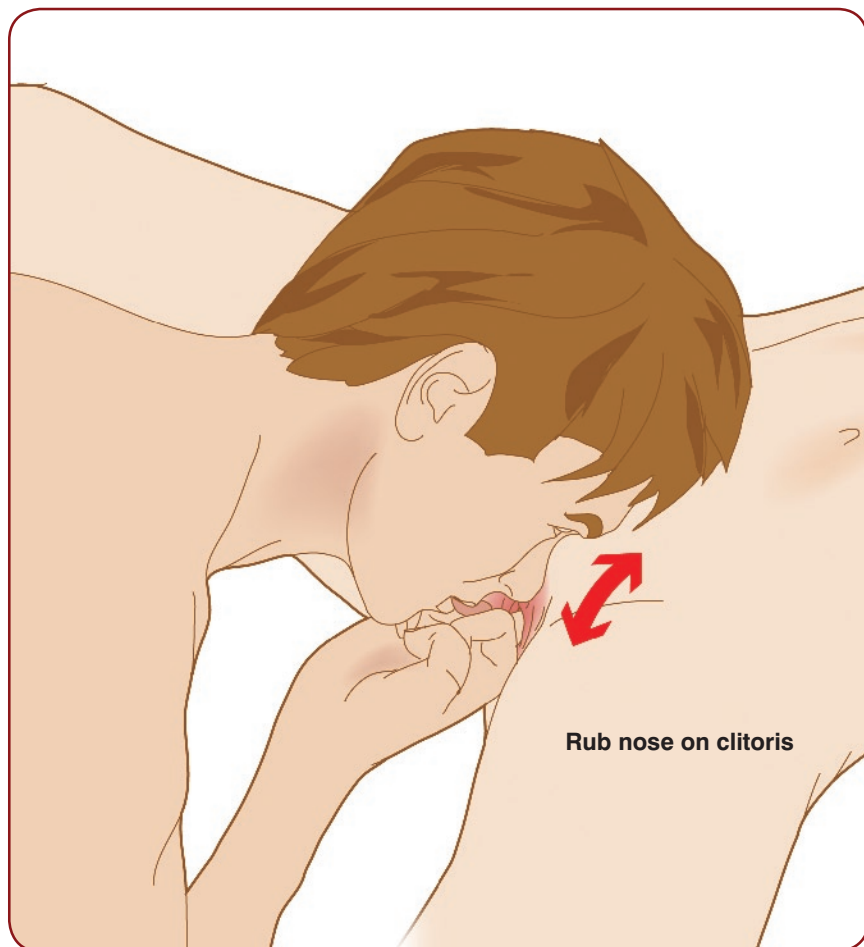




## **SEX FACT**

According to the 2005 Durex study, the car is the most common place for people to have sex. Fifty percent of people worldwide have had sex in a car.

A study of New York women aged sixteen to twenty-five found that 30 percent rarely wore underwear. I'm guessing that going commando is highest in the summer months.



## ***The Sexpert Says***

So many couples are tired by the end of the day, "sex time." Fatigue and stress interfere with the desire and arousal phase in both genders. Women may experience difficulty with arousal or climax, or even pain with intercourse. Men may lose their desire and erections.

What's the solution? Have sex in creative ways outside the bedroom and the standard time zone for erotic activity. The Car Wash Quickie is one of the many games couples can play any time of the day.



# THE DRIVE-THROUGH QUICKIE

**We live in an instant gratification society. Fast food has to be so fast that you can order it from one window of a small building, drive around, and pick it up at another window. Now that is fast.**

Sometimes sex has to be fast, too.

Couples who build little quickie events into their week have more sex—of all kinds. The more sex you have, the more you want.

Drive-through cunnilingus? Yes, a perfect solution.

## Perfect the Move

- The goal: a fast, hot orgasm for her.
- Pay attention to her responses when you use small vibes on her clit. What gets her off quickest? For many women, it's a pocket rocket. If she doesn't have one, buy one and experiment with it.
- Now practice alternating the vibe with fast tongue action, using only the tip of your tongue.

## The Drive-Through Quickie Scenario

She's driving and—this is important!—she's wearing a skirt, not pants. You reach across the seat and stroke and massage her thighs. You run your hand up between her legs and press rhythmically.

Now tell her that you're hungry and ask her to look for a drive-through fast food joint—with a long line.

### Last-Minute Preparation

Remove your seat belt as soon as you pull into the drive-through lane.

Have the pocket rocket in your hand.

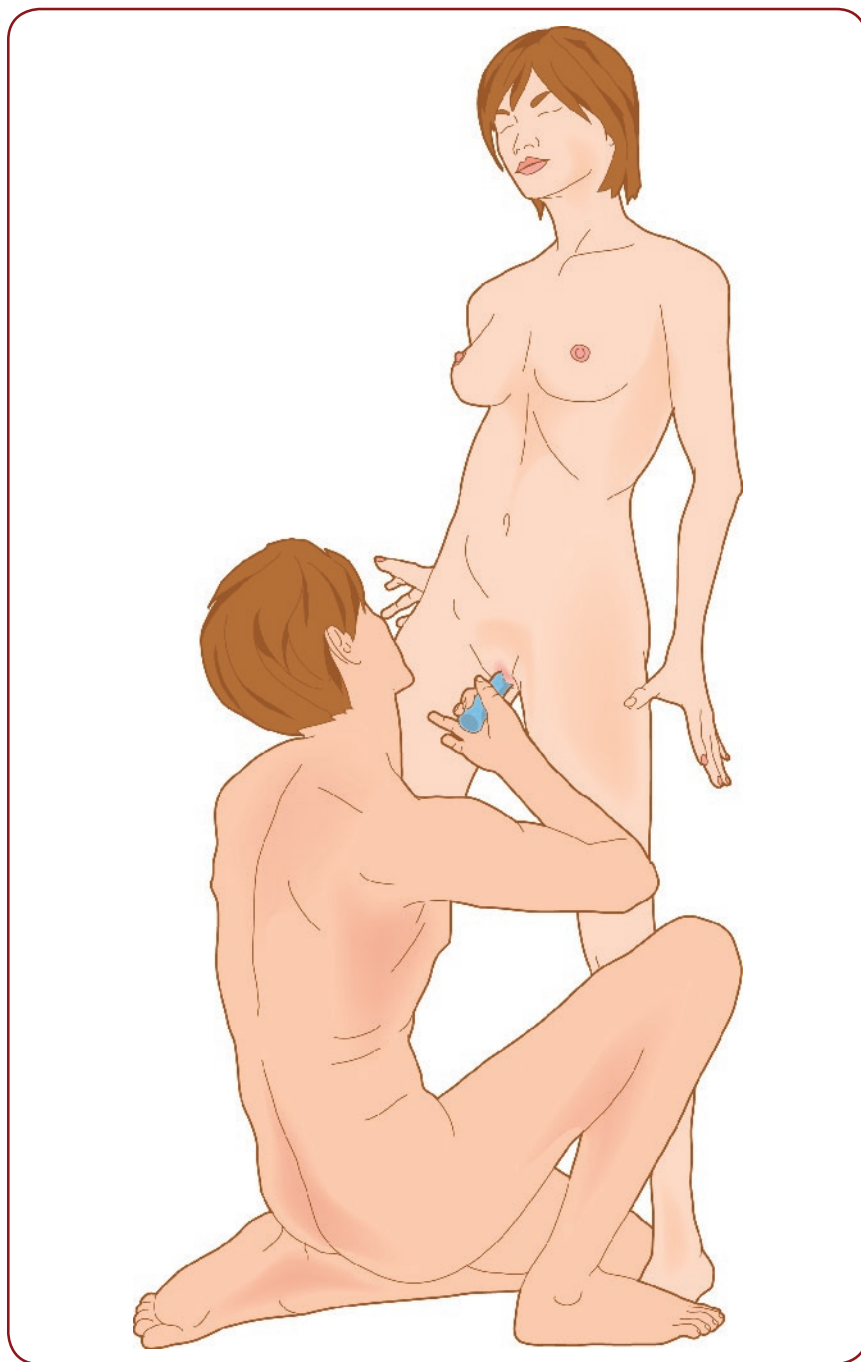
Put your head in her lap. Bunch her skirt up. Put your head under it and pull the skirt over your head.

Start your little engine.

## The Drive-Through Quickie Technique

- Hold the pocket rocket against her clit until she's placed your order. (You know from practice whether she prefers high or low speed.)
- As soon as she pulls the car forward, tongue her clit. Use whatever strokes arouse her quickly. For some women, rapid flicking of the tip of your tongue across her clit interrupted by several sucks is the winning pattern.
- Work the vibe around the sides of her clit as you lick and suck her to orgasm.





### *The Sexpert Says*

A couple's sex life is a good gauge of what's happening in their life in general. Couples who can overcome the time challenges to sex and give and take in quickie situations can see other opportunities and meet other challenges.

Create more fun sex events. You'll be surprised at how much more connected and adventures you will feel.









## Games People Play... Without Their Panties

**This group is really games, not scenarios. Any game involving cunnilingus has to be fun for both of you, right?**

- **The Masturbation/Cunnilingus Game, page 126**  
You'll give her anything if she'll let you watch her masturbate. Offer cunnilingus and close the deal.
- **The Remote Control Cunnilingus Game, page 130**  
Push her buttons but don't let her come until you go down on her.
- **The Cunnilingus Challenge Game, page 132**  
She doesn't come easily? Make her come—that's your challenge.
- **The Cunnilingus Spelling Game, page 136**  
Write on her body—and reward her when she gets the sentences right.
- **The Cunnilingus Sex Toy Game: Level 1, page 138**  
Let her play with the toys, but with one proviso: Only you can make her come.
- **The Cunnilingus Sex Toy Game: Level 2, page 140**  
Only if you dare! These toys are not for the faint at heart.
- **Truth or Dare, page 142**  
You will learn things about each other that you didn't know.
- **Yes, No, or Maybe, page 144**  
Which of these sex activities will she try? Truthful answers merit cunnilingus moves.



# THE MASTURBATION/CUNNILINGUS GAME

**There is no better way to learn what a woman likes than by watching her masturbate. If she'll let you watch, she can give you enough information to be the best lover she's ever had.**

Watching is also an awesome experience for you personally. Men report that they miss the nuances of female arousal and orgasm when they are focused on performing sexually. In this scenario, you watch and learn, get very aroused, and bring your tongue to the party at the end.

## Perfect the Move

- Ask your lover to tell you some masturbation stories if you've never watched her masturbate. As she talks, coax her into showing you how she touches herself.
- Particularly note how she strokes herself (and with how much pressure) leading up to orgasm. Encourage her to stroke her clitoris during intercourse—and even cunnilingus.

## The Masturbation/Cunnilingus Scenario

It was one of those desultory lovemaking sessions. You came; she didn't. Do you go back to cunnilingus? What if your neck aches, and she is clearly in this for the long haul?

Or maybe she's really close, and you are tempted to bring her there with a few hand strokes.

Ask her to show you how it's done. When she's on the verge, nudge her finger to the side with your hand and bring her home.

### Last-Minute Preparations

There's no preparation involved here. It's a last-minute game.

## The Masturbation/Cunnilingus Technique

- As soon as she begins to touch herself, tell her how beautiful she is.
- Periodically make eye contact with her so she doesn't become embarrassed that you are only gazing at her pussy.
- When you can tell she is close to orgasm, crawl between her legs, nudge her fingers aside with your nose, and begin to tongue her clitoris using the strokes that most effectively bring her to orgasm.
- If you suck, keep the rhythm steady and fast.
- After she has come, take the hand she was using to masturbate, and lick and kiss and suck her fingers, one at a time.



## *The Sexpert Says*

Men and women alike attribute much of their sexual growth to the encouragement and support offered by a lover.

Women in relationships are sometimes conflicted about masturbating. They think they're "cheating" if they do it. Encourage her to explore her body. The more she knows her body, the better your sex life will be.

Does she use a vibrator or dildo? That's a good thing. Never worry that technology will replace you. Nothing can possibly replace the warmth of your mouth, the slickness of your tongue, the feeling of being penetrated by a real penis—and, of course, the element of human touch.







## **SEX FACT**

According to research studies, we maintain our masturbation patterns developed in puberty throughout our entire life unless we consciously decide to change them.

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# THE REMOTE CONTROL CUNNILINGUS GAME

Is a road trip on your agenda soon? Pack a new toy—a remote control vibrator. Tease her with it, arousing her, then switching it off. When you get to your destination (or pull off the road into a rest area), give her an orgasm (or several) via cunnilingus.

## Perfect the Move

- Practice operating the remote control vibe.

## The Remote Control Cunnilingus Scenario

Before you leave for your trip, you surprise her with a beautifully wrapped package. She giggles and stuffs it into a bag and leaves it behind. You insist she put it on.

The object of this game is to get her excited, then bring her back down—until she is begging you to stop the car and do her—now!

## Last-Minute Preparations

Make sure the vibe is comfortably fitted before you get in the car.

Put extra batteries in your bag.

## The Remote Control Cunnilingus Technique

- Start out by coordinating vibrating speed with traffic lights. When you get to a red light, give her a low buzz. On green, accelerate.
- Or coordinate the buzz with music.
- When you come to a private rest stop, practice chivalry by opening her door, helping her out, and laying her on her back, feet up, on the front hood like a hood ornament. (This is freaking hot.) No privacy options? Lay her on the back seat.
- Keep the vibration on her clit for a few moments while you play (with lubed fingers) in her vagina.
- Now turn off the vibe. Run a flat tongue up and down the inside of her inner lips.
- Turn your full attention to her clitoris. Tap the tip of your tongue up and down the sides. Swirl your tongue around it. Tap the tip of the clitoris.
- Suck and swirl her to orgasm.



## *The Sexpert Says*

Frequency is the number one sexual complaint of men—and many women, too. If you aren't having as much sex as you'd like, then you need to be more creative in taking advantage of opportunities. This cunnilingus scenario is an example of that. It also addresses another common sex complaint: The sex is boring. (Not if you play games like this, it isn't.)



## SEX FACTS

Kissing encourages saliva to wash food from the teeth and lowers the level of the acid that causes decay, preventing plaque buildup. Kissing each day will keep the dentist away.

Vibration to vulva is nothing new. Cleopatra reputedly used a gourd full of live bees as a vibrator.





# THE CUNNILINGUS CHALLENGE GAME

Is it a challenge to give your lady an orgasm? Some women do have a hard time reaching orgasm, and their lovers often become discouraged by how long it takes. Meet the challenge—because the more often you can bring her to orgasm, the easier it becomes for her to have them.

## Perfect the Move

- Practice twenty-four-hour foreplay for the week prior to this scenario. Give her lots of physical affection with no demands for sex.
- Change your mind-set. Replace the idea of “giving her an orgasm” with “giving her pleasure.” She has to *take* her own orgasm.
- If she doesn’t own a vibe, buy her one. A small bullet vibe or slender wand vibe is a good first choice.

## The Cunnilingus Challenge Scenario

You have been a champ expressing how much you enjoy going down on her with every scenario. You give her a sensual massage, kissing and hugging, stroking and caressing her for a long, long time. While you give your massage, you tell her how much you enjoy giving her oral pleasure, that there is no rush, and that she looks, smells, and tastes wonderful. You share this with an open heart, complete honesty and authenticity. You share the details because that is what women trust to be true.

### Last-Minute Preparations

Massage her, occasionally speaking softly in her ear, telling her how beautiful and desirable she is.

Indulge in slow, sensual foreplay, paying attention to her favorite erogenous zones, perhaps including her neck, the back of her ears, and her inner thighs.

Bring out your toy. Alternate manual massage of her labia and clitoral area with vibe play in the same areas.

## The Cunnilingus Challenge Technique

- Gradually lower your face to her vulva and kiss her mons, labia, and clitoris.
- Continue little sucking kisses up and down the shaft of her clitoris. Remember that the clitoris operates within a network of thousands of nerves that encompass the entire pelvic region.
- Let your tongue come out now. Using the tip, soft not pointed, follow the same route.
- Make your tongue more pointed and cover the territory again.
- Lightly suck her clit, swirling the tip of your tongue around her whole clitoris.
- Stop sucking and move your tongue back and forth over the head of her clitoris.
- If she isn’t close to orgasm, use the vibe on her clit. Alternate mouth with vibe until you bring her to orgasm.



## *The Sexpert Says*

Some women can climax only when masturbating. Why is that? Most women need some sort of direct clitoral stimulation to come, which is not provided with many sex positions. Some women may have been socialized to believe that we should only come during intercourse. She may need to feel safe and trusting with you. She may be too shy to tell you where she likes to be touched. Don’t wait to be asked. Bringing her to orgasm via cunnilingus generally takes less time. If she feels a little inhibited during cunnilingus, give her “privacy.” Don’t look at her face or into her eyes. Watching her masturbate can teach you how to please her. Ask if she will let you watch. And play by the three golden rules (POP): 1) show pleasure in the delivery, 2) be observant, and 3) be patient.



## **SEX FACT**

Suction is very important to oral pleasure. In fact, The Eros Clitoral Therapy Device, which provides suction to the clitoris, has shown to be effective in treating women with female sexual arousal disorder.

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## **SEX FACTS**

Approximately one in every four women has difficulty reaching orgasm. The numbers are higher for young women and those with less sexual experience. As women age, they generally have an easier time reaching orgasm. But any woman can get there with practice.

In surveys, many attribute their new ability to reach orgasm to a sensitive and compassionate lover.





# THE CUNNILINGUS SPELLING GAME

**You don't have to be a former spelling bee champion to give her pleasure with this one. This game is a playful way of adding variety to your sex life. Women love a playful man.**

In this scenario, you'll spell out your love on her belly, her thighs, her vulva. It's a perfect way to spend a rainy day.

## Perfect the Move

- Practice writing letters with your tongue. Try it on your inner wrist, a sensitive part of the body. If you can read "I want your pussy" there, she can read it on her thighs.

## The Cunnilingus Spelling Scenario

Rainy day games are the best, and you have the hot chocolate made and a roaring fire blazing when she walks in. You laid out the Scrabble game so she can pick out the letters you will sketch on her vulva. "Give me an 'i,'" she says, "and remember to dot the clitoris."

### Last-Minute Preparations

Have chocolate body butter or body paint on hand.

Take off her shoes and, with your fingers, write something on her insteps, such as "sexy feet" or "suck toes."

Now take off your shirt and ask her to draw something on your back with the body butter, and then lick it off.

Take off her shirt, dip your finger into the butter, and write the word *love* on her breasts. Lick it off.

Write words on her back and have her guess them. When she's guessed three, tell her she's moving up to the next level.

Reach between her legs and draw out some of her juices with a clean finger. Write a word such as *sexy* on her belly.

Lay her on her back, spread her legs wide, and spell what you want to do.

## The Cunnilingus Spelling Technique

- Using the pointed tip of your tongue, draw letters on her labia—and have her guess them. (The letters should eventually spell a sentence, such as "I love to lick you.") When she guesses correctly, lick or suck her clitoris for several strokes.
- When she completes the sentence, have her choose a letter and do that letter for several counts, establishing a pattern and a rhythm. Once you find the letter that works, stick with it until she climaxes.



## SEX FACTS

Most men have "tricks" for prolonging intercourse. Tonguing the ABCs is a good break if you want to delay your orgasm. Taking the focus off you and putting it onto her always helps sustain erection longer. Tonguing the ABCs is more fun, especially for her, than thinking about baseball statistics to keep your mind off ejaculation.



## *The Sexpert Says*

The quickest way to revive your sex life is to remove the television from the bedroom. Save the bedroom as a place where you sleep, connect, and have sex. If you can't bear to do that, make an agreement that either one of you can turn off the set and cover it with a piece of attractive fabric: the signal for erotic play.

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# THE CUNNILINGUS SEX TOY GAME: LEVEL 1

**Toys accessorize sex play. They are not the whole enchilada, but they definitely add novelty. Sometimes toys are just what the sex doc ordered to put a little excitement into your sex life.**

I've encouraged you to add vibes to other scenarios in this book, but this game is a little different. It's like a multi-course meal with your delighted lover experiencing toy after toy after toy—ending in perfect cunnilingus.

## Perfect the Move

- Go to your local sex store or go online and search the different sex toys. There are new designs out on the market every day. High-end vibes are a little expensive, but you can buy one (or two, if the budget allows) and fill in with less expensive gadgets.
- Put together an orgasm box of toys. Some suggestions:
  - Scented candles
  - Edible massage oil
  - Feather
  - Sexy music
  - Erotic videos
  - Erotic stories
  - Vibrating bullet: Can be used externally on the clit, vulva, or nipples, and internally with a condom on the G-spot or anus. If the bullet is used internally, always pull on the condom, NOT the cord, to remove the bullet.
  - Flavored condoms

- Plastic wrap: For safer mouth to vulva sex and analingus
- Handcuffs
- Blindfold
- Water-based lube (to be used with condoms)
- Flavored lube
- Sensual fabrics
- Sexy clothing
- Waterproof silicone lube
- Edible sensitizing cream
- Nipple nibblers
- Mints

## The Cunnilingus Sex Toy Game Scenario

You purchase some new sex toys, wrap them up prettily and individually, and leave them in a big pink box on the table for her to unwrap when she gets home. You've prepared the bedroom, and the fun can begin.

### Last-Minute Preparations

One by one, take out the wrapped toys as if presenting courses to her meal, starting with the blindfold.

Light the candles.

Play her favorite erotic story or the music that helps her to feel her most sexy.

## The Cunnilingus Sex Toy Game Technique

- Lotions, massage oils, and stimulating gels are the best sellers at toy parties.
- Give her the first course by soothing her with the scent of candles.
- Tickle her with the feather, starting at her toes and slowly working your way up, visiting all her erogenous zones.
- Tell her how beautiful she is and all you love about her. Notice this is part of the technique, not the warm up.
- Start with the edible treats and then the warming gels.
- Put a little dab of the edible warming gel on her clitoris, give her a few nibbles, and then allow the warming gel to do its thing.
- Ease your way into massage. Warm up the massage oils in your hand before applying.
- With all this teasing and titillating, it likely won't be long. Put your mouth to her clitoris and give her what she loves.



## *The Sexpert Says*

In my coaching, I often suggest that people create a box filled with toys, music, fabrics, lotions, lubes, and whatever else helps them get into the mood and reach orgasm. With a toy box, the next time you want to reach orgasm with a lover or on your own, you have everything ready in one place. No sexual energy is lost trying to gather resources.

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# THE CUNNILINGUS SEX TOY GAME: LEVEL 2

If you thought Level 1 was exhilarating, wait until you try some of these more advanced toys. Level 2 is not for the faint of heart. Playing with these toys could be a chance to get out of your comfort zone and share a new experience.

## Perfect the Move

Search online for the level 2 toys.

For now, you probably don't need all top-shelf items. In fact, you can make your own. For example, instead of nipple clips, try clothespins.

If you are looking for a dildo and not sure which size is best for you, use organic produce, such as carrots, zucchini, and cucumbers, to experiment with different dimensions. Even though they are organic, you still want to put a condom on them.

Read the manufacture's suggestions on how to clean your toys, and never share or double dip your toys from anus to vagina.

Here are some possibilities:

- Hitachi Magic Wand: Plugs into the wall; will last forever and never needs new batteries
- Waterproof Pearl Rabbit: An all-in-one clit and vagina stimulator

- Cock ring
- Nipple clamps
- Butt plug
- Strap-on harness
- Door Jam Sex Swing
- Tongue Vibe
- Dildos
- Rabbit Vibe
- Sleeve (for him)
- Silicone dildo
- Remote control vibe: Play with this instead of the television; is great fun for housework or errands

## The Cunnilingus Sex Toy Scenario

You did Level 1 of the sex toy game, and your girl was asking for more. You up the fun and the sexual tension by incorporating some more of the advanced toys into your play. The anticipation of sharing the experience is making you increasingly hot, hot, hot.

## Last-Minute Preparations

Text her at work and let her know that the sequel is waiting for her when she gets home.

When she gets in the house, undress her and lay her on the bed.

Put the toys in the bathroom or large closet. Walk out and make your display one by one with toy in hand.

Use the Hitachi massager to massage her major muscles starting with her legs and butt.

## The Cunnilingus Sex Toy Technique

- Start with the lubrication. Go down and run your tongue up through all the folds of her labia.
- Pull lightly on the nipple chain as you are licking her clitoris.
- Tickle her with external vibrations on her clitoris and anus. This vibration will be felt throughout her entire clitoral network.
- Bring out the big guns: the dildo, G-spot stimulator, and butt plugs.
- When she is on the verge of orgasm, turn off the toys and finish her with a combination of the cunnilingus strokes that work most effectively for her.

## SEX FACT

In 1653, Pieter van Foreest published a medical compendium for an affliction called hysteria (literally, “womb disease”), which was used to describe a woman's display of mental or emotional distress. The medical treatment for hysteria was to bring the female to orgasm. Not surprisingly, hysterical women made up approximately three-fourths of the doctor's practice.



## *The Sexpert Says*

You never have to fear being replaced by a sex toy. There is nothing that can replace the human touch, the warmth of your mouth, and the slickness of your tongue. If you are in a relationship, it should be clear that a vibrator or any other sex toy wouldn't be able to replace either person.

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# TRUTH OR DARE

Do you remember that classic childhood game of Truth or Dare, the one that Madonna made famous in a documentary film about her life on the concert road? We can learn a lot from one another by playing this little game. Sharing truths deepens your intimate connection. For many women, intimate communication in itself is a form of foreplay, increasing arousal.

Cunnilingus is her just reward for telling her truth or discovering yours.

## Perfect the Move

- Give a little thought to the questions you will ask her. Fantasy questions should be on the list. You want to open it up from strictly what she (and you) has done to what secretly turns her (and you) on.

## The Truth or Dare Scenario

The candles are flickering and the chocolates are laid out. (And there should be chocolates. Women love chocolate.) When it is your turn to ask the truth or assign the dare, you start off small and comfortable, working your way up. The timing is perfect when you dare her to share a sex fantasy as she pleasures herself to orgasm. (That may technically add up as two dares, but who's counting?)

### Last-Minute Preparations

Have dildos and vibrators easily accessible, so her fantasy is not interrupted.

Be prepared with extra questions, follow-ups, and dares. Being naked and highly aroused is often when we lose our capacity to think.

When you get her to take the dare—masturbating as she shares a fantasy—pay close attention. Notice the pressure of her strokes, the pace of her movements, and the thoughts that make her moan. How is she positioned?

## The Truth or Dare Technique

- When she is highly aroused, gently push her vibe to the side and replace it with your tongue.
- Suck. Then flick the tip of your tongue rapidly across the tip of her clit. Run that tongue just as fast up and down the shaft. Circle the clit. Repeat, repeat, repeat.
- Give gentle jabs to the clitoris as she rides the wave of her orgasm.



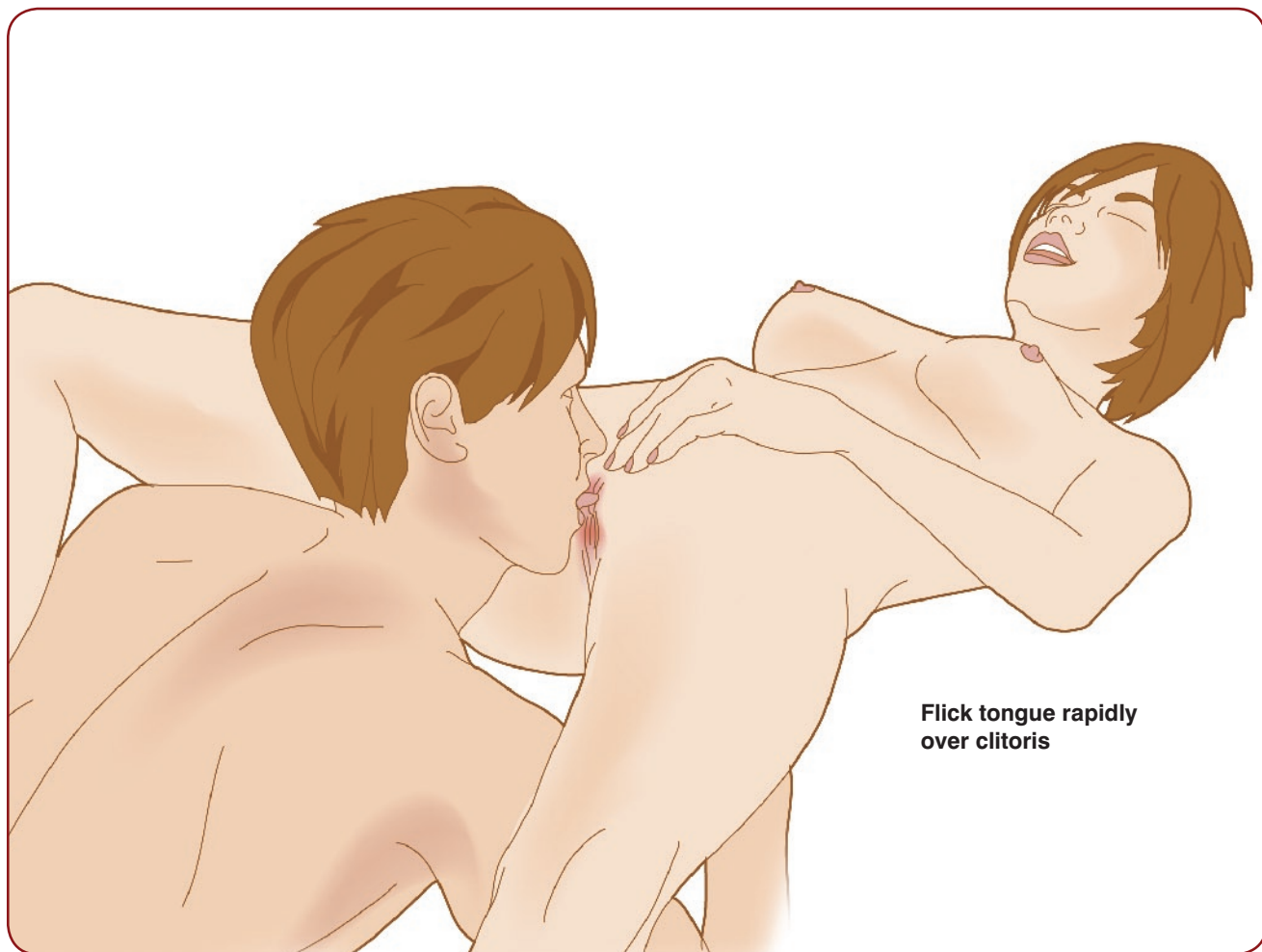
## *The Sexpert Says*

A fantasy does not actually mean that someone wants to engage in that act. Many women have BDSM fantasies but are quite satisfied with no more than the occasional slap to the ass during intercourse or maybe a little nipple clamp play. If her fantasy includes, for example, a threesome, you may want to ask her whether she actually wants to live out that fantasy before sending the invites.



## **SEX FACT**

Men still initiate sex more often than women do, and women like it that way.



**Flick tongue rapidly  
over clitoris**



# YES, NO, OR MAYBE

Have you ever wished that you could talk about sexual likes and dislikes with the same ease as you talk about your other favorite activities, such as sports, movies, or travel? If so, don't waste any time. This game is as much fun for couples who've been together for years as it is for new lovers. You each go through a list of sex activities and rank them yes, no, or maybe.

No matter how long you've been together, you are sure to learn something new about one another in this game.

## Perfect the Move

- As an exercise, practice *listening* the next time you are in a conversation. Most people think they're listening, but they're really waiting for their turn to speak. Be prepared to be nonjudgmental. Are you ready to hear what is on her list?

## The Yes, No, or Maybe Scenario

You have had lots of great experiences with your lover, but you still haven't touched the iceberg of what is possible between you, let alone talk about it. You know that there is no greater time to than the present to talk about sex, so you turn on the heart-opening music, clear your schedule, and bring out the paper and pencils.

### Last-Minute Preparations

Label the first column "Activity," the second column "Yes," the third column "No," and the fourth column "Maybe."

Together, write down the activities, or use the checklists on page 146. Here are a few to start:

- Food play on body
- Sensual massage (with oils, lotions, etc.)
- Kissing and hugging
- Groping and fondling
- Tickling
- Oral sex
- Rimming
- Probing, fingering
- Rubbing
- Masturbating: self or mutual
- Sucking, licking, biting, hickies
- Sex toys: anal beads, vibrators, dildos
- Watching porn together
- Role-playing (specify)
- Spanking
- Teasing using blindfolds, feathers, handcuffs, silk ties, etc.
- Dry humping, grinding
- Candles, hot wax
- Sex with more than one person
- Sex with the same gender
- Ice
- Anal sex
- Stripping/exotic dancing/lap dances
- Phone sex/cybersex
- Showering/bathing together
- Naked Twister
- Body painting

Set a timer for five minutes and get to writing. The reason you set the timer is that you don't want to actually think too much about it. If you find that you are thinking, it is a likely "maybe."

Go through a few of the activities on your list.

Then tell her: "I'll go down on you while you read your answers to me" until further notice.

## The Yes, No, or Maybe Technique

- Begin slowly by licking her labia lips, lifting your head to comment on her answers, returning to her pussy, licking up from her perineum to the hood of her clitoris, and pausing to comment on her answers again.
- Move to her clit, and just as slowly, lick it up and down and all around like a lollipop.
- Go back to licking her clit like a little lollipop, but pick up the pace.
- Pay attention to her responses. As her voice quivers with excitement and her pussy swells and lubricates more heavily, flick the tip of your tongue across the tip of her clit, rapidly but lightly, like a butterfly.
- When her moans turn in to "Oh, yes, yes, yes," alternate flicking and sucking until she comes.



## *The Sexpert Says*

Couples are always amazed at what they learn about each other from this activity no matter how well they thought they knew one another. When couples have been together a while, they often stop saying what they like or desire because they think the other does, or should, know. And we may be crazy in love with someone but we just don't say it. Initiate the dialogue by saying, "Tell me something I don't know about you." You could probably go on for hours.

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# YES/NO/MAYBE CHECKLIST

For you:

Activity	Y	N	M
• Food play on body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sensual massage (with oils, lotions, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Kissing and hugging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Groping and fondling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Tickling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Oral sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Rimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Probing, fingering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Rubbing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Masturbating: self or mutual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sucking, licking, biting, hickies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sex toys: anal beads, vibrators, dildos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Watching porn together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Role-playing (specify)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Spanking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Teasing using blindfolds, feathers, handcuffs, silk ties, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Dry humping, grinding (with or without clothes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Candles, hot wax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sex with more than one person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sex with the same gender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Ice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Anal sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Stripping/exotic dancing/lap dances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Phone sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Cybersex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Showering/bathing together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Naked Twister	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Body painting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## For your partner:

Activity	Y	N	M
• Food play on body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sensual massage (with oils, lotions, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Kissing and hugging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Groping and fondling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Tickling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Oral sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Rimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Probing, fingering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Rubbing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Masturbating: self or mutual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sucking, licking, biting, hickies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sex toys: anal beads, vibrators, dildos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Watching porn together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Role-playing (specify)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Spanking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Teasing using blindfolds, feathers, handcuffs, silk ties, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Dry humping, grinding (with or without clothes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Candles, hot wax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sex with more than one person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Sex with the same gender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Ice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Anal sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Stripping/exotic dancing/lap dances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Phone sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Cybersex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Showering/bathing together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Naked Twister	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Body painting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>







## Appendices



# APPENDIX I: A WOMAN'S FORUM

**Please rate the importance of cunnilingus (mouth to vulva contact) during sex with a partner.**

Not important	20%
Somewhat important	10%
Important	26.7%
Very important	33.3%
I can't climax without it	10%

**Please describe how you let your partner know that you want him to perform oral sex on you.**

"I move his head down there or ask."

"I might 'offer myself' to him."

"I would ask, but I am shy, so I wouldn't ask often."

"I've actually never said it or asked for it. Just allowed it to happen."

"I am never the one to initiate cunnilingus."

"Usually he just knows and does it; sometimes I'll ask him to go down on me, other times I'll push on his shoulders as he's kissing my breasts and stomach."

"Ask him."

"I tell him."

"I don't."

"I would do it first."

"I ask."

"We discuss what we'd like to do to each other before we see one another, so the day we get together we both have a good idea of what we're desiring from each other because we've discussed it very openly and seductively."

"He just does it. We had a talk once where I said just because you're done, that doesn't mean I'm done. He's been very inspired since."

"Tell them."

"Hints, tongue rolls, staring at him in a long, tasty way."

"I ask my husband if he would like to taste me. It's done in a coy fashion. For example, when we are beginning sex, sometimes there is a fantasy being played out . . . I start talking about tasting and wrapping my lips around him and tasting his pre cum and then I ask him what it's like to taste me. That usually sets the mood and he responds."

"I would tell him."

"He knows."

"You know what would be really nice . . . \*wink wink.\*"

"First I ask if they perform oral sex and if they don't, sex is not an option. If they do, I start the oral sex and then gently put my vagina on his face."

"Ohhhh, well when I am wanting this I just whisper in their ear as we are necking. Telling them what I want done to me, showing them when I get the chance, too."

"I just tell him to eat me! But sometimes it just comes about naturally for both of us."

"I say, 'I want you to put your mouth on me' or he just seems to know."

"Sometimes I just ask, other times I will gently nudge him in that direction."

"We've talked about it before, but it is not something he likes to do on a daily basis. I only bring it up if I'm really craving it."

"I haven't had that many sexual partners, nor do I have that much sexual experience, but the last man that I dated in a serious relationship was obsessed with it, so I actually had to ask him not to do it so often. But if I wanted him to I would simply ask."

**Please describe your cunnilingus/sex fantasies, experiences, or romantic settings. Please provide as much detail as possible (candlelight, rose petals, whipped cream, thoughts, sound, touch, setting, role-playing, products, etc.).**

"My fantasy is to have sex on the beach with whipped cream and handcuffs. Have him finger me until I get wet, then fuck me until I can't breathe. I put him in the handcuffs and ride him like a rodeo, then I slowly make my way from on top to his penis. I lather it up with whipped cream and slowly start licking it off until he cums. Then I really get freaky with my tongue and my fast head movements."

"Well, I don't have a lot, but I do think it is enjoyable. I often have dreams about it, but never very detailed, so I'm sorry I can't really describe it."

"Actually, I'm a pretty simple girl. I don't really respond to lots of accoutrement; I just need a man who's good at it."

"One favorite is internal G-spot stimulation with fingers simultaneous to clitoral stimulation with either fingers or lips and tongue."

"When it happens it's usually part of foreplay."

"My favorite fantasy would be having a beautiful blonde woman with natural breasts, shaven pussy, soft skin, smelling of a hint of her perfume on my bed with some soft



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music playing in the background and a stack of toys for us to spend hours playing with together. Afterward, we jump into a hot bath and relax before getting dressed and going out to a club or bar to socialize, knowing we had just fucked each other's brains out a few hours ago!!"

"Candlelight, whipped cream, chocolate, or honey."

"Just do it."

"I fantasize about him wanting every part of me, starting with very passionate kissing of the mouth and working our way south, everything being very mutually wanted and fulfilling. Some fantasies include him whispering what he wants to do to me before he does, then touching, caressing, giving intimate oral sex to each other until we're both begging to make love and climaxing."

"Thoughts."

"Whipped cream and strawberries, touching, rubbing, some toys."

"I like the room to be dark, candlelight, love whipped cream. I get much more turned on pretending to be someone else . . . someone picked up at the bar."

"Somebody fucking my face."

"My boyfriend is my fantasy!"

"None really. It's not something I am turned on by regularly."

"I think I have lived out all my fantasies, except I still have not used hot sauce."

"Wow! I would want someone to completely take control of me, to make it where I could not move and make me want and beg for his mouth to make me cum."

"He likes it when I dominate the situation. Some men love the woman to be in control, while others feel intimidated by it. It drives him wild when I run my mouth all over his penis and flick over the tip of it. Lighting is important, too. Sometimes it's better when the lighting is very low, especially for someone who isn't very experienced and bright light makes him or her feel too vulnerable and insecure. The darkness makes it more exciting."

"I like receiving oral much better than giving it, mostly because I don't really know what I am doing. When I told my boyfriend that, I asked him to 'teach me what turns him on.' I think it was one of the best things I could have done for him and me. He was so turned on by that. At the same time, he respected my boundaries, because he knew I had some bad experiences in the past. (I had a boyfriend when I was a teenager who pushed my head down on his penis and held it there. It was very traumatic.)"

"I enjoy a man who really enjoys cunnilingus and knows what to focus on. He is also willing to explore and learn the landscape."

"I have given and received oral sex on many occasions. While I enjoy both immensely, giving oral sex to a female is difficult to do correctly, and without straining your neck and jaw. I appreciate all the men who do go down on women."

**Is there any special technique that you appreciate? If yes, please describe in detail.**

"Thumb in circular motion while fingers inside."

"No, there is not any technique I appreciate. I really appreciate them all."

"Gentle and interested. It is critical that my partner is enjoying giving me pleasure."

"No, not really. Just being slow and gentle but still firm is nice."

"I prefer it if no other parts of our bodies are touching. That way, all of my senses are focused on just that one spot."

"Another favorite with a male is internal G-spot stimulation with fingers simultaneously and clitoral stimulation with fingers while I am deep-throating his cock. That works well when he is kneeling and I am lying on my side."

"I LOVE when my partner inserts his finger(s) into my vagina while simultaneously licking and tonguing me."

"I like when the clitoris is gently sucked."

"I like it when a woman or a man licks me while having a finger in my vagina and moving the finger to stimulate my G-spot. It is the best way to climax."

"Someone that knows what they are doing and can find my G-spot. Strong wrists as well."

"Depends on the mood, the physical energy state, and passion."

"Touching my breasts very seductively while performing oral sex on me is very exciting. I also enjoy doing oral sex on him while he is caressing my body. I like when he sucks on my clit really hard to get it engorged and excited."

"Rhythm and consistent pressure."

"Slow, and no teeth."

"Slow and light."

"I really enjoy the simple things, like being teased for days on end. It's a great turn-on to just make my partner climax and to deny







myself that same pleasure. It's the biggest turn-on for me."

"I love how my husband uses his tongue on my clitoris. That's what gets me off the most; it's the way he flickers over it, it's sensational."

"I prefer slow, passionate tongue motion, with intermittent bursts of faster motion. I also love when he puts his lips around my clitoris and very gently sucks on it, then goes back to licking. It takes very little to make me climax. Actually, the gentler, the better. If his tongue is pressed up against me or is going really fast the whole time, it's not as pleasurable. I also like when he puts his tongue in my vagina and then makes his way to my clitoris."

"Focus on the clitoris; use tongue, mouth, breath, and fingers; nipple is quite erotic as well."

"One time, my man found the perfect rhythm. He had his fingers inside me moving in rhythm with his tongue over my clitoris. This produced an orgasm that lasted for at least five minutes."

"As much contact with the clitoris as possible. Slow fingering, not fast or hard or deep."

**Is there anything that someone should know NOT to do in regard to sex or cunnilingus?**

"They should know where the clitoris is and not rub right above it."

"Do not ever call out somebody else's name that is not mine, like "ohh, Maya," and my damn name is not Maya, and as far as my pussy goes, don't start licking fast and then go slow. Keep up the pace."

"Grope."

"Yes. I think they should first get your confirmation instead of just expecting it or doing anything. It's important to communicate about what you and your partner like or want. It's also important to not pressure anyone into anything she doesn't want to do."

"Sucking too hard on the clitoris."

"Not really. Just try to ensure safety."

"Pubic hair is NOT meant to be yanked, pulled, or torn out, by hands or teeth!"

"Don't bite or be too rough. Gentle teasing is best."

"When I cum they should not try to continue, because it simply does not feel nice for the first ten minutes!"

"Be sure to shave your face very well."

"They should not do the same thing in the same routine way each time. I can't stand when I can guess what he's going to do next in the same order. I like him to be spontaneous and to change things up each time. When they touch a woman in the same spot forever without changing their touch, it is annoying. Change it up!"

"Too much or too little pressure hurts and kills the moment . . . whisker burn is a big no-no."

"No constant repetition (you're not painting a fence here)."

"Take your time and do it right. Do not do it if you don't know how or your heart is not into it."

"I'm sure you're getting loads of this response, which goes for tongues, fingers, vibrators: stay away from my clitoris for a good five minutes—let it build, for crying out loud!"

"Don't do it too hard—it's not a steak!"

"They should treat it like it's a snack. I had to stop one man because he could not get it right and I was frustrated and I never saw him again. A man has to be trainable and gentle."

"I think that men are far too fast . . . slow down."

"Don't be selfish!"

"I have had a couple of guys who pressed or squeezed my clitoris, which was NOT pleasurable. I had to tell them so. Men should not attempt to have sex with a woman who isn't lubricated enough. Most of the time I am naturally, but other times I need help."

"Many men think that just sticking the tongue in and out, like a penis action, is the only technique. They should be willing to be creative down there."

"Be careful when you nibble, because many women are extremely sensitive. Do not be afraid to try; they will appreciate the effort."

"Don't expect an instant orgasm or put pressure on me to come. It takes time, like twenty minutes, especially in the beginning. I can feel the pressure when he wants it to be over."

**If you had a megaphone and you could shout something out to all men, what would you tell them in regard to sex and cunnilingus?**

"I would say that my pussy gets real wet and if you wanna freak, my ego is so big I know that I'm that bitch."

"Enjoy your sexual experiences. Maybe think about it like when you are eighty looking back on your life: do you want to savor all of the sensual experiences you have had? I would and will."



"Maybe that the experience has to be pleasurable and fun for both partners, not just one."

"Take your time, and listen. And be consistent—a little playful teasing is nice, but when you hit the spot keep at it in a consistent manner. Don't try to impress me by switching things up. I'll only get frustrated and probably won't come."

"Do not listen to her moaning, which provides only part of the picture and therefore leads to a false impression. Instead, notice the physical response of the woman's pussy with each and every stroke. Is she opening more with this stroke or not? Whenever she is not opening more and more, change the stroke slightly (e.g., type of contact, intensity of pressure, direction of movement, or lubrication), and then ask the same question: is she opening more with this stroke or not?"

"Do it, do it, DO IT!! I've said repeatedly to my partner, I love the taste and smell of me on you!!"

"Gentle teasing is best!!!!!!!"

"Take it slow and listen to what she is asking you to do to her!"

"When you're younger, don't joke around about girls' pussies being dirty or smelling bad in front of other girls because that thought can be carried on even if it wasn't about you and can affect you sexually."

"Watch a cunnilingus video and learn exactly where a G-spot is. Many women like a finger and a tongue at the same time."

"That it doesn't happen fast and the prep to getting there is just as important."

"I'd tell them that it feels good and is appreciated, and that it's okay to ask your partner exactly what she wants and whether what you're doing feels good to her."

"It's a must-have skill for all men and an essential part of keeping your woman happy."

"More, more, more."

"Learn how to take your time and enjoy the journey as much as the destination!"

"Please enjoy all of it, not just the lips."

"Slow and easy . . . don't rush anything."

"Try, please."

"Don't think that our relationship comes with a blow job guarantee with no reciprocation. Please remember that WANTING to pleasure me orally does not mean you are in tune with my feelings."

"Let your lady see you enjoy it."

"Be assertive!"

"Cunnilingus is a requirement before having sex. Just as they study how to make the best strokes, they should also study cunnilingus."

"SLOW DOWN and make us want what you are doing."

"LISTEN!!! to your woman's feelings and become aware of her body signs, her suggestions."

"Harder thrusts when having sex do not feel better. In a psychological way it is arousing, but it doesn't make me climax any quicker."

"We love receiving as much as we love giving oral sex."

"Do it as often as possible, and your woman will thank you. Although not all women love it as much as I do."

"Knowing what your woman wants sexually is very important. More important, know what she wants emotionally. Being willing to give a woman head doesn't mean that you are connected with her or know what she wants emotionally."

### **What do you love about men?**

"I love when men show me that they can be in charge, take control outside the bedroom, and are not afraid to speak their mind, even if we have different opinions."

"What do I not love about men?!"

"A lot of things. I like the way they can be a bit overprotective of you, or how they are comfortable around people, and also how they will usually try to be there for you when you need them."

"Everything."

"Lots of things. Cocks are great, but I especially like a good brain."

"There is only one man that I truly love, and that is what makes making love with him so incredibly wonderful. Sounds sappy, but it's the best sex ever because I love him immeasurably. He is also the most generous lover I've ever had, which adds to it, of course."

"Confidence, his scent, and having ambitions or dreams."

"Their penis when it is doing everything to please me!!"

"Their touch, their bodies, when you touch them and they get hard."

"They are not inhibited and just go for what they want, but most are sensitive and just don't have a clue and need to be told. Most are willing to listen."



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"I love a man who is sure about himself, not afraid to talk about making love, what feels good to him, and what he wants from his lover. I think men are more confident if you tell them what DOES feel good, instead of what DOESN'T. I love a man who takes care of his body, works out, has great hygiene, and likes to strut his stuff naked. I love men who appreciate a woman who takes care of herself, presents herself well, and wants to please her man."

"Everything."

"Passion and strength."

"Their bodies, their instruments, smiles, flirting, smell, and security."

"The hardness, their smell, their muscles, their cock."

"I adore them for how hard they try to please. While women bash them for an endless multitude of reasons, there are some who really are trying—to see us as equals, to love us as equals, to fuck us as equals. Any man who is at least trying (even if he's not succeeding so well) gets my utmost respect. A man who is trying is willing to discuss, and that's what it's all about."

"They make me laugh. Just kidding. That they are necessary and fulfill a need."

"I love them because of their swagger!"

"The control that they are sooo willing to give up. It's a great turn-on to know that I can do anything that I want to a man, and make him do anything that I want him to."

"Everything. They are all completely different; truly they are."

"Well, I am a one-man girl, so I can answer that in regard to my man. I love his smell. I mean his stinky smell! His natural, sweaty smell. I also love his ass. My man is not

super in shape. In fact, he is kind of chubby, but I love him. I love his hairy back, and I love how he curls up next to me and holds on to my boob in his sleep! I love that even though he's a mess, he tries. He snores really bad, and I am a light sleeper. It bothered him so bad that I'd get up after he fell asleep and would go to sleep in the other room. One night he came to bed with one of those strips across his nose as a surprise to me! Then I shaved my pubic hair for him, and the next day he shaved his! It was really funny. I love that my man is playful in bed in addition to being a great lover, and a sexy lover."

"I love being able to turn a man on. A man who really wants to focus on pleasing his woman is a huge turn-on as well."

"The way that their slightest touch provides comfort, protection, stimulation, and power, all at the same time."

"The right men are great. When they are connected to themselves and really care about you, they are awesome."







# APPENDIX II: RESOURCES

## DVDs

**Nina Hartley's Advanced Guide to Oral Sex.** Adam and Eve Productions, 1998.

Oral sex tips given on a live model make this DVD more than just instructional.

## Books

**Britton, Patti.** *The Art of Sex Coaching: Expanding Your Practice.* New York: W. W. Norton & Company, Inc., 2005.

Although this book was written for sex coaches, it offers practical and valuable information for anyone interested in learning more about how to address sexological concerns.

**Corn, Laura.** *101 Sexy Dares.* New York: Simon Spotlight Entertainment, 2008.

There are 50 dares for men and 50 dares for women. Each will give you inspiration to read and guaranteed fun if you dare to execute. The perforated pages add to the sense of excitement and adventure. A great buy.

**Denchasy, Ian and Alicia Denchasy.** *The Art of Oral Sex: Bring Your Partner to New Heights of Pleasure: Advanced Techniques for Him and Her.* Beverly, MA: Quiver Books, 2007.

Written by a couple, this book has valuable information and beautiful illustrations. A good read to share with a lover.

**Drake, Kypris Aster.** *Journey to Sexual Wholeness: The Six Gateways to Sacred Sexuality.* San Diego, CA: Yabyummy Press, 2008.

Kypris candidly shares her own journey of enlightenment through sex and relationships. A wonderful book for anyone looking for something "more" in sexual experiences.

**Karras, Nick.** *Petals.* San Diego, CA: Crystal River Publishing, 2003.

Using black and white photography, sexologist Nick Karras captures and celebrates the different types of female form. Without words, the images tell every woman's story.

Lynn, Regina. *Sexier Sex: Lessons from the Brave New Sexual Frontier.* Berkeley, CA: Seal Press, 2008.

Great ideas on how to make sex more a part of your life, including tips on esex, phone sex, and much more.

Normandy, Marsha and Joseph St. James. *The Handjob Handbook.* New York: Simon Spotlight Entertainment, 2008.

Become a handjob expert in minutes with this simple and easy to "grasp" manual that includes the classic moves.

## Products and Services

### JT's Stockroom

[www.stockroom.com](http://www.stockroom.com)  
A nice selection of BDSM gear at a fair price.

### Good Vibrations

[www.goodvibrations.com](http://www.goodvibrations.com)  
The people at Good Vibrations know sex toys. The site offers excellent and useful information on sex and sex toys. More than just a store, all the employees are trained educators.

### The Happy Endings Company

[www.thehappyendingscompany.com](http://www.thehappyendingscompany.com)  
This site includes downloadable videos, books, and other affordable options for receiving sex coaching on a range of issues.

### Juntos Personal Lubrication

[www.juntoslubricants.com](http://www.juntoslubricants.com)

Juntos offers quality, top-of-the-line products at an affordable price. You can't go wrong. Try to find the humping ladybugs on the website.

### Monique Feil Photography

[www.moniquefeil.com](http://www.moniquefeil.com)  
Monique Feil is an artistic genius. She captures beauty like no photographer I've ever met and she gives you an unforgettable experience. Leave the photo session knowing you are beautiful and be reminded each time you look at the pictures. A must for every woman.

## Websites

### The Kinsey Institute

[www.kinseyinstitute.org](http://www.kinseyinstitute.org)  
The Kinsey website shares some classic research that is valuable in the understanding of human sexuality to this day.

### Society for Human Sexuality

[www.sexuality.org](http://www.sexuality.org)  
The objective of the Society for Human Sexuality (SHS) is to share sex-positive information over the internet. The site contains information and interviews from leading researchers and sexologists on topics such as safer sex, erotic massage, erotic talk, flirting, the G-spot, swing communities, and poly lifestyles.

### Herpes Virus Association

[www.herpess.org.uk](http://www.herpess.org.uk)  
Don't let herpes get in the way of great sex. Most herpes websites are sponsored by pharmaceutical companies selling you fear so you buy their products. This is the best website I have found on the topic.

### The Center for Disease Control

[www.cdc.gov](http://www.cdc.gov)  
This is the first place to go to get facts about sexual health.



# ABOUT THE AUTHOR

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**Dr. Sonia Borg** earned her Ph.D. in human sexuality and master's in public health from the Institute for the Advanced Study of Human Sexuality in San Francisco and her master's degree in Communication from San Francisco State University. She is certified as a Clinical Sexologist by the American College of Sexologists and is a member of the American Association of Sexuality Educators, Counselors and Therapists (AASECT).

Sonia has been featured on television and radio shows such as *Discovery Channel Canada*, *Playboy Radio*, *Good Morning San Diego*, and programs on KUSI in San Diego. Her authentic, dynamic, and engaging style makes her a sought-after speaker, educator, author, and sex expert.



# ACKNOWLEDGMENTS

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I am blessed to have so many sexy friends and associates who have contributed to helping to make this book a reality. It was a true collaboration.

Quiver Books, thank you for this amazing opportunity. It has been a sincere pleasure to share a sex positive message one book at a time.

Susan Crain Bakos, your sense of style and development was a welcomed addition. Thank you.

It's the love and support from wonderful friendships that helps to make space so creativity can happen. Thank you Vanessa C. Arevalo III, Ruthie Escalante, Monique Feil, Roe Gallo, Deanna Latson, Danette Fenton Menzies, and Laura Osterweis.

Ava Marie, my daughter and my teacher. Every day you remind me of my purpose to love and live in joy.

Josh Cohen, a learning partner, a favorite person, and an erotically talented man. Thank you for opening your heart with me and holding the space for us to grow and experience the magic that love has to offer. Your wisdom and unconditional love humbles me and continues to inspire me and my work.

Finally, thank you to the women who contributed to a greater understanding of cunnilingus by responding to the "Women and Sex: A Guide for Men" survey.











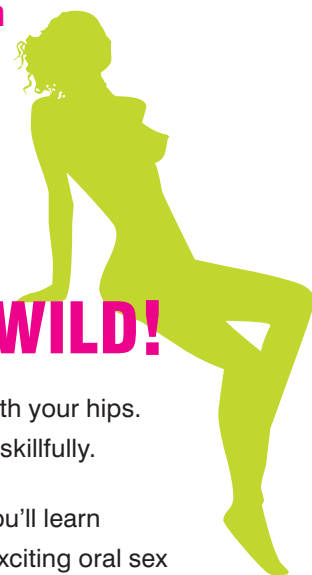


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