

Cunnilingus 101

**NEW
&
UPDATED
VERSION!**

How To Eat Pussy

&

*Give Her Multiple Mind-Blowing Orgasms
Using Unusual Oral Sex Techniques*



Cunnilingus 101: How To Eat Pussy and Give Her Multiple Mind-Blowing Orgasms Using Unusual Oral Sex Techniques

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Mindset

(Characteristics of an Oral Connoisseur)

An oral sex aficionado is rarely without female company because women don't let go so easily of a man who can give them great oral. An oral sex connoisseur loves everything about giving a woman oral sex and spends time learning how to give her new, better, faster, slower, and/or more powerful orgasms.

Before getting to the main points, I'd like to recommend a few things to do that will have her writhing in pleasure.

The first is to approach her body and especially her vulva/vagina with enthusiasm and passion. Treat her body as a temple of pleasure, let go and worship her curves, scent, lips, breasts, etc. You want her to be delirious with pleasure and completely relaxed while you lick her into indescribable pleasure. For her to be fully aroused she needs to be relaxed and feel a strong emotional connection to you. All she needs to do is lie back and allow herself to be worshipped and adored.

The second recommendation for learning how to go down on a woman is to treat cunnilingus as the main event, never as foreplay. If it gives rise to other activities, so be it, but for now focus on lavishing her vulva with licks and kisses until she's sated. These two attitudes combined with the advice below will vividly paint you as her most memorable lover.

Women become addicted to the feelings of pleasure that occurs when receiving oral sex from a connoisseur because their charisma and sexual demeanor is so intoxicating. Acquiring the following characteristics when it comes to oral sex will cause women to do almost anything to please you because you take her to orgasmic levels she has never been.

Patience

This first key speaks to the masterful lover's mindset when giving her oral pleasure. Don't rush in and start attacking her clit with reckless abandon, avoid clitoral contact at first. Approach an oral session as if you were a virtuoso musician. Your relaxation is important if you are to play the instrument. The instrument (women as well) mimic your emotional state. If she senses you taking your time, she is likely to feel at ease and enjoy the pleasure. Your patience sub-communicates to her you know what you are doing and you care enough to spend time making sure her sexual needs are being met.

Take your time and explore her whole vulva area, especially the crease where the thighs and outer labia meet. Float dangerously close to her clitoris and other hot spots then move away. Repeat this with all types of stimulation you do. Lick the areas close to her clitoris and move away a few times before actually licking it. Anticipation does the work for you here because if you can arouse her mind first, then her body has no choice but to follow what her mind does. Anticipation arouses her on mental and physical levels when you haven't really done anything yet!

Not rushing your foreplay or your strokes and knowing her orgasm will occur, sends signals telling

her to relax. The way you lick her and the way you touch her during oral sex speaks volume about your mood and mindset. If your touch and licks convey relaxation and enthusiasm, then she quells most of her mental blockages and allows pleasure to take over her body. Patience is almost a strong conviction in this context. Slow and steady is actually a *quick* way to turn her on.

Adoration and Enthusiasm

Simple adoration and enthusiasm about her body and especially her vulva lets a woman know she is truly sexy and fully accepted in that moment. Adoringly licking her clitoris and vulva during oral sex is the equivalent of telling a woman how beautiful she is. The oral sex connoisseur is not afraid to express his/her desire to go down on a woman. This gets received in the way you lick her vulva/clitoris and touch her body. After you finish intercourse, go down on her again to “seal in” your desire for her.

Sexually Mesmerizing

A woman can go into sexual trance based on how well you lick her and your intentions behind the strokes. Being sexually mesmerizing encompasses many different traits. The way you lick her communicates that she can relax and let go into a state where any sexual expression is accepted by you. Your nonjudgmental attitude contributes to this sexual trance.

Another thing that deepens “sexual trance” is maintaining emotional intimacy. You can accomplish this with eye contact, holding her hands while you lick her, holding her hips, or rhythmically moving your hands over her body.

Having the correct attitudes and techniques will turn you into an oral sex connoisseur that women will be able to sense outside of the bedroom. Women aren’t quiet about good lovers (or bad ones for that matter) and are bound to mention the way you make her feel when your tongue caresses her clitoris.

Important:

Remember to never focus too much on her orgasm because she will feel like she is being pressured to have one, which reduces the chance of her actually climaxing. Enjoy yourself, and allow her to feel you enjoying her.

Important Cunnilingus Principles

Most guys skip right over the basics when trying to learn how to give a woman an orgasm through oral sex. That is a mistake because I am going to show you how knowing the basics of cunnilingus can bring her to orgasm faster than you ever thought possible.

These principles allow plenty room for creativity as well. If you want to slowly build her up to a powerful explosion, if you want to take her up quickly, or lick her to the edge of orgasm many times before you finally allow her release; all of these are possible when you master the following principles. They are in no particular order.

Anticipation

Use anticipation as a tool.

For example, softly kiss all the way down one of her thighs and when you reach her vulva, give the area surrounding her clitoral hood a soft kiss and continue to kiss up her other leg to the back of her knee. Repeat this 2 or 3 more times. She will be writhing in sweet agony wondering when you are actually going to lick her clitoris. Or, tease her until she nears frustration by getting really close to her vulva and clitoris but only give them one or two licks and return to teasing her inner thighs as mentioned above.

Before you even consider giving her an orgasm from oral sex, you must remember to build anticipation and sexual tension with foreplay. The more orgasms a woman has the easier and more powerful the subsequent orgasms are. Orgasms make women more responsive to other forms of sexual stimulation as well. Cunnilingus is one of the fastest and easiest ways to give a woman an orgasm.

One of the best ways to build sexual tension is to stimulate her body from the periphery to the center. For example, if you are stimulating her breasts then the final place you should touch is her nipples. For oral sex, you want to stimulate her from her head and feet, saving her vulva for last. Kiss and caress from her head down to her vulva. Break contact by beginning again at her feet and caressing back up to her vulva and then begin to tease the entire area. While you are kissing and touching her whole body, pay close attention to any areas that arouse her more than others.

Make your stimulation indirect at first and pause before you actually kiss or lick her. Kiss dangerously close to her clitoris and vaginal opening but don't give her what she wants just yet. Anticipation builds erotic tension and creates the foundation for great oral sex when going down on her.

Begin Slow and Soft

Another key for learning how to go down on her better is starting off slow then increase speed/intensity as she breathes heavier, moans louder, or moves her body faster. Guys often make the mistake of "too hard, too fast, too soon" and this is the quickest way to turn off a woman because it

communicates all the wrong things to her. If you think you are already going slow...go even slower, trust me. Only lick her hard and fast when she is very aroused and her body is responding well to the increase in speed and pressure. Rarely can you go wrong with slow and gentle licking.

Adaptive Stimulation

Adaptive stimulation means that you are listening to her body and giving her what she needs in order to build sexual tension to have an orgasm. If you are licking her clitoris, you can amplify her sexual pleasure by touching her other favorite erogenous zones with your hands. Caress and massage her nipples or perineum.

Adapt your licking, touching, and kissing to the signals her body is giving you. Always start off gently and then lead her into the more tantalizing sexual stimulation you first had in mind.

When using manual stimulation, you want to actually arouse her by stroking orgasmic spots not aimlessly jabbing inside her vagina with your fingers. Don't mimic intercourse with your fingers, use them on her g-spot, AFE zone, perineum, or simply rest them inside and massage her anterior or posterior vaginal walls.

Take her on a journey with your tongue. Lick her in such a way to create sexual themes. Lick her seductively, playfully, and take her to different sexual landscapes.

Mental Foreplay

Mental foreplay is powerful beyond belief. Drop hints to her a few hours or even a day in advance. Tell her via phone, text, or email how you can't wait to taste her. Mention how good she looks when she receives oral and describe what you are doing to do to her when you see her. Whisper to her in public how much you love going down on her. Easiest: Tell her (via dirty talk) what you are going to do before you do it.

Her Breathing

Paying attention to her breath alone can bring her to orgasm faster. It is very simple. While you are licking and caressing her, if her breathing increases, maintain the same speed and rhythm until her breathing changes. If her breathing changes and nothing else does, (muscle tension, your rhythm/speed etc) then her arousal probably took a nosedive. If her breathing slows down, you mainly have two choices: to decrease her arousal and let it build her to a powerful explosive orgasm or increase her arousal.

You will know which one to choose based on how she reacts once you change your speed, rhythm, pressure, or location due to her decreased breathing rate. Change something and then take notice to what she does. If her breathing goes from fast to slow when you changed location, it means you probably just decreased her arousal. Now you want to build her arousal level back up again. This is the first option. Switching between decreasing and increasing her arousal can bring her to a very strong orgasm.

The second option is that her breathing increased when you changed speed, location, rhythm, and/or pressure. This means you found a spot she likes even more and she is quickly climbing to orgasm. Look at the third principle to see how to continue increasing her arousal.

Her Muscle Tension

You don't want to spend too much time noticing muscle tension. However, you do want to check it every so often to make sure you are licking her in a way that is pleasurable and not discomforting or painful to her. Basically, any sudden tension not accompanied by a change in breathing or doesn't cause her to move toward you, is bad. Good tension usually shows up in her lower abdominal muscles, hips, hands, and inner thighs.

Consistent Stimulation

Consistent stimulation is the key to building her arousal to higher levels. Decide on a few licking variations and cycle among those. Don't confuse consistent stimulation with rubbing her exactly one way for the entire session because this can numb her clitoris to pleasure. Every now and then, insert pauses between your licks and strokes while you are stimulating her. When she is near orgasm, do not change your rhythm; change pressure and speed instead if necessary.

Use a gradual increase in speed to bring her to a slow, explosive orgasm. Switch between slow and fast to give her a rollercoaster of pleasure. However, only swap speeds when you have built her arousal very high.

Consistent Rhythm

Guys sometimes make the mistake of changing rhythms when a woman is about to have an orgasm. This pushes her further from it. When you think she is about to orgasm, use the same licking motion until she actually does. Never sacrifice rhythm for an increase in speed unless she asks or her body positively responds to it. Maintaining rhythm is more closely associated with giving a woman an orgasm than just increasing speed alone.

Don't fight against the rhythm of her body and arousal, flow with her. If her body speeds up, speed up your licking to match and vice versa. If her arousal drops smoothly change your stimulation to increase it again.

To keep a consistent rhythm, lick her clitoris to the rhythm of a song you know well. This also adds some variety in your repertoire because you can pick a different song to bring her to climax with every time you go down on her. The same rhythmic tongue stroke with carefully placed pauses can bring a woman to orgasmic heights again and again.

The Tease and the Attack

Oral sex can essentially be broken down into the two parts mentioned above, tease and attack. To

tease her is to intentionally and strategically avoid direct stimulation of her clitoris until she is nearly frustrated and then giving her relief. Tease her mercilessly by licking and sucking near her clitoris, but never directly touching it until she can't take it anymore.

Tease and attack in the beginning of the session is mainly focused around stimulating everything but her clitoris. Tease and attack throughout the middle and the end of a session are focused entirely on her clit and both take place there. Tease her by decreasing your speed or changing your rhythm or pressure. Then you attack by increasing your speed and staying with a consistent rhythm for a while to quickly spike her arousal.

Awareness of Her Body

If you are aware of her body, then the all other ideas will come to you naturally. Pay attention to how she is breathing. If her body movements and breathing speed up, then you increase the speed of your licks and caresses to match them. Next, pay attention to her muscle tension. If she tenses up and moves towards you, it signifies you found a spot she wants you to stimulation. If she tenses up and moves away from you, it means you did something discomfoting or painful.

Knowing when to back off or increase the stimulation conveys to her that you care and you are paying close attention. Since oral sex can often lack the strong connection of intercourse, attentiveness conveys that you are completely present with her. Attentiveness to her body, sounds, and movement can be a bridge to increasing the emotional connection she feels. This makes it easier for her to orgasm because she trusts that you will adjust and calibrate to what happens. She then relaxes even deeper due to you paying attention to her.

Paying attention to her imbues sexual mindfulness and sensitivity towards her pleasure. The quickest way to enhance this sexual mindfulness is to do everything slowly and gauge her response to your stimulation. Is her skin flushing? Did her breathing changing? Are her nipples harder? Is her vulva more engorged and wet? Is she moaning more or less? Why? Is her body moving toward you, in essence asking you to enter her or give her more? Is her body saying slow down or increase the speed?

Don't be afraid to pause and give yourself enough time to notice her response. She certainly won't mind and it serves to tease her even more. Imagine giving her a lick, looking at her seductively, and then pausing to caress her entire body only to begin licking her when she begins to show signs of craving your tongue on her clitoris again.

Always be aware of her sounds, movements, and overall body language. This will make it easy for you to determine what she likes so you can make her orgasm faster. Generally speaking, if she likes what you are doing she will move towards you and vice versa if you are doing something that is painful or unpleasant.

Basic Techniques

The tongue and clitoris were made for each other. The tongue is the perfect tool to bring a woman to orgasm multiple times because it is soft, wet, and almost everything you do with it feels good. The tongue has a lot of strong muscles dedicated to chewing and swallowing as well as helping to produce sounds. This same musculature can be used to bring her to the heights of pleasure for as long as she can stand it.

The 3 “Bread and Butter” Moves

Tongue circles

You can use the tip of your tongue or the flat part to stimulate her. The tip tends to be better for specific stimulation and the flat surface is better for stimulating larger areas of her clitoris/vulva.

Start with wide circles around the base of the clitoris and as she gets more and more aroused use smaller circles closer to her actual clitoris. When she is very aroused you can use the tip of your tongue directly on her clitoral glans. Do not attempt this at the beginning of the session because usually she is not aroused enough and her clitoris is very sensitive.

Tongue flicks

Horizontal licks tend to be more arousing than vertical licks, but both do the job. Start slow and gradually build speed if her body reacts positively. Always start with indirect licks then directly stimulate her clitoris. A great way to do this is to lick her clitoral frenulum (the area underneath her clitoris) for a number of strokes and then give her clitoris a long lick.

Sucking

Not all women like this so be aware of her response when you try this. I would wait until she is very turned on before trying this. Sucking gently on her clitoris while stimulating her manually is bound to give her an orgasm she'll remember for days. See the “Give Her a Hand” section below for some ideas.

3 Comfortable Oral Sex Positions for Powerful Orgasms

She'll think you're amazing if you transition smoothly from each position in the order presented below. If changing positions, be sure to do so harmoniously and smoothly. This ensures her arousal levels don't drop as well as making you seem like an oral sex master.

Plank Tease

The woman is lying comfortably on her back with her legs closed and straight. Work your way down to her vulva stopping to tease and caress her before arriving at your destination. Hold the area just above her hips and teasingly give her clitoral shaft a few downward strokes.

Fluttering Legs

For this oral sex position, the woman is on her back with her legs in the air and her feet resting on your shoulders. Her legs can move freely in this position and if you use a pillow under her lower back it tilts her pelvis for greater clitoral access. To gain more access you can push her thighs back further to possibly provide deeper manual stimulation. This position is great for g-spot stimulation and anal play as well if your partner has a preference for it. Upward tongue strokes are easily utilized in this position and are wonderful when combined with a-spot or g-spot stimulation.

Upside Down Turtle

The woman is on the edge of the bed, lying on her back, and holding both of her legs as close to her chest as comfortably possible. This position is great for vaginal stimulation with fingers or toys. Be sure to have at least one hand on her thigh because she may flip over if she gets excited and twists her torso when having an orgasm. The giver should be kneeling in front of the bed. The upside down turtle provides a great view to the giver, as the woman's vulva is fully exposed. Some women may not like this position because of that very exposure. It may feel too vulnerable. Make sure she is comfortable in every sense of the word.

The Tease and the Build Up

Tease

Treat going down on her like sex and tease her before actually beginning. Slowly approach the clitoris several times without actually stimulating it. Kiss her longer than you normally would before moving any lower. Foreshadow what will happen by French-kissing her (slow, soft, and not a lot of tongue) before treating the rest of her body with your licks. Create lots of arousal and anticipation by gently sucking on her ear lobes, kissing her neck, and breasts.

Lick her nipples as you would her clitoris before kissing your way down to her pubic mound. Trace the curves of her waist and hips and then caress her inner thighs with your hands. Caress the back of her leg, and kiss the back of her knees. Rest your hands on her inner thigh.

Ramp her arousal up as high as possible by licking all of her vulva except her clitoris. For this, make your tongue pointed but not stiff as possible. Place the tip of your tongue at her perineum and begin to lick around her entire vulva. Have her legs spread for this or spread her labia with your fingers.

Trace around each of her inner labia. First, the area between the inner and outer lips then the inner edge of her inner labia. Each time you trace each lip, move dangerously close to her clitoris and then back away. Give her a total of four long licks for each inner and outer labium. If she happens to arch her hips towards your tongue as you near her clitoris, give it a quick flick and trace back down to the space between her urethra and clitoris.

Slip your tongue into her vagina. Give your tongue a quick wiggle, nothing more. Now begin kissing her the area around her clitoris with the soft inner fleshy parts of your lips.

Build Up

When going down on her, for the time being, lick over her clitoris once and then swirl your tongue around it in circles; repeat this ten times. Once in a while give it a quick lick, back off, and lick circles around (but not on) it. As she gets more aroused, focus on licking a light steady rhythm. Don't use firm pressure or lick the clitoral glans until she is highly aroused. Once you notice her arousal building, pick one tongue stroke and stick with it until she has an orgasm. Another way to intensify going down on a woman is gently stroking your finger on her upper vaginal wall.

Learning how to go down on a woman is easy if you pay attention to her signals and you have the right techniques in your repertoire. Hopefully this information gave you a few more potent things to try with her.

The Importance of the First Lick

The first taste, the first lick you give a woman sets the tone for the entire oral session. Get the first lick right and she won't ever forget the type of pleasure your tongue is able to evoke in her. The first lick is about not giving into the impulse to stimulate the clitoris right away. You must approach the clitoris somewhat stealthily; you want to take her breath away when you give it the first lick. You want her hips arching in the direction of your tongue and craving more. Seduce her clitoris by being patient and not stimulating it just yet. Make the first lick memorable by building lots of sexual tension beforehand.

Indirect to Direct

Every time you give her cunnilingus, always start with indirect stimulation. The most important reason for indirect stimulation is that the clitoris is highly sensitive when a woman is partially aroused or not aroused at all. Spend time arousing her favorite erogenous zones and when you are ready to begin cunnilingus, focus your teasing efforts on her vulva.

Give her left and right outer labia a bouquet of kisses from top to bottom. Repeat this on her inner lips as well. Linger a bit with each kiss, and be sure to leave no part of her labia untouched.

The First Taste

When you are done teasing her and ready to give her the first lick, place your tongue on her perineum. This is the area just below her vulva. Your tongue should be soft, flat, and wet. The pressure exerted by your tongue should be the same as if you were writing on a foggy mirror.

Next, as slowly as you possibly can, begin licking upwards and let your tongue lick over her vaginal opening as well as her inner labia. When you reach her clitoral frenulum (the area underneath her clitoral glans) linger just a bit and as you pass over her clitoris, ease up on the pressure until you are on her clitoral hood.

Now that you are on her clitoral hood, return to the same pressure, and begin to lick her clitoral shaft

through the hood from left to right. Your tongue should be flat and broad. You will feel her clitoral shaft slightly move beneath your tongue. Begin to lick downwards until you have reached your starting point.

With the first lick giving her a highly arousing view of what ensues, you can now begin to establish a licking rhythm.

13 Clitoral Caresses to Blow Her Mind

1. Trace around the clitoris then lick the entire length of her clitoral shaft
2. Gently surround her clitoris with your lips and “bite” it with your lips only
3. Tap her clitoris with your tongue while tapping her anterior vaginal wall
4. Alternate between vertical and horizontal licks
5. Stroke the underside of her clitoris with a flat tongue
6. Very lightly (but not light enough to tickle) flutter the tip of your tongue against her clitoris
7. Alternate between quick and long (but slow) strokes.
8. Create stroking patterns, for example, 9 intense strokes and 3 teasing ones. Try out switching between two different strokes, speeds, rhythms, and pressures. Spend a few minutes with each pattern to allow her enough time to build sexual arousal.
9. Lick one side of her vulva at a time and see if one side is more responsive than the other. Do this slowly and take note because micro-areas of her vulva/clitoris can provide tremendous white-hot pleasure for her. Concentrate on all the hot spots you found when she is about to explode to quickly and powerfully send her into a mind-blowing orgasm. This will make her think you are reading her mind and that you know her body better than she does.
10. Place the flat area of your tongue firmly against her clitoral shaft and use the tip of your tongue to massage the area between the clitoral hood and her clitoris. You can also massage her clitoris and clitoral frenulum with this tongue stroke.
11. Alternate tongue licks with finger strokes. This is a very powerful technique. It is helpful, not only if your tongue gets fatigued, but introducing a novel stimulus massively boosts her arousal. It also increases the number of combinations possible with clitoral stimulation. Practice this one often, and she will think of you for weeks to come.
12. With a wide and flat tongue, begin tracing her outer and inner labia using long, slow licks. As you finish tracing her inner lips, tease the edges of her clitoris. You can give her pleasure using contrast by alternating between long slow licks around her clitoris and quick licks using a stiff

pointed tongue. When you lick her clit, alternate between slow and fast, but use a feather-light tongue stroke as if your tongue were a butterfly. Whichever stroke she likes best (slow or fast) choose one and continue licking until she has an orgasm. Think of your tongue as the flutter of butterfly wings.

13. The clitoris can become desensitized to the same speed, pressure, and rhythm if you don't add variety or pauses in between. This technique will allow you to bypass the over-stimulation that may occur. Lick the area just underneath her clitoris with vertical strokes about 3 times. Then, give her about 7 horizontal licks across her whole clitoris. Switch between underneath and above her clitoris while continuing to lick the side-to-side strokes. I call this, rhythmic polishing.

Give Her a Hand

The Earthquake

Place your hand on her pubic mound and cup it. Jiggle it from side to side while slightly pressing down on it. Place your tongue on her clitoris and hold it completely still. Keep your hand relaxed. Use your free hand to find her G-spot and begin to stimulate it. Keep your tongue fairly still on her clitoris. You can lick it every now and then so she remembers that it's there. When she nears orgasm, add more pressure to her G-spot and pubic mound while you begin to furiously lick her clitoris.

Hide and Peek

Use your hands to push her pubic mound back so her clitoral hood moves and exposes her clitoral head. Each time you expose her clitoral head, give it a soft and gentle suck followed by a quick flick. Continue to pop the clitoris out and give it a suck and a flick. Gradually increase the speed of your sucking and flicking as she nears orgasm.

If you are gentle enough, you can push her pubic mound back and suck her clitoral head in the opposite direction (away from her body) simultaneously. Combining the stimulation of your hands and mouth will blow her mind.

Oldie But Goodie

Spread her labia, to somewhat expose her clitoris and begin to tease it by slowly licking its periphery. With a relaxed but explorative flat tongue, wiggle it vertically or horizontally on her clitoris or clitoral hood (if she is very sensitive).

Slow Stroking

Give her clitoris long and slow licks while you massage her clitoral shaft with one hand and stimulate her G-spot with the other. Gently roll her clitoral shaft in between your fingers as if you were balling up a tiny piece of paper, giving it a few strokes every now and then.

Arousing Contrast

Let your fingers mimic the stroke your tongue just performed and alternate between the two. For example, give her a horizontal lick followed by a horizontal swipe of your finger. Alternatively, lick an entire set of strokes and then copy them with your finger. Or, stimulate her G-spot at the same speed and rhythm that you are licking her clitoris.

The contrast comes into play via speed, pressure, or rhythm. Use one speed/pressure/rhythm on her clitoris with your tongue and use a different one when you stimulate her with your finger.

12 Various Tips for Giving Her Orgasms via Oral

1. When beginning an oral sex session, tease her by kissing her vulva as if you were kissing her on the lips. French kiss her clitoris just before getting down to business. Use your lips to kiss and massage her clitoris.
2. Brush your lips along the entirety of her vulva, trace along her inner labia with your tongue before finally giving her clitoris a few soft licks.
3. Sacrificing rhythm for speed is a fool's move unless she asks or her body positively responds to that chance. Maintain your rhythm and use no more than three different kinds of licks when stimulating her clitoris.
4. Perform a variety of licks in the beginning but gradually taper your variety into one to two licking strokes. Do the same with your rhythms.
5. The key to figuring out what your lady likes in bed is to try something, notice her response, and then calibrate your subsequent stimulation until she has an orgasm.
6. Dedicate an entire night to her pleasure and explore every inch of her vulva and vagina. Follow every kiss, lick, or caress that gets a sound or movement from her. Stay there for a bit and extract all the pleasure you can before moving on.
7. Experiment with trying them out and paying attention to her responses to see which ones she responds best to. You will begin to learn which licks she prefers and you can then perform all of them to give her.
8. Variety is great in the beginning of an oral sex session because it can build arousal faster. However, when her arousal begins to plateau from that variety, you should transition to a consistent set of stroke patterns.
9. Find a few lick variations that she likes and cycle among those. When she nears orgasm, choose one tongue stroke and don't stop licking until she pushes you away or says stop.
10. Dual Stimulation: While kissing her, rub her back slowly at first and increase the firmness as the kissing becomes more intense. Press her into you. After kissing for a while, slowly lift her shirt and

caress her lower back in a circular motion; alternate between kissing her lips, jawline, neck and earlobes while doing this. The aim is stimulate two erogenous zones at once. This works especially well during oral sex because all erogenous zones seem to amplify the pleasure she feels from her clitoris. Massage the nape of her neck and then begin to kiss her breasts and nipples while you pin her arms above her head with your free hand.

11. Use dirty talk to describe what you are going to do to her, and then actually do it. Give her commands or get her to repeat certain phrases by telling her to “say it” or “tell me.” Whisper the dirty talk in her ear with a dominant tone of voice while either thrusting very hard. Women also love the contrast of rough dirty talk and slow sensual thrusting of your fingers.

12. Your adjustment to your licking speed or pressure should occur without one affecting the other.

***Reminder:** Tips will never replace through knowledge and implementation of the basics of learning how to go down on her. Tips however are best utilized and understood, when the basics are well mastered. Keep that in mind as you read this book. Tips are temporarily, and principles are timeless, perpetually pleasurable. These tips are a lot more effective when viewed in the context of the basics of going down on a woman. Master the basics of how to go down on her and tips become nearly trivial.*

Intermediate Techniques

The Power of Slow Licking

A key component during performing oral sex on a woman is the ability to sense, feel, or intuit what stage of arousal she is at and what emotions she's experiencing. Then you respond by adjusting your licking to take her arousal higher or lower. It may seem like slow licking doesn't belong in the advanced section, but going slow requires mastery of reading her arousal, lest you let it wane and she never has an orgasm.

A lot of times when a guy begins oral sex, he goes straight for her clitoris and starts to lick her at a very fast pace. The problem with this is two-fold. The first is that a woman's clitoris responds better after it was teased. Directly stimulating her clitoris when she is just beginning to get aroused is one of the quickest ways to decrease a woman's arousal. The second problem is that a slow pace is usually preferred over a fast pace unless she is nearing orgasm. It is possible to give your lady a huge orgasm by giving her slow licks all the way until orgasm.

It may take longer, but her body builds a lot more sexual tension due to the continuous gradual increase in arousal. Slow licking rarely decrease her arousal unless she is near orgasm. She is probably now frustrated that you did not notice her signals to increase speed.

If you happen to lick her very fast from the start of an oral sex session, experiment with using a variety of slow licks except she is nearing orgasm and then switch to one consistent slow licking pattern until she has an orgasm. You will know if the slow licking is frustrating her because she will either say something, or move her body faster. If she gives a long heavy sigh, it may also be a sign of frustration with the slow licking, but as long as you pay attention you will be able to calibrate your licking based on her body language.

You can even tease her to a larger orgasm by switching between holding her and giving her manual stimulation and then continuing to give her slow licks again to further increase her arousal. Remember that the most important part of slow licking is rhythm and the play between movement and stillness. Give each lick time to resonate throughout her entire body. Use a licking pattern that incorporates pauses. Give her maybe four or five licks and then a pause. Make sure you smoothly transition between the licks and pauses to make sure her arousal does not diminish.

Kivin Method

The Kivin Method, as far as I know was discovered and invented supposedly after 30 years of research by the sexologist Dr. Patti Britton. Also called "Tahitian cunnilingus," the Kivin method is a technique that's simple to learn and causes a woman to experience an intense orgasm in a short period of time.

Here's How You Do It

The secret to great cunnilingus is the tease. Make sure she is highly aroused before stimulating her

vulva and clitoris. Make sure she is in a comfortable position, preferably on her back with her legs spread or her feet flat on the bed. Place your body perpendicular to hers while placing a finger on either side of her clitoral hood with one hand.

Begin licking her clitoral hood. With your head perpendicular to the shaft of her clitoris, lick it back and forth (for you it would actually be up and down). Also, lick her clitoral frenulum (the area underneath her clitoral hood) and lick the area above the clitoral shaft as well.

Do not lick her clitoris directly at this point, but begin to slowly increase the speed of your licking. Place a finger or two on her perineum (area of skin underneath her vulva, but above her anus). I like to place a flat thumb on the area. Carefully add more pressure if she responds positively to the pressure increases. As she gets closer to orgasm, smoothly transition into licking the head of clitoris while continuing to stimulate her perineum. Continue this until she has an orgasm.

Taking it Even Further

Establish a licking rhythm that is somewhat varied in the beginning but begins to settle into one licking stroke as she nears orgasm. Lick her clitoral shaft back and forth a certain number of times. Then apply that same licking rhythm to the areas above and underneath her clitoral shaft. A licking rhythm allows her mind to more easily follow your stimulation and get into the groove of relaxing while allowing her arousal to build. If she doesn't have to track all of your tongue and finger movements, her mind is free to focus on her pleasure.

There are many different ways to stimulate her perineum which can boost the amount of pleasure she is feeling. Stimulate her perineum in circles while alternating between increasing and decreasing pressure; it seems to be a favorite for a lot of women. Another stimulation method is to create "perineum pulses" by carefully pressing into the area and releasing that pressure. A favorite of mine is to mimic on her perineum the same stroke I am performing on her clitoris.

How to Giver Her Multiple Orgasms During Oral

All women are capable of multiple orgasms and oral sex is an easy way to introduce them to a woman who has never experienced more than one orgasm during sex with a partner. Using a combination of manual and oral stimulation, you can give a woman a mind-blowing oral sex experience.

Although women are capable of experiencing many different kinds of orgasm, I am going to focus on three different approaches that utilize the clitoris and the g-spot. Feel free to swap the G-spot for another one of her favorite vaginal orgasmic hot spots.

First Approach

This approach is solely clitoris based. It works great for women who don't respond to g-spot stimulation or find it unpleasant. You give her an orgasm using manual stimulation and then transition into oral stimulation. For manual stimulation before oral in this case, I like to use feather-light strokes while alternating my speed and rhythm. For instance, it's possible to give a woman an

orgasm using one stroke if you know how to strategically place pauses; instead of doing that however, you will bypass clitoral nerve habituation by changing between two strokes or two rhythms.

For the two strokes I like to use simple one finger up-and-down strokes exchanged with clitoral circles. As far as rhythms are concerned, choose something like three strokes and a pause or one pause per four strokes. The number doesn't matter, but the consistency of the strokes and pauses do.

After she has an orgasm from manual stimulation, give her a rest period and then move to oral sex for the second orgasm. Give her light kisses on her thighs and the area near her clitoris after she has an orgasm. You will know when she is ready for another orgasm when her hips begin moving when you kiss and lick near her clitoris. It's her body unconsciously saying "please lick my clitoris again."

Second Approach

This approach is for women who respond to g-spot stimulation. Give her an orgasm with manual stimulation by softly rubbing her clitoris (through her clitoral hood) in circles with at least two fingers. After that orgasm, switch to stimulating her g-spot by stroking her with the pads of your fingers in a come-hither motion. Use gentle stimulation at first and then if her body gives you signs of enjoyment, increase the pressure of the strokes. If her arousal drops, use softer pressure until she has an orgasm.

Now combine clitoral and g-spot stimulation. Give her oral sex and stimulate her g-spot at the same time. She will explode with a powerful blended orgasm using the arousal from the previous two orgasms.

Alternate Second Approach

Tease her with your hands first and then tease her with your mouth before you begin oral sex. Begin the transition to oral by teasing her vulva with your hand. Purposefully avoid touching her clitoris for now. Caress the crease that is formed by her thigh and outer labia then softly squeeze her outer lips together. Rub your fingers up and down and then gently pull her outer labia away from the direction of her body. Massage her inner lips and then begin to make circles along the sides of her clitoris.

Use your thumbs to massage her outer labia as you begin licking her clitoris. Rub circles along the entire outer labia as your tongue circles her clitoris with the same speed and rhythm. Now you transition to kneading her entire pubic area or her inner thighs with your fingertips while your thumbs continue to rub her outer and inner labia. Gradually allow all of your fingers to massage their way to her vaginal opening.

Trace back down and place a finger or two just inside her vaginal opening (up to the first knuckle only). It creates a slight desire for having you inside of her. Tease her clitoris for a few minutes and then stimulate it. Allow her vagina to gradually draw your finger inside her and begin to stimulate her G-spot.

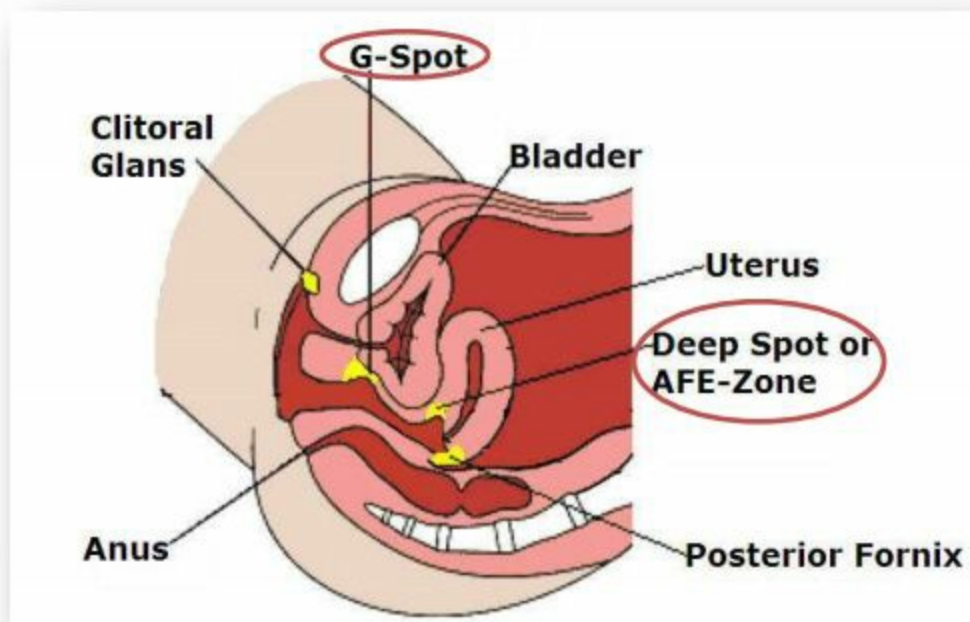
Stimulating the G-spot is about your ability to maintain and increase pressure, not the actual motions

you do (usually). Maintain the same amount of pressure for the entire stroke. A comfortable position for this is to lay perpendicular to her body and lick her clitoris while stroking her g-spot. As she becomes more aroused, you can begin to use more pressure. If she tenses up, that means the pressure is uncomfortable and you need to use less. Continue to stimulate her clitoris and G-spot in unison until she erupts into sublime pleasure.

Connect the Spots – The Secret to Giving Her Explosive Oral Sex Orgasms

When asked what women want in bed, most of them respond with oral sex at the top of their preferences. You can use your tongue and hands simultaneously to provide intensely pleasurable oral sex for women. It is due to the contrast in pleasurable sensations as well as additional nerve endings receiving pleasure. Knowing just a few vaginal erogenous zones can greatly enhance her orgasm from oral sex. Giving her explosive orgasms involve stimulation her vagina and clitoris together. Do you know what women want in bed? Life-changing oral sex and this article will show you how to give them just that.

First, let's take a look at two orgasmic spots inside her vagina. Both of these spots are best stimulated when she is highly aroused. The first is the g-spot, which feels rougher than the surrounding vaginal tissue; it usually 1-2 inches in and located on the anterior vaginal wall. The second is the anterior fornix erogenous zone (AFE) or a-spot. It is located about 3-4 inches inside on the anterior vaginal wall in front of the cervix where the vagina begins to curve upwards. You will know you have found the right spot if she begins producing lubrication in response to your stimulation.



Spot Stimulation and Transitioning

There are two simple but powerful ways to stimulate these spots in conjunction with giving her oral sex. You can stimulate each spot sequentially or simultaneously with licking her clitoris. While using your tongue on her clitoris, after she is heavily aroused, begin to stimulate her g-spot with a "come hither motion."

Switch to the a-spot by inserting your finger further and stimulating it with firm but gentle circles. Alternating between these two spots while licking her clitoris at the same time can send her into worlds of new pleasure. The secret is to only stimulate the spots when she has had extensive foreplay because otherwise the areas can feel uncomfortable or painful. Try using clockwise circles on the a-spot then smoothly transitioning to counterclockwise circles on her g-spot.

I have found that women also love for both spots to be tapped, and then firmly pressed after a series of taps. It would give them powerful vaginal orgasms. I called it the tap and freeze. When combining this with oral sex, you no longer have to guess what women want in bed because they will outright tell you. They will want sex more often than ever.

Creating Super-Charged Orgasms

Orgasmic Edging

Allow her body to build orgasmic energy by bringing her close to orgasm and then gradually decreasing the speed and pressure while telling her to let the sensations spread through her entire body. For example, bring her to the edge of orgasm at least twice. Bring her to the edge once more except this time when she is near orgasm give her one lick at a time and add fast G-spot stimulation until she goes over the edge.

Triple Pleasure Technique

Place the palm of your non-dominant hand on her pubic mound and carefully press down while you are stroking her G-spot and licking her clitoris. The key to this is to lick her clit and stroke her g-spot simultaneously. The three movements are done at the same time. Move the skin of her pubic mound up so that her clitoral hood moves to expose her clitoris. As that is being performed you stroke her G-spot and lick her clitoris, all in unison. Continue to do this slowly and rhythmically. Let her pleasure build gradually. Give your strokes more intensity and speed as she gets more aroused.

Know How She Wants to Be Licked without Asking Her

Knowing how to lick her the way she likes is a sign of being on the path to oral sex mastery. It is mainly about paying attention to her and adjusting your stimulation accordingly. Do you know what your woman prefers in bed? It's most likely mind-blowing oral sex.

As I mentioned above, paying attention is the main way to figure out what she likes. How is her breathing? Is it slow or fast? How does it change in relationship to you changing your speed, rhythm, pressure, or location? How is her muscle tension? Is she tensing up because you caused pain or discomfort? Or is she tensing up because of the pleasure you are creating. These are just a few of the things to pay attention to when you are performing oral sex on her.

Her body will tell you what she likes. She will moan or change her breathing when you are doing something right. Occasionally, she may not do either of those, but she will always do one thing.

When she loves what you are doing, she will move towards you and try to get her current hot spot right where you are licking or caressing. When she moves toward you that is a sign that you are doing what she prefers.

Her body is constantly speaking to you, but are you paying attention? Make sure your hands are on her body at all times so they can listen to what it is saying. That is why caressing her is important. It allows you to sense her muscle tension and breathing patterns. You can then calibrate your stimulation better.

If she is moving away from you, then you are causing discomfort or pain. Sometimes discomfort may be in the form of hypersensitivity. This means that you are going too fast and didn't give her clitoris enough time to warm up to that type of stimulation. Slow things down and then come back once you have taken her arousal level higher.

Another key to knowing what she likes is smoothly transitioning among her favorite hot spots. When you do this, it allows her arousal to stay at a high level and for you to see if her arousal decreases at all. It also makes sure there is very little loss of arousal energy. The way to getting better at smooth transitions is simple more practice. I'm sure that she will not mind.

Using Food as Practice for Oral Sex Skills

At first glance, these tips may seem weird, but if you practice them, you will be well on your way to oral mastery.

1. Practice while eating fruits

Practice using your tongue, lips, and suction to eat the fruits without biting them. Some of the best fruits for this are mangos, strawberries, grapes, and peaches. Imagine each piece of fruit was soft candy. Savor the fruit as you would savor her. Try applying some suction to a strawberry while swirling your tongue around one end of it. You can practice that and then apply the same suck and swirl to her clitoris later.

Practice what I call fruit mouth. You know the shape your mouth forms when you are biting into a soft peach or ripe pear? Use that same shape and place your mouth over her clitoris with a flat tongue gently resting on it. Slowly and gently suck on her clit while letting your tongue rub against it. Using suction on her clitoris can slowly build her up to one of the most powerful clitoral orgasms she can have. I can almost guarantee no other guy has taken the time to give her a long, slow, and insanely powerful orgasm through softly sucking on her clitoris like this. Combine it with manual stimulation for even more fun.

Bonus: Although it's not a fruit, try eating popcorn by retrieving it from the bowl using only your tongue. Use a slow speed at first and then increase your tongue speed as you get better. Try getting popcorn from the bowl with a licking motion to make the drill relevant to cunnilingus.

2. Delicious Obstacle Course

Smear some peanut butter on a plate and hide cheerios in it. Practice licking away the peanut butter at different rhythms and speeds. Locate a cheerio with your tongue, retrieve it from the plate with your lips, hold it in your mouth, and then lick off all the peanut butter before eating it. Lick the plate clean to practice tongue strokes. I shouldn't have to say this but just in case: you might want to practice this when you are alone in the privacy of your own home.

Bonus: attempt to crush some cheerios with only your tongue.

Practice these tips times a week for a month, apply the lessons to oral sex, and smile as she screams in delirious pleasure.

The Basic Step by Step Guide to Going Down on Her

This method is largely a reiteration of the above, combined with actionable steps. The slight redundancy is on purpose. Repetition is still one of the best ways that we as humans learn. There are many fundamental aspects to the art of eating pussy (If you are offended by that word, go have an orgasm then continue reading this) however there are 4 that you should really focus on.

Her relaxation tops all four, if she is not relaxed, everything will feel off for both of you and she will not come no matter what you do. Do everything in your power to make sure she is relaxed. Relaxation allows for easier arousal as well.

1) Passion and Attitude

If you aren't enjoying eating her out, she can feel that, trust me. Enjoy it! Let her know that you are in love with tasting and pleasing her. In turn, she will be more relaxed and trust you more deeply. As a result of that, she orgasms harder and faster!

Tell her verbally how beautiful her pussy is, how wonderful it tastes and smells. When you first put your head between her thighs, say "Mmm, you smell lovely" or something to that effect. When she is soaking wet, slowly put your finger inside her until it is coated with her juices, and after sucking off the juices while making eye contact, say: "Mmm, I love the way you taste, I could eat your pussy all day" or simply "Mmmmmmm."

Don't underestimate this. Once she knows you enjoy her taste and smell, she will relax and allow pleasure to take over her body. Treat oral sex as a main event (because it is)...forget about intercourse for now (she will remind you later!). Her relaxation tops all. The best oral sex is enthusiastic and unasked for.

2) Don't Rush.

Take your sweet time licking her. I'll go over some great comfortable positions in another article, but seriously...if she feels you wanting to just give her an orgasm she'll sense a disconnect. Oral sex is something you do WITH her, not TO her. Explore every inch of her body and especially every nuance of her clit. Find out which part/side of her clit is most sensitive. Be curious about her and her pleasure. Make her pleasure your pleasure. General rule of thumb: Always start slow and gentle

3) Pay Attention

This is HIGHLY important. All women will tell you what they need to orgasm...all with their breath, hips, muscle tension, and sounds. PAY ATTENTION! All women vary in how they like to be stimulated, how much pressure they like, speed, rhythm, etc. Learning how to go down on her can be as simple as listening to her body and responding with what she needs in order to be taken higher at that moment. Pay attention to which tongue strokes she responds most positively to. Give her eye contact to maintain the intimacy and emotional connection.

4) Rhythm: The Secret Of All Orgasms

Rhythm is king. Once she is really turned on, rhythm and consistency are king. I would argue that the best way to ensure an orgasm from oral sex is by consistent rhythmic tongue strokes. When she is near orgasm, you don't need to go faster, vary your tongue strokes, or switch spots on her clitoris. Keep EVERYTHING the same.

If you must change something, increase the pressure and speed of your tongue. I'd leave everything constant unless you are VERY good at reading her arousal and know her body well enough to recover from accidentally delaying her orgasm by changing rhythm. Breaking rhythm causes you to lose some (if not all) of her arousal/pleasure momentum.

It's fairly safe to say that you should go slower in the beginning while vary stimulation, but pay attention to the consistency of your strokes to build her arousal. However once she nears orgasm, and you have found the certain stroke, speed, pressure, etc. that drives her wild CHANGE NOTHING. Keep a steady rhythm and intensity until she comes. When she is coming, don't stop anything. She'll stop you when she is finished, trust me.

Going down on a woman is about mastering the balance between movement and stillness. Be sure you place some sort of rhythmic pause (long or short, doesn't matter) between licks. Let each lick finish its echo of pleasure throughout her body before calling out to her with your tongue again. Give each note (i.e. lick) time to resonate fully. As the song of cunnilingus approaches crescendo, the notes may overlap and become indistinguishable as ineffable pleasure vibrates through her body.

Foreplay and Creating Anticipation

Kissing a woman while being able to communicate passion AND relaxation through that kiss is a sure-fire way to get her turned on really fast. She wants you to be in control of your arousal, but barely able to contain your savage passion for her. I like to create a mix of hard and soft sexual tension. What do I mean by that? I'll push her up against a wall (safely) really fast with my elbows contacting the wall first. To her it feels rough without actually harming her.

Then I passionately kiss her neck and her jaw line. My lady seems to have a clit in her earlobes so I like to kiss and suck those as well. This is all done really fast and passionately while my hands are either on her lower back, ass, or softly holding her neck. I then quickly put my lips next to hers, a millimeter away. I let her kiss me first, with passion. I break the kiss and start it again with sweet agonizing slowness.

Everything I do slows down...my kisses and my caresses become soft. I pull her hair firmly (if you do this, make sure you know that turns her on otherwise its useless), press my body softly up against hers while kissing her very softly. Play with mixing up hard and soft passion and see what it does for her. I use kisses to communicate with women. I am now kissing her in a way that says "I am enjoying your lips and your whole body" which morphs into teasing kisses with a little sexual assertion thrown in to spice things up.

The best part about cunnilingus foreplay is that it inherently builds anticipation if done the right way. She simply has to know that you are about to go down on her and her mind does the rest. I like to

send my lady a dirty text such as “I can’t wait to taste you later on tonight” or “Come over, I can’t stop thinking about going down on you.” Mental foreplay is more important than we could ever imagine for women.

Once she is actually in our presence however, we create anticipation by going down to her vulva and kissing/licking her inner thighs, but never her labia or clit yet...let her know you are enjoying teasing her. Slowly tease your way back up to her breasts, caressing them, kissing them...savor her entire body, but ignore her clit and nipples until you are about to get down to business.

Oral Foreplay: Transitioning to Oral Sex

Hopefully her pants (or panties) are still on during the foreplay, but if not, still give this a try. I move back up and begin kissing and caressing her whole body. When I get ready to transition to oral foreplay, I’ll kiss/suck her neck and breasts then down to her stomach. I hold her hips with my hands and slightly pull down her pants to expose her pubic mound. I give deep open-mouth kisses to her pubic mound and gently suck on it.

Her hips are usually grinding heavily at this point; I remove her pants completely and spread her legs to fully appreciate her vulva. Begin by kissing her inner thighs and gently suck on them. While this is going on I usually glide my hands along the sides of her body to caress her breasts. Everything at this point is about building tension and anticipation to make her crave a release that’s only quelled by your tongue. Approach her vulva slowly, tease her, she loves it more than you will ever know.

Lick her perineum and then the groove where her inner thigh meets her outer labia. Give that groove long licks on both sides. Before you touch her vulva for the first time, breathe the warmest softest breath you can on the whole area; like fogging up a mirror. Move dangerously close to her clit and float away.

CAUTION: NEVER blow air into her vagina. It could cause an embolism and result in serious injury or death.

Step 1: The First Touch

The first lick you give her must be both memorable AND stir up a craving for orgasmic release. Following the advice below will accomplish this by building even more sexual tension, as she may be bucking her hips by now, and highly anticipating the first caress your tongue gives her clit. The first touch sets the tone for the entire session so let’s look at a way to successfully do that. For this next section, think of your tongue as a snail exploring her vulva. Silly? Yes. Effective? Hell yeah!

The Long Slow Lick

Making and breaking contact, and contrasting light/firm pressure increases the sexual tension she feels and that tension will soon demand to be freed through orgasm. I like to have her on her back with her legs bent in the air for this part.

1. Place your soft flat tongue on her fourchette (the base of her vulva). Feel your tongue against her it. Pause to let both your nerve endings mingle. Feel your tongue fuse with her vulva and then...

break.

2. Make contact again in the same place and VERY SLOWLY, lick upwards, gliding past her vaginal opening, and inner lips. Increase pressure as you near and once you are on, her clitoral frenulum.
3. As you pass the clitoral head, lighten up the pressure. The play of firm and light pressure is sweet torture at this point.
4. Continue licking up until your tongue is directly over her clitoral hood. You should feel her clitoral shaft underneath the hood. Apply more pressure on the shaft, and slowly give it a few horizontal licks.
5. Slowly down-stroke towards her fourchette and let your tongue rest on her entire vulva and vaginal entrance.
6. Sometimes at this point I'll push her legs back over her head and slip my tongue deep inside her as I move it around. Then I break contact once again.

Sometimes while I'm giving her this long slow lick, I passionately give her hips a squeeze while pulling them closer to me so there is temporarily increased pressure on her vulva and clit via my tongue. Squeeze, lick, release. I like to time the squeeze so it's just as my tongue reaches her the tip of her clit. It conveys my enjoyment and arousal to her. Subtle things like this communicate a lot to women.

Step 2: Building a Consistent Rhythm

It is important for you to be able to feel the rhythm and how it is building. Rhythm is what makes these next steps work, not the licking techniques or counting. If you remember anything, it should be to create and maintain a rhythm. That will allow you to transition smoothly between each component to this step.

2A: Lick Pause (Stillness and Movement at Play)

1. Begin with your tongue on her fourchette and slowly lick upwards until you are on top of her clitoral hood, then lick downwards to the fourchette again. Take about 5 seconds for a full lick.
2. Let a flat soft tongue rest on her vulva for about 5 seconds.
Don't worry about counting however because it can break the connection she feels...feel out the timing rather. Just make sure the lick and the pause are about the same in length. Begin feeling out the rhythm you want to create. Slow and steady for now.
3. Repeat this about 10 times or so.

2B: Half to Full

Begin with 5 halfway licks and 1 full lick; however repeat this rhythm (5 halfway 1 full) for about 5 times.

Licking halfway (in this context) means you stop licking once you reach her clitoral frenulum. This serves to tease the tip of her clit and causes it to crave your tongue. For this part, focus on licking her inner labia near the clitoral frenulum. This will coax the clit to come out to play.

1. Lick up half-way, and then lick back down. Do this 5 times. If you can maintain the rhythm, give her frenulum a lick from both sides of her inner labia.
2. Give one full lick that passes over her clit.
3. Repeat this for a few times

2C: Clitoral Glans Seduction

When licking be playful, and focus on teasing her clit. The clitoris loves being teased with attention initially and this pattern achieves just that by appearing random.

1. Lick up half-way, and then lick back down.
Repeat 1-10 times
2. Give one full lick which passes over her clit.
3. Repeat these steps ~20 times

Step 3: Almost There

Her clitoris is very hard by now and screaming for a consistent rhythm to be released from the sweet torture you have been giving her. Let her orgasm meet you however; place yourself in a calm head space, no rush...patience. Finish the masterpiece like you started it. I like to use a variety of ways to bring her to orgasm but a combination of the stimulation techniques below are a great way to free her orgasm and transmute all the tension you have built into exquisite pleasure.

One of the most important things now is to maintain good rhythm and consistency. Find a few good finishing strokes and stick with those until she comes. Gentle flicking of her clitoris or clitoral hood may send her over the edge now. One of simplest ways to bring a woman to orgasm is gentle flicking of her clitoris while simultaneously stroking her anterior vaginal wall and it happens to be a favorite of mine. However, below I'll show you a simpler way to give her a mind-blowing orgasm. For now, let's focus on reading her and her body.

Gauging Her Response

When stimulating her, pay attention to the following:

- o The pace of her breathing
- o How the tone or pace of her moans/vocalizations shift
- o The muscle twitches in her vagina, abs, and thighs
- o The color changes of her vulva
- o The size of her clitoris

Notice how her lower abdominals flutter, how her hips rock, how her back arches, how her thighs,

vagina, and anus contract when you stimulate her. She will move rhythmically and toward you if you are doing things right. Sometimes she may not move at all because you are doing everything right and she simply wants to soak all the pleasure in and moving would diminish that.

When you change anything, **PAY ATTENTION TO HER**, and calibrate your actions (speed, pressure, etc.) based on her response.

All women are different. There are no hard rules and everything I've written in this article should be taken with a grain of salt until you have asked her what she likes. Women vary in:

- o How much pressure they prefer
- o How much speed they like
- o Where and when they like a certain stimulation versus another
- o Whether they like a lot of stroke/stimulation variety or a repetitious stroke pattern
- o Direct or indirect clitoral stimulation

Even women who don't like direct clitoral stimulation may enjoy it after she is highly aroused. If she is moaning, trembling, and bucking her hips...keep doing what you are doing and change nothing. Rapid breathing and writhing of her hips/body are good signs as well. **The important thing is to test out techniques and not to assume she likes everything you do.**

I will say that you should make it clear that you won't be offended or hurt by her telling you what she needs to orgasm.

How to Tell if She Likes It

There are a multitude of reasons why women may not verbally say what they want. For now, I won't cover the verbal stuff because Lick by Lick explains it better. With that said, we must feel for clues from her body. Be alert to pressure from her hands if they are on your body. Pulling you closer means she wants more (deeper, faster, and/or harder, etc.).

If she pushes you away or moves her hips away it means you are too rough or giving too much stimulation. Slow down the licking speed and pressure significantly then gradually begin again and give more stimulation when you are getting signals to do so. You will know you are doing things right if she is holding you firmly but relaxed. When she is about to orgasm you might think more pressure, speed, etc. is good, but she may not. Most women prefer you keep the same rhythm which got them there in the first place. Some may prefer/require gentler stimulation to orgasm. Keep everything the same unless she says otherwise.

Essentially, knowing where she is in terms of arousal gives you direction. Paying attention lets you know when it is time to stop building her arousal with variation and bring her to orgasm via consistent rhythmic stimulation. If she is very close to orgasm, simply change nothing you are doing. If she is highly aroused, but a fair distance from orgasm then read on to find out one of my favorite ways to end a cunnilingus session with a great orgasm.

Step 4: The Explosive Finale

Here are descriptions of the techniques that will be depicted:

Clitoral Suck

Gently suck on her clit and release it. Sort of like a pacifier. Constant pulses of suck and release. Or give it one good suck. The pacifier-like rhythm seems to work better though; it should be gentle pressure like sucking icing off of your finger.

Clit Swirl

Press your lips against her clit and circle the tip of your tongue around it. The swirls can be on or around her clit. You can swirl around her clit to tease her and then smoothly begin swirling directly on her clit.

Clit Flick

Put your tongue directly on her clit and move it slowly up-and-down or side-to-side. Gradually build up the speed according to her body language. If direct clitoral stimulation is too much, then focus on “flicking” the hood of her clitoris. The flick is comparable to “ice cream cone” licks. The flicks can be firm or soft, but I recommend sticking with the soft ones.

Teasing Thumb

Insert your thumb to just the first knuckle, then you make slow circles or slowly thrust while you lick her to orgasm. Moving/thrusting your thumb inside of her (but not far enough to satisfy) subtly creates a craving to have intercourse with you. An even better tease is to just have your thumb inside her without moving it at all, it creates that craving even more so.

Taoist Licking

I don't know if you have ever heard of Taoist thrusting, but I call this Taoist licking. The Taoist thrusting method is an intercourse stroking rhythm consistently initially of 9 shallow strokes followed by 1 deep thrust. The shallow strokes decrease by 1 each time, while the number of deep thrusts increases by 1.

Taoist licking follows the same principle:

9 Halfway licks 1 Full lick

8 Halfway 2 Full

7 Halfway 3 Full

...Until...

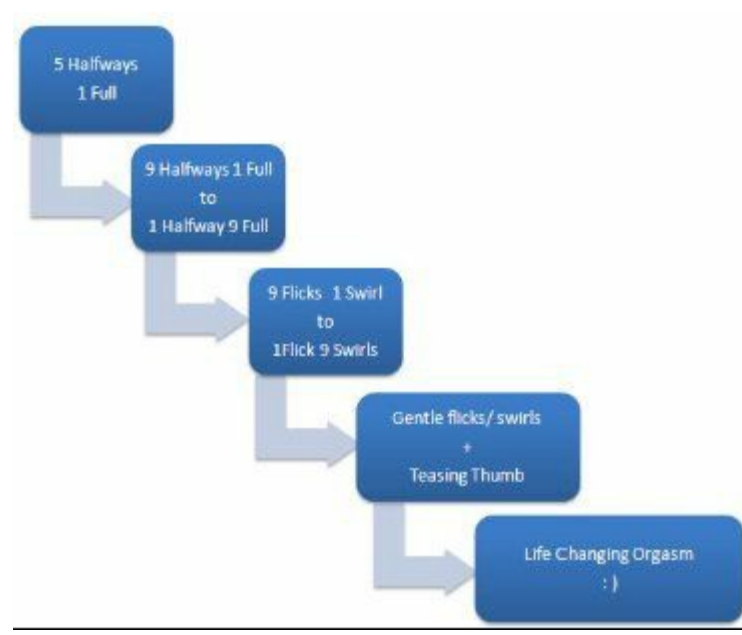
1 Halfway 9 Full

Start with 5 halfway licks and 1 full lick, however once you complete a set (5H 1F) add 1 halfway lick until you reach 9H 1F. Once you have finished 9H 1F, smoothly transition into Taoist licking.

This may put her over the edge in and of itself. If you don't want her to orgasm just yet slow down gradually to maintain her arousal so you don't lose all the pleasure you have built. To bring her near orgasm again, gradually build back up from that slow speed you tapered off with to the faster speed that had her on the edge of orgasm.

The great thing about Taoist rhythm is that it can be applied to almost every stimulation type. You can

do 9 halfway licks and 1 clitoral suck, or 9H and 1 clitoral flick, or 9H and 1 clitoral swirl.



Notes to the Basic Routine Above

- Hopefully this is an obvious tip but, if an orgasm is imminent, forget finishing the flowchart and keep licking the same rhythm until she comes. Save the rest of the flowchart for her next orgasm 😊
- After 9H1F→1H9F, stay clitorally focused unless you sense discomfort or decreased arousal
- THE KEY: smooth transition while maintaining your rhythm, the different licks don't matter as much
- If you notice she responds better to one of the licks, switch that one to second place so you end up transitioning off of a high arousal peak.
- Flicks / Swirls: feel free to switch the order around/add your own variations if it makes transitioning smoother/easier. Most women like flicks and swirls so that's why I choose that duo. Try horizontal licks also.
- Gentle Flicks/Swirls: this creates a powerful and pleasurable climb to orgasm and the soft, barely-touching licks feel amazing to her. Be sure to have just enough pressure to prevent tickling her.
- For the halfway licks here's an extra tip: To tease her even more, put more pressure on her frenulum by switching from a soft flat tongue to a firm tipped tongue when you land on it. I like to do this on every last halfway lick before I give her a full lick to complete that set because it increases sexual tension via the rhythm and the contrast of stimulation. Another variation is to firmly lick her frenulum at every halfway lick, but I like to stick to the former variation because it adds a hint of anticipation.

[==Other Titles by The Author==]

Want a sneak peak of my **Advanced Cunnilingus** Guide?

Excerpt #1:

The One and Done Method

It begins slowly and crescendo's into a massive orgasm, after you have her teetering on the edge for a while. She'll BEG you to let her explode. And once you do, make sure your head doesn't get crushed between her legs and nearly pass out like I almost did. Hold her hips down. You have been warned.

[...]

Step 1: Heighten Sensations

Your focus at this stage is to bring her awareness to her pleasure. For the time being, use slow teasing and sensate focus via dirty talk.

Sensate Focus via Dirty Talk

Dirty talk can be used in a variety of ways but for now just use it to direct her sexual energy where you want it. For example, let's say you want to tease her clit without even stimulating it yet. Dirty talk is great for this. As you are licking or massaging her nipples say something like,

“You can almost feel that in your clit can't you?”

“Imagine the pleasure spreading there when I [touch/lick/kiss] your nipples.”

If you say this with anything other than 100% conviction, it will fail. If she doesn't respect you enough sexually (AKA you've given her a multitude of mind-blowing sexual experiences), it will fail.

Or when you are kissing her legs, tell her to “send” or the let the feelings “travel” to her clit or vulva.

Or you can tell her to focus her attention wherever you are (instead of where you'll end up). If you're kissing her inner thighs, ask her (this is a question with an assertive tone, btw),

“You like it when I kiss you there, don't you?”

And then kiss her there again to cement her focus on the pleasure you are providing. Only ask her when you see/feel her enjoying it. Also, I'm not saying to run your mouth the entire time you are “downtown,” but dirty talk is very effective when used correctly.

Let the Slow Teasing Begin...

Start with kissing her and traverse her body with lustful lips and hands. Spend lots of time at her favorite hot spots, especially if she loves breast and nipple play.

[...]

***Key teasing strategy:** “aim” all sensations back to her vulva and tease the surrounding area to get the attention of all of her “pleasure nerves.”*

[...]

Step 2: Crafting Your First Lick So She NEEDS and Craves the Release

Now I bet even you are ready to dive in...and dive in you shall. Place some kiss and gentle love bites along both her inguinal creases

[...]

Step 3: Stalking Her Orgasm: The “One and Done” Method

Remember when I mentioned how to give her an orgasm so strong that she just wants to cuddle up and fall asleep afterwards...

BAM! Here you go.

Everything up until this point has allowed you to tease out a big juicy orgasm. Notice how you moved from her inner thighs (less sensitive) to her clitoral glans (most sensitive)...AND you took your sweet time.

You don't need to go this slow this often because you want to give her a variety of oral ecstasy with your tongue and hands. Take your time and tease her by stimulating the less sensitive areas, as she becomes frustrated, move to a more sensitive area, always saving the clit for last. The time you take to move from a “less area” to a “more area” is a key to the big juicy orgasm.

[...]

Excerpt #2:

Using Oral Sex to Trigger Vaginal Orgasms During Intercourse

The Basics

Never mention the word “orgasm” to her at all when you begin stimulating any of these spots. The mind is a powerful tool. She has the ability to block an orgasm from happening simply by believing it is not possible.

Locating Her Vaginal Hot Spots

[...]

The Actual Technique

Basic Idea: Giving her oral sex with your while you [...]

Step 1: The Exploratory Tongue

Step 2: The “Vaginal Clock” Massage Spots

Summary:

This massage, performed often can give a woman wonderful sensations and often, orgasms. Giving her orgasms by stimulating her vagina and her clitoris simultaneously awakens vaginal sensations that carry over into intercourse.

Here's a small sample of what else you will learn:

- o 4 Mistakes That Kill the Power of Her Orgasms
- o How to Increase Her Ability To Have Powerful Multiple Orgasms (This technique also makes her arousal happen faster and easier in the future)
- o Give Her A "Double Orgasm"
- o (Yes, two orgasms exploding and ripping through her body simultaneously ...most women rarely experience this kind of pleasure)
- o Learn the "Triple Delight" Technique and Be Forever Burned Into Her Sensual Memory
- o Discover How "Assisters" and "Finishers" Techniques Will Bring Her To New Heights Of Pleasure
- o Advanced Tongue Techniques (The Hurricane will make your head spin and hers!)

Buy It Below, Today!



[Advanced Cunnilingus: Rare Oral Sex Techniques & Secrets to Giving Her Wild and Explosive Orgasms](#)

<http://www.amazon.com/dp/B007DA0YJW>

=====

Next Please→

Orgasmic Dirty Talk: How to Talk Dirty & Supercharge Her Orgasms

How much is it worth to be the best lover she's ever had?

More importantly, can you give her what NO other man has ever given her before?

She wants a man who satisfies her primal sexual urges and to get completely engulfed in unbelievably passionate sex. She will be addicted to this man. She will do things with him she has never done before. Things she's too embarrassed to even tell her best friend about.

How is this possible? He evokes the strongest emotions she has, which cause her to explode with orgasm after orgasm. Are you this man? Does your voice have that much power?

Buy Today and Discover:

- o The 4 Principles You Need for Lethal & Orgasmic Dirty Talk
- o **How Dirty Talk Puts Her in a “Sexual Trance”** (It makes her highly sexually responsive to you and all of the filthy things you want her to do)
- o The 4 Dirty Talk Languages (Each one massages her mind and makes her crave release that only YOU can give)
- o **How to Repeat Yourself So That It Increases Her Arousal** (Repeating yourself is actually helpful if properly done)
- o How You Can Structure Your Dirty Talk For Specific Purposes (to boost her self-esteem, amplify the intensity of her orgasms, and much more!)
- o **How the “Pleasure Crescendo” and “Teasing Frenzy” Increase Her Responsiveness** (This allows you to give her orgasms and experiences she didn't even know existed)
- o **What Dirty Talk Skeletons are and how they are the most potent form of dirty talk**

(Her sexual responsiveness will be through the roof after this. This should be illegal. After applying these “skeletons”, everything changes. A very strong emotional connection is created to you. After this she will have a completely new appreciation for how well you can powerfully influence her mind and body to give her incredible orgasms. Also, get a sneak peak at giving her orgasms on command. Yes, you can tell her to come for you and she will, with lustful eagerness.)

In order to skyrocket your success in the bedroom, you MUST talk dirty to your lady (or ladies) properly. Mastering sex is the mission of a fool without powerful dirty talk. You can only go so far without it.

Be bold. Take action. Make a small investment in your relationship and sex life. This may be the change you were looking for.

Should a man have access to this much sexual power and influence when it comes to women? Only one way to find out...

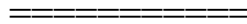
Buy It Below, Today!



[Orgasmic Dirty Talk:
How to Talk Dirty & Supercharge Her Orgasms](#)

or

<http://www.amazon.com/dp/B008R35APC>



Next Please→

Easy Squirting Orgasms: A Guide to Female Ejaculation and G-spot Pleasure

(Only \$0.99)

After you give her so many orgasms that she can't walk straight, it'll be hard for her to forget the kind of pleasure you gave her. Imagine the feeling you'll have when you can quickly give her an explosive full-body orgasm and seeing her deliciously writhe and quiver against you...as many times as you like.

I wrote this report for guys who want to make their lady squirt NOW. It's a report for those who DO. For action-takers. For DOers. Learning is great, but if you never apply it, what good has it done? You will be able to quickly devour this report and apply everything you learned in a matter of hours.

Buy "Easy Squirting Orgasms" Today... and Discover:

- o 6,300+ word primer, no fluff! (You can have her exploding as soon as physically possible)
- o **How Spiderman Can Help You Learn To Give Her A Powerful Squirting Orgasm**
- o A Simple Way to Use Your Thumb to Give As Many Orgasms As She Can Handle
- o **Tried to Make Her Squirt Before, But No Luck? Read the Troubleshooting Section**
- o Send Her Into a Full-Bodied Orgasmic Frenzy with the Teasing Torture Method
- o **Learn THE Most Efficient Ways to "Awaken" Her G-spot So She Feels Waves of Pleasure With Each Stroke**
- o This "Landmark Tip" Will Help You Easily Find Her G-spot
- o **Learn the 2 Signs Her Body Can't Help But Give When She Is Ready to Squirt (So You Can Give Her Even More Pleasure)**
- o Find Out Which Part of the G-spot Works The Best For Giving A Woman Her First Squirting Orgasm or G-spot Orgasm (Yes, the G-spot has Parts, and This One Is The Most Sensitive)
- o **9 Meaty Tips for Squirting Success**
- o Learn How to "Prime" Her G-spot So That Orgasms are Inevitable

o **Know Which Types of Stimulation The G-spot Prefers?** If Not You're Ruining Your Chances. Learn Them Inside.

Be bold. Take action. This report is a small investment in your sex life with huge immediate payoffs. It may be the change you were looking for.

See You On The Inside.



<http://www.amazon.com/dp/B00B1YX03S/>

Looking For Something to Give Her To Read?

Want her to practice her oral skills on you?
Good! Get her this:

[Fellatio Finesse: How to Give Unforgettable Blow Jobs and Supercharge His Orgasms](#)

Don't worry my man; I included this one for you to give to your lady. I'm sure she is benefiting from you learning how to better your oral skills . . . so why not have her do the same?

The book was thoroughly written by a close female friend of mine. Show her the teaser below (or buy the book as a gift):

A woman who masters fellatio won't have any trouble finding or keeping a good man. Bring a man to the utmost ecstasy with your mouth and he will walk to the ends of the Earth for you. You have proven to him that you are a rare lady. You make him feel like a man.

Please him and he will want to return the favor.

The hard thing, which unfortunately few women care about, is mastering fellatio and tattooing your blow jobs into his memory forever.

Do YOU care?

What makes your skills and fellatio stand out? Let's get real ladies: great relationships are built on great sex. Once the sex goes stale, your relationship becomes a ticking time bomb waiting to go off.

Instead of wondering if you are giving him unforgettable, addictive blowjobs. . .

[Buy "Fellatio Finesse"](#) Now and Discover:

-- 6 Common Mistakes That Kill His Pleasure

-- The Pleasures of Anatomy: Learn How He Craves to Be Touched
(Caress Him Almost Perfectly Each Time)

-- How to Use Your C.A.R. To Supercharge His Orgasms

-- The A.C.T. Principles Every Fellatrix Should Know and Master to Truly Satisfy Her Man

-- The “Delicious Pauses” Technique That’ll Curl His Toes

-- 10 “Mouth Moves” That Make Him Lust After You
(Careful Girls, All He Will Be Thinking Of Is When He Can Feel Your Mouth Again)

-- The Mindset and Attitude He Craves From You During Fellatio

-- 13,900+ word fellatio primer, no fluff
(Skills You Can Use Tonight)

Here Are A Few Samples From [Fellatio Finesse](#):

Sample #1: CREATIVE FELLATIO AMPLIFIERS:

*Engage in ultra-Dominant and submissive role play. Here you will offer yourself as his submissive sex slave, and he will be your master, commanding you to do his sexual bidding. If you are trying to encourage his masculinity, Dom/sub play will give him a taste for being more dominant sexually.

*Speak to the horny nerd in him. Ask him his favorite female cartoon, X-Men character, anime princess etc. Do some research on this female character and have fun making yourself up to look like her and playing her personality when going down on him.

- - -

Sample #2: First Contact and Building Tension

[. . .] Flash him an innocent smile as you come closer to the tip. Start with just your mouth, or if you’d like you can grab the base of his member to help stabilize it. Pucker your lips gently and lock them around the top of the glans, but not quite at the coronal ridge. Rest the tip of your tongue against the urethral opening on the head.

[. . .] Create tension by progressively heightening his arousal. You want to keep him in this blissful state for as long as he can stand before he needs to unleash all that built up energy. A variety of sensations works particularly well for this stage

- - -

Sample #3: The Principles of Rhythm

*Always increase the speed of your rhythm as he gets more excited.

* Avoid sudden breaks in a rhythm; they tend to decrease arousal. Practice smooth transition.

*Incorporate a variety of other touch qualities to add interest to your rhythm:

Develop patterns of pressure to use on different parts of the penis – doing so will

intensify the rhythm and give him a more colorful experience with diversified pleasure. Alternating the timing of your touch and the amount of contact made throughout the rhythm will increase his excitement and help develop tension that builds toward an explosive orgasm.

*Maintain a consistent rhythm when it is time for him to orgasm.

At the end of the book is a step-by-step example of how to give him a powerful blowjob

Learn to take him to heights of pleasure he had no clue about.

AND Get Him To Fall In Love With You . . . All Over Again.

Breathe some fresh air into your sex life.

[Buy It Today! http://www.amazon.com/dp/B00B8KLW80/](http://www.amazon.com/dp/B00B8KLW80/)