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# ORGASM MASTERY



## Female Orgasm Mastery

Orgasms are the root of all sex (and most life). Even fish cum. And forget what you've heard; everybody can have them, man or woman. And they can have powerful, screaming, multiple and continuous orgasms.

Dude, I'm about to show you how



## What She Needs For Powerful Orgasms

In general, there are four things chicks need to have great sex, and that of course means having powerful, screaming orgasms. You might be able to help a girl get herself off and think you're some big stud, but if you're not ready to check off the next four items, you're kidding yourself (not you're not fooling her).

**Lead**

**Express**

**Engage**

**Differ**

If you're not doing all of these four things, she's not cumming as hard as she should or could be. Let's take a closer look.

If you wanna give her the strongest orgasms possible, you've got to lead, be dominant, take control. Never ask if you can do something, just do it. If she doesn't want you to, she'll say so (that might even just be token resistance). But as soon as you give up control of the situation, you lose her respect and a lot of her attraction. Always lead.

Then you must express (notice that first you lead, then you move on to the others). To express is to communicate; from dirty talk to emotional talk, you'll have to express. She wants to, and if you don't she won't feel comfortable doing it. Hey, you don't have to be completely honest all the time (nobody wants that), but you do have make with a little of the yakkity-yack just to keep her happy. And you may have some emotions you want to express, no reason to hate yourself for that, it's a turn-on for her!

You have to engage, or immerse yourself in the moment. Firstly, it is the best

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(and only) way to achieve the best erection you can, and the most stamina you can, and those two things will certainly drive her orgasms to higher levels. But also, it's about trust, dude. The only real way for her to have the strongest orgasms possible is for her to be engaged, but she'll never allow herself to do that if she thinks you're holding back. It's like with the expressing, which you'll notice happens before the engaging. She's got to trust you, my friend, so you'll have to be the one to take the first step. You have to express and you have to engage, then she'll do likewise.

Then you'll have to differ. Women need variety, they crave it. Whatever you're doing, they'll get bored with it fast, and then they'll get bored with you even faster. You've got to switch it up, keep trying new things. Otherwise no matter how powerful her orgasms are now, that won't last.

And remember that these things are all vital for you to have the most powerful orgasms you can have too. Even though a great lover always puts his woman's needs first, he does have needs of his own. But no worries here, because everybody walks away from this situation being way more than satisfied. And they walk back (or rather run back) to it again and again.

This brings up an important point: Your woman should be participating fully. In the case of a woman who's never had an orgasm, she may be nervous and may start to feel self-conscious. The best way to distract her is to keep her busy, and what better way than to give you a little pleasure? And there's more to it: True, the great lover always puts the woman's needs first, he's always thinking about pleasuring her, but this is true for your woman if she wants to be a great lover; she's got to put your needs first. And I'm sorry to have to tell you this, but it's not gonna happen that way as often as you'd like. You'll get yours, of course (if not, why waste your time?) but it's not a fifty/fifty split.

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However, don't neglect to give her the task of pleasing you. Make sure she's not just lying there taking it all in. Her orgasms will be stronger if her feelings are stronger, and her feelings will be stronger when she's more actively participating, when she's more fully engaged. And it's not a responsibility, after all; she *wants* to please you, that's almost half of why she's there. She absolutely wants to know that she pleases you with her looks, with her presence, what better way of proving that to herself than by making you cum? So let her do it (if you must, consider it a painful sacrifice toward the common good).

You may even want to drive the trust issue home by mixing it up with that amazingly powerful tool, dirty talk. Dirty talk works for all kinds of reasons, as we'll see. But it's especially powerful at winning her trust, because it means you know what you're doing and it forces her to engage. If you're dominant with your dirty talk, then you're establishing that dynamic as well (and chicks are biologically and socially programmed to go for dominant men). So the deft combination of dominance, dirty talk and trust will get her to surrender her body to you, and that's what she has to do for you to give her the orgasms she desires.



## The Lost Art of Fucking

A lot of guys just barrel into that hole and saw away until the deed is done; ten minutes of sudden fury and they're reaching for the TV remote. But that's not you. You're looking for mind-altering, brain-busting, body-ripping orgasms, sex that can go on all night; multiple positions, multiple orgasms.

More, more, more.

So of course you're sensitive to the woman's needs, you're focused on her, you're patient and commanding, maintaining in your escalation so you never lose control. Well, that goes for just about every moment you're with your woman, in bed or out. And one of those crucial moments, which the quick-cock snatch-smasher always neglects, is the actual fucking. After the foreplay and the warmup orgasms; the main event.

But, as I've mentioned in these articles, there's a lot more to it than that. Even just the thrust itself has a lot of variations. So before you just start pumping away, take the time and fuck her right, be patient and in control and know what you're doing. It'll make an amazing difference.

First of all, make sure she's ready. It sounds obvious, but an amazing amount of dudes out there just plunge right in without even giving their woman a clitoral orgasm first. Don't make this mistake. Their first orgasm of the evening has to happen soon, before you penetrate. It'll encourage her next orgasms, increase their power, and win you her trust (because she'll know that you know what you're doing and she'll be ready to give her body over to you).

The second thing is about your mentality, your outlook. So make sure you've got a *being* mentality, not a *doing* mentality. Make sure you're in in the moment, really

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present, enjoying *being* there, not just the physical act of *doing* it. Being is more psychological, doing is more physical, and chicks go wild for the psychological much more than the physical. And if you've got a *doing* mentality, you're too focused on your techniques, her responses, how long you've been going for, other distractions that take you both out of the moment.

Third, don't forget to work that clit even while you're fucking her. The vaginal orgasm and the clitoral orgasm are different things, and when you're penetrating her vagina, that's where the stimulation from your thrusts is going, not into her clit. So the clit still has to be played with and stimulated during vaginal intercourse. A lot of the people I talk to say at least 25% of the time, you should be working that clit. And it's easy to do in a lot of the most popular positions (missionary, doggie style, woman on top), and it's plenty fun for both people; so there's no reason not to do it, and every reason you should do it.

It gives her stronger orgasms, and more of them too.

There are also thrust variations you can do to push her climaxes above and beyond. Remember that a good fuck isn't just sawing in and out, the way you'd see in a typical porn video. There are the long, deep strokes, of course. But you can go short or medium, you can go fast or slow, or do these in any combination; five short fast thrusts then five slow mediums, followed by one long deep thrust. The combinations are really endless, dude, and that variety is key to making her cream to the utmost. Also remember that the clit and the vagina have lots of different areas where they can be stimulated. Pull upward while you're fucking her to hit the G spot. Lean side-to-side to stimulate the side walls of her vaginal canal, which are covered with sensitive skin. A circular motion combines these different areas into one swirling motion of satisfaction. Now combine that type of varying movement with a variety of thrusts and speeds and you're beginning to get an idea of how much more there is to a good lay than in-out, top-to-bottom crotch-slapping.

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And dudes, this is a good way to make sure you're getting the most powerful orgasms too. Because like the pussy, your cock has different areas where it's more or less sensitive. Your head is the most sensitive, the mid-shaft less so, the base of the cock the least sensitive. So if you're pounding your gal and you feel a load coming on, you're probably thrusting with the central shaft. Try this: Push all the way in and leave it there. Now push up against her G spot with the base of your cock. You can grind it around to give her a full clit massage, in fact. Since the base of your cock is the least sensitive spot you'll be able to let your own orgasm recede for now. But since the clit is the most sensitive part of the vagina, you'll be stimulating her like crazy even while you take a little mini-break to control the escalation. Once it's passed, pull back a bit and resume thrusting; after a few rounds of clit massage with the base of your dick, a return to powerful thrusting will probably be just what she wants anyway.

There's also something called *Taoist Thrusting, or The Nine Steps of the Taoist Thrust Method*. It's all about variety of thrusts, but it's not at all haphazard or improvisational. The Taoists recommend nine short strokes then one long; then eight shorts strokes and two long, then seven short and three long, etc. You've probably never thought of counting your strokes before, but you're reading this because you're looking for new and powerful information and buddy, the nine steps are it!

While we're talking about the Eastern techniques for super-strength orgasms, we have to mention Tantra, which connects you to your body's "energy" and allows total control and extended orgasms.

You might think this "energy" is a lot of new-age BS, but this stuff goes back past the 17th century, so people have been fucking happily like this for hundreds of years. Get over yourself.

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And it's really not as complex or mystical as it sounds. In Tantra, you extend the orgasm doing three relatively simple things:

Allow the sexual pleasure (or energy) to travel from the genitals, through the torso and into the head.

Allow the sexual pleasure (or energy) to fill the entire body without tensing you up; Tantra is all about staying relaxed.

Maintain the ecstasy indefinitely. This may sound like the hard part, but think again: If you can hold off for forty minutes of fucking, a lot of trained sexperts suggest you're past the point of the uncontrollable orgasm; you should be able to have several orgasms and never cum; then you can definitely maintain the ecstasy indefinitely. You can also put her into a state of continuous orgasm, where she's just riding the wave of energy just beneath the orgasmic release. It's not multiple orgasm or one long orgasm, it's like a state of induced orgasmic feeling. The shared relaxation will help a lot for both partners.

When you're having Tantric sex, you're focused on this energy within your own body, and you're helping your woman focus on the same energy in her own body. This kind of expressing is its own unique kind of dirty talk, verbal commands with powerful potency. So as you describe the energy as it courses through her body, helping her to feel it, you'll actually be contributing to that energy, increasing it and making it stronger.

But Tantra is about maintaining the relaxation, because the orgasm comes from a state of tension, energy that's wound up so tight it has to be released. If she's already relaxed and not becoming more tense, she'll be able to ride that orgasmic feeling without ever being pushed over the edge. This combination of intense sexual energy and absolute relaxation puts her in the constantly orgasmic state,

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where'll she stay indefinitely without going over the edge.

Works like a charm, too. When she does finally cum, it'll be an orgasm like she's never experienced.



## The Lost Art of Dirty Talk

Before, I talked about expressing, or talking during sex. This includes dirty talk, usually most effective just before and during sex, and emotional talk, always best left for after sex. And you probably already know a few of the finer points of dirty talk (be possessive, refer to her as yours, use certain words like slut, which are subversive and speak to her inner sexual beast). But here are a few more tips to really make your dirty talk the most effective.

Pant, grunt and moan. Expressing isn't just about talking, it's about gasping, groaning, grunting. It may not be the Gettysburg Address, but it's still expression. People react to these primal sounds with primal responses and primal urges, and that's what you want in bed. The more you do, the more she'll do it, the more engaged you both will be, and the better your orgasms will be.

Learn the Art of Dirty Talk. Like I said, certain words are more effective, certain timing is crucial. You can tell her you wanna fuck her like you're her daddy and that'll make her cum in the bedroom, not so much during a parent-teacher conference.

Make eye contact. Dude, this is crucial. We want to close our eyes during sex for all kinds of reasons; it's a physical reaction to the other things going on in our bodies, like closing your eyes during a sneeze. It's also psychological because we're so often in our own heads during sex, feeling out bodies, lost in our fantasies. But if you look right at her while you're fucking her, right in her eyes, it's amazingly powerful. It'll put her under your spell. And she'll trust your prowess too, because if you can make her keep her eyes open during sex, she'll know not only that you can control her body, but that when you do it's gonna give her awesome pleasure. That's really all she wants or needs to know. Also, the reason I mention it here is because you must tell her to open her eyes, command that she look at you; that's a



huge part of it. Verbal commands are their own awesome kind of dirty talk, as we'll see.

Tell her she's getting it right. If she's turning you on, say so (it's what she's trying to do). That will encourage her to keep doing what you like, and to keep trying to please you. Chicks wanna feel loved and appreciated and especially they want to feel sexy; making you feel good gives her all three at once. So give her a, "Oh yeah, that's right ..." or a few versions of, "Oh baby, fuck yes, right there, so good ..." and you'll be glad you did.

Use verbal commands. I don't just mean barking orders at her like, "That's it, suck it!" I'm not saying you should never do that, of course, but it's not what the sexperts mean by verbal commands. There are two awesome tricks to use here, the *Yes Ladder* and the *10 Count to Orgasm*. The Yes Ladder is actually something you can use in everyday life; only ask questions that you know will get a positive answer. For example, when you're doing something she's obviously into, ask her, "You like that, baby? That feel good?" Remember, you're not asking if you're doing it right, or if you should stop or keep going. You know she's into it, that's why you ask. And she'll say yes. Then you can slowly guide her to do almost whatever you want by leading to it with a ladder of yes answers. If you wanna go anal, this may take a slightly taller ladder, but you can get there. The other trick is the 10 Count to Orgasm. What this means is that you actually count down to her orgasm, like a verbal command: "We're going to count to 10 together (because her participation is important), and when we get to 1, you're going to cum, for as long as you want." The countdown will ramp up the tension just like it does in the movies, and by the time you get to 1 she could be so worked up that you've got her cumming. It's also a dominant verbal command and those are highly potent on women. It's almost like hypnosis and it really works. But there's another aspect to the countdown, and it's all about the command. Ramp up to your orgasms and hers, talk about how they're coming, hard big they're gonna be,

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how you can't wait to cum inside her or feel her cumming all over your dick. When you cum, announce it, tell her how great it was. If nothing else, all your talk about cumming will make her wanna cum. If you announce it long enough before hand, you might start her cumming and then keep her cumming as you describe your own orgasm slowly cresting and passing. Keep talking about it after it's passed and you could keep her cumming for a while longer.

Afterplay: Don't just roll over and go to sleep, dude. The more cuddling and bonding and emotional expressing you do after sex, especially after rough sex, the better the next session will be. This may not be what you wanna here, but there's no way around it. Man up and cuddle already.



## The Lost Art of Cumming

A great lover knows the little moments that make up a long, awesome fuck session. He knows the difference between the sensual moments at dinner and the primal moments in the bedroom. He knows his woman is really two people, one elegant and civil, one bestial and wild, and he knows when to satisfy each and how.

And one of the most powerful moments in any evening (or morning or afternoon) is the very moment before she has an orgasm. Up to the very last second, you control how powerful that orgasm is; you can push it over the edge for a sensational explosion, you can let it cruise haphazardly, or you can make a panic move and blow the whole thing. So when you're right there at the point of climax, here a few tips to make the absolute most of it:

**Don't go faster unless she asks you to.** Her body's gonna be sizzling with nerves and electricity during her orgasm; she probably doesn't need you to keep pummeling her.

**Don't change positions.** Variety is great, but not at this moment. The time for variety is when you're working toward an orgasm, not when you're about to have it. At the point of orgasm, you're committed.

**Don't suddenly stop.** You'll give her whiplash, bro.

**Don't change the pressure of the stimulation.** That can throw her orgasm off. They're complicated and unpredictable things, after all.

Basically, you want to keep up with what you're doing at that very moment, shifting subtly to maximize her pleasure based on her reactions. Give her what she wants, not what you think she might need. Keep this up through her orgasm too, only stopping when she's ready for you to stop.



## Cumming and the Sexual Positions

A lot of dudes don't know this, but position has a huge effect on orgasm. You're more likely to cum faster in some positions than others. Some positions deliver more powerful orgasms (if for no other reason than that they allow you to fuck longer and really build up a good load). And any position can be varied to maximize stamina and orgasmic power.

Missionary is one of the most popular positions; the man in the horizontal position above the woman, who is facing up while he is facing down. This is also one of the positions which most encourages dudes to cum, so it's the worst for stamina and for the strength of the orgasm. But there are still a few things you can do to make missionary a more durable and more rewarding fuck overall.

Riding high on her, or pushing up while you screw, stimulates her G spot and will give her a more powerful orgasm. If you do this with the base of your cock, you'll be less stimulated, be able to fuck longer, and have a more powerful orgasm yourself. If you put a pillow under her tailbone just above her ass and she tilts her pelvis forward a bit, you'll have a lot more contact with the clit, ramping up both these orgasmic benefits. Instead of riding her top-to-bottom, sit on your feet and ride her low, so that you're coming in at a straight angle and hitting the G spot with your thrusts. Sitting is better for your stamina than lying face down, so you'll be working up to a stronger orgasm. And stimulating her G spot will make her cum stronger too.

You can stand up and give her the same treatment on an elevated surface, like a dining room table. She can raise her feet up and rest them on your shoulders, increasing contact with the clit even more so. Standing is even better for your stamina than sitting, and this position also allows maximum connection to the clit.

Notice how stamina and orgasm strength keep showing up together? No

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coincidence, my friend. The more stamina the man has, the stronger his own orgasms will be, the more pleasure he'll be able to bring to his woman and the more powerful her orgasms will be. And the key to stamina is controlling the your pubococcygeal or PC muscles. These are the pelvic muscles that control your urinating, and they're a basic part of the orgasm too, biologically speaking. And the stronger they are, the more control there is.

So do some PC muscle exercises; clench those anal muscles repeatedly, then clench and hold them. Jerk off and practice holding back from your orgasm. When you do cum, really work those muscles to throw out your wad. Be deliberate, know what your body is doing, be in control even when you're cumming. That is power. Like any muscles, the PC muscles need to be exercised to be strong and powerful. Besides, it's not like you're gonna have a terrible time doing these exercises, and you don't need any gym membership (definitely best you do these particular exercises at home).

A lot of sexperts say if you can learn to hold your orgasm back past a certain point (around forty minutes of continuous use) you almost are past the point of having to cum at all; you have additional strength because of all the testosterone, the adrenalin, the endorphins. And when you do release, you're sure to make one helluva deposit.



## Different Types of Female Orgasms

Men's orgasms are important to them, as important as women's orgasms are to them. But the man's orgasm isn't quite as complex. Unlike men, chicks actually have different kinds of orgasms:

**The Clitoral Orgasm:** This is created in the G spot (and the surrounding U and A spots) of the clitoris. It's a good warmup orgasm, not as powerful as the others which are generated further inside the body. Fingers are the best way to achieve these, but tongues and vibrators can also work. When women masturbate, this is the orgasm they generally wind up with.

**The Vaginal Orgasm:** This is the powerful orgasm that usually comes after a good hard fuck. It's generated at the Deep Spot, which is like the hidden G spot inside the vagina, by stimulation to the vaginal walls. A human cock is best to achieve these, a dildo may suffice, but fingers and tongues won't work.

**The Cervix Orgasm:** The cervix is the wall at the end of the vaginal canal. It's very sensitive and hard to find, but manipulating it even slightly can give women a unique and powerful orgasm that most people don't even know exists. Be careful with the cervix though, because it's extremely sensitive and you don't wanna hurt or annoy her.



## A Woman's First Orgasm

The myth is that some women can't achieve orgasm, and that's complete bull. But it is true that some women have never had an orgasm, and if you're with one of these gals, you're primed to be the first. Not only will you give her an experience she'll never forget, but you'll be changing her life, significantly, and for better.

So as long as she respects you and has reasonable self-esteem, there's no reason you shouldn't go in there and plant your flag.

But remember that you're not her first lover, just her first orgasm. That means others have tried and failed, and they've used every technique you'd think to try first; intercourse, oral. If you're going to be the one who boldly goes where no man has gone before, you're gonna have to do a lot better than that.



## Talk Her Through It

When a woman is having an orgasm in front of you for the first time, some sexperts recommend that you shouldn't even be touching her! They figure that she's probably more comfortable with her own body than with somebody else's (who isn't?) and that there is still some trust and bonding to do before the orgasmic virgin will truly turn herself over to you. Trust is crucial, she has to feel safe and protected so that she can become comfortable and uninhibited. Never feeling this way is probably why she's never had an orgasm in the first place. Also, odds are this is something she's never tried with the other guys, because they just don't know as much about this stuff as you and I do.

So without touching her, have your girl naked in front of you, and then using your most sensual tone, you talk her through her first orgasm. You know the Welcomed Method for deliberate orgasm (fingers inserted and turned upward, curling back in a "come here" motion that stimulates the G spot, which is at the top and just to your left of the vagina). Talk her through it. Have her rub her own nipples while she's at it. Dirty talk is really effective, and in this case it's gonzo crazy powerful. Because you're not touching her, you are connected to her only through your voice. It's like you're touching her with your voice, but it's her hands; the psychological and physical contrast will make her head spin. You'll be winning her trust too. After she cums, she'll be putty in your hands; and you didn't even have to raise your little finger, much less your dick.

It's important to remember here that a man doesn't actually give a woman orgasms, she allows herself to have them. And instead of teaching yourself a bunch of tricks, you need to teach her how to allow herself to experience the orgasm with your help. This exercise takes that concept to the limit with spectacular and long-lasting, life-changing results.



## Taking Control of Her Body

One of the amazing aspects of this is that you're controlling her with your voice, your commands. What you want eventually is total control over her body; you need that control to give her the uncontrollable orgasms, the multiples, the extended ecstasy of the continuous orgasmic state. And you gain control of her body by controlling her mind, and you do this by gaining her trust. So you are gaining control over her mind and body in small steps, which is the only way to do it effectively. Watch how this works:

**Train her to cum.** If she's never cum before you're training her to cum; if she has, you're retraining her. Now you're controlling the orgasm itself, the cumming.

**Train her to cum *only* when you say she can.** Now you're controlling when she cums. Train her to cum every time you tell her to. Now you've got her cumming on demand.

**Train her to cum for as long as you tell her to.** Now you've got her cumming continuously.

**Train her to cum for an hour.** It's the next natural step in the progression. Now you've got her cumming continuously for as long as you want.

**Train her to enjoy anal sex.** Another step-by-step process that demonstrates your control over her body to her great pleasure.

**Train her nipples to give her orgasms.** Her body parts are interconnected, and if you can control one, you can control the others. Then you can use one to specifically control another.

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**Train her to cum on the count of 10:** Another demonstration of your power to control her body and mind and make her cum on command.

**Train her to cum by going down:** Once you can control one part of her body with another, you can control one part of her body with a part of *your* body! You may not believe it, but the principle is exactly the same. Now if you can train her to cum every time she gives you a blow job, just think about how much head you'll be getting.

**Train her to squirt:** She does this by using her PC muscles and doing her Kegel exercises, which she should be doing anyway to give her (and you) more pleasure. The more she squirts, the stronger her PC muscles.

**Train her chakras:** This one's really advanced, but if you can actually envision the energy of the orgasm, and can get her to imagine it shooting out into the cosmos, it'll have the effect of a universe-sized orgasm for her. This is mind and body control at its peak.



## Back to the Orgasmic Virgin

I admit that this gets us a bit away from our orgasmic virgin: If you don't want to get her off by verbal commands initially, the first thing to do with an orgasmic virgin is give her a deliberate orgasm yourself, using your finger to massage the G spot, before you go for the vaginal orgasm, which you can only get using your cock in deep penetration. You can also use oral to give her a clitoral orgasm, but your finger is harder, more responsive and more agile than your tongue. Remember that, unlike guys, chicks can cum an unlimited amount of times in a night, and their orgasms actually increase in intensity. So not only can you give her the first orgasm of her life, you could (and should) give her the first half-dozen.

And it's obviously important to give her these orgasms in the proper order; first a clitoral orgasm, then a vaginal orgasm. You've got to warm up her body, her genitals, her whole sexual energy system. Patience is one of the virtues of a great lover, and this (among other times) is when it comes into play. You don't wanna charge down her shaft for that vaginal orgasm until you've thoroughly worked the gateway to the vagina, the clit. And the vaginal orgasm is more powerful, so if you give her that orgasm first, the clitoral orgasm will only be anti-climactic.

And as I said before, use your voice when you're giving her both orgasms, toss that dirty talk around; she'll love it and you'll really ramp-up those orgasms.

So there are lots of different ways of giving yourself and your woman powerful, virtually endless orgasms, even her first time: The right mindset; the right measures of leading, expressing, engaging and differing; vocal commands, Tantric sex, Kegel exercises. Master these and you'll be sending girls' eyes rolling up into their heads at will, and you'll be the sexual legend you know you were born to be.