

The G-Spot, part II

Friday, 28 December 2007

Orgasms by stimulating the G-Spot and woman's ejaculation

People always ask me questions about the G-Spot, like "What is it?", "Where is it?" or "How to stimulate it?". In this article I will answer all of these questions and even describe the woman's ejaculation phenomenon, because it is narrowly linked with the G-Spot and it is caused by stimulation of the same.

What is the G-Spot?

The G-Spot is a group of spongy, erectile tissue that surrounds the urine pipe. In expert surroundings it is known as the urine sponge. It is named after Dr. Ernst Grafenberg, one of the first people who called attention on this area by publishing the article in 1944, in which he located the G-Spot area. Attention and awareness aimed at the G-Spot within the last 50 years has grown, but the spot means nothing new, it exists since women do. The G-Spot is known since the great Taoists and the people who practice tantric sex, because notes were found in their writings about the G-Spot and woman's ejaculation.

Where is it located?

This question is confusing for a lot of men and women. I've conveyed questionnaires on the Internet by questioning women if they've ever had orgasms by G-Spot stimulation, and their answers would be "Oh yes, my G-Spot is on my feet" or "My is on my leg". Every woman has erogenous zones on her body, a lot of them, but it is not the G-Spot.

The G-Spot or, more specifically, the G-Spot area is located on the front part of a woman's vagina, at about 5 cm inside, right after the clitoris and pubic bone. The area is usually turned to the north if watched from up front (as it is shown on picture 1).

The G-Spot swells to the size of a coin during sexual excitement, the entire area becomes very sensitive to sexual stimulation and that is why it is also named "G-Spot area".

I will later on give instructions on how to find your girlfriend's G-Spot area with your hand, and how to properly stimulate it with your hand, tongue or penis. But first, here is the main information about the woman's ejaculation phenomenon.

What is a woman's ejaculation?

Since recently, a woman's ejaculation was claimed as a gift that was owned by the queens of porn or urine which was released during incontinency, even if the ejaculation liquid didn't have the smell, look or chemical features of urine.

This comprehension was usually the result of a man's envy and remarks similar to this one "EVEN WOMEN CAN EJACULATE?! What's next?". Men would rather deny these facts in order that they wouldn't get frightened and feel insecure. It is a shame that people are afraid of things that they don't understand, instead of discovering and comprehending them. The fact that women have greater ability for reaching sexual pleasure is getting more and more accepted. It is greater than multiple orgasms, orgasms by G-Spot stimulation or ejaculation.

This great sphere of the woman's sexuality has never been thoroughly discovered. If you ask a gynecologist about ejaculation, he would probably answer that it is just urine. It has taken years to achieve serious comprehensions and to study the G-Spot and now we are having the woman's ejaculation phenomenon. Many women have ejaculated for years, some ejaculate occasionally, but they are all hiding this gift from society in order that they wouldn't get embarrassed or mocked by friends and society because of suspicion that there is something wrong with them. A vast majority of women had never experienced this, because they have never thought that something like this could have happened to them.

People don't want to be uninformed. They are willing to explore, discover and find out the truth. Now is the time for this!

This article was written for men who care for their women, for men who want to offer their women great pleasure, greater than anything they've ever experienced leading them into unexplored areas and a new period of sexual awakening. The goal of this article is to inform and educate, by presenting the techniques and rules in a simple and clear way; this article is a map of unexplored areas, which would help women to reach divine orgasms and unimaginable pleasures that surpass everything they have ever experienced.

However, not much is known about a woman's ejaculation. Some women ejaculate every time during an orgasm,

while some ejaculate occasionally. Sometimes, only the G-Spot stimulation would cause an orgasm with an ejaculation, while in other cases, an orgasm with an ejaculation would occur only by stimulating the clitoris. We had found out that some women that can ejaculate during an orgasm manage it only by themselves, but when they are with their lovers, they cannot reach this because of guilt.

With all these varieties of personal stimulation reactions, it is no wonder that so little is known about these things, except if a “squiter” shows up here and there (a woman who ejaculates during every orgasm). Medicine is aimed towards diseases, not to pleasures. Therefore, because of the lack of attention towards a woman’s sexual problems, it is no wonder that in medical (health) spheres we cannot find answers about a woman’s ejaculation.

The search is left to individuals, lovers and “squitters” who will pass their knowledge to those who are interested and to those who want to try new things.

A woman’s ejaculation is nothing new and it exists since women exist. Chinese Taoists have called it Yin Tide, while in the East, tantrists have called it amrita, a divine juice that presented a privilege for women and for their lovers. My opinion is that women’s ejaculations are more forgotten capabilities than a new discovery.

This is an attempt to answer some of the usual questions about this topic:

What is the difference between reaching orgasms with ejaculation and reaching regular orgasms?

Regular orgasms:

- • The woman feels shallow contractions, while the man feels them on his fingers or penis poorly or not at all
- • They last from a couple of seconds to a few minutes and they could be multiple
- • A release of tension and feel of relaxation occurs; she can delay them if willing to do so

Orgasms with ejaculation:

- • Intensive rhythmical contractions, almost like cramps that move deep in the vagina
- • The man can feel the woman’s muscles trying to push out the penis or finger out of the vagina
- • They last longer – up to 20 minutes if stimulated continuously
- • An ejaculation occurs – the liquid is squirted 5-8 cm and it can occur during every repeated orgasm
- • A greater feel of relief and relaxation is experienced during the orgasm and after – some experiences describe it as an extraordinary feel of relief, or even like something extra-physical
- • When these orgasms occur, they are unstoppable, unlike the regular ones that need to be maintained

Where does the liquid come from?

There are a lot of guesses and controversies for giving an answer to this question. If the liquid’s volume is taken into consideration (ranged from one tea spoon to a full jar), some people think that it is urine coming from the bladder, but laboratory tests deny this and show that the liquid’s chemical structure is similar to the liquid produced by the man’s prostate.

It is believed that the liquid comes from the sponge that surrounds the urine pipe, which is claimed as an organ equal to the man’s prostate and it is located behind the G-Spot. It is consisted from several urine glands, similar to the glands that compose the man’s prostate. When the G-Spot is stimulated, the sponge that surrounds the bladder becomes filled with liquid which is ejaculated through the urine pipe.

How big is the volume of it?

The volume of it differs from woman to woman, similar with men. The range of it can be from one tea spoon to a full jar.

Can all women ejaculate?

Currently, there is no scientific evidence, but Taoists and Tantrists believed that every woman is capable of ejaculating during an orgasm. There are a lot of physiological and psychological affects, and one of them is the size of the sponge that surrounds the urine pipe. I believe that every, or almost every, woman is capable for doing this and that it can be taught. Otherwise, I would have never written about this.

What do the women think?

Here are a few examples of conversations with different women:

Me: Have you ever reached an orgasm or ejaculated by stimulating the G-Spot?

Cathy: “I think I have… I was screaming like crazy… and I squirted all over his face and chest.”

Me: With liquid?

Cathy: “Yes… with my own.”

Anne: “My entire body shivers during an orgasm and I squirt on everything… I get all messed!”

Cathy: “It is not important to me what comes out, what’s important is that it is an extraordinary feel. Not only do I squirt on the entire bed, I leave puddles… and when I cum really hard, I even squirt on the walls, so I have to wash the mattress, clean the walls… I’d rather go to a motel so that someone else can clean up after me… I’m so mean…”

I had stimulated my wife’s G-Spot, but she didn’t ejaculate, why?

There are several reasons for this, and the most common ones are:

- • She wasn’t completely relaxed
- • She wasn’t feeling comfortable next to the lover, so she couldn’t surrender
- • Irregular stimulation, wrong method or area, too strong or too weak pressure
- • The duration of the stimulation is not enough
- • Too big expectations and incapability for relaxation
- • Maybe she thinks she can’t do it, and if so, she probably won’t be capable for doing it

Learning the technique isn’t enough, the woman must be assisted in overcoming the psychological barrier. She must have a clear head and be relaxed. She won’t achieve this if she is thinking about the groceries that she has to buy, about happenings at work or for how long does she have to struggle to reach an orgasm. The most important thing is that she feels comfortable with her man.

A lot books were written about sex, but only few of them wrote about the women’s ejaculation, like “some women can ejaculate by stimulating the G-Spot”, but they don’t say anything about the way of reaching it. What can happen is that the woman can stimulate herself until she bleeds all because of numerous attempts. Maybe she reaches a few orgasms this way, but if you are lucky, she can ejaculate, but this is all just the method “trying and getting it wrong”.

I will show you the exact technique that should be used so that the woman would reach an orgasm with an ejaculation. For this to happen, first you must locate the G-Spot (the G-Spot area, because there isn’t a concrete spot that is relevant for each woman, the area is individual). The G-Spot area is 3-5 cm inside the vagina, on the upper side (shown on picture 1). If your girlfriend knows where her G-Spot is located, you must ask her to lead you to it. If she doesn’t know, there is a simple technique for locating this area.

How to locate the G-Spot?

Your girlfriend must be really excited before using this technique.

1. You should be in front of her while she is on her knees, with her head turned towards you
2. Put your hand down on her pubis, while covering her vagina
3. Slowly insert two fingers inside her vagina (your palms must be turned upwards)
4. Easily bend your fingers towards your palm
5. You should feel your fingers touching over and around her pubic bone; the area behind the vaginal bone on which there is a recess is the area where the G-Spot begins
6. The G-Spot will have a hilly and knotty shape, mildly swollen with the size of a coin

Now that the location of the G-Spot is known, you must learn how to stimulate it adequately so that you can assist your girlfriend for reaching an orgasm and ejaculation by stimulating her G-Spot.

How to stimulate the G-Spot?

For the man to have the complete experience and pleasure of the G-Spot stimulation, the woman has to be very excited or be on the edge of an orgasm. Most men get it wrong because they start stimulating the G-Spot too early or they pressure it too strong, so the girlfriend may experience a feel completely opposite from the one you wanted to cause.

G-Spot stimulation as part of foreplay:

Practicing G-Spot stimulation as a part of foreplay is the usual and most pleasurable method for both partners. Preparing the woman for sex can ensure her intense orgasms, and the whole concept of hand stimulating the woman is actually very pleasurable.

With this technique we concentrate on creating pleasure and touch, so therefore, we slowly and gradually stimulate the G-Spot instead of the clitoris, or we can stimulate both. While reading the following steps, imagine yourself doing them on your desired person so that you understand and remember them more easily.

Steps for hand stimulation:

1. Place your middle finger in front of her vaginal opening and touch the edge of the opening slowly and tenderly (while still kissing her or sucking on her nipples). Continue with this and ask her if she is enjoying it. Tell her that you are enjoying every moment of it.
2. Put your finger slowly inside her vagina about 1.5 cm and continue with circular movement for a few minutes (Before you begin, be sure that you had your nails trimmed so that you have no sharp edges or hangnails. Otherwise, you will injure her and the whole effort would be worthless).
3. Insert your fingers deeper to her G-Spot area. Slowly massage this area with mild pressure (as mild as putting balsam on you lips).
4. After a few minutes she will react and you will see that she is really excited. Now you can put a little more pressure on the G-Spot area.
5. Add another finger, the first or third, which ever you want. Continue with the stimulation for the next few minutes.
6. Now we will improve the technique with three more moves. The first one is that you move both of your fingers towards your palm so that you cover the upper part of her vagina and the G-Spot area around the vaginal bone. You can massage it tenderly and raise the pressure depending on how she is reacting.

The other move is that your fingers get caught around her vaginal bone and that you directly pressure her G-Spot (it is the size of a coin, you will experience a bit rougher feel on your fingers when you find it) and move it inside and out, while maintaining pressure on the G-Spot.

The third move is very similar to the first one, but instead of moving your fingers towards your palm, you will leave them positioned around the vaginal bone and continue to pressure her G-Spot, and also, you will slip your fingers from front to back on the entire area and around the part on which your fingers are touching the vaginal bone.

1. Start over with the same cycle after a few minutes, ask her if she likes it and continue to the second and to the third move. Figure out which movement she likes the most. Continue with one of the four learned techniques.
2. Continue with stimulation. Now you can probably feel contractions inside her vagina and how her vaginal muscles are tightening your fingers. This is a good sign and it means that a vaginal orgasm is about to happen. Sometimes you may feel a sudden relaxation of the vagina and great humidity and this is a sign that a vaginal orgasm or orgasm by stimulating the G-Spot will occur, or maybe an orgasm with ejaculation.
3. Now it is only a few more minutes until she experiences a strong and deep vaginal orgasm. Maybe in 2, or maybe in 10 minutes time. You should continue with the stimulation while telling her that she turns you on, that you want her to cum and that she is gorgeous. Her brain is the most powerful sexual organ, so you must turn her on by talking to her. If she likes when you to talk dirty things to her, this is the best moment for it.

Now you only must continue doing what you were doing. Her orgasm is on its way. Maybe she will, or maybe she won't ejaculate, but this isn't your goal. Your goal is that you offer her as more pleasure as you can, which you would share together.

Some women experience orgasms with ejaculation only by clitoris orgasms, but there are women who experience it without knowing how or why it had happened. For most women it is a completely new experience, so therefore, they must learn how to ejaculate and accept the fact that they are capable of doing so. There are a few obstacles that a woman faces during her first ejaculation. After her first time, it will be a lot easier, and in the future she will be often capable to do so with various methods of stimulation.

- The woman should be relaxed so that she is capable of sharing personal and intimate relations with you. If she is holding back with your presence, she probably won't ejaculate next to you.
- A lot of women, before they experience an orgasm with ejaculation, don't recognize the difference between ejaculation and the desire to urinate. What may happen is that you stimulate her, and when you are finally there, she suddenly says: "Stop! I must pee!" or she jumps and runs to the WC. If this occurs, you must convince her that it is an orgasm with ejaculation and that her desire to pee is perfectly normal. Convince her to relax and to continue with the same feel. She can also use her muscles while you continue to stimulate her.
- Maybe the area that surrounds the G-Spot isn't stimulated enough. These women react on G-Spot stimulation, but only after a few clitoris orgasms caused by an intercourse. So if you hadn't succeeded in reaching an orgasm by stimulating the G-Spot with the techniques I mentioned during foreplay, return to these steps after the intercourse and after the clitoris orgasm (or orgasms).

Stimulation of the G-Spot area during oral sex

This method firstly requires oral stimulation followed by hand stimulation and even stimulation of the clitoris by mouth. It all begins with durable foreplay followed by oral stimulation.

1. Put your middle finger in front of her vaginal opening. Slowly and tenderly touch the edge of the opening (you are still kissing her or sucking on her nipples). Continue with this and ask her if she likes what you are doing. Tell her that you are enjoying every moment of it.
2. Slowly insert your finger inside the vagina about 1.5 cm and continue with circular movement for the next few minutes (Before you begin, be sure that you had your nails trimmed so that you have no sharp edges or hangnails. Otherwise you will injure her and the whole effort would be lost)
3. Insert your fingers deeper to her G-Spot area. Slowly massage the area with mild pressure (as mild as applying balsam on your lips).
4. After a few minutes she will start reacting and you will see that she is really excited. Now you can apply more pressure to the G-Spot area.
5. Add another finger, the first or the third, which ever you desire. Continue with the stimulation for a few more minutes
6. Now position yourself between her legs and start kissing and licking her legs sensually and slowly, one at a time.
7. Lift her legs up one at a time. Start licking and gently sucking on the area of her legs behind the knees. This is a very sensitive area and she will enjoy it a lot (Apply adequate pressure so that you don't tickle her).
8. Continue to go up towards the inner thighs and start kissing and licking on them slowly, one at a time. Change between kissing and licking. Now it is time for applying a move that you probably hadn't applied before. Sensually start sucking the skin on the inner thighs close to the knees and continue sucking all the way to the beginning of the leg, next to her pubis. For you to get there, you should lick her the entire way, which will really moisten your girlfriend.
9. During this phase, liquid drips from her vagina. But you will continue to touch her until she becomes like a volcano ready for an eruption. Now place your mouth on her vagina. Start kissing, licking and sucking on both sides of the vagina. Suck on it and lick it with wide movement of the tongue. Also do this on the other side of the vagina, above it and under it also. Continue with this for the next few minutes and she will want you to lick her clitoris so bad that she couldn't take it anymore.
10. After you had really turned her on, as it is described in step 9, start licking and sucking on her big vaginal lips. And afterwards, lick up and down on the outer part and on the inner part of every lip with wide tongue movement.
11. Now spread your tongue and lick her vagina from bottom to top, with tongue movement as you would lick an ice cream. Repeat this for a few times.
12. Now concentrate on her clitoris. You can lick it up and down, from left to right or you can circle around it (I will describe the oral techniques another time, the G-Spot is now important). Listen to her reaction and if she says "Right there!" or something similar, you know that you are close and that you mustn't stop there.

Now there are two possibilities: you can let her cum and then wait for 2 minutes after which you would start stimulating her again, adding the techniques for G-Spot stimulation or you can start stimulating her G-Spot before she reaches an orgasm. You should try both methods and see which one likes more. As I said before, most women react better on G-Spot stimulation after the clitoris orgasm.

1. Now apply the G-Spot stimulation in the following order. Tenderly and slowly touch her vaginal opening with your finger (using your index finger or middle finger) while you continue stimulating her clitoris by mouth. Slowly circle with your finger around the vaginal opening. Now you are just teasing her and because of that your finger shouldn't be inside further than 1 cm. REMEMBER that you have the control now (it is a great feel when you have the control over your girlfriend) and that you are the one who provides her pleasure, so therefore, just continue with teasing and stimulating the clitoris, but if she starts ejaculating do the following:
 - A. Let her ejaculate and after two minutes continue with direct stimulation
 - B. Stop the stimulation so that she doesn't ejaculate. Kiss her and let her calm down, but continue with stimulation after about 30 seconds had passed. This way, you will raise her sexual excitement and her sexual expectation
2. While continuing the mouth stimulation, push your finger 1 cm further inside her vagina. Now they are approximately 2-3 cm inside. Continue with circular movement including inside-outside movement for a few more minutes
3. Push the finger another 1 cm further and begin rubbing the upper part of her vagina with the point of the finger (the side of the finger where the fingerprints are located), using mild pressure clockwise. During this, continue with oral stimulation for 2 more minutes.
4. Insert your finger 1-2 cm further so that you are about 3.5-5 cm inside her and that is approximately to the second joint of your finger. Now locate the G-Spot area on the upper side of her vagina (it is the swollen area with the size of a coin) and slowly massage it with the finger movement "come here". Continue with this while stimulating her clitoris by tongue. As she gets more excited and gets closer to a G-Spot orgasm, you can raise the pressure. Continue with this for the next few minutes.
5. Now you should slowly insert another of your fingers and continue with the same movement.
6. Try different pressure intensity, speed and tempo that I mentioned in the article about the hand stimulation techniques.

You are probably moving your fingers inside-outside while slipping over the G-Spot area, or vibrating your fingers while constantly pressuring the G-Spot area. Try everything, be creative, see how your girlfriend reacts, maybe you find something new, something I haven't mentioned. The important thing is that you stimulate her by hand and by tongue at the same time, that she feels fled with your touches. That leads to a very strong combined orgasm of the G-Spot and of the clitoris.

Here are a few more tips that may assist you:

- When you are in the later stadium of the G-Spot stimulation, place your other hand on the lower part of her stomach and feel where your fingers that stimulate the G-Spot are located inside. After that, gently press the palm of your outer hand. This will stimulate the G-Spot on both sides. Don't put too much pressure. Make sure that she enjoys it.
- If you have a tongue long enough, you can use this technique. You start from step 13 in the previous article and you use your tongue instead of your fingers. Apply pressure with your tongue on the outer area of the urine pipe for a few minutes; this will stimulate the G-Spot from the outer side. After that, place your tongue in her vagina as deep as possible and apply pressure on the upper part where the G-Spot is located. If you have a tongue long enough, it will be placed exactly on the G-Spot. Massage the upper part of the vagina with strong tongue movement. If she enjoys it, continue until she ejaculates
- If you don't succeed the first time, TRY AGAIN. It is all about sex that should be fun for practicing and the only goal of it is joy and pleasure. As long as you and your girlfriend are enjoying, you've made it!

G-Spot stimulation during an intercourse:

Stimulation during an intercourse is done by applying certain sexual positions under a specific angle on which the penis penetrates to the woman's G-Spot. Here are some sexual positions that present this.

• "Doggy style or coming from behind";

Women like this position because, except the stimulation of the G-Spot area, they have the feel of raw animal passion that can sometimes turn on both partners. If you ride her a bit higher, the penis will be under a bigger angle and will directly stimulate the G-Spot. But if the woman puts her feet together, her vagina would press the penis. This position is fun for both partners.

• "Position based on porn films";

This position is often shown in porn films because it lets the penetration to be adequately filmed. Also, it is good for stimulating the G-Spot; the more you ride her, the more you will hit her G-Spot. If the woman is willing to have anal sex, this position is ideal for it, although it isn't recommendable for the first time. (I will write more about anal sex later).

• "The woman is above – faced towards you";

A lot of women love this position because it enables them to control the speed and penetration depth. It also offers very good stimulation of the G-spot for most women, although it isn't direct like in most positions. You can control the woman by putting your arms on her hips or by applying anal stimulation with your fingers.

• "The woman is above – with her back turned towards you";

This is a good position with a few varieties shown. The first one shows the woman straightened up and the second one shows the woman bent upwards on all four. The first one provides G-Spot stimulation, while the other one directly stimulates the lower part of the vagina. You have a good view of your girlfriend's bottom so you can easily apply anal stimulation with your fingers.

The woman is above – with her back turned towards you – she is bending";

Another variety of a woman positioned above. When the woman bends, the penetration angle causes G-Spot stimulation on the front part of the vagina. You can control her with your hands on her hips, by placing your hand around her breasts or by stimulating her clitoris with your hand. You can use your other hand to play with her nipples.

The conclusion of this article:

Try to experiment all these positions and techniques!! "Practice makes perfect" – these practice are perfect! You should always show your girlfriend that she really makes you happy when she gives herself to you. Also, congratulate yourself because you are on your way to become the PERFECT LOVER!

Anonymous via email