

NEALE SOURNA'S

SEX Singer: CUNNILINGUS

How to Give Head (Oral Sex and Eating Pussy), for Giving Women Orgasms of Cuntlicious Joy! Info and Sex Games!



Preview sample for review not sale.

She'll NEVER Say "No" Again!!



Clear Focus

A PIE: Perception Is Everything: Clear Focus  
"Doing for the Mind What the Body Shouldn't"™  
Adult NonFiction

**DID YOU KNOW THIS IMPORTANT SEX INFORMATION:**

**“DID YOU KNOW** that people who have no feeling at all below the waist—people with spinal cord injuries, for example—can still have orgasms?



**DID YOU KNOW** that even if you didn't "go all the way," "just did" oral sex / cunnilingus that...

when fresh semen is deposited on the vulva lips, even when NOT directly placed INTO the vagina, semen can still get her pregnant.



**DID YOU KNOW:**

That, of a survey of 1102 women, a full 11%, that's 121 women, had NEVER had an orgasm, while having conventional penis in vagina sex. But...

**81% of all women REGULARLY ACHIEVE ORGASMS FROM CUNNILINGUS (kun'-nih-lin'-gus).**



## SEX GAMES FOR COUPLED ADULTS:

If something feels good, to her, or you ask her directly, she can say "Yes," or "Hot." Or purr out a, "Spicy."

"M-yes. No. Cold. Oh, yes. **Hottest.**"

Or "Green Light. Green. Yel-low Light. M-Green—. Oh. Green. Ugh. Red Light."



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## SEXY FICTION EXCERPTS:

*"Don't stop. Resume. Please?"*

He didn't speak only touched her, kissed her. Everywhere. Where she had and where she had never been kissed before.

Her lips. Her face. Her neck. Her arms. Her hands. Her shoulders. Her breasts. And, oh, her breasts and belly and ... below.

*Oh, below,* she moaned in her mind, trying not to say such a thing aloud.

She wantonly opened her legs wide to him, at his gentle coaxing, as he moved to lie between her trembling thighs.

She wasn't certain what he might—.

"Oh!"

— erotic novel work in progress "Annamarie Makes a Match" by Neale Sournia

Have her fall completely in love with THE WAY YOU MAKE LOVE to her.

She'll NEVER say, "No," again.

# Neale Sournas' **SEX**Singer: CUNNILINGUS

How to Give Head (**Oral Sex and Eating Pussy**), for Giving Women Orgasms of  
Cuntlicious Joy! Info and Sex Games!

By **Neale Sournas**

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Clear Focus  
Cleveland OH USA

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Also by **Neale Surna**

**Hobble**

[An Adult Novel]

**Steve's Monkey's Paw & MORE**

[Adult Short Stories and excerpts]

**North Coast Academies' Diary, Volumes 1-3**

[Adult Short Stories, Fiction]

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## "This is Dedicated..."

"This is dedicated to the one (you) love," as the 1960s song says. And, dedicated to the one I love.

And to you, who **need** this and to you, who **want** this, may it serve you well, not steer you wrong in error, and help you find and encourage great happiness **wherever you plant your loving kisses**.

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## Author Statement

Sex, like singing or dancing, should be **enjoyable**, a **fantastic experience** of movement and intimacy, for both body and soul, and when it's not, then we're doing something wrong; whether it's oral sex, or all the other fun sexual intercourses with our loving partners.

Or, we're doing the **right** things with the **wrong** sexual love partners.

But a great deal of any wrongness can be corrected with the right information applied in the correct manner.

Sex is a skill, just like writing or singing, and can be easily improved, and sometimes made awe-inspiring.

Think about it.

You write better now, than when you were a child, don't you?

You write better alphabet letters, longer and better words, and more deep and interest content, than when you were five. And some of us can write in more than one language, even in Klingonese.

Not, everyone can do that, but **everyone can improve**.

So, THIS is something YOU CAN DO; you can IMPROVE and HAVE A TON OF FUN, by doing, and sharing.

All you need be is open and brave and willing to apply your entirely new (**for you beginners**) or your newly revamped (**for those of you more advanced in lovemaking**) skills you'll learn from this book.

ALL ARE WELCOME HERE.

ALL ARE ENCOURAGED, to **explore within these useful pages**.

Just be you.

You don't have to be red carpet movie gorgeous, smooth of silver tongued speech, or even "300" Spartan perfect warrior strong, or "The Watchmen's Dr. Manhattan"-comic book and CGI all blue male perfection, or even Olympian physically fit, in order to become a Master SexSinger, of any sex.

And neither is perfect pitch required, even you, who are tone deaf, may apply, because it's not always the tune itself, nor that it's played perfectly each and every time.

Sometimes the vibrations alone can do the trick, and bring incredible success.

\* \* \* \*

And what does author Neale Sournu know about it?

First, I'm NOT a professionally licensed medical or sexual practitioner, not in the least. Because the stuff that goes on between people would make me cry and squirm and be far too messy for me.

Okay, I'm a total pussy, under that kind of pressure.

Or would that be a total cunny?

And why is being "a pussy" an insult, hm? Think about that awhile, it's a culture thing.

But, then again, some of the most useful stuff has come from talented, dedicated amateurs and people just completely in love with the subject at hand.

Don't you have a friend who knows more about a sport or subject than the broadcast experts?

Personally, I think sex is **fascinating**, and so are **people in love**, and **in lust**. And/or both.

I mean, really:

How many of us actually learned sex from a sex professional?

Most of us, and our parents, too, learned sexual "health"—**lots of scary pictures of syphilis we HAD to look at**—from a gym teacher doing double duty in health class; or from some amateur lover a little farther ahead in the game, or more willing to experiment.

Most of us definitely didn't have a professional whore or pimp or sex therapist in that health class. And it definitely wasn't called sex class, at all.

I am, however, a professional writer in the sex and relations field, if getting paid counts.

I believe that help should be more interesting than obvious, which is why I don't usually do nonfiction. But all love and lovemaking situations are a bit in the fiction field, though, aren't they?

Back to "talented, dedicated amateurs" versus "paid professionals."

Olympians and people you know, who can sing and dance wonderfully, may never have had full training or "school learnin'" or have been given a record deal, or a certificate for their wall that states that they are a "Sex Expert."

Sometimes, they're much more interesting than those who have studied "by the book" or were sanctioned by some outside sanctioning group; but now have **nothing new or fresh to add**.

So, I'm a thinking AND feeling writer, and a professional, **yes, I actually gets paid for this; sex writer in the field of creative sex writing (fiction and nonfiction)**, which means I observe, research, analyze, and translate what I comprehend of culture, personality, and interpersonal relationships through the loving filter of my own—**precious to me**—body and knowledge and feelings.

If I feel it, that warm, "naughty" feeling, don't you think or feel or whatever it is that you do, that a few 6 or 7 million other people, or at least a nice portion of them, might just feel something similar?

That's connection, my friend. We don't have to talk person to person about it; we KNOW it's there, the human connection.

Heart to page to heart.

I then I take the feelings and thoughts and research and culture, etcetera and combine it together in a new way and put it all into more easily understood way, that's conversational and fun, and that has strong personal feeling and personal meaning for you, Happy Reader and Sexual Explorer, just like making love does.

Exactly like making love. Same parts, same number of combinations, but different results, because we're all different, in wonderful ways.

Writing to me is a form of lovemaking, especially in creative fiction; so, I guess, I love you. I hope you love me, too.

### Why music?

I've a background in music history, composition, advanced harmony, and in vocal singing and playing an instrument—**piano, recorder, clarinet, French Horn**—which include high skill in articulate lips, flexible tonguing, fingering, and breath.

And if you think the title and the subject of this book are scandalous, then you should see the things musicians do with their mouthpieces!

Especially in marching band, and it's freezing cold in the American Midwest!

Oh, yes, and I believe in utter egoless joy and delicious pleasure, much like we experienced as children, before we were told to "grow up" and be frozen, self-conscious, "mature" people, afraid that any thing sexual is "dirty," "not of true interest," or "shouldn't be fun," because so many of us experience so little joy, and so rarely.

That changes NOW!

**Because, THE BEST WAY TO HAVE JOY is to GIVE JOY.**

So, this is Educated Opinion's Advice, culled from the Actual Experience of others and self, and from Creative Imagination, hand sculpted into a TANGIBLY USABLE FORM for YOUR Sexual EDUCATION, YOUR Oral FUN, and YOUR Sexual, Oral PLEASURE

Well, actually, for HER PLEASURE and your delicious pleasure, in pleasing her. Because causing pleasure and joy in another, especially in someone you love, is a great orgasmic and often ecstatic feeling of its own.

And worth all the more to me, and to you, than all that bull of what is often passed off as sexual pleasure, but isn't. You've cried enough tears to know that it isn't.

Or she has.

If you still think I'm not qualified, that's your right; but, remember, how many times have you asked your well-schooled doctor or professor or other licensed professional an important question, that was HIGHLY IMPORTANT TO YOU, and they never actually answered, to your SATISFACTION, or just clearly LEFT YOU HANGING, EXPOSED and UNFULFILLED, because they too aren't expert in everything and can be miseducated, too.

Or just are still afraid, this late in the game, to be open and brave about pleasure, especially sexual pleasure.

And, let's face it, how many of these ineffective advisors of yours actually ever studied Basic Human Bodily Pleasure, Intermediate Human Bodily Pleasures, let alone Advanced Human Bodily Pleasures, Graduate Studies Level.

None?

And, just like you, these "experts" are often unfulfilled, too, sexually.

But would they ever tell you?

Or do they, perhaps, say, "That's just the way it is"?

It's not. It's "just the way it was."

I mean really DO YOUR EXPERTS, who you depend on for useful, truthful sexual information, LOOK HAPPY and RELAXED, to you, and like they're sexually sated?

I doubt it.

Or they'd be fixing it for you, too; overjoyed to share the recipes, techniques, and method melodies that have put a smile on their faces, a song deep in their hearts and throats.

Or selling their technique on talk TV!

Now, that would be fun, probably, but that's clearly NOT MY GOAL, or I'd change my title to something more politically correct, more media friendly.

For this, I'm not the media's friend. I'm yours.

Because I LOVE sex and love and I want to share this with you.

\* \* \* \*

And, as bold as I sound, and am, I'm also just as shy about a lot of this as you or your special he/us. That's why we pass folded, secret notes in class, to say what we can't say aloud, to pass on our joy and hope it's well-received.

This is my love note on tongue loving to you in the world, in hopes a few more or a million or billion more women, and their loving partners, will HAVE and SHARE GREAT JOY.

Because happy women MAKE the world happy!

So, lovey, unwrap the package, it's Christmas EVERY NIGHT, and DAY.

And we can do this, YOU CAN DO THIS.

Hey. We pump our own gas, we load our own software. We can figure out together a little friendly, personal yet universal sense about what to do during a little one on one tasty playtime alone together.

\* \* \* \*

Okay, for the hardcore doubters, **still** wondering, "What the hell does Neale Sourna really know about sex?"

Besides having a fairly extensive private library about it.

Besides being a professional sex writer, editor, and publisher.

Well, I've also co-ghostwritten and edited a male masturbation book and successfully written for several relationship, romance, and sex sites online; through my writing company [www.Writing-Naked.com](http://www.Writing-Naked.com).

But, enough about me, because **this is all about you AND her.**

\* \* \* \*

**Because, DID YOU KNOW:**

That, of a survey of 1102 women, a full 11% had NEVER had an orgasm.<sup>1</sup> And that 46% of these women thought ALL MEN WERE SELFISH; while a high "79 percent thought only their husbands were selfish."

Ouch.

Plus, 56 % of these married women still believed the old beehive and stiletto heels time's sexual propaganda that some women, many women are frigid, intentionally and stubbornly so, which was a standard 1950s-60s Cold War way to batter a woman, whether wife or passing partner, not sexually interested or satisfied, but unknowing how to correct it.

That "real women" aren't interested in sex, "only sluts." Not realizing real, sweet and loving women were and are interested, but that the love her lover was making to her or with her was ignorant, or inadequate to the task.

It was pleasure for everyone in the room, but her. And still is.

And they wondered why she wasn't interested?

It wasn't HIS fault, it was ALL HER FAULT.

To put that on the other foot, considering that many men have a problem with their sexual function, so much so it has a cute name now, ED [**erectile dysfunction**], how much have men LOVED being called "impotent" or "not a real man," because his sexual interest was taking a nosedive, failing to rise to the occasion, etcetera?

Not much, I'm thinking.

That same beehive culture, from which we're now descended, said that both a woman and a man, but most especially all women needed no sexual education before her wedding night, except her mother telling her on her wedding day that her new husband will do "unpleasant things to her" and that she had "to endure it."

Wow. Doesn't sound joyful ... and fun, to me, or like everyone knows all they need about sex.

Add to this widely cultural ignorance, which is still threaded throughout our culture(s):

**The complete lack of knowing what to do.**

Especially with her and for her, or of how her wonderful, fascinating body works in an intimate, nakedly open, and face to face sexual context.

But then, voila, on her wedding night, she's told to open wide, AFTER being screamed at about "keep your knees closed" since the second she was born a girl child and her family and world decided her best and only protection was total, obliterating ignorance.

And when has **ignorance** really ever come in handy, especially when something needs to be physically done?

<sup>1</sup> Hayden, Naura. How to Satisfy a Woman EVERY Time ... and Have Her Beg for More! New York: Bibli O'Phile Books, Inc., 2001. pp. 85-86

"Oh, gee, I smell gas; let me light this match afire to see for certain." "Oh, that looks sharp, but I won't know for certain not until I chop my hand with it."

My friends, "Ignorance is [not] Bliss."

Well, that world and attitude hasn't changed yet, not as much as one, or I, would've hoped.

Not yet.

But we—you and I—are working on it.

Right now.

Inhale a deep, cleansing and filling breath, and be thankful, that **YOU CAN CHANGE YOUR PART OF THAT WORLD AND ATTITUDE.**

Yes, you, because....

\* \* \* \*

THIS IS ABOUT HER **and YOU**, together; and the tantalizing anticipation, then wonderful actual feel and smell and taste of great sex, and our total submergence into **wonderful** sex shared between two **wonderful** people.

\* \* \* \*

Fortunately for you and me, various other researches, so that we can learn and improve, have shown and proved that:

**81% of all women REGULARLY ACHIEVE ORGASMS FROM CUNNILINGUS (kun -nih -lin' -gus), ...**

...compared to a mere lowly 25% of women, who get orgasms FROM traditional penile penetration.

Meaning that **penis in cunt penetration stimulation alone, without additional help, like adding clitoral stimulation, DOESN'T GET HER OFF,** doesn't make her cum.

You get the picture. I hope.

\* \* \* \*

Now.

Which would **you** rather have, when **YOU'RE** receiving sex, 81% of success or just a random, once in a while 25%?

Think \$81 or, I'm good; just pay me \$25, instead.

Hell no.

So, let her see how much unconditional LOVE and open GRATITUDE you have for being able to "give," to encourage her pleasures and ecstasies, and the fantastically great HONOR that is yours, that she has allowed YOU to be THE ONE to be HER PLEASURE GIVER, HER ... MASTER SEXSINGER.

Enough said.

Enjoy.

You must be thirsty and starving for oral pleasure.

---

I know she is.

—Neale Sournu

PS: Don't be tense.

- Take a deep breath, and let it out.
- Take another deep, full breath.
- Let go of all mental concepts, emotional anguish, and all wayward thoughts of what you *should be* and what you *should be* doing.
- Relax.
- Tickle each other.
- Tell each other a few stupid jokes.

PPS: Challenge each other with a **Game** of *Lie and Tell*:

Think of one sincere thing that's a lie, and one sincere thing that's a truth, but mix up which one you tell first. One of you goes first and tells one of your two brief stories. The other person goes. Then you switch back and finish. Then discuss.

What's so much fun about this? You can make them very TRUTHFUL, sincere lies, or....

As I prefer, tell REALLY HUGE TALL TALE-type LIES, because they're MORE FUN for my listener.

And the sincere truth, I keep real and fairly modest, because both of our stories, both truth and lie, tell our loving partners much about us, and puts them right with us, in the same place, in the same state of mind and heart.

Now. Go have fun.

### Why "Singer," "Singing," and "Sing"?

Singing is easy; although singing well, is a little harder, but don't let that bother you; it doesn't bother many inductees to the music Grammy Awards, as many famous, professional "singers" are technically and even stylistically imperfect, so YOU can do as well as them, or better.

Singing is musical invention; whether it's simple tunes and fanciful drones or complicated harmonies that soar and fall and swoop and go intricately round and round, then distill back into a simple tune, as simple as her bright-eyed smile.

\* \* \* \*

I don't work as a singer, musician, marching band instructor, or composer of music.

And yet, I use my music everyday.

The same Sonata Allegro form that Beethoven used I use to write novels, screenplays, and short stories; and the occasional poem.

Or nonfiction books about sex and sexual fun!

Music taught and still teaches me:

- musicality;
- about being melodious and harmonious;
- finding pleasure in perfect tones and the interesting variety of intense, discordant tones and the restful pauses found between them.

Music taught me, and still does; that...

...there should be diversity, there should be ups and downs, and side to sides, louds and softs. Cross tones that are harmonious, and some that clash, some that vibrate and tickle and, some that bring you back to restful harmony, where you'll enjoy it all the more, because of your wild journey.

It's not unlike an itch which you delay scratching, and then have true ENJOYMENT when you do FINALLY "scratch that itch."

Music taught me, to make internal, complimentary changes of the master key or theme, which changes the feel of the song I sing or play out, but which keeps it familiar.

Music taught me that once you have a theme or rhythm stated, you expand and explore it, and examine it from different angles and attitudes and let it grow, until it bursts in crescendo, then you resolve it all to peace; Sonata Allegro form.

Music taught me to let go as much as I can and relax and yet focus and practice my art, at least twenty (20) minutes a day, until I find my melodies and my voice, which is when it becomes enjoyable—sex is usually easier, but doesn't always last that long.

It can and should, if it's a complete song or symphony.

And it will for you, because now YOUR ART is to find YOUR VOICE, which is YOUR SEXUAL CENTER, whether in music, or in a "writer's voice," or a "character's voice," for those writers among us.

We're writing and singing love here; for YOUR SONGS, in YOUR VOICE, your sexual voice that is YOU and YOURS, and NO ONE ELSE's.

It's the same as when someone says, "I knew it was you, when I heard your voice!" And they're **happy** to hear you. Because YOUR sound WAS MUSIC to **their** ears.

### Singing is easy.

It's not "hard" or "difficult."

And so should sex be.

But singing does take focus. And practice. If you want to do well, and not make others cringe, and flinch at the sound of it!

You don't have to be a virtuoso with "perfect pitch," either; because even bad singers and boring singers, and just plain **weird** singers, can become famous and legendary.

You already know that music is individual—**some like African jungle drums, some like Native American handmade flute tones, some only listen to Spanish-Polish Polka**—music is for the ears, but also for the body, like a drum roll or your favorite cranked up dance music vibrating through you.

My advanced classes taught all of us **classmates, music can be visual AND emotional.**

And anyone in heartfelt love, or heartfelt lust, too, can know the fine music of the body's dance, of two bodies together, shifting from vocalizing two inner, separate, and conflicting tunes, as they shift and change, and become more open.

And then meld into ONE FINE HARMONY of combined voices, whose bodily vibrations harmonize and blend together, into beauty.

Into sexual beauty.

### Why THAT Word, "Cunt"?

You're thinking, "Well, that was all poetic and stuff, but why do you have to use **that** word, the c-word? It's **soooo** vulgar."

Is it?

My truest, heart and soul-felt answer: "Why not? It's an ancient word that was not slanderous or a curse word, even less so than vagina, or vulva, but has been used as an accusatory negative, much like the word 'feminist,' as in, You're NOT a 'feminist,' ARE you?"

And let's face it one hears slang terms of women's parts more than the true titles. When was the last time you heard "vulva" spoken on broadcast TV or radio? And didn't you grow up hearing "boobs" and "tatas" more than "breasts" or "down there" more than the cumbersome and specific "female sexual organs"?

And, that's all I've got to say, there's an entire thick little book called,

"Cunt," by Inga Muscio, if you want more details on whether you want to detox off your fear of the word.

And whether it is truly an "obscene" word, or just a stupendously abused **female** word. The **ultimate** female word, as Ms. Muscio'd say; because **no man** has one.

Let's face it most people don't even really know what cunt is, or means, except they assume it's THE c-word you shouldn't say; especially when spoken of in front of mom, grandma, and other respected women.

Sometimes it's "Cocksucker" or some such other c-word, too, but you can only tell by the fumbling, cultural context, as all the kids and teens in the area put their heads together to figure it out!

Even those who study words can't seem to "get to the bottom" of exactly where the word comes from, and exactly what it means.

Personally, I put it with "bitch," which also wasn't a bad word back in ancient days, and a "son of a bitch" wasn't what you think it is. The guy partied with the ladies and then got sacrificed to death, by being ripped apart by women.

Ouch!

And the late Peter Jennings super news U.S. anchor was the first mainstreamer I ever heard say "bitch" on nationwide US TV, about a famous woman defendant. Now everyone says it.

Geez, when actress Lucille Ball was pregnant in the 1950s on US TV, they never mentioned the word "pregnant." Let alone vulva or vagina, because anything under the clothes, especially of female origin has to be digitized out or euphemized. Like "boobs," "bazooms," "cha-chas," and tons more nonsense words for breasts.

And why don't they digitize and hide fat men's breasts on TV? Because men's breasts are BETTER than women's? Or less obscene? Hell no.

Please, digitize those puppies, people!

And the only TV word at all, that were allowed in the not so olden days, for a woman's most private bits, was the word "womb."

Which clearly makes one think, "Oh my god, is that ALL it can be used for? Giving painful birth's NOT FUN."

And also it was forbidden to say the word "condom" on US TV far into the 1980s.

While back in the 1880s and 1780s on back a woman was supposed to feel offended, if her husband offered to wear a condom, while having sex with her, whether he had a disease like syphilis or she was on her fourteenth baby in twelve pregnancy fattening years of "marital bliss."

Why was **this** "logic" their "honorable" attitude?

Because men only wear THOSE THINGS with sex-selling, demented, and evil females called whores and prostitutes. Ah, for shame.

And quite recently, this 21<sup>st</sup> century, everyone got all queasy when actress,

activist Jane Fonda said, "the c-word" in a TV interview.

Anyway, why cunt all **in your face**? Well, duh. Because this is about cunnilingus; licking cunt, you silly goose!

So, happy cunt to you and yours. We all came out of one, even you test tube types.

**PS: cunt**

*Cunt (older Germanic word [origin 1275-1325]—English is a Germanic language—for Neo Latinate vagina [origin 1675-1685]; but there are still some language masters arguing over the REAL origins of cunt), cunctipotent (all powerful, female style), cunning, cunny (nickname for cunt, think pussy, or coney for rabbit), kin, kinsman.*

**Also *cunnilinctor*<sup>2</sup>: A male performing oral-sex on the clitoris and vulva.**

**Synonyms: cunnilingist; cunnilinguist.**

**See also: *cunnilinctrice*<sup>3</sup>: A female performing oral-sex on the clitoris and vulva.**

**Synonyms: cunnilingist; cunnilinguist.**

**And, Finally, Why the Fiction Excerpts?**

Why the fiction, and some nonfiction, excerpts? Because most women **love** interesting stories of character and interrelationships, some with gentle romance, some with horny explicitness.

So, to help you and give you cues on what kinds of things might be good to add to YOUR foreplay, to YOUR diddling, to whatever gets YOUR favorite her wet and ready, I've included various fiction clips, as a sampler.

Yes, most are mine, but then I don't have to worry about legal clearances or whether I got a quote EXACTLY right. Right?

I'm lazy, get over it. And, I **really** like my stuff, and want to share. There's also plenty other things your local librarian, bookstore, or internet connection can hook you up in your search for great, loving, erotic reads that suit you both.

If she likes the excerpts, read more like them to her, and let her read to you, as you two cozy together, and warm each other.

In pleasure and the pleasure of togetherness.

And the nonfiction bits may just add to your info facts mental list, and also actually add a new dimension or two of possibilities to your lovemaking.

All in all, read her some horny, sexy, delicious fiction and she'll get horny, sexy, and delicious with you.

2 [www.sex-lexis.com/Sex-Dictionary/cunnilinctor](http://www.sex-lexis.com/Sex-Dictionary/cunnilinctor)

3 [www.sex-lexis.com/Sex-Dictionary/cunnilinctrice](http://www.sex-lexis.com/Sex-Dictionary/cunnilinctrice)

## Author's Acknowledgements

Thanks to Wikipedia and all its fine editors (**I'm one, so I thank myself, too.**), and also online internet world sex forums, resources, and the wonderfully educational Cleveland Public Library.

And Landmarks' Son of Citation Machine at <http://citationmachine.net/>.

And several really great and informative sex books I always keep close to hand.

You should too.

I also thank the teachings of Joe Vitale, Caroline Myss, Les Brown, Edgar Cayce, Lynn V. Andrews, and Carlos Castaneda for inspiration on all planes of existence.

**Remember: Knowledge is *powerful***

– not just power.

Relaxation opens the heart for love to both enter and step forth, heart welcomes and translates inspiration from paradise and beyond, into livable substance and action, and all together they equal fun in bed, and in our bodies and emotions.

And, as screenwriters Chris Matheson and Ed Solomon, the fine creators, who gave birth to the wonderful "Bill and Ted" films and cartoon, will always continue to say:

**"Be excellent to each other; and . . . party on, dudes!"<sup>4</sup>**

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4 "Bill & Ted's Excellent Adventure" (1989 film) and "Bill & Ted's Bogus Journey" (1991 film) and "Bill & Ted's Excellent Adventures" (1990, 1992 TV cartoon series). Reference [www.IMDB.com](http://www.IMDB.com) (Internet Movie DataBase).

# Neale Sournas **SEX**Singer: CUNNILINGUS

## How to Give Head (**Oral Sex and Eating Pussy**), for Giving Women Orgasms of Cuntlicious Joy! Info and Games!

By **Neale Sournas**

### Introduction.

You have a delicious dream and a warm-hearted need to please her, or more precisely to "give her pleasure," and you have the desire to be THE ONE she calls to her, and keeps close to her, when she does want happy and warm pleasure, because NO ONE BUT YOU makes her enjoy her own body the way you do.

Perhaps, you've not been able to be this person for her, or several hers have come and gone, whether pleased or not pleased, satisfied or not satisfied, but it's left you disheartened.

Because, maybe you felt or were told that you'd failed her.

Even when you hadn't.

Or, maybe, you had.

That doesn't matter, because the statute of limitations is over on all that. Every new woman is a new start, and EVERY STEADY LADY IS A NEW WOMAN; different than she was yesterday, different than she was an hour ago.

You may "sigh" another big, disheartened "sigh" here.

Okay, now, **that's enough self pity.**

Well, frankly, IT REALLY ISN'T YOUR FAULT.

There's a LOT of misinformation and false bravado out there, falling from false lips and dated information pages, passed down and repeated from long before your parents were born.

And, no, I'm not EVEN going to swear that I, and I alone, have and know ALL THE ANSWERS, nor that I CAN TEACH YOU EVERYTHING YOU NEED TO KNOW ABOUT WOMEN!

"That's just crazy talk."—Nathan Petrelli, TV show "Heroes"

**Well, the falsehoods and obvious misdirections and outdated moralities end here, as we kick them to the curb and tell them:**

"I don't need you; I've found a BETTER way. More than ONE way, in fact. So, goodbye liars. Hello, my sweet honey, I'M YOUR BEST LOVER."

And, how can you possibly lose, my friend?

Her ENTIRE body is an erogenous zone, and ALL her layers of senses, emotions, and fertile mind are at YOUR disposal, and command: EVERYTHING, under YOUR CONTROL—scent, taste, touch, hearing, even spirit and daydreams, and her "Oh, yeah, I'm feelin' yah" vibe, too.

So, my friend, ENTER HERE. And smile as you do. But, watch the teeth, partner.

=====

**"I pulled up a chair, pushed up her skirt, and..."**

**"...and the sight of her, the smell of her passed through me, like the sensuous, intimate touch of soft silk on a bare, aroused nipple.**

**"She lay back, luxuriously stretching out across the dinner table, confident that I'd get to all the best parts, in good time. I knew she was overdue, and so was I when her fingers tantalizingly produced a stream of juice that flowed from the deepest valley of her sex. I dove in, tongue first, until her gyrations against my face were so rough and inviting and in desperate need of me, that I..."**

**—from Neale Sournia's "Hobble" (a Year's Best Erotic Novel Award Winner); available now, ebook and/or print**

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**WARNING: "Just Foreplay"**

**NEVER think of cunnilingus as "JUST FOREPLAY" and something to just get her ready before you get to the "main event." It is the main event for her, and it can be wonderful for you, too.**

**Don't plan it the same every time; sometimes you have a little "c" time, sometimes a little "f" time (for those of you with a penis or a penis prop or nice fingers or...).**

**Cunnilingus is fine of and by itself.**

**You may continue onto all that thrusting and writhing, or switch off on each other, or you may just hug, cuddle, and rest together. Really sleep, in relaxed trust, when sleeping together.**

**Best Sex EVER! For Her, With You.**

Cunnilingus, for most women, is the single best way for you to intensify her orgasms and your overall experience and sexual skill ability together, as a couple, in lovemaking.

Let's rarely use the word "technique," because, sometimes, it sounds like we're doing it, making our sex fun, by boring, mindless habit, repeating and repeating the same tedious thing, over and over again.

That's not for us; because that's NOT GOOD ENOUGH FOR YOU, and especially not for HER.

What you're doing, by reading this, by absorbing this, and by putting it INTO ACTION in both your lives, isn't that, instead, YOU'RE GAINING and PERFECTING a fantastic SKILL, that will MAKE YOU SHINE in HER BRIGHT EYES.

She'll have THE BEST sex she's EVER had, with your mastery, and become HER MASTER CUNNING LINGUIST<sup>5</sup>!

And that is VERY good, isn't it?

Now, read on.

### YOUR MOST IMPORTANT SKILL: Communication.

Remember: in sex and love, communication IS NOT a bad thing; and that IT FLOWS in both directions, between you—and that ITS POWER SHOULD BE ALLOWED TO FLOW FREELY, like it flows between magnet and iron, holding each fast to the other; eye to eye, toe to toe, kiss to kiss, heart to heart and sex to sex.

And, your mutual communication is multileveled; words, sounds and utterances, signs and expressions, touch, and more. Yes, there's more.

But, first tell her that she must give you, her lover, a boon, a gift of verbal guidance, in the same way she'd guide a blind person, whom she can't touch, but who, with her loving assistance, must learn and find his way along a confusing and dangerous city street.

This blind person MUST receive a great deal of detailed, accurate instructions. Or be lost forever.

And for any of us who've interrupted our busy day or all too brief lunch break to help a blind person find their way to their first day of college, for instance, as I did many years ago; you always feel in remembrance the fine pleasure of having helped someone to successfully find their way, someone who really NEEDED YOUR ASSISTANCE, when no one else could or would do.

So, CLOSE YOUR EYES before her, and TELL HER, in your own words and way:

"I'm blind and I'm feeling lost, and am afraid that I'll never find my way alone; but I feel that **only** you know what I need to know and **only** you are kind enough to show me, and that you are the **only** one I trust, to lead me where I cannot see my way. Will you help me, please?"

Yeah, it's a bit mushy; but, trust me, mushy's good, when you're naked and open to each other. And if you can't do a little mushy, open-hearted love play between you; then WHAT ARE YOU DOING?

\* \* \* \*

"Don't look at me!"

If you haven't already, close or reclose your eyes, and let **her** lead you. It's HER BODY, so she gets to control.

Closing your eyes gets you out of the driver's seat, and out of pretending

<sup>5</sup> Cunning linguist from cunnilingist or cunnilinguist: A person who performs oral-sex on the female genitals. Synonyms: cunnilinctor; cunnilinctrice; cunnilinguist; cunnilinguant; cunnophile . See cunnilinctor and cunnilinctrice for more synonyms.

you know where you're going, when you quite plainly don't. Ladies, stop laughing.

It also allows her not to have to make eye contact before she's warmed up to it all, and showing you her full on "O-face." [**O for orgasm**]

Also, for myself I hate making eye contact, sometimes, with people, because I'll start the cataloging, as I automatically start worrying or considering and reconsidering every look, glance, and expression in their eyes and on their face.

"Eyes are happy, but mouth isn't."

"Eyes look perplexed, mouth looks determined, and that little frowny thing, between the brows means what, right now; happy or thoughtful or..."

So, close your eyes, and let her have her face to herself and you can concentrate on her voice and touching her.

**Besides, she'll have that time to REALLY look at you and SEE, for herself, the JOY YOU FEEL, in exploring her and enjoying giving her pleasure!**

\* \* \* \*

Many women still feel exceedingly uncomfortable giving sexual commands and demands; feeling, to their core, that it's unfeminine.

Yes, they know better, but **feeling** rules here.

And some, whether of the younger generations or of an older one, long tired of "the rules," know they need to be sexual instructors, of what pleases and displeases them, if they expect to get what they truly want and really need, in bed.

But, she's not a drill sergeant, my friend, unless of course she REALLY is a drill instructor, serving in the armed services, that is.

### **Game: Guide.**

Make a fun game of her giving you her assistance in teaching and training you, and tell her that HER GUIDANCE can come in the form of **verbal** commands, **auditory** sounds, hand **gestures**, and body **movements**.

Her auditory sounds, whether words, grunts, hums, sighs, or whatever, are quite useful, especially if the woman receiving your love attentions is hesitant in any fashion, such as apparently feeling that she'd be "pushy," "unladylike," or "overbearing," by giving commands and orders to you, about her intimate pleasures.

Or she just doesn't want to **distract herself away** from her **full focus** in feeling all her wonderful, pleasurable sensations, **that you're making her feel**, by trying to speak actual words, phrases, or sentences.

And, don't forget the **BIGGER** picture.

If she knows or believes others outside your room or house or whatever area, inside or outside, that you're making love in, she may be more hesitant to verbalize.

If, however, your love nest is safely private and/or soundproofed, her vocal sounds can provide a LOT of feedback to you, if she wants to give it.

Her "Oooing, cooing, moaning, purring, trilling, grunting, panting, shouting, screaming or ... **singing**"—I like that one and the "trilling" a lot—in a variety of volumes and speeds, in physical and emotional response to what she likes, or loves that you're doing with her, and to her, can **literally** speak volumes, between the lines, while your pleasure-giving lip and tongue servicing "plays" her, you're FAVORITE, delicate instrument, in a good way.

A great way.

An instrument playing itself is a neat novelty—player piano—but it doesn't give as much satisfaction as playing that precious instrument yourself, because each "instrument" will play and sing different tones and flavors and melodies than when another person **plays the exact same instrument**.

It's like the audible difference between Joe Walsh and Eric Clapton and BB King. Or the varying differences Sheryl Crowe, Ella Fitzgerald, and B. J. Norum. And then there's that teen next door, who's practicing to get into the marching band at university, who's a fine player, but sounds distinctly different from Herb Alpert and Louis Armstrong, in their tonguing, breaths, tones, and fingering.

Yes, you may smile at that, now.

#### Game: Guide Communication Practice

If something feels good, to her, or you ask her directly, she can say "Yes," or "Hot." Or purr out a, "Spicy."

If something doesn't feel good, to her, she can say, "No" or "Cold." Or "Flat."

Just like the old children's game, "Am I getting hot?" Or the other one, "Red Light, Green Light."

But instead of, "Are you getting hot, hotter...?"

M—yes. No. Cold. Oh, yes. **Hottest.**"

Or "Green Light. Green. Yel-low Light. M-Green—. Oh. Green. Ugh. Red Light."

Get the picture?

Hear the audio track?

And feel free to find and pick your own game words. It's YOUR GAME.

Also.

Remember: in sex and love, communication IS NOT a bad thing; and that IT FLOWS in both directions, between you—and that ITS POWER SHOULD BE ALLOWED TO FLOW FREELY, like it flows between magnet and iron, holding each fast to the other; eye to eye, toe to toe, kiss to kiss, heart to heart and sex to sex.

And, your **mutual** communication is **multileveled**; words, sounds and

utterances, signs and expressions, touch, and more. Yes, there's more.

### Game: "Silence" Game.

Don't speak.

You can leave your eyes open for this, but DON'T SPEAK.

This should keep you both from getting stuck on words and also on the tone of the words you speak, or what the meaning of each word or phrase means, or its hidden meanings, when you or she specifically say them.

Yes, some of us think and overthink, incessantly. So....

Don't speak.

Simply, SHE MUST GIVE YOU DIRECTIONS and YOU MUST FOLLOW THEM, but you MUST communicate WITHOUT words. ONLY signs, sighs, and perhaps grunting, and that delicious trilling.

Of course, this opens all kinds of doors; if your favorite her is a psycho babe; but my nephew always says, "Psycho babes are the best." But, that's usually during "Buffy: The Vampire Slayer" DVD marathons, I've never asked if that includes real girls.

Now, back on point.

No speaking.

Charades, silent charades, if you must.

Whistles if you can.

Well, she can, your lips and tongue are **too busy**, for whistling.

### "Both of You—ALWAYS Be Positive."

Keep her relaxed, and yourself, too. How? Simple. Don't take it all so stiff and serious.

Pause and joke a little bit, in a relaxed, good-natured way.

Or tell a brief, bad "Ahhh!" kind of joke.

Or go back to that little ticklish spot on her. But, don't make her throw up, fool. If she hurls all over your lovemaking spot, she'll probably be too embarrassed or too pissed to let you touch her again.

Just try a little tickle to relax, but not so much that it gives her stomach cramps and causes her to hurl up her last meal. Y'know, that expensive dinner you just bankrupted your account on her behalf.

Why relaxing, though?

Because, when you're **both** relaxed, the joy and pleasure rise and fill you easier than when you're tense. The tense stuff is porno joy juice for your sexual mind, but it doesn't make for the best or even good REAL sex, but, being relaxed and untense does.

Tell her she can grasp your head (**the one on your shoulders**)—"But, be careful with your nails, baby."—and guide your mouth on her, in order steer you to where she wants you to give her pleasure, next.

If she wants you to stay put, she can wrap her legs around you and hold you in place.

Or tap you on the shoulder of head, like a good, good ... mmmm....

Do know, for your information, and **gently** let her know, too, that, while many women fear that they'll chase a sex partner away, by being **too** demanding in bed, they can also definitely lose a few lovers or husbands, if she's apparently seeming to be entirely impassive and indifferent to her lover's gentle and loving efforts.

Most guys HATE that.

And, yes, as most of us know, some guys like a "dead fish," morgue girl; and some girls like being a Limp Lisa; but, that's something you'll have to work out between you.

But, generally, it's not "feminine" or "sexy," to many men, if their woman's just merely lying there, and is as inappreciative as a lifeless lump of shoe heel dirt, lying wherever it lays, and not interested in her own sexuality or pleasure, as she just lies there, unmoving and staring at the ceiling, wall, or floor, facing whatever direction you last left her in, and **enduring it all**, and "thinking of England"<sup>6</sup>, and being less lively than a zombie wife, who'd, at least, try to eat your brains!

We're not thinking of zombies here.

We're thinking of lovers, and how they feel and taste. Yum.

The person performing cunnilingus should look, really look, deep into their partner's eyes for guidance, communicating with their eyes, when silent, and verbally, when that is the game, asking her if she likes what they're doing with her and to her.

Because the eyes lie less often about the truth within than the lips.

\* \* \* \*

**If you must, if she's really just not listening to you, show her these next few paragraphs:**

You, the receiving woman, should **BE HONEST** with your love partner.

"DON'T LIE" and "NEVER fake" your pleasure or orgasm; because YOU are teaching your lover bad habits, by making them believe that what they are doing truly gives you pleasure.

And then, soon, you'll whine and whine about NEVER being satisfied with someone YOU YOURSELF TAUGHT to misLove you.

<sup>6</sup> The phrase "lie back and think of England" is an expression supposedly from the United Kingdom during the Victorian Era. Traditionally, it was advice given to a new bride, about having sexual intercourse with her husband. The phrase origins are unclear, but is normally attributed to Lady Alice Hillingdon (1857-1940), as written in her journal in 1912 (Edwardian Era): "I am happy now that George calls on my bedchamber less frequently than of old. As it is, I now endure but two calls a week, and when I hear his steps outside my door I lie down on my bed, close my eyes, open my legs and think of England."

That's not fair to him, her, or to your real pleasure.

Your legs are open, you should be open too, and be honest; because, in love and lovemaking, you truly "get what you give."

=====

When is it over? "Since I Became Paralyzed...."

"Since I became paralyzed in both legs, I have noticed that I have varying kinds of orgasms, depending upon the situation. [*Much the same for unparalyzed women, too!*]

"For example, when I play with myself and rub my clit a certain way, my orgasms are much more intense. Sometimes my leg will go into spasm and my crotch feels tingly. But, when I am with my lover, I find that it is more difficult to have an orgasm, even if he is doing EVERYTHING right.

"I think it is because I rely on the sensation of my fingertips on my clit and lips and I am able to change how hard I press or how fast I rub, based on how my clit feels on my fingertips.

"Sometimes, this is hard to explain to a lover because I am not always able to communicate clearly when I am feeling more sexually aroused.

"Eventually, I do have an orgasm, and though they are satisfying, they are not as physically intense. I realize how it might be helpful for my lover to know what it is that I feel, when I am masturbating, so he knows what he may need to change or do differently."

In our view, too much is made of the finale of a sexual response. It's almost as if without a "proper" ending (which the experts always consider to be an orgasm) the experience somehow isn't valid. [edit] ...we suggest that you give yourself permission to consider *anything* at *all* to be the proper end of a sexual experience.

– *The Ultimate Guide to Sex and Disability*<sup>7</sup>

[*It will end when it ends; when you part or fall asleep together, or....*]

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## Research Stuff: How Her Equipment Works.

Her vulva<sup>8</sup> should be moist because her vaginal shaft and vulval lips are constantly cleansing themselves of invading bacteria, dead skin, and menstrual flow residue; and semen, if she's sexually active, without condoms.

Without this fresh moisture, the skin of this area will become dry and unable to protect itself, and will sustain rips, bacterial infection damage, and need medical care.

Beginning with puberty, her vagina begins washing itself by producing a

<sup>7</sup> Kaufman MD, Miriam, Cory Silverberg M.Ed, and Fran Odette MSW. *The Ultimate Guide to Sex and Disability*. San Francisco: Cleis, 2003. (Kaufman, Silverberg, and Odette p. 52)

<sup>8</sup> The vulva (Latin, plural vulvae or vulvas) the external genital organs of the human female, including the labia majora, mons pubis, labia minora, clitoris, vaginal entrance, glands, and vaginal orifice.

clear to whitish colored liquid flow, having a watery to sticky consistency.

This protective acidic flow, first, keeps bad bacteria in check, in order to help prevent infection.

And secondly, it protects her body from damage by sperm and semen infections; whether he has an actual infection in his fluids, or whether her body perceives his sperm as an invading infection, and thus keeps her from becoming pregnant.

### Wet.

A woman becoming sexually aroused should experience increased vaginal moisture, sometimes, without ever actually knowing she is aroused, only feeling "wet."

Her vulval lips should also swell, filling with blood and becoming warmer and plumper, which many women can feel between their legs; but, not all women will notice this, and not all women have sufficient blood flow to properly inflate and prepare her for sex.

It is the same basic principle that keeps men's penises from properly inflating with enough blood flow. The surge and flow of blood to the area can often be improved in both sexes with BEFORE SEX exercises, sports activities, or prolonged, warm up foreplay.

### Scent.

Also, even more so than in human men, women produce their own scent, a chemical signature wholly distinctive to her, as an individual, which also signals her current reproductive and sexual state, which scientists (**those infamous Scottish ones**) say men can, subliminally, smell her differences, between her and other women, and between one state of her and another state of her, even when not fully cognizant of it.

So that means that you should REMEMBER that, when male hormones scream a hot need to really lay this particular woman—NOW—is probably truly saying that he senses, without thinking it out clearly, that she's fertile, NOW, and it's her time for getting pregnant<sup>9</sup>.

So, stop and think or just glove it, regardless. Or raise it through school.

While most of our noses may have lost the ability to detect these scents at great distances, I have read of men who become sexually aroused when exposed to them. And most men and women LOVE the scent of their significant other's clothing.

In actuality, an overwashed, over douched, over hygiene sprayed vulva and vagina are UNHEALTHY; because a moist vulva with its own natural, unmasked aroma is a healthy one, for life health and for sex health.

### Hold the Fish: Vulvas Can Smell or Taste Unpleasant, Because:

- When normal vaginal moisture remains in the inner folds of her vulva, or

<sup>9</sup> There has been recent (21st century) Scottish medical research which confirms this, in a basic way.

- When she's ingested excessive strong foods, or
- When she has poor air circulation around her genitals.

Clothing that's tight or made of dense materials that don't breathe are major causes of excess moisture not being able to evaporate properly.

And since bacteria adore warm, moist places, they can reproduce more rapidly in such an environment; resulting in a strong taste and odor (**that infamous "fishy smell and taste," or worse**).

It's the **bacteria** from the air or surfaces that have touched her, like fingertips, clothing, etcetera, that're actually causing the unpleasant odor, not her vaginal moisture.

Naturally clean, naturally healthy women DO NOT SMELL LIKE BAD FISH.

If a woman does feel and is completely convinced that her genitals smell or taste bad, she should first ask her sex partner, who often enjoys and is practically hypnotized by her scent that she herself finds unpleasant.

However, if her genitals do have odor problems, it will most likely indicate the presence of a serious infection.

Some partner's, who're scent sensitive, can know even before she does that she is developing a yeast infection. She should seek a doctor's advice.

Again, the often joked about "fishy" or "yeasty" smell IS NOT NORMAL and isn't an indication of a healthy vulva or vagina, but an indication that its owner should seek medical attention.

A woman's natural, protective genital flora will change with her current menstrual state, her current level of sexual arousal, and also depend on her diet.

And some lovers can even detect these different changes by taste and/or by smell.

### "Taste Yourself."

Don't be such a wuss; not you and not her.

Know how you taste, whether male or female, because I find the best way for a man or woman of any age to know what they smell and taste like, for certain, and to become familiar with their normal healthy genital scents and tastes, is to smell and taste their own fluids; especially off their fingers after finger masturbation.

A woman, especially, will notice, for her own information and confident knowledge, that her pleasant, human scent(s) and flavor(s) slightly change throughout her hormonal month, especially depending on what she eats or drinks, or what worries and illnesses she has may have influencing change, too.

And, this isn't one-sided.

Men, too, can change flavor and scents, most often with the food, drink, or smokes they put into their bodies. Excess red meats, hard drink, and smokes can sour and bitter a man's semen smell and flavor. So, white meats, fruit juices, and NO SMOKES, fellas, and you'll be more delectable, too.

**Cunnilingus: Definition.**

Okay. Hadn't really occurred to me, until now; but, for those who didn't know....

**Cunnilingus** (kun'-nih-lin'-gus) is the action of using one's mouth, normally lips and tongue, but **not teeth**, to stimulate to excitement and arouse a female's genitals for her sexual pleasure; in particular, the clitoris (klit'-ore-iss) is noted as the most sexually sensitive part of her female genitalia.

Author and sex surveyist Shere Hite noted, from her researches, that most women can achieve orgasm easily from clitoral stimulation, especially by cunnilingus<sup>10</sup>.

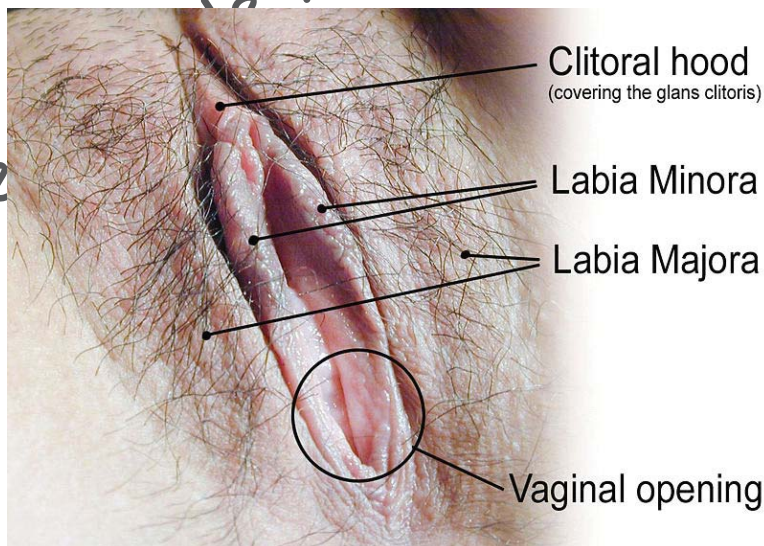
This Latin term comes from an alternative Latin word for vulva (**cunus**) and from the Latin word for tongue (**lingua**).

And just so you know, a person, who performs cunnilingus, can be called a "cunnilinguist"; which is a pretty cool title, I must say.

**"Wait! What's Her Clitoris, and Where the Hell is It?"**

The **clitoris** (clit) is a sexual organ present only in female mammals and, its equivalent, in male anatomy, is most in likeness and sexual reaction with the sensitive penile head. And like a penis, it can come in many sizes.

Human Vulva Image



[<http://en.wikipedia.org/wiki/File:HumanVulva-NewText-PhiloViv.jpg>] <sup>11</sup>

This **normally** tiny, gumdrop-like or button-like organ, at least the tiny

<sup>10</sup> Hite, Shere (2004 edition). The Hite Report: A Nationwide Study of Female Sexuality. New York, NY: Seven Stories Press. pp. 11. ISBN 1-58322-569-2.

<sup>11</sup> Edited version of en:Image:HumanVulva-NoText-PhiloViv.jpg (which was an edit of en:Image:Image:VulvaDiagram-800.jpg), uploaded to Wikipedia Commons by Amphis, 1 Sept 2005 12:48; <http://en.wikipedia.org/wiki/File:HumanVulva-NewText-PhiloViv.jpg>

portion that's visible outside the body, because **there's much more of it within her body**, much like with the male's penis, and is positioned frontmost on the female human, hidden behind and beneath the bottommost portion of her Mound of Venus, upon which lies her triangular pubic hair area.

The exterior (outside) labia majora (major lips) of the vulva, which are covered with pubic hair, can be parted to expose the clitoris, which lies specifically just inside the front point, where the hairless left and right inner labia minora (**minor lips**) come together, normally forming a small little hill, or tucked area (**clitoral hood, much like the hood that covers a penis, before circumcision**).

This clitoral hood functions the same, it covers and protects her sensitive clitoral head.

Her clitoris/clit lies immediately before her tiny urethra opening, from which she urinates (**pees**) and which lies between the gumdrop like clit and the larger vaginal entrance.

The clitoris has a similar function as the male penis, but her clit doesn't contain interior portions of the urethra, as the penis does, nor function directly for procreation, like semen dispensing in the male.

**The clitoris' ONLY job is to stimulate sexual pleasure within her.**

So, with besides when taking the matter in hand, with masturbation techniques, when her clitoris is usually brought into play, cunnilingus results in **MORE SUCCESSFUL FEMALE ORGASMS** than with any other sexual technique.

And pleasure is good; because we all know that pleasure makes us want to have that pleasure and more pleasure again; **TO HAVE SEX AGAIN.**

That's good, right? Great even.

So, **RESPECT HER CLIT**, it makes her just as happy as a guy who loves the pleasure his cockhead gives him.

### Basic Skills and Stats.

Just like in singing, and all pleasures from vocalizing, both the basic and finesse skills used in cunnilingus and individual female responses to those skills are all over the place; but, can be improved with study, relaxation, and practice.

Web cunnilingus sex author Crid Lee gives this stat:

- **88% of married women** say cunnilingus is their preferred form of sexual activity.

The clitoris is the most sexually sensitive part of the female body for almost all women. **(There can be variations because of sickness, injury, or personal sensitivities.)**

- There're **8,000 nerve endings in a woman's tiny clitoris!** Equal to or more—**depending on who's counting**—than on the comparatively huge head of a penis glans (4,000). Making it the most highly sensitive organ in female or male.

It surpasses other highly sensitive human body parts: the lips, tongue (**good**

for you), hands, and inner thighs (especially on a woman).

“Her clitoris can be too sensitive to touch....”

Okay, so with this in mind, the clitoris can, at times, be **too** sensitive to stimulate by direct touch; especially, in the early stages of your female's arousal.

So, my immediate thoughts include:

- Blowing your warm breath across her, or
- Gently touching her with something VERY soft—soft feather or silk, perhaps. Yum.
- Or, just be patient and help her warm up and “get her blood flowing,” so to speak.

In case you didn't know, many women, in masturbating throughout their lives, often only apply pressure on the OUTER side of her Venus Mound, without direct touch on her clitoral area.

Or some use flat fingered friction and gentle pressure of their fingers.

So, when you start poking around with blunt, hard cock; hard nailed, rough fingertips; and hard tongues, she just may find it unpleasant.

Think the kind of unpleasantness you get when you take a bandage off a wound that's basically healed, but is still overly pink, and sensitive. You put a bandage back on it. But, she can't quite do that.

Ripping it off would be horrific!

So, basically, it all depends on how sensitive she is, how sensitive her clit is at **that** moment, and how soon you get to that area.

In fact, it's often best to begin with a gentler, less direct and straight to clit-focused stimulation of her vulval area, starting with her labial lips and the whole genital area; or the insides of her sensitive to kisses and other affection attention thighs.

Hey, my friend, she has an ENTIRE body “wonderland” for you to play with and inspire to joy; besides:

- According to Dr. Seymour Fisher in his “The Female Orgasm,” of 300 women surveyed, **80% NEEDED masturbation or oral stimulation, also, during standard intercourse, IN ORDER TO ORGASM (in order to come / cum), at all.**

This is while engaging in **regular, vanilla sex.**

Yes, standard, traditional vaginal [cock in cunt] sex, and not during anything fancy and intimidating.

The EXACT same thing was previously confirmed DECADES before, by our famously infamous Dr. Alfred Kinsey in his thorough and still quite current “Kinsey Report” (1948 and 1953), which was **the FIRST OFFICIAL STUDY OF SEX, EVER.**

Yeah. That recent. Dr. Freud made us neurotic about it, with unsupported,

**Men's Forum Advice: Warning on Fingering.**

"Some women **absolutely** DETEST having someone's fingers inserted inside them, and/or having their clits sucked.

"So, pay particularly intimate attention to her body language, and all the sounds and sighs she makes, that will indicate whether she is or she's NOT enjoying what you're doing.

"Pay attention to her giving impatient sighs or snorts or huffs of disgust, moving away from your face, or her breathing returning to its normal, everyday rhythm.

"Do experiment; with caution, and with respect."

\* \* \* \*

Experiment little by little, and if she gives you a direct **verbal**—like "No" or "Stop" or "What the hell?" or even if she gives you **nonverbal** directives, that sound like she's not into it...

**Stop at once.**

If there is a division, a question in your mind of what **her specific meaning** is, because it seems it can lean to either side...

**Stop at once.**

Don't let yourself feel or ever say to her anything like: "You're clueless, and don't even know what you like."

Which may be somewhat true, but still, **she knows** what feels better to her body and her emotions and is comfortable to her mind, much, much better than you ever will.

Just like you know better how it feels to get kicked in YOUR genitals.

No matter how much she's "suppressing" or "ignoring" or whatever **you believe** is going on in her, let it go. It's hers to deal with. You're here to help her know herself and enjoy herself better, not boss her around or think and feel for her.

So, be easygoing.

If her behavior bothers you so much, that you can't leave it be, maybe you should consider moving on, or give her just a little more time, to understand herself and communicate what she needs to you; as soon as she figures it out.

**[Editor's Note:**

**And it may just be that the woman you love and want to give the ecstatic gift of cunnilingus to may NEVER be truly comfortable with it.**

**So, again, don't chide and belittle or whine her to death about her feelings or inexperience or whatever, since lots of lovers, who're willing to muff munch for hours, are terrified and go all anally tight themselves, when having someone diving to intimately lick around or stuff something deep into THEIR orifices.]**

\* \* \* \*

"And, flipping all of this around, some eager women LOVE to have their clits sucked or licked hard, and harder, or pulled and pinched a bit with your lips.

"But DON'T try this not unless she constantly says 'harder' or 'more' or some such indicator, while you're loving her. Do what she says, until the lady tells you to stop.

"You also may want to try to suck and lick at the same time, while you also moan. I've been told that my moaning makes 'delightful' vibrations!"

\* \* \* \*

Or give her pierced clit ring a tiny bit of tug! But, check first, don't assume ANYTHING. Or mistakenly rip anything! Ouch.

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"Orgasm: After Injury (*Physical, Emotional, or Spiritual*)."

"...Injury survivors can experience orgasm and this ability is not strongly related to the level or completeness of injury. Some of us, for that matter, find sex even better than before injury.

"There is growing evidence that sexual knowledge, sexual self-esteem, and time since injury are related to the ability to experience sexual pleasure and orgasm. It seems that knowledge is power, power fuels self-esteem, and self-esteem opens the door to sexual pleasure.

"Orgasmic sex requires turning in to our sensations—IN the MOMENT—and forgetting about [*imperfections, fluids, body scents, etc.*] and making embarrassing sounds.

"It means not worrying about performing up to some *imagined standard*. And it means forgetting what we learned in the past about what is and isn't pleasurable [*in THIS MOMENT*]."

— *The Ultimate Guide to Sex and Disability* <sup>35</sup>

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## More Forum Advice

**Women's Advice: "Any oral is great oral." NO. It's Not.**

"Keep in mind that, unlike with most men, just being willing to "go down" on her and begin licking all about doesn't mean she'll come, no matter how you do it.

"Women's orgasms while with another person are a highly emotional AND extremely intimate, physical thing.

"So, if you can't **get both her busy mind and unfocused senses fully focused for eager and willing pleasure**, she won't get off."

<sup>35</sup> Kaufman MD, Miriam, Cory Silverberg M.Ed, and Fran Odette MSW. *The Ultimate Guide to Sex and Disability*. San Francisco: Cleis, 2003. (Kaufman, Silverberg, and Odette p. 57)

[Editor's Note: Even if you lick and kiss and suck her raw all day, or night.]

### Women's Advice: "Listen! Take notice!"

"Some women aren't the least bit shy about saying what they want you to do or about exactly what they like, which keeps you from having to guess, especially when making love to her is new; like on your Wedding Night together!

"But, many women will be TOO embarrassed to bluntly or even obliquely convey anything useful to you, by word or gesture, about themselves, while having sex.

"Either way, whether she yaks it up or barely answers "uh-huh" to your questions; **listen carefully** and **be highly attentive** to ANY noises, sounds, and movements she makes."

[Editor's Note: Quivering with smiling delight is great, and a yes, making tight, tense twitches with disapproving sounds, isn't, that's no.]

"If while you've got your head buried 'down there' you hear something—an ecstatic intake of breath, a moan, a 'yes,' or if she begins to buck against your tongue and face, in a slightly less than controlled way—continue what you're doing, you're on the path to glory.

"But, if she quiets down, what you're doing's not working, at least, **not anymore, if it did before**. Humans get tired of the same stroke; **like singing your one and only same song, over and over again**.

"Move on to another spot or try something completely new, until she begins responding positively again. Then, stick with this new action, until she comes or wants you to do something else.

"Also, if you hear 'No,' 'Not there,' or 'Ouch!' NEVER go back to that move."

[Editor's Note: Not unless she's into pain and instructs you to do so. And that's a big if, usually. Don't assume; you could end up in court for damages and criminal intent against her nether parts. No. I'm not joking. Otherwise, have fun.]

"Do realize that many women are a lot more sensitive than other women you've known, in her private area. So, even though your last partner **loved** having her clit nibbled, **don't assume another one will love it, too**."

\* \* \* \*

If you do, you may get a heel to the schnoz.

However, if she says, "Right **there!**", "I'm **almost there!**", "I'm going to cum!", or "Don't stop!"

\* \* \* \*

"Well, DON'T STOP.

"Keep doing what you're doing, and hold on, as she thrashes about, and bucks on your face like a bronco!

"Just keep up your consistency.

"There is NOTHING worse than being about to peak, and your lippy partner decides to break for a minute, change his tongue motion, or stop completely and ask for a damn blowjob.

"There's a special hell for people like that.

"Once her momentum's broken, it can take a long while, a long, LONG while, to get her back up there again. Or she may NEVER get there, again, for that time.

"So, unless you and your partner are into denial and teasing, lick it till she's screaming in ecstasy, and thanks you when she's done."

### **Women's Advice: Communicate. Ask for "Tips."**

"Never think or feel that asking her how she likes to be touched or given pleasure implies that you're clueless about what you're doing. It, in fact shows that you DO know something, that you don't know EVERYTHING ABOUT HER, and DO care about her wellbeing.

"While you're just getting to know her, or even long after you've known her well, never be afraid to ask her, 'How's that? Do you like that?'

"Let's face it, some days you feel like lemon pie, the next chocolate cake. And, so it is with lovemaking. There's nothing more boring than the same Ding Dong® EVERY time.

"I love it. It's so sexy to hear my partner ask, even when he knows me well, because I know he wants ME to **feel really fantastic**, and that my feelings for something he does might occasionally change from time to time, through no fault of his, or mine, even."

**[Editor's Note: Our human bodies are complicated, with billions of nerve endings, and hormone combinations, triggered by emotions, concerns, and health.]**

### **Game: Her Slave.**

If you're favorite girl's just a **little** less shy, tell her you're going to be her "slave" for the evening, or, at least, at her complete command, like in the "Red Light Green Light Game," if slavery makes her nervous.

Tell her you're there for her, and at her full beck and call, with your only personal goal being to encourage and help her to have pleasure, and that she needs to tell you, must tell you, or point to EXACTLY what you need to do to and for her.

When to do it; and how to do it.

When to stop and to go.

Or to be given the command to "Please me," until she says: "Stop," "Go," "More," or any other such wonderfully interesting thing.

And throw in a few heartfelt "Yes, my mistress," which just might please her, and help her get turned on enough, to hand you the essential key to how to make her feel delighted.

But, if she's able to, ask her to SHOW you, directly, and actually demonstrate to you what exactly gets her going and off. She doesn't have to complete it, but show you how and where to touch her.

Fast?

Slow?

Hard?

Soft?

Vibrations?

Slow vibe or fast vibe?

You can even ask her to masturbate, so can watch her, which'll be exciting and binding for both of you.

You can even masturbate at the same time, so she won't feel completely on the spot, alone. And when she's looking fully turned on, and about to cum, focus on her, and make certain she sees your interest.

Ask to take over her stroke, but don't wrestle it from her, if she's too far gone to stop; just take notes, and once she's caught her breath, ask to give her stroke a try.

And throw in a hearty and loving, "Thank you for showing me your pleasure, my mistress!"

And ask if you may kiss her or show your enthusiastic, loving thanks in some other fashion she desires.

But, really, depending on how you say, "Thank you, Mistress," it could make her giggle and relax, and feel sexy and powerful, too.

### Game: "Sweet Nothings" and "Puppet."

But many, not all, women, depending cultural attitudes and ethnic background and her own personality, will simply be far too modest and too embarrassed to do something as open and bold as any of this, or just fully intimidated by the whole concept.

So, try this alternative. It might make her feel safer, and less trappy, slutty, etcetera.

Stand, sit, or lie behind her, spooned against her; so she can feel you, but not see you face to face. Nuzzle her, touch and stroke her whole body, and whisper "sweet nothings" in her ear, and get her all "bothered" and "turned on."

Don't forget her back, across her shoulders, and neck, down her spine to her lovely ass (**outer bits, save the inner for when she's REALLY warmed up**), the backs of her legs, all the way down to her feet.

Worship ALL of her, and then she'll KNOW you're not "Just after ONE thing." If she lets you muss her hair, then you KNOW she's there with you.

Now, you can do all of this before a mirror, or not. It depends on your girl.

A blindfold for her might be nice, too.

Or just one for you.

Or, perhaps, a blindfold on both of you!

Then, give her "full control" over your hand, like a puppet, her very own living marionette, and that **she should masturbate herself by using and guiding your hand, just as if your hand were her own.**

Think about it, **YOUR HAND is her new sex toy**, that'll she'll teach to obey her and give her, her very next orgasm.

The best about this is that your shy girl won't have to see you directly watching her, as she explores, teaches, plays, and cums.

It's simply hot, intimate, and a lot less confrontational, than words or fact to face lovemaking, or face in crotch, as you warm her up to more adventures.

**[Editor's Note: And a variation on this is to place a mirror or few so you both can see what she's doing and you both can see each other, indirectly. Some shy girls, modest girls really love that. And, don't forget the blindfold variations!]**

Another big plus is that you'll get to see **exactly** how she normally touches herself, which means that the next time you go down on her, you can do exactly the same thing, but with your lips and tongue.

Or discover a very close variant, in case she's like "Secretary" (2002, film) and lies on her tummy, with her hand between bed and her, while she finger masturbates, for the extra pressure on her clit.

I'm sure you'll figure out something that'll compensate and please her.

Right?

My hand's to my ear, I'm listening. What've you got in mind, for your loving her?

=====

### "Ladies of the English Harem"

" 'He said I should have the Ladies of the Harem attend my needs. What does that mean?'

"There must be some mischief about it, she felt, as with most things with these people, but the anticipation buoyed her curiosity, as the Ladies, lead by the motherly Migs sisters bathed her and washed her long, wavy black hair, and dried her and anointed her, and then altogether bedded her.

"There was a woman upon every part of her, it seemed.

"And they'd trade places and trade places and Alora came and came again; and opened her eyes yet swimming with distant stars to gaze upon he himself, newly returned, standing near her bed, watching her, as the Female Harem attended her needs.

"Without thought, Alora loved his gaze upon her naked lushness, as she came again, *because* of his heated gaze, because of the many hands and mouths upon her,

and because of the new maid Rhia, whose mouth was already highly educated on how to pleasure a countess.

“Without thought, on his part, he slipped out of his clothes and with both physical and silent command scattered the Ladies of Harem, who drifted away like silk on a breeze, except Rhia, who yet hungrily licked and sucked and drank her lady’s sweet juices, which could not cease, not in his presence, until he grabbed her by her red hair and pulled her away and took her place of feasting.

“Alora closed her brown thighs around his dark head and pushed against his exquisite mouth, with no more thought of harems, when she had the master of all stables and harems fucking her with his facile tongue, holding her squirming against his face, as she grabbed his black hair and came in a great many shudders and thrills.”

—from erotic novel work in progress “Silver Blood” by Neale Sournia

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### SexSinger BONUS: Add Fingersex.

Begin your lovemaking with simple exploration of her, you know, going where no finger—of yours, anyway—has gone before. On or in her.

Only start with fingers, as you’ll have better control over them, and a better sense of when they’re touching the wrong thing, and exactly how deep they are.

Save all your toy objects for after you’ve gotten better acquainted, and more familiar with each other in sex.

Just like a baby, fingers and toes first, toys later.

Try a varying number of fingers, but do start with one, to see if she even likes being probed.

Never forget her lips and mouth, her chin, the swirls of her sensitive ears. Kiss her and touch her with lips and your fingertips, and let her become accustomed to you doing so, and slowly work your way to where you hope you’re going.

Backtrack a little. No. You’re not losing ground. She’s not ground.

It’s a game, with a little touch of mystery.

She’ll get an idea of **where** you’re probably going to, but she doesn’t have to know EXACTLY when; and—.

“Watch out, that alien’s got an ANAL PROBE!”—as paraphrased from “The Simpsons.”

No hurrying, right?

Smile, relax, and be lovingly sensitive. And so will she, in answer to your smile and sensitivity.

Your attitude will give her more trust and CONFIDENCE IN YOU than all your words of, “Trust me,” or my personal fave, that ALWAYS sets off mental alarms, “I won’t hurt you.”

“What! Who said ‘hurt’? There’s going to be pain? What’re you doing?”

**Wha—?” I think you get my crazed, tensed out drift.**

Poking around “down there” is always a loaded matter, since most women only have tampons or their gyno’s tortuous, cold speculum devices and medically, uncomfortable probing fingers in their most private area.

Which is as about as lovely an experience as most men feel when being felt up by their urologist and his big, long proby fingers. At least a male’s doctor doesn’t stick metal up his ass.

Be gentle, go slow and be kind, as you explore and probe and finger massage different parts of her, like her vulva, her clit, her vagina.

Don’t jab your hand into her and bruise her with your hard knuckles, and don’t forget earlier to cut and file smooth your nails.

No spontaneity here. Be clean, trimmed, and filed. No icky guck under your nails, giving her an infection. No jagged nails scratching her most sensitive and intimate skin.

And, later, if you do go the toy or object path, be kind to her cunt, be inventive; but no sharp, breakable, or spiky objects.

Not unless she’s asked you to, and you also agree, as well. Lovemaking is a mutual affair, and NEVER one-sided—if **both of you are conscious, and you should be**—one person gives and one person receives, always. Sometimes you both give and receive at the same time, but that can become one-sided as soon as one comes closer and closer than the other to cumming’s culmination.

**No “Performance.” No “Task.” More Training Your Senses.**

Think fingerfucking, WHILE DOING ORAL; but, let’s back up, again, just a bit: to go over a few finer points of nonverbal communication and bodily sensitivity.

Remember our Sensuality Game? Click back through the Table of Contents, if you need to. Then come back to here. I’ll wait.

Hi. Welcome back.

Remember to take your time, and use ALL of your senses.

**Look** and truly **see** her texture and her changes; because when you do this, you’ll enjoy it more and because she will enjoy you enjoying her, which will take her far beyond the “Does my butt look big?”, “You don’t really like how my armpits, crotch, whatever smells like?”, and the like. Love her and show her you love her, and she’ll love you back.

I’m not talking “all encompassing love” here, maybe, but not necessarily, just “Geez, Terry’s really into me, I like that, I LOVE that, guess I’ll hang with Terry a little longer.”

That kind of love.

Feel with your fingertips, with the backs of your fingers, with the palms of your hands, with your cheeks, with your lips....

Do listen because, if it’s quiet enough in your love grotto, sex cave, the sound of your touching her may be there for you to hear, as well, as your touch

moves over the fabric of her clothes or the fabric of her skin, or hair.

Always take in how **you** feel and how **your** senses feel while interacting with her, with her skin against your skin, **feel how your entire being focuses more and more on just what your fingertips touch, or doesn't, hasn't touched yet, and also how you feel. Outside and in.**

Also don't forget the simple joy of smelling her hair and her skin, before you get to "the good stuff."

And smell her other hair—if **she has pubes**—and her sexual, sensual skin when you have gotten to "the good stuff." But, then again, **ALL OF HER IS GREAT STUFF!**

Remember also, that your senses, when properly focused completely on the two of you and how you **FEEL** together, will put you both in the same erotic place and mood faster and deeper than any words.

=====

"I loved him touching me. He..."

"...slipped his long, thick fingers along my slit, parting my soft curls of pubic hair. I loved watching him see me, all naked and all for him.

"My sex flesh was swollen, sweaty, and mucky as a wild thing in heat.

"I wanted, needed him to touch me more.

"I lifted my knees higher and wider, without him asking; disgracing my ballet teacher, but opening me, displaying myself to him. 'Just like a wanton slut,' is what I'd heard an old woman say once, like it was a bad thing."

—Laila from *Neale Sournu's North Coast Academies' Diary*, Volume 1 Number 1 [NCADv1n1]; available now, ebook and/or print.

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**BEST OF BOTH—MULTITASKING: Clit AND G-spot!**

**Putting Your Finger(s) In.**

Get her warmed up, and wound up; but not tense.

You know what to do. Love her, love her all over.

Kiss and lick and suck her inner thighs, and her labia and clit especially, to get her nice and slick wet with her natural, hot pussy juice; but only, if she's not **already** slick and hot for you from all your loving attention to all the other fine love zones of her delicious body.

Enhance the entire experience for you both, constantly, but especially for her, by continually kissing, licking, and sucking her vulva (**inner and outer lips**) and clitoris throughout.

For best dexterity, sense of feel, and subtle control, use your writing hand, and its first two fingers (**one if she's tight, and especially only one, if she's**

still a cock in cunt intercourse "virgin").

Use your fingers closest to your thumb (your Jupiter or pointer/index finger and your Saturn or middle finger, y'know THAT finger, the one you flip people off with).

Now, either wet them with your mouth, or hers, or—preferably—with her cunt juice; whichever turns you both on the most and has the wettest slickness. Her own juices should be more "oily"/slick than saliva, but then you've been kissing and loving her all over, haven't you?

**Tell me you didn't skip straight to finger in?**

Of course you didn't, you want her to have a GREAT time with you.

Anyway, your lady should be quite slick wet for this to properly work. If it's necessary for her, especially for medical reasons, you can also use a fine water-based "personal lubricant," and an edible one. You can find them at your local drugstore, online, and at great loving couples stores all over.

**WARNING 1: Nails.**

**Make certain YOUR NAILS ARE TRIMMED and FILED SMOOTH, without LOOSE or RAGGED BITS, and NO SHARP edges.**

**Tender flesh ahead.**

**WARNING 2: No wet spot.**

**If you didn't lay a towel or nice soft and absorbent blanket or robe beneath her before, for the oral, do so now, to save your sheets for dry sleeping afterward, your couch for wet-stainless sitting, or your best table from wet damage.**

**Cool, huh? You're both gonna love this.**

Slide one finger into her cunt, gently into her vaginal entrance, starting with just one, to see how she likes the feel of you inside her, feel how wet and slick she is, or isn't, and because if she's tight, you'll have to gently work up to more fingers.

Slide in with the print pad of your finger facing the same way as her face and belly button, with your nail towards her spine.

Slide it in firmly, but slowly, and gently, as far as your finger(s) will go, without definite resistance, and not with too much pressure, or force.

So, don't poke her or slam you finger in to the hard knuckles.

If she is extremely tight, or there is a lot of wetness, but interior physical resistance still, start with one finger, but don't force it in her, tease and taste her some more.

The more she relaxes with you, and the more she's aroused, the more her vaginal muscles will ALLOW you entry.

Do note that a few women also have rather tight muscles here or inflexible

hymens<sup>36</sup>, which may obstruct entry or have DENSE hymens, see the film "Kinsey," and may need surgery to help in sexual entry.

Or to undo previous surgery, if her culture required her "sealed" at puberty.

No, I'm not making this up, if you skipped over stuff earlier that explained some of this.

Don't skip, she's important to you, isn't she?

And her enjoyment, as well?

Once inside her, tease her inner walls with your finger pads, and get to know her, and how she feels, and reacts to you, which will make her even more wet and "juicy," as the back of naughty girls' pants used to say.

When you feel she's ready for orgasm, and could use your help to get off and cum with more intensity, move your fingertips to her G-spot.

You've been getting to know her inside—**How she feels and how she likes you "feeling her up."**—so, you've probably already touched on it.

And yes, it's real and every woman has one. I still hear some say it doesn't which means, they've never "touched a lady,"<sup>o</sup> like the fellow asked in the Monty Python skit, "How does it feel?"<sup>o</sup>

Your lady's G-spot is a patch about 1-2 inches deep, and up, along her front wall, just past the entrance to her vagina.

Technically, it's behind her clit but inside, on her FRONT INNER WALL. So, in, up, and more towards the entrance, than towards her cervix deep inside.

Do **not** poke her cervix! **that's the inner, back "wall," at the top of her vagina, from where her period and babies come from, and sperm goes in].**

"Ow!"

She will hate you for harshly poking her there.

Poke yourself in the eye, it's a similar pain.

Not really, but it'll make her laugh, probably.

The pain is probably more like having your nut sack pinched hard.

"Ow!"

You should feel, on her inner wall, a roughish or corrugated-feeling patch on that upper side; it'll feel rougher than the rest of her smooth muscled, inner cunt.

Make a gentle "come here," or "come hither" for you old school types, motion with your fingertip(s), by tenderly sliding and then gently rubbing your pads across that spot. Only press lightly, to tease and excite it.

It's much like when you're sliding your fingertip over the fingerpad of your

36 The hymen is a fold of mucous membrane surrounding or partially covering the external vaginal or opening of SOME women or girls, and forms part of the vulva, or external genitalia. A slang term for hymen is "cherry," as in "losing one's cherry" or "popping her cherry," [as in the Jewish wedding ceremony, I believe, when the napkin covered glass is violently STOMPED on] meaning losing one's [her alleged] virginity [to her husband], or lack of sexual inactivity.

laptop's fingerpad. Gently, she has priceless equipment. But you can vary the pressure and the lengths of your fingerstrokes.

You want to make her feel good. Not bang her into pain from the inside. I'm not encouraging or suggesting that in the least.

NEVER scratch or poke at her G-spot, it's quite sensitive, just use a flat fingered rubbing, like one does to feel powder like sugar on one's fingertips.

Hold her legs apart with your other hand, or shoulder, if you have to. You can even use your head or knees or whatever, depending on what position you're in, to hold her legs open, but **make certain she stays relatively still, or she might get hurt**, you may poke her wrongly if she's moving too much.

### Squirming and Breathing Heavily. Her, Not You!

As you, with sexual musical delicacy, lightly press, slide, and/or gently tap your fingertips against her G-spot, she should start getting even wetter; with cunt juice, not piss. Unless you did poke, as requested not to, which just might cause her to piss on you.

More on this later.

If you're fingering and touching (**slight tapping, stroking in lines or circles, etc.**) her correctly, and she's happy with it, you'll hear a squelching, or wet sponge sounds coming from where you're touching her.

Keep sliding your fingerpads, over and over the area, and rhythmically keep time, a little tapping drumming, or you can even hum a song, your "our song?" to keep you on rhythm, or with the same kind of paced rhythm you might would strike up while sliding your cock in and out of her wet cunt.

Which will be familiar to her body's memory, if she normally gets off on that.

As she gets wetter and enjoys herself more, press more firmly, but never hard. The more she wiggles against the feel, the more firmly and faster you can do it.

Even when "banging" your fingers in and out, keep up an upward firmness, without poking or scraping, or actually slamming your knuckled fist against her. You don't want to give her a "black eye," or in this case, I guess it would be a black clit, vulva, and vagina.

Unless you want to get punched in your genitals, too, or she specifically asks that you do so, and signs a contract for proof for the law, later, when you argue about, don't be anything less than gentlemanly and gentle, mon.

Through all of this, she should be squelching, dripping wet, squirming and wiggling and **OBVIOUSLY** loving it.

If she's not, you should stop.

If she's says something like, "It's okay," or something else that sounds lukewarm or like she's just going along to please you—**which is not what this is about**—we're pleasing her, stop.

If she says it hurts, especially if she's said it more than once, **STOP**.

Contrary to what our various overlapping cultures have secretly and obviously filled us with, sex for a woman shouldn't be painful.

Be sure she's ALWAYS wet, and rewet with a fine genital, "personal" lube, if she's not, because ANY dryness will hurt her and bring your playtime to a screeching, painful halt.

This is lovemaking, not painmaking. That's another book, from another person.

Now here's the crucial part. When she gets close to ejaculation, she may say she needs to pee.

=====

**"Ejaculation. The Joy of 'Squirting'."**

**"For women who live with incontinence, ejaculation (which often results from stimulation of the G-spot) may cause some distress. When women ejaculate, it looks, feels, and sometimes even smells a little like urine. [edit]**

**"Many manage to work through their initial fear (usually with a few peeing moments along the way) and discover that it is not the end of the world and does not have to 'destroy the moment.' [edit]**

**"If we have only negative associations about fluid involuntarily coming out of our bodies, it may be hard to experience what some women call the 'joy of squirting.'**

**"On the other hand, knowing that ejaculation is possible gives an opportunity to think in a whole new way about getting all wet during sex. If there is the possibility of shooting some fluid during sex (whether pee or ejaculation), it's happening because we were in the throes of pleasure—which is surely a good thing."**

**—The Ultimate Guide to Sex and Disability <sup>37</sup>**

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If she has ANY concerns, or you do, just lay down a nice, thick, cushiony towel or two, or a thick, fluffy, absorbent blanket, or two—**have a sweet, good-hearted giggle about it**—and then forget about it; and let what happens happen.

Her clenching to not pee, on herself and on you, will keep her from relaxing and cumming. And cumming is a GREAT PLEASURE you don't want her to miss out on.

Women can inadvertently crap and pee while having babies, anyway, so why put so much stress on it now?

Prepare for a possible mess.

Relax and enjoy each other.

And have fun.

<sup>37</sup> Kaufman MD, Miriam, Cory Silverberg M.Ed, and Fran Odette MSW. The Ultimate Guide to Sex and Disability. San Francisco: Cleis, 2003. (Kaufman, Silverberg, and Odette p. 55)

### "I Have to Pee."

She doesn't actually have to pee, provided, of course, that she did pee **before** you started; which she should've done, to alleviate any mental concerns or actual urinary pressure of feeling a need to pee.

Not unless, of course, that kind of pressure is her kind of fun.

Despite what she thinks she feels, and she thinks that because the spot you're touching is **right** near her bladder, it's merely a brief, upsetting sensation, that'll pass; but, you have to make certain she knows that she'll feel it in advance, or she'll be completely convinced she's about to piss all over your hand and face.

And you wouldn't like that?

Or would you?

KEEP GOING.

In fact, when she feels a need to pee, start doing it more firmly, because her orgasm is usually just about to cum.

About 10-50 seconds [**I didn't time this, someone else swears it**] after her pee sensation begins, she'll start to cum.

Now, in case you forgot, my multitasking friend, this is about cunnilingus, and this fingering gig is a bonus.

So, as you fingerfuck her, keep your mouth or put your mouth back to giving her cunnilingual joy, **AT THE SAME TIME**.

Do it to please and this woman will completely fall in love with your joymaking.

### **WARNING: Forbidden Pleasure.**

**Just so you know, and this is documented in some of the reference books used here, you may find some women, and your woman's not alone in this, will feel that this pleasure is UNBEARABLE and INTOLERABLE and will completely nix it.**

**Not because it feels bad, but because it FEELS SOOO GOOD, and she's been told, and taught, and beating down by culture, family, church and state that a WOMAN SHOULD NEVER ENJOY SEX, ONLY MEN DO. Women who enjoy sex and experience orgasms are bad women, amateur sluts, and professional prostitutes.**

**You may have to work a while to coax her out of this, or even get psychiatric/psychological help, too.**

### **ANOTHER BONUS: Female Ejaculation.**

When she starts cumming, as you give her cunnilingus and/or fingerfuck her, **DON'T STOP!**

Finger her more and more firmly, gently pressuring upwards on her lovely G-spot the whole time.

Some women will, some won't, but she could start to squirt or ejaculate.

She'll shoot transparently clear, sometimes odorless liquid all over. You did put down a towel or other absorbent material, right? There could be a lot, soaking you and the sheets, so be prepared.

Oh, and there could be joyful screaming and writhing, but it depends on the gal.

A certain blog/forum guy, who shall remain nameless, and who has given notes, swears that in his experience, as many as at least 97% of women are capable of having ejaculatory orgasms.

But his is not an official, organized study, my friend; as he alluded to all women but wasn't actually specific, and so I assume he meant the ones he knew in a biblical sense overlain in his mind to mean all women.

So take his advice and personal stats from above the above paragraph with a grain of salt.

Much like some who can't quite be trusted with their bowling scores, not saying he's wrong, but it is a less than formal study.

**WARNING: Salt.**

***She's not a margarita drink, don't sprinkle salt on her and lick it off her tender parts. Salt scratches, a lot.***

Hey, I've lived a rather sheltered life, and don't know everything, I trust in others' experiences to help me in mine.

Mr. Nameless also says that once your lady quiets she can squirt again, in one to ten minutes, depending on the lady and how quickly you get her back through her sexual peaks and valleys, but that you'll also have to press harder on her G-spot.

It's not a race, so don't race and hurry and push her to do it over and over to prove you can make her cum. She's not a hand puppet, so get over yourself.

Also for her to ejaculate in great volumes, have her drink lots of water and juice before you begin, to stay well hydrated. But not liquor and wine because the alcohol dehydrates and she won't enjoy herself as much if she's drunk, no matter what the romance and porn lit and the films say.

***Her getting high on the sex with you will reach higher and lasts longer, without the alcohol or other controlled and uncontrolled substances.***

One man's personally kept, and uncorroborated, stat record was seven, meaning that the woman he was with squirted seven (7) times, within forty-five (45) minutes, and then she passed out for six (6) hours, after they'd finished.

Whoo! Wouldn't that scare the Hell out of you, though?

**Warning: Doctor's office.**

***Oh, do note that you may want to be subtle about the water or juice until you both get the complete hang of this.***

**Why?**

**Because women are often ordered to gulp down mass quantities of water, when at their g-y-n doctor's office. So, it may have clinical associations, which may, or may not, seem sexy to her. Depends on the gal if that's her or your combined fantasy...?**

Her ejaculating is exhausting, physically, and dehydrating, as well, so be very careful, and check about her general health before enjoying such physically strenuous exertions, especially if you both try more than twice at one lovemaking session.

Also, in the basics, if you do your fingerfucking wrong, and poke and jab her too hard, and don't cut and file your nails in respectful pre-preparations (**like you were supposed to, kind lovers get more love, people**) or if she's on her period, she might bleed.

Her being on her period itself is usually okay, outside of AIDS/HIV concerns, in which case wear a condom over your finger or wear latex gloves.

Just make certain you don't hurt her, and stop immediately, if she's shrieking with pain, rather than pleasure.

You should always have a safe word with your partner, just because it's the sane thing to do and clears up any confusions, such as "Her 'no' means 'yes,'" and "Her 'don't' and 'stop' mean go," etcetera.

And you should **always** make certain she knows what you intend to do, AND double check that she's **always** fine with your proposed actions. And again, that your actual action is truly pleasurable.

I know it sounds exhausting, asking all these questions, constantly, but it's not.

It's communication and if you do it with the combined tones of loving concern and flirty playfulness in your voice, it'll be all cool.

No, you don't have to give her a written or verbal long list, by rote memory, but do use your words, like:

"Do you like that?"

"How's this?"

"I have a little surprise; tell me if you like it."

Hey, if you do something wrong, and have to stop it, you can always kiss her on her body at the spot or on her lovely lips, after each one, because one always get a kiss after a boo-boo, right?

=====

**Focused Awareness.**

**...Two techniques you used in ... *focused awareness* (also called *attention*) and *imagination*. The use of the two of them led to *sensation*. [And] it can also help you increase sensation. Now try this little trick on your clit. Or your cock.**

*(Or for some of you, both!)*

The technique of using your mind to focus awareness [*and imagination*] and move energy through the body is incredibly powerful, and it's not limited to what *you* feel; it also applies to what you can do with another person.

My lover was lying on her back. I was leaning over between her legs, tonguing her clit. She was enjoying it. I was busy writing the letters of the alphabet on her clit with my tongue.

I began to **visualize sexual energy traveling up her spine, over her head, down the front of her body to her clit, and up her back and around again.** I was wrapping her in a kind of erotic egg of energy.

She reacted almost instantly! Suddenly she began to moan and writhe, and just as suddenly, she was about to come.

I had very deliberately not changed anything I was doing with my tongue and my hands had never moved.

What *would happen if I stopped the visualization?* I wondered.

Again, I did not change anything I was doing to her clit nor did I move my hands. But I **stopped visualizing the circuit of energy I had been wrapping around her.**

Her energy fell like a stone. **I resumed my energy circle.**

Zoom – back to moaning and writhing. I stopped again; her energy fell.

The experiment over, I **[silently] tongued “Y-o-u c-a-n c-o-m-e n-o-w,” on her clit, and she did.**<sup>38</sup>

–Urban Tantra

“Go Forth, and Influence Women.”

This certainly isn't the **last, final** word in cunnilingus; strive for but **don't expect** it to be “perfect,” every time.

Because that causes unneeded stress.

And strive to make her feel wonderful and exceptional but **don't truly expect** to GIVE her HER ORGASMS.

Not to seem a downer, this late in the game, but we don't actually **give** her anything, we can only **encourage**, and she **accepts** it or doesn't or can't or won't.

Her body must cooperate, along with her mind and spirit. And heart.

She could be stuck with the kids on her mind or her hormones are just screwing with her. Or her heart, for whatever reason, is just not into it right now.

There's a secret about enjoyment: If your heart's not into it, the rest of you isn't either.

Try watching an hysterically funny movie when you're terribly sick, you won't laugh, not as much as you would if you'd been healthy and fully into getting

38 Carrellas, Barbara. Urban Tantra. Softcover. Berkeley: Celestial Arts, 2007. Page 30.

your laugh on.

So, be patient, with her getting her enjoyment on and with yourself helping her get there.

If it persists, and she's trying and willing, but nothing is still just not happening; go with her to a good doctor, who can check out her hormones and make certain that even though she's seems wholly healthy her hormone mix may be off center—**an alarming number of women fall into this category, especially with childbearing and menopause in the mix.**

You and she may need help from a psychologist, too.

But, first, give her some basic, easy help away from her worries and concerns. Do your dishes, put your kids to bed, pay and mail off all the bills, and she'll probably relax a LOT.

When we were kids, we alternated doing the dishes, but when adults it usually falls to only one of us ALL THE TIME, that's not relaxing or fun.

And let her SEE how much unconditional LOVE and OPEN GRATITUDE you have for her in particular, and for being able to "give," to encourage her pleasures and ecstasies, and the fantastically GREAT HONOR that is yours every time she has allows YOU to be THE ONE to do so.

So, go forth, and be successful with ease, my now wisely skillful buddies, and win friends and influence women, make them ecstatically happy with YOUR bliss-giving, SexSinging skills.

Make appreciative women sing of your importance to them and of your praises, in lovemaking with loving approval, and **never** say, "No," again, not to you, my glorious SexSinger.

—Neale Sourna

[www.Neale-Sourna.com](http://www.Neale-Sourna.com)

[www.SexSinger.com](http://www.SexSinger.com)

[www.PIE-Percept.com](http://www.PIE-Percept.com)

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**Endnotes**

[excerpted from Wikipedia January 2009]

**Female genital cutting (FGC), also as female genital mutilation (FGM), female circumcision or female genital mutilation/cutting (FGM/C), refers to “all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs, whether for cultural, religious, or other nontherapeutic reasons.”**

**Almost exclusively used to describe tradition, cultural, and religious procedures in which parents must give consent, because of the subject’s minor age, rather than procedures done with self-consent.** FGC is practiced throughout the world, with the practice concentrated most heavily in Africa.

Amnesty International estimates that over 130 million women worldwide have been affected by some form of FGM, with over 2 million procedures being performed every year.

FGM is mainly practiced in African countries. It is common in a geographical band which stretches from Senegal, West Africa to Ethiopia, East coast, as well as from Egypt in the north to Tanzania in the south.

It is also practiced by some groups in the Arabian Peninsula.

The country where FGM is most prevalent is Egypt, followed by Sudan, Ethiopia, and Mali. Egypt recently passed a law banning FGM.

A Greek papyrus from 105 BC. mentions girls in Egypt undergoing circumcision and it is widely accepted to have originated in Egypt and the Nile valley at the time of the Pharaohs.

Evidence from mummies show both Type I and Type III FGC.

The earliest evidence of male circumcision is also from Ancient Egypt. [*Approximately 2000s BC, predating the Moses claim around 1300s BC.*]

FGC advocates have claimed *the practice more beautiful, more clean, and cures females of a myriad of psychological diseases including depression, hysteria, insanity and kleptomania.*

FGC is often used as a means of control over “female virtue”; being a means of “preservation” and “proof of virginity,” and is regarded in many societies as a prerequisite for honorable marriage.

Type III FGC is often used in such societies and the husband will sometimes slice his bride’s scar tissue open after marriage, to allow for sexual intercourse for him.

Heavy stigma lies on men who marry an uncircumcised woman.

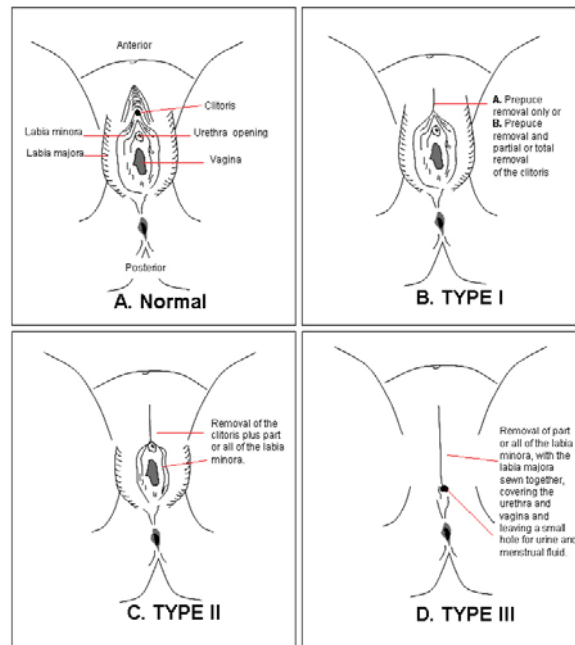
Women with genital surgeries are often considered to have higher status and value,

than those without; including being entitled to positions of religious, political and cultural power.

Removal of the clitoris is often cited as a means of *discouraging promiscuity*, as it eliminates the motivating and physical interest factor of sexual pleasure.

Feminists and human rights activists disapprove of this practice because **it presupposes that women lack personal self control or the personal right to decide when and with whom they engage in sexual activity.**

The World Health Organization (WHO) uses the term Female Genital Mutilation, and classifies FGM into four major types (see Diagram 1), although there is some debate as to whether all common forms of FGM fit into these four categories, as well as issues with the reliability of reported data.



**FGM Diagram 1:**

This image shows the different types of FGM, and how they differ to the uncircumcised female anatomy.

[[http://en.wikipedia.org/wiki/File:FGC\\_Types.jpg](http://en.wikipedia.org/wiki/File:FGC_Types.jpg)]

### Type I

The WHO defines Type I FGM as the partial or total removal of the clitoris (clitoridectomy) and/or the clitoral hood (prepuce) [*a slice of prepuce/foreskin is what is cut away in male circumcision, but not normally the penile head*]; see Diagram 1B.

When it is important to distinguish between the major variations of Type I mutila-

tion, the following subdivisions are proposed:

Type Ia, removal of the clitoral hood or prepuce only;

Type Ib, removal of the clitoris with the prepuce. In the context of women who seek out labiaplasty, Stern opposes removal of the clitoral hood and points to potential scarring and nerve damage.

## Type II

The WHO's definition of Type II FGM is "partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora (excision)."

When it is important to distinguish between the major variations that have been documented, the following subdivisions are proposed:

Type IIa, removal of the labia minora only.

Type IIb, partial or total removal of the clitoris and the labia minora.

Type IIc, partial or total removal of the clitoris, the labia minora and the labia majora.

Note also that, in French, the term 'excision' is often used as a general term covering all types of female genital mutilation.

## Type III: Infibulation with Excision (cutting away)

The WHO defines Type III FGM as narrowing of the vaginal orifice with creation of a covering seal by slicing and *repositioning* the labia minora and/or the labia majora, with or without the slicing away of the clitoris (infibulation)."

It is the most extensive form of FGM, and accounts for about 10% of all FGM procedures described from Africa.

Infibulation is also called "pharaonic [*Egyptian emperor/king*] circumcision."

In a study of infibulation in the Horn of Africa, Pieters observed that the procedure involves extensive tissue removal of the external genitalia, including ALL of the inner labia minora and the inside of the labia majora. The labia majora are then held together using thorns or stitching.

In some cases the girl's legs are tied together for two to six weeks, to prevent her from moving, in order to allow the sealing together of the two sides of her vulva; leaving nothing except the flat wall of flesh from pubis to the anus, with the exception of an opening to allow urine and menstrual blood to pass through; see *Diagram 1D*.

***[Editor's Note: Not unlike cutting off someone's lips and stitching them together***

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*to fuse and seal together what is left, but leaving a small opening for small strawful of food and drink. Then, later slicing them apart, again, without a surgeon, when their marriage partner wants to tongue kiss, or let them throw up.]*

Generally, someone perceived as having the necessary cutting skill carries out this surgical procedure, with only a local anesthetic.

However, when carried out “in the bush,” this infibulation surgery is often done by an elderly matron/grandmother or midwife of the village, without anesthesia.

Wikipedia: [http://en.wikipedia.org/wiki/Female\\_genital\\_cutting](http://en.wikipedia.org/wiki/Female_genital_cutting)

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