

Understanding the
G-SPOT
and Female Sexuality

A 10-Step Guide
for Unleashing the Ultimate in Female Ecstasy

by Donald L. Hicks

*Understanding the G-Spot and Female Sexuality:
A 10-Step Guide for Unleashing the Ultimate in Female Ecstasy*

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The G-Spot techniques described in this guide are designed to help individuals and couples heighten their sexual pleasure and emotional well-being. Absolutely no part of the program should cause pain or unusual symptoms. Should such arise during or after G-Spot stimulation, the affected party is advised to seek medical evaluation to identify possible causes. No part of this book should be used as means of self-treatment or as a viable substitute to or for medical evaluation by a physician. Any use of the techniques used in this book are at your own risk.

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Dedication

This book is dedicated to Arleta, the one person who encouraged me to write. The wife who never complained about the trough I wore in the floor while pacing restlessly back and forth, searching for that elusive word or angle. The woman who never laughed at the bald spots worn above either ear from scratching my head in thought. The one person who had unwavering confidence in my abilities, even when I lacked faith in myself.

Without her patience and understanding, this book would not exist.

Learning the Basics

Does the G-Spot Exist?

You may be wondering if the G-Spot is real.... Does it exist, or is all the “G-Spot hype” just a selling tool for magazine articles or adult novelties? And if the G-Spot does exist, why is it there? Why is it so easily overlooked? What physical purpose does it have? Does the penis touch it during intercourse?

And most importantly, if the G-Spot does exist, how does one find it and coax it from hiding?

This book will answer all of these questions.

You may also wonder about female ejaculations — “squirting” as the phenomena is often called. Is “squirting” merely more sales hype, or are female ejaculations real? And if female ejaculation does occur, why haven’t you seen it? Why does it occur? What physical purpose is there for female ejaculations?

If you’re wondering about any of these questions, let me take a moment to congratulate you for taking the time to enrich your knowledge and understanding of female sexuality. As you will learn from these pages, the phenomena of the G-Spot and female ejaculations are not new to society. Documented mentions of these enigmas can be traced back through history to as early as Aristotle. And without doubt, millions of people have reached their graves without ever experiencing the joys and pleasures offered by the G-Spot.

The goal of this book is simple. We want you to learn, first-hand, that both G-Spot orgasms and female ejaculation do exist and can be evoked to bring about the ultimate in female ecstasy and sexual enjoyment. More importantly, you’ll learn why these two phenomena exist, how they’ve been overlooked countless

times in the past, and the important roles they play in the processes of human reproduction and childbirth.

Through these pages, you'll learn a proven and tested "10-Step technique" that shows you how to find the G-Spot, how to stimulate it, and how to drive your lover crazy with ecstasy. You'll deepen your understanding of the female anatomy while learning new methods of rekindling the romance and sexual excitement in your current relationship.

The G-Spot does exist. Through this book, you can prove it to yourself, and your lover.

What's the big deal about G-Spot orgasms, anyway?

“My lover and I have great sex...why do we need to worry about the G-Spot?”

If you've never seen or experienced a true G-Spot orgasm, imagine for a moment, an orgasm that causes the whole vagina to spasm violently, often contracting so tightly that it literally tries to “force out” your finger or any object in the vagina. And imagine that while these intense contractions are throbbing and pulsing throughout the vagina, the vagina becomes very wet, often literally ejaculating a stream or spurt of fluid with each contraction. Imagine an orgasm that causes such intense ecstasy that even the quietest and most controlled woman will yelp and buck and thrash; one that makes normal “screamers” go dead silent—the scream caught in her throat—a scream that if freed may wake all the neighbors within a five block radius.

And imagine the satisfaction of never having to wonder: “Did she just orgasm? Did she fake it, or was it real?”. But instead knowing the instant her orgasm begins by clear physical signs that occur involuntarily and accompany the orgasm.

This is the glory of a G-Spot orgasm.

But we don't want you to take our word for it. We want you to see for yourself.

Here's what a few others had to say:

“I didn't think orgasms like that were real. . . I thought they only existed in romance novels. . .” — B. R.

“It was absolutely the deepest, most wonderful climax I’ve ever felt! It was like warmth started in my very center and flowed outward all over my body. I loved it!” — L. K.

“I thought I had wet the bed! And then (name withheld) explained what had happened and I could hardly believe it finally happened to me. . . If I have to wash the sheets every day for the rest of my life, it’s worth it.” — T.J.

“I wanted it to last forever and couldn’t stand another second. . . both at the same time. It was the greatest!” — M.J.J.

“After that, I’ll never let (name withheld) get away from me! Our love life has never been better. . .” — K. A.

“She used to just lie there and moan through the whole thing. It was frustrating because I never knew when she was orgasming or if she even orgasmed. Thanks to your technique, there’s no more guessing...” — T.P.

The Dire Truth about Conventional Orgasms

While most men can go from “slightly-interested” to “full-ejaculation” and orgasm in an average of 3 to 4 minutes, orgasms for women are often more elusive. On average, a women requires 15 minutes (or longer) of combined foreplay and stimulation before orgasm is achieved. The reward: a clitoral or vaginal orgasm lasting an average duration of 8 to 19 seconds.

In the early 1970’s, a detailed nationwide study showed that nearly 12% of women never experienced any type of orgasm! The same study showed that 16% could have an orgasm during intercourse (with the addition of clitoral stimulation) and 19% achieved a rare orgasm through intercourse alone. Only 26% had an orgasm on a regular basis (30% when including those who claimed to have vague “good feelings” in the vagina).

Couple this with the brief 8 to 19 second duration of an average orgasm and you have a very dire picture.

Another segment of the study showed controversy over “clitoral” orgasms vs.”vaginal” orgasms. The consensus showed that clitoral orgasms (empty vagina) were largely considered “higher intensity” than orgasms with vaginal penetration—but there was a catch-22 factor. During clitoral stimulation and orgasm, most women felt a strong desire to have an object in the vagina. The problem with this “vaginal craving” was an immediate decrease in pleasure if vaginal penetration was made.

Additional parts of the study concluded orgasm intensities could range from questionable (“was that an orgasm I felt?”) to pure ecstasy—but the high-intensity orgasms occurred much less frequently. The study also showed that most women have intercourse for the purpose of sharing emotional intimacy, while another group’s primary motivation was to obtain the ever-illusive

orgasm. One study showed that about 1/3 of the women studied enjoyed anal penetration while another 1/3 didn't like anal penetration. Another study showed that 21% of women desired daily sex, while 18% —nearly the same amount—were satisfied with sex 3 times per week. Other studies probed masturbation with fingers versus objects, sex with the legs together versus spread, and the preference of different positions during sex.

The relevance of this information is to elucidate the obvious: we are all different and have different tastes and desires in a partner and how we interact with that partner. We have different needs, likes and dislikes. Secondly, it brings to light the sad reality that many women never orgasm, and those who do aren't always satisfied afterwards.

But now there is hope.

Duration in the length of orgasm is one area where the G-Spot leaps ahead.

Unlike the normal vaginal or clitoral orgasm, the G-Spot orgasm lasts not a mere 8 to 19 seconds, but often lasts 45 seconds — with common reports of 2 minute orgasms and rare reports of orgasms lasting between 20 and 40 minutes! One man reported:

“She kept orgasming as long as I was rubbing the spot. It never quit or slowed down. We have a clock radio on our night table and it went on for at least 45 minutes. I know that sounds like an exaggeration, but it's not. I was beginning to think it might harm her in some way if I kept going. And I was ready to explode any minute. Watching her thrash around in ecstasy and feeling how warm and wet her [vagina] was against my fingers was driving me crazy. Her [vagina] kept contracting and squeezing and she felt as tight as a schoolgirl again. It was driving me crazy. I love this G-Spot thing.”

A few women have reported needing to stop their partners from continuing stimulation because the pleasure was “excruciating” or “nearly unbearable.” One woman stated:

“The anxiety was overwhelming. At first I thought it would never come and when it did, the ecstasy was almost unbearable. It felt so wonderful I couldn’t stand it. I thought I might go crazy from the pleasure. I wanted to keep going, but had to stop, both at the same time. And when it was over, I was exhausted and totally satiated. Total bliss doesn’t define what I felt. It’s not even close.”

Beyond driving your lover crazy with long-lasting ecstasy, an additional benefit of G-Spot stimulation may be a reduction in risk for cancer and diseases in the female prostate (also known as Skene’s paraurethral glands and ducts). While the occurrence of female prostate cancer is low and seldom fatal, any reduction of risk is still beneficial. According to many alternative health experts and Oriental practices, massaging the prostate can drain toxins and stress. In the book, *The Prostate Miracle, New Natural Therapies That Can Save Your Lifeⁱ*, the authors discuss similar means for cleansing the male prostate gland and releasing toxins.

Although the female prostate is smaller than the male counterpart, the two develop from the same embryonic tissue. Because of their similarity, one might hypothesize that stimulation of the female prostate and the corollary release of fluids and cleansing could offer the same benefits as male prostate stimulation. This topic of women’s health deserves future research.

The 92% Factor

Using the technique provided in this book, an astounding 92% of our respondents reported success within the first 3 applications of the technique! This percentage includes women who previously considered themselves either non-orgasmic or reported low occurrences of orgasm.

In one survey we conducted, women were instructed to grade “Vaginal”, “Clitoral”, and “G-Spot” orgasms on a scale of 1 to 10 (with 10 being the “most pleasurable” and 1 being “least pleasurable”). Of the respondents who achieved successful G-Spot orgasms, the average rating was a “10” (One woman claimed it was “*off the chart*”)! The average rated clitoral orgasms was an “8” and vaginal orgasms ranked third in pleasure intensity with a “6”.

When asked to describe their G-Spot orgasm experience, we commonly received the same four statements within most descriptions:

1. “It was deeper than anything I’d felt before.”
2. “It felt very different from previous orgasms.”
3. “It was more fulfilling/satisfying than previous orgasms.”
4. “It felt ‘better’, ‘more pleasurable’, or ‘more intense’ than other orgasms I’ve had.”

In addition, many women equated the G-Spot orgasm to a “whole body” event, whereas other orgasms were “pelvic”. We received many comments about feeling a “heat” that started deep within “their core” and spread throughout their body. Coinciding with this statement, many of the sexual partners (who administered the technique) made comments such as: “she broke out in a sweat afterwards” or “she was drenched and exhausted” or “she threw off the covers”.

Many women also reported their first (noticed) “female ejaculation” occurred with the G-Spot orgasm. One re-occurring comment we received was: “I thought I’d wet the bed. . .”. We have heard this comment over and over.

While G-Spot orgasms and female ejaculations are separate entities, the two sometimes occur simultaneously. We’ll discuss female ejaculation in greater detail, later.

Like finding a half-bloomed rose, you now have a glimpse of the G-Spot’s glory. Soon the petals will unfold.

Why Does the G-Spot Exist?

Beyond the intense sexual pleasure the G-Spot is able to produce, new studies are investigating the G-Spot's value in blocking pain during childbirth. In an article titled *Beyond the G-Spot: Recent Research on Female Sexuality*ⁱⁱ which appeared in the January 1999 Issue of *Psychiatric Annals*, authors Whipple and Komisaruk state: “. . . a series of studies has demonstrated that self-stimulation of the anterior wall of the vagina in women produces a significant elevation in pain thresholds. . .” and “we believe childbirth would be more painful without this natural pain-blocking effect...”.

This research (which has been replicated by other researchers) shows the G-Spot's value during childbirth. Because of this, we feel that the physical purpose of the G-Spot is:

1. To ease pain during childbirth (as shown by Whipple and Komisaruk).
2. To either enhance or provide sexual pleasure.

By stating “enhance” sexual pleasure, we are referring to “non-direct” G-Spot stimulation. For example, when the penis swells during normal intercourse, the increased girth of the penis may partially stimulate the G-Spot and “boost” a woman's sexual enjoyment to the point she orgasms with her partner. If your lover has ever said anything like: “You started swelling and hitting something up in there that felt great...” you may now understand what was happening. Likely, the partial stimulation of the G-Spot enhanced her sexual pleasure.

By stating “provide” sexual pleasure, we are referring to direct stimulation of the G-Spot. Which, as you will hopefully soon learn, can provide a stand-alone unparalleled source of orgasm.

A Side Order to Go, Please

By following the technique outlined in this book, one can obtain indirect rewards along the way. The Ten-Step system is designed to teach G-Spot understanding and prowess, yet it also incorporates the building blocks for enriching and strengthening relationships.” Heightened intimacy” is a good example. We all need a partner with whom we can share our hopes and dreams, our fears and desires, our failures and our triumphs. We need someone to laugh with and someone to help us forget the pressures society heaps on our shoulders. Sharing intimacy and having friends to confide in can be an important element of good emotional health.

“Spontaneous praise” is another suitable example. When we’re dating that special someone, praise is a wonderful tool. It’s a great way to evoke a smile, a word of thanks, or perhaps even a kiss. We use praise to hint our feelings toward that person by saying “I love *this* about you” or “I love *that* about you”. And because of the smile it often evokes, we freely point out our mate’s beauties, skills, or whatever qualities we admire in them. They smile, love us for our admiration, and often return a like sentiment.

As the relationship progresses, however, we tend to withdraw from praising our partner and she or he withdraw from praising us. Offering praise becomes similar to giving part of ourselves away: a silent forfeiture of power. It fosters feelings of inadequacy because giving praise somehow makes us feel like “less” and the other person like “more”. Beyond that, the lack of received praise begins to gnaw at our own self-worth. We start second-guessing whether our partner still admires the traits she or he once freely applauded. We vow not to venture out on a shaky limb and praise him or her if they no longer praise us. The same praise we once used as a helpful tool has now become a weapon, and we set ourselves up to have a “praise stand-off” with our mate, like two petulant children pretending to be gunslingers.

With the stealth of a snake, a rift has split the ground between us and our partner, widening with the passage of time, until we are separated by an immense void.

But this need not be the case. As we know, the world can be a harsh place. It continually beats us down. At times, the simplest word of encouragement from our mate can bolster and fortify us, giving us the strength to lift our chin and carry on. By recognizing the fact that we need praise, it's easy to understand that our mate needs praise too, in all the same ways. And whom do we want as the source of that praise: ourselves, or a stranger? What does it really cost us to give praise? What might it cost if we don't?

Like most things worthy of pursuit, the rewards you (and your partner) receive along the way to the G-Spot—pleasure, tenderness, open communication, increased sexual awareness and sexual expression—will reflect the effort you extend.

One successful user of the technique had this to say:

“. . . Thanks so much for introducing me to the G-Spot and sharing your wealth of sexual know-how. You have no idea how beneficial your time and insightful comments have been in restoring my marriage. Before reading your book, my wife and I were on the brink of separating. Lovemaking had become an unimaginative weekly ritual for us. The fires of romance that once blazed brightly had dwindled to a pile of cool ashes. We spoke to each other only out of necessity and both felt we had grown apart. Now, that has changed. The knowledge you imparted has changed that. By following your suggested steps, the doors of communication re-opened. My wife and I discovered that we still have many common goals; they were just buried underneath the headaches of everyday life. We were both bored in the bedroom and had little desire to cuddle or do anything that might lead to sex. Now, we're like teenage lovers again. Our relationship is renewed. We take walks together, talk openly, and have adventurous sex daily (twice if we can manage). It all started that first night I tried your technique. The seed for new growth was planted. I (we) can't thank you enough.”—G. P.

If your relationship has grown stale and lacks romantic luster, congratulate yourself for purchasing this book. You've taken a

positive step toward rekindling the fires of romance. And while buying a book may seem insignificant, remember that knowledge is a powerful tool. Sometimes the smallest spark can set off the largest blaze.

The matches are now in your hand.

Blended Orgasms

A Recipe for Higher Ecstasy

“What are blended orgasms?”

Suppose for a moment that your mate mentally rates a clitoral orgasm as a “7” and a G-Spot orgasm as a “10”. What would happen if she felt both of these orgasms at the same time? The answer is simple: she would experience an (off-the chart) blended orgasm.

In the early 1970’s, Irving Singer touched upon the concept of “blended” orgasmsⁱⁱⁱ. Thereafter, while studying the continuum of orgasmic response and the corresponding nerve pathways, Whipple and Perry validated, defined, and clarified the reality of “Blended Orgasms”^{iv}.

In layman’s terms, blended orgasms are two or more orgasms occurring simultaneously (or in very close rotation). Blended orgasms originate from multiple sources of stimulation. For example, if you perform cunnilingus as you stimulate your partner’s G-Spot, she may experience a blended “clitoral/G-Spot” orgasm.

While the two obvious sources for blended orgasms are either (1) “stimulation of the clitoris and G-Spot” or (2) “stimulation of the clitoris and vagina”, we need not limit our thinking to only these two combinations. An orgasm can originate from a variety of sources. For some women, having the breasts massaged or nuzzled is very pleasurable and can bring about orgasm. For others, petting and necking (with or without breast stimulation) can induce an orgasm. Others reported an orgasm during dreams, while horseback riding, and even while dancing^v. And for others, mental imagery alone^{vi vii} (without any physical stimulation) can cultivate orgasm.

Opposite of this, as we discussed in the earlier segment, 12% of women reported never experiencing any type of orgasm. Others reported being able to orgasm through only one type of stimulation, such as clitoral stimulation. Logic would therefore indicate that not all women are likely to experience blended orgasms—unless they find new sources or methods of becoming orgasmic.

We hope the technique you learn from this book will be such a source; a freshly bloomed rose, filled with sweet nectar.

To Orgasm, or Not to Orgasm?

That is the question many people ask themselves during intercourse.

Because you purchased this book, it's highly probable you would enjoy seeing your mate experience a "blended orgasm". And it warrants mentioning here, your display of unselfishness and caring is commendable. However, while the thought of seeing our mate experience a blended G-Spot/clitoral orgasm may be appealing, we must learn to "walk" before we can "run".

As we learn to "walk", the first mental step is learning and accepting that people choose to orgasm. Deciding to orgasm is a personal choice. No one can "give" or "will" another person an orgasm—no more than you could "will" a stranger to remove their clothing.

We each make individual choices concerning "if" or "when" we will achieve orgasm—often without conscious deliberation of the subject. For those who are highly orgasmic, the sheer act of removing clothing (or allowing it to be removed) may mark the decision. For others, the decision may not be concluded until stimulation or coitus is underway and "the waters are tested", often mere seconds before orgasm. Others release their reservations in layers. Like an autumn tree shedding its leaves, they slowly drop inhibitions, as they grow resoundingly secure and comfortable with the relationship. And yet others refuse ever to relinquish control, usually from fear of self-humiliation, or to avoid appearing too "wanton" or "loose".

Along the way to making the decision, there are several determining factors ensconced within the decision-making process. In order to "let go" and orgasm, most people need to feel secure with their partner. We need to feel good about ourselves, safe at the location, and comfortable with what's happening to our bodies.

These factors are more prevalent if we're with a new partner or trying a new experience. While "new" can be exciting, the excitement is fueled by the suspense of not knowing what to expect. And because we don't know what to expect, we reserve judgment until late into the process.

All of this is important to consider as you administer the G-Spot technique. As you may recall, one of the four most common descriptions we receive about the G-Spot experience is: *"It felt very different from previous orgasms"*. Because of this, at some unknown point while you're applying the G-Spot technique, your partner will realize something new and very exciting is happening to her. She will then have to decide whether "to orgasm, or not to orgasm".

Deciding whether or not to reveal the G-Spot technique is up to you. If you tell your mate beforehand of your plans to administer the G-Spot technique, you may set up to be a victim of "orgasm anxiety" (discussed later). On the other hand, if she senses something new and unknown is happening to her (while you're applying the G-Spot technique) she may "hold back" and delay or inhibit the orgasm due to the uncertainty of what she's feeling.

It's a catch-22 situation and you should remember this as you go.

We recommend that you don't initially mention your plan to administer the technique. Instead, be aware that at some point during your administration, she will sense this "new and exciting" wave of pleasure building within her. Watch for the signs of her uncertainty. When you see these signs, begin reassuring her that you know what's occurring and understand it. (*"I know what's happening to you. It's okay. I'm here. Just enjoy what you feel"*).

The same thinking holds true with blended orgasms. While we encourage the pursuit of blended orgasms, don't overwhelm her by trying to make the first G-Spot orgasm a "blended G-Spot/clitoral orgasm". Take it one step at a time. After she grows familiar with G-Spot experiences, gaining both confidence and understanding, she'll be better suited (if not eager) to explore the bold world of blended orgasms.

Intimacy 101

The *Merriam-Webster Dictionary* defines the word “intimate” as:

“Marked by very close association, contact, or familiarity; marked by a warm friendship; suggesting informal warmth and privacy; of very private and personal nature.”

As illustrated through the above definition, people share intimacy with, not only their lovers or sexual partners, but also with close friends, family members, and even pets.

Since the subject matter of this book deals with inner-couple relationships, most references to “intimate” or “intimacy” refer to the *bonding, topics of private and personal nature*, or the aspects of *carnal knowledge* that occur within a relationship.

This point is being clarified because it’s important to acknowledge that intimacy need not be linked to sex. Intimacy is the sharing of one’s innermost feelings and thoughts with someone we trust. Not only does it erect temporary buffers to the outside world, it also provides a brief respite from stress. It staves off loneliness and promotes our self-worth. Conversations are “mind-to-mind”; intimacy is “heart-to-heart”.

The Phenomenon of Female Ejaculation

Beyond intimacy, one other clarification needs to be made before we start covering the technique. Modern society tends to propel the myth that G-Spot orgasms and female ejaculation are the same occurrence. And while the two often do occur together, it's important to realize they are separate wonders—not one entity.

For simplification, we'll explore this topic through a “question/answer” format:

If G-Spot Orgasms and Female Ejaculation aren't the same, what exactly is “Female Ejaculation”?

Female ejaculation occurs when a women “ejaculates” fluid (usually different than urine) from her urethra during sexual arousal or orgasm.

Where does this fluid come from?

Surrounding the urethra and running to the neck of the bladder lies a network of glands, ducts, and nerves called the “Skene’s Paraurethral Glands”. As we mentioned earlier, these glands are the female counterparts to the male prostate. The Skene’s Glands are the source of female ejaculate.

If it's not urine, what is this fluid?

The fluid is typically described as “clear” or “milky”, having little or no odor, and a sweet taste. However, as with male secretion, the taste may change due to dietary intake or possibly as part of the menstruation cycle^{viii}.

The primary chemical makeup of the fluid is glucose, fructose, prostate specific antigen (PSA) and prostatic acid phosphatase (PAP)^{ix x xi xii}. The fluid may also contain traces of urine^{xiii}.