

SHE COMES FIRST POP QUIZ

Are you Sexually Cliterate?

SHORT ANSWER – 40 POINTS (please provide answer in essay form)

1. Why is the tongue mightier then the sword?

2. Explain the “Jackson Pollock” lick.
Compare and contrast with the “Elvis
Presley” snarl.

TRUE OR FALSE – 20 POINTS

The clitoris has eighteen parts, all of which
play a role in the production of pleasure.

BONUS QUESTION – 50 POINTS

Are you ready to get down to business and
“think outside her box”?

SHE COM

the thinking man's
to pleasuring a wom



Introduction: Confessions of a Premature Ejaculator

THE PREMISE of this book is simple: when it comes to pleasuring women and conversing in the language of love, cunnilingus should be every man's native tongue. As bestselling sex author Lou Paget has written, "Ask most women, and if they're being honest, they will admit that what makes them hottest and come hardest is when a man can use his tongue well."

But as with any language, in order to express yourself fluently, in order to make your subject sing and soar, you must be thoroughly acquainted with the rules of grammar and style. One of my favorite books on the subject is the indispensable classic *Elements of Style*. I don't think I would have made it through freshman comp, or survived college as an English major, without that slim, dog-eared paperback tucked away in my back pocket. In the able hands of authors Strunk and White, grammar was not simply made understandable and meaningful—it was made beautiful.

Elements of Style exhorted readers to "avoid definite assertions." And in the spirit of *Elements of Style*, *Comes First* will condense a wealth of information into a simple, essential rule book; it will elaborate on the philosophy that underlie those rules and offer you, not less than the definitive guide to the grammar of cunnilingus, to learn how to give a woman mind-blowing pleasure with your tongue every time, this is the book.

Although I have a Ph.D. in clinical psychology, this book is principally written from a practitioner's perspective: I am a man who knows and loves cunnilingus, appreciates the intricacies of female sexual response, and has devoted my life to consistently leading women to orgasm. I have the conviction that cunnilingus is much more than a technique, but rather the centerpiece of a philosophy of life. Call it the "way of the tongue."

But don't get me wrong: I'm not so much about vainly putting words down on paper in order to get away from it. Through much of my life I've suffered from sexual dysfunction, and I know all too well the despair of not being able to satisfy a woman. This book was written in the sincere hope that it would offer you effective "sexual habits"—ones that will help you and your partners, to suffer less than I have. Tennessee Williams wrote of the marriage in *Hot Tin Roof*, "When a marriage goes wrong, it goes wrong there, right there!" Well, here's to getting it right, smoothing out the sheets.

My initial forays into oral sex were a way of compensating for my sexual inadequacies, but I did so with the assumption that cunnilingus was the key to the joys and splendors of "real sex"—like marriage. I thought intercourse was the "right way" for couples to have sex. But, to my surprise, I discovered that the

no means inferior to intercourse; if anything, it was superior, in many cases the only way in which women were able to receive the persistent, rhythmic stimulation, outside of masturbation, necessary to achieve an orgasm. I quickly learned that oral sex is real sex, and later in life, when I happened to come across a copy of the seminal Hite Report on Female Sexuality, I was reassured to find that women consider oral sex to be “one of their most favorite and exciting activities; women mentioned over and over how much they loved it.” When it comes to pleasure, there is no right or wrong way to have an orgasm—the only thing that's wrong is to assume that women need or value them any less than men do.

In her article “Just Be a Man: Six Simple Suggestions,” sex columnist Amy Sohn's very first piece of advice is, “A man goes down. No excuses. No hesitation.”

But once down there, what's a man to do? The vast majority of women complain about guys who don't like to do it, don't know how to do it, or simply don't do it nearly enough. Flannery O'Connor was right: a good man is hard to find, especially one who's good at taking a leisurely stroll downtown. But once found, a skilled cunnilinguist rarely goes unappreciated. In her essay “Lip Service: On Being a Cunning Linguist,” author and sex columnist Anka Radakovich sings the praises of a boyfriend who specialized in oral sex: “I became tongue-whipped (the female equivalent of pussy-whipped) and even offered to do his laundry if he would come over and satisfy me. After two months, I put a framed photo of his tongue on my desk.”

It's time to “think outside her box.” When it comes to the oral caress, every man should make a mantra of Rhett Butler's infamous line to Scarlett O'Hara in *Gone with the Wind*: “You should be kissed, and often, and by someone who knows how.”

Those who know me know I'm a private person. I wouldn't dream of confiding my battles with sexual dysfunction to the world if I didn't wholeheartedly believe that there was a compelling need for this book. I know this based on what I've read, what I've been told, and, most important, what I've experienced firsthand as a clinical

sexologist: not only do women crave a certain kind of sex, they require it. Any sex therapist will tell you that the most common complaint they hear over and over from women is that they can't experience orgasm during penis-vagina intercourse—not simply “more foreplay,” as magazines and therapists suggest, but the skillful extension of those activities, the transformation of those activities, namely oral stimulation, into complete sexual satisfaction—namely, lovemaking—the transformation of foreplay into core-play.

This book is not anti-intercourse, but it is a conception of sex that goes beyond penis-in-vagina intercourse for pleasure, and is better suited to stimulating a man's anatomy to orgasm. This model doesn't focus on the male instead promotes the postponement of male orgasm until a woman has achieved her first (but hopefully not last) of a session of sexual activity—a deferment of male orgasm in favor of vouchsafing female satisfaction while maintaining the quality of the male climax. This book is about the pursuit of gratification, not the postponement of gratification.

She Comes First offers men and women a “she comes first” approach to good sex, as opposed to the “he comes first” proposition of intercourse. It's time to create a level playing field in the bedroom. Oral sex is far more than just a means to an end; it's the cornerstone of a new sexual paradigm. *She Comes First* exuberantly extols a shared experience of sexual pleasure and contentment. It's also one of the greatest gifts you can bestow upon a woman.

How to Read this Book

In Part I, *The Elements of Sexual Style*, you will be introduced to a powerful philosophy that will inform, if not dramatically alter, the way you approach sex and relationships. You will learn to:

- Dispense with “disinformation” and cultivate a true understanding of female sexuality
- Think clitorally, rather than vaginally; to focus on stimulation as opposed to penetration
- Postpone gratification without sacrificing pleasure
- Turn foreplay into coreplay
- Skillfully navigate the process of female sexual response and appreciate the role of the clitoris as the powerhouse of pleasure
- Develop a sense of awareness that will render the often elusive female orgasm knowable and tangible beyond the shadow of a doubt

We will also discuss important, often misunderstood, topics such as the “real” anatomy of the female genitalia, hygiene, safe sex, as well as the social and cultural context that informs the way we think and act regarding cunnilingus.

If Part I is the “why” of cunnilingus, then Part II, *Rules of Usage*, is the “how.” Here you will be introduced to proven oral techniques that will enable you to successfully take a woman through the entire process of sexual response, or what I’ve dubbed the “play process”—foreplay, coreplay, and moreplay.

Whereas many sex books are content to merely tell the reader “what” to do, it’s this author’s conviction that the “when” is just as important. It’s all in the timing, and to that end, Part III, *Putting it Together*, delineates clear routines for seamlessly integrating the techniques into a unified experience that will enable you and your partner to reach new erotic heights.

Peppered throughout the book you’ll find tips, exercises, interesting facts, frequent candid responses from some of the women I interviewed regarding sex, relationships, and their own personal do’s and don’ts.

Finally, at the end of the book you will find chapters that address many relevant topics and specific techniques.

Taken as a whole, *She Comes First* is not just a treatment of the art of cunnilingus; it will not only teach you everything you need to know about the grammar of oral sex, but will also answer questions you may have along the way.

By the time you finish this book, you’ll have a new perspective on sex from a new perspective, but there will still be things you know about how to lead a woman to orgasm that you’ll want to do over and time again.

Pop Quiz

Feel free to read *She Comes First* in whatever order is comfortable, but if you’re inclined to skip ahead to the techniques in Part II, then I would ask you to answer these simple questions:

- Did you know that the clitoris has a role in the production of pleasure?
- Did you know that the vast majority of the techniques that contribute to the female orgasm are located on the vulva and do not require any penetration in order to be stimulated to orgasm?
- How many different types of orgasms can a woman be experiencing?

- Can you say with complete confidence that you know how to locate the G-spot? Can you name any other hidden zones of pleasure?
- Do you know why cunnilingus is the best means of stimulating a woman to multiple orgasms?
- Do you know why a man is partially responsible for his partner's genital scent?
- Are you entirely sure that your partner has never faked an orgasm, and can you unequivocally recognize the difference between the real thing and a screaming phony?

If you answered no to any of these important questions, then I would encourage you to read the book from start to finish. But no matter how you choose to peruse *She Comes First*; I hope that, like *Elements of Style*, it proves to be a book you can come back to time and time again, regardless of your level of expertise.

A Taste of What's to Come

In the spirit of *Elements of Style*, here are a few basic rules to get you started:

1. Learn to Appreciate Irony: because when it comes to human sexuality, life abounds with it. Just for starters, take the fact that men and women's genitals are formed from the same embryonic tissue, yet our respective processes of arousal couldn't be more different. As the founding editors of *Men's Health* magazine, Stefan Bechtel and Laurence Roy Stains, so succinctly put it in their book *Sex: A Man's Guide*, "Studies show that three fourths of men are finished with sex within a few minutes of starting. But women often need 15 minutes or more to become sufficiently aroused for orgasm. And therein lies a world of rage, grief, and airborne pots and pans."

To put it in grammatical terms, most of the text is composed of "incomplete sentences" in the face of "dangling participles." Hence this book is a study in the postponement of male gratification and the "she comes first" rule. As journalist Paula Kammerer notes in her *Survey of Contemporary Young Women*, "The clitoris is no longer considered a lucky bonus or an afterthought, but a shift away from sexual guilt and toward sexual pleasure and desires, as men always have."

When it comes to pleasuring women, the words of Taoist master Wu Hsien, "The woman is in control and benefit from the communication."

2. Don't Mistake Her Subject for an Object

With its eight thousand nerve endings (the clitoris has an enviable ability to produce multiple orgasms) and its ability of sex, and no known purpose other than to please, that Masters and Johnson proclaimed the "most sensitive part of the total of humanity"? The clitoris has both visible and hidden, that participate in the process of sex. (Keep reading, and you'll learn how to make the most of them.) Contrary to conventional wisdom, the clitoris is as common as Ben-Gay and mildew in the world. The clitoris is much more than just a "love spot," it is a network of arousal that has more hot spots than a pepper mill.

3. The Tongue Is Mightier than the Penis

When it comes to clitoral stimulation. Even the most experienced possession of the famous ten-inch member is no match for the tongue. I have gotten off with my tongue than with my penis. The author of the Hite Report on Sexuality, William H. Hite, "Intercourse was never meant to stimulate the clitoris. One of the reasons for this is that the clitoris is not designed for intercourse."

the front of the woman's body than the vaginal opening. During intercourse, the penis often misses the clitoris altogether.

In *Sex: A Man's Guide*, the authors cite a study in which ninety-eight wives in happy, stable marriages kept a sex diary that noted the frequency of sexual activity and the level of satisfaction. Of all the activities they mentioned, cunnilingus ranked as the most satisfying.

Eighty-two percent said having their husbands pleasure them orally was very satisfying; the next highest activity, intercourse, was rated very satisfying by only 68 percent. The women reported that during intercourse they reached orgasm about 25 percent of the time. But they reached orgasm 81 percent of the time during oral sex. As Dr. Alex Comfort wrote of cunnilingus in *The New Joy of Sex*, "One can give the woman dozens of orgasms in this way and she may still want to go on from there."

4. Learn from Your Mistakes: Unlike the adolescent boys of the Cook Island of Mangaia, who, according to author Shane Mooney, are trained in the finer points of breast stimulation, cunnilingus, and delayed ejaculation in order to guarantee the pleasure of their future partners, our Western education is, alas, an incomplete one. When surveyed by Shere Hite regarding their partners' oral techniques, the vast majority of women complained that guys were too rough, too impatient; too fast, too slow; off target, or they changed rhythm at the wrong time. One woman even exclaimed, "It seems like he is trying to erase my clitoris."

Yikes!

But what many women don't know is that men yearn for feedback and guidance. They crave instruction, but communicating about sex is far from easy, and words often fail us in the heat of the moment. As author Sally Tisdale put it in her book *Talk Dirty to Me: An Intimate Philosophy of Sex*, "We can't really explain how arousal feels, what an orgasm is, and the closer we get to one, the less value words have, the less we can use language at all."

So we turn to sex books and magazines, flicks, and locker-room banter. Most books take an approach to sexuality—a little of everything and everything. They emphasize breadth rather than depth. Cunnilingus is given equal attention with intercourse. When it comes to detailing technique, most offer a little of everything and almost all write about cunnilingus as a process rather than as a complete process in its own right. Like sex cookbooks that are limited to a few recipes, cunnilingus is a repast in and of itself, and there are thousands, of unique ways to partake.

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While She Comes First will benefit anyone who is a male or female—who has an interest in learning about sex and producing them consistently through intercourse. This book was written primarily for those guys who want to gain knowledge to become better, more satisfying partners for the women in their lives who are eager to benefit from their knowledge.

The truth is that men and women don't know much about sex. The Kinsey Report, a landmark study of sexuality, observed in 1953, "It is obvious that neither older women discuss their sexual experiences nor older men discuss their sexual experiences in the ways that males do." A lot has changed since then. The 1990 Kinsey Report on Sexual Literacy, which surveyed 18- to 29-year-olds, found that 18- to 29-year-olds fared better than older women in terms of their knowledge of sexuality and their interest in women's "growing belief that they have a right to clear and accessible publications about women's sexuality." It appears that both the women's movement and the men's movement, with their emphases on clarity and ca

educate women about their bodies and sexuality in the last half century.

But what about guys?

In both my research and interviews I observed that the women were, in general, more knowledgeable about sex and tended to be much more willing to discuss sexual issues freely and candidly. In describing sexual activities, principally cunnilingus, women were significantly more aware of the qualitative aspects, as well as the technical details, related to their sexual response. While emphasizing the importance of personal experience in acquiring knowledge, women also confirmed that much of their information on sexuality came from friends and parents, as well as books, magazines, and the Internet.

Men, on the other hand, were not as knowledgeable about sexuality, and tended to describe activities such as cunnilingus in more graphic, objectifying detail. Men also acknowledged that they relied more heavily on pornography and firsthand experience when seeking information regarding female sexuality and felt substantially less comfortable seeking “touchy-feely” advice from parents and friends.

So where is a guy to go when seeking specific, accurate information regarding how to stimulate the process of female sexual response? The media bombards us with sex, 24/7, but there is very little mainstream discussion about human sexuality, and even less that is targeted specifically at men. Ironically, some of the guys I spoke with said that the television show *Sex and the City*—with its candid discussions of oral sex, orgasms, and other issues—was a principal source of information about women's sexual attitudes and desires. Still others confided that reading magazines like *Cosmo* and *Jane* in private was illuminating, and that there was a quality of information that couldn't be found in men's magazines.

One guy summed it up: “*Cosmo* and *Glamour* are much more specific about sex and relationships than men's magazines like *Playboy* and *Maxim*, which constantly talk about sex, but not

sexuality. They're more 'conquest-oriented' and they also focus a lot on gadgets, weight loss, and your job. *Men's Health* definitely raises the bar in a magazine, and even it tends to focus more on general advice than on detailed sex advice.”

Unfortunately, both men and women suffer from a dearth of accurate information—with men often relying on porno stars, employing sexual positions and techniques, clitoral stimulation, and generally being ignorant of anatomy and the process of sexual response.

When it comes to mastering the grammar of sex, it's more than just a handful of random tips and tricks from *Maxim* or *Cosmo*. We need that verve and wit that *Elements of Style* has been so fondly duplicated. We need techniques that make sense, explained in simple routines that really work—a book that insures a unique voice and sense of style. She Com

So whether you're just starting down the path of sex or are already a bona fide member of the club, you need the rules of grammar and to deploy them with

Why I Wrote this

My own education as a “cunnilingus expert” was a long-drawn-out battle with premature ejaculation (PE). I was hopeless, pathetic. Just the thought of my body could make me lose control, and for years I couldn't play. In the language of love, I couldn't get it. I was sure that on my gravestone, my epitaph would read: “He saw. And then he came again.”

Later in life, I learned from my student and sex researcher Alfred Kinsey that the typical

thrusting, on average, for about two and a half minutes. That provided some small comfort, but at the time I felt terribly alone. I often wondered why I was “biologically cursed” to reach orgasm so quickly. Was it a vestigial remnant of the evolutionary battles of natural selection, when a man had to spread his seed quickly in order to ensure the propagation of his genetic material? Would Charles Darwin have told me that what I considered a grievous weakness was, in fact, a competitive advantage in the struggle for the survival of the fittest? Perhaps, but to me it felt more like the “barely hanging on of the unluckiest.”

Today, I am convinced that one of the main sources of PE is poor masturbation habits—how boys are taught, or rather not taught, to do it quickly, furtively, and shrouded in taboo and secrecy. It doesn't take long for a young man to program himself to seek his pleasure quickly, and as we all know, bad habits are difficult to break. Perhaps if someone had told me early on to masturbate with a woman's orgasm in mind, rather than my own, I would have been spared years of turmoil.

I was a sexual cripple, and oral sex became my crutch. If I couldn't satisfy a woman with my penis, then I'd sure as hell satisfy her with my mouth! I can still remember all the fears, preconceptions, and blunders of my early experiences in college. My first forays into cunnilingus were not unlike many men's—hesitant, tentative; going down here and there for a few licks. I learned through trial and error, but eventually came to realize that cunnilingus was much more than just an arbitrary, or optional, aspect of foreplay; it was coreplay. It was an essential process—with a beginning, middle, and end—for leading a woman through the many stages of arousal that eventually culminate in climax. Cunnilingus not only enabled me to pleasure a woman utterly and completely, it allowed me to stop worrying about sex and start enjoying it. In doing so, I was able to drop the anxiety, develop greater self-control, and become a better lover overall. Cunnilingus certainly saved my sex life, and when I think about all the depression and heartache I

suffered as a result of my battles with PE, I realize that it saved my entire life.

I'll never forget the first time I ushered my tongue. It was a watershed moment when, recalling his years as a young student, he described how it felt to sit down for dinner at Fourteenth Street and, going through the motions, check for a magazine piece he had written. The feeling that this was it, I was a pro at last, I enjoyed the meal.”

I couldn't agree more.

Today, I'm happily married and able to do it, but I still believe wholeheartedly in the value of simply the tool best suited for the job. Mouth-to-mouth cunnilingus is the most intimate, respectful, and fun a man can engage in. As Sally Tisdale says, “It's not other's belly, or another's mouth. Oral sex is not a sexual act. It is an act of power derived from a kind of intimacy.”

Some people refer to oral sex as mouth-to-mouth. I guess you can say I'm well down the path of it wasn't until I met my wife that I found a beautiful, and priceless. If she is my wife, I encourage you to find your Stradivarius. Cherish, and remain constant to it, for the rest of your life as a master.

As much as I will discuss general techniques, each woman is different, and cunnilingus is a personal act of knowing and giving. That's not to say it's fun casually, but such exploits are ultimately without a greater sense of purpose—pyrotechnics fireworks. Giving great head requires total focus, happens and relaxing into a deeper, more intimate connection. It involves a mutual process of letting

other on every level. There's no faking it. You need to be more than just a technician. You need to imbue technique with all of your senses and imagination. You need to be present, you need to be real; you need to be there in body, mind, and spirit.

As E. B. White wrote, “Style results more from what a person is than from what he knows. But there are a few hints that can be thrown out to advantage.”

With that in mind, let's get going.

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The Elements of S

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*“Following then the order of nature,
let us begin with the principles.”*

—Aristotle, Poetics

1

She Comes First: The Courtesy That Counts

LADIES FIRST, gentlemen. When it comes to satisfying a woman, a little old-fashioned chivalry goes a long way. Last you think the importance of such courtesy is over-exaggerated, direct your attention to Lorena Bobbitt, who, when questioned by police as to why she cut off her husband's penis, responded: "He always has an orgasm and doesn't wait for me. It's unfair."

Need one say more?

Men are designed for efficiency. It doesn't take much to get us aroused, it's a rather uncomplicated process, and we tend to come only once before requiring a "refractory period" (also known as the part where we turn over and start snoring). And depending upon our age, this period could last anywhere from a couple of minutes to a couple of days.

The simple fact is that male orgasms come easy. Masters and Johnson dubbed it "ejaculatory inevitability" and the late Dr. Alfred

C. Kinsey, famous for interviewing thousands of men, declared that 75 percent of men ejaculate.

But when it comes to the female orgasm, Sally Hirdale wrote:

Male sexuality seems different from because nothing need be involved by the penis, no other part of the body touched, undressed, or soiled. . . . the female seemed to me to burst almost from a more ready and willing than my own.

The female orgasm is a more complicated process, much longer to achieve during a sexual encounter. In particular, her first orgasm is the most difficult, requiring persistent stimulation, concentration, and, to our surprise, then, that researchers from the Kinsey Institute declared in the 1994 Sex in America Survey that women during intercourse far more consistently achieve orgasm (three-fourths of men, but less than a third of women). That means women on average are consistently more likely than men to start hiding the cutlery.

**"The male belongs to Yang
Yang's peculiarity is that he is easy
But also he easily retreats.
The female belongs to Yin.
Yin's peculiarity is that she is slow
But also slow to be satiated."**
(Taoist)

Irony, bitter and cruel, seems to be embedded into our respective processes of arousal: that a woman, so unique in her sexuality, possessing both a clitoris—an organ designed solely for the production of pleasure—as well as the ability to experience multiple orgasms during a single session of sexual activity, should so often find this vast potential for blazing ecstasy smoldered—a magnificent conflagration left unlit—all for lack of a match that can hold its flame.

It's not a problem with the match, say many men, but rather that a woman's fuse is too long. Perhaps, but then this raises the question how long is too long? Studies, like those by Kinsey and Masters and Johnson, have concluded that among women whose partners spent twenty-one minutes or longer on foreplay, only 7.7 percent failed to reach orgasm consistently. That's a shift of tectonic proportions—from two out of three women not being able to reach climax to nine out of ten achieving satisfaction—all because of a matter of minutes.

Few, if any, of the world's problems can be solved with a mere twenty minutes of attention, and yet here, in the complex sociopolitical landscape of the bedroom, we have an opportunity to create bilateral satisfaction. When put that way, in the context of sexual peace and equality, is twenty minutes of focused attention, *applied appropriately*, really too much to ask, especially if it can save your sex life?

Take the path of the true gentleman: postpone your pleasure. As

Sir Thomas Wyatt, father of the English sonnet wrote, "Patience shall be my song."

Ushering a woman into orgasm is both exhilarating and liberating. When she comes first, anxiety and pressure are dispensed with; you are emboldened, empowered to pursue with gusto the gratification that awaits you—a climax that will be heightened all the more for having been postponed.

I love to make my girlfriend come, I love the thing—the buildup and release of it, the surrender to ecstasy, the spasm of satisfaction, the loss of self. It turns me on even more than sex. (David, 27)

What greater reward could a man ask for?

Her Clitoris: The little Engine That Could

ILLUSION: The clitoris is “a tiny love button,” “a little pink pearl,” “small as a pea,” “a bud,” “a nub,” “a nib,” “a knob,” “a teeny-weeny cock.”

ALLUSION: There’s more to the clitoris than meets the eye. Much more. Don’t mistake the headed crown (the “g ans?” or “head”) for the entire clitoris. As we will discuss, the head is just the tip of the iceberg, a tantalizing illusion to unseen wells of pleasure.

Like a Greek column, the clitoris has three components—a head, a shaft, and a base—that extend throughout the pelvic area, with visible structures encompassing the entire area of the vulva, from the top of the pubic bone even to the anus, as well as unseen parts inside

¹ It’s worth noting that within the medical and scientific communities the actual anatomy of the female clitoris is still a matter of some debate. While there exists a consensus of traditionalists who maintain that the clitoris is composed of nothing more than the glans (the head), there’s also a more progressive and widely accepted view that builds on the research of pioneers like Masters and Johnson, Mary Jane Shelley, and the feminist Women’s Health Centers among others. This view (examined within these pages as well) maintains that the clitoris is a complex organ system that is homologous to the male penis.

the vaginal area. In their landmark work, *Body: A Fully Illustrated Guide to Women’s Health*, the Women’s Health Centers identified eight nerve network, some visible, some hidden.

With more than eight thousand nerve fibers of these than any other part of the human body, fifteen thousand nerve fibers that service a vast enigmatic landscape, literally throbs with life. Science writer Natalie Angier writes of the clitoris, “It’s not like wolves or birds: it’s not a neighborhood.” So stop thinking of the clitoris as a simple nub and start thinking of it as a complex network of nerves. It’s the *Vanuatu* at the heart of female sexuality.

Because it’s all that and more. And during sexual arousal, the clitoris increases in size. In fact, the clitoris was created from the same tissue as the penis, and can be compared point for point to the male genitalia. And unlike the penis—burdened with the tasks of reproduction and the removal of waste—the clitoris exists solely to pleasure and confers upon the female a capacity for sexual response that a man (and Johnson) According to Greek myth went to the hermaphrodite Tiresias in a dispute over who experiences more pleasure from sex. He responded, “If the sum of love’s pleasures go to women, only one to men.”

Like Christopher Columbus sailing to the New World, the exploration of the clitoral network will take you to a whole new world. But knowing a little more about it, you’ll realize: The earth isn’t flat; nor is the clitoris a nub. And know that, every voyage is unique.

Think Outside Her Box

WHEN DESCRIBING SEX in the proverbial locker room, men tend to employ the language of penetration—adjectives like “hard” and “deep.” We go in, we ejaculate: “I fucked the nut of her”—as though pleasure was something buried deep inside her womb, a nugget to be rammed, jostled, and liberated with the powerful male tool.

Rare is the man who says, “I made love to her as subtly and lightly as a feather”; “I grazed her vulva as with the delicate wings of a butterfly”; “I barely touched her she came so hard!” And yet such language would be more appropriate, as the inner two thirds of the vagina are substantially less sensitive than the outer third. In a series of experiments, Dr. Kinsey asked five gynecologists to examine the genitals of almost nine hundred women in order to find out which areas were the most sensitive. “The deep interior walls of the vagina really have few nerve endings and are quite insensitive when stroked or lightly pressed.” But when gently touched on their clitorises, 98 percent of women were aware of it.

The superiority of the clitoris to the process of female sexual response is cast into a tailspin and make him question the least the meaning of his penis. But it is important to separate the concept of procreancy from the concept of pleasure. The penis, by dint of its convenient and instrumental role in the former, but the pleasure is shifted to the latter.

This sort of talk is none too popular, and it is the very foundation upon which our society has been forged, and throws into doubt the principal paradigm for constructing a relationship. From losing one's virginity to the concept of the cherished simultaneous orgasm, our culture's role of genital penetration as the best way to build relationships. Where would the “fired daughter” be without the “fired daughter”?

The idea that genital penetration might be a bitter pill to swallow, especially for those who have had their sexual self-esteem as a result of stimulating female pleasure. As we will see, the history of “clitoral denial” in our culture is a way of thinking so deeply embedded in our consciousness that even a woman is not aware of it. To repress, the natural instincts, responses, and feelings of the body—or just fake her way through the conventional wisdom or risk bruising the ego. Then, that according to author Lou Pagano, “The answer is: Don't have intercourse. Or at least, don't have intercourse during the event and not the event itself.”

The pill doesn't have to be bitter, and it can be incredibly liberating. When we know how to use the process of female sexual response, we

of the clitoris in stimulating that process, then sex becomes easier, simpler, and more rewarding, and we're impelled to create pleasure not just with our penises, but with our hands and mouths, bodies and minds. In letting go of intercourse, we open ourselves up to new creative ways of experiencing pleasure, ways that may not strike us as inherently masculine, but ultimately allow us to be more of a man. Sex is no longer penis dependent, and we can let go of the usual anxieties about size, stamina, and performance. We are free to love with more of ourselves, with our entire self.

IN THE LORE of female sexuality, a difference between clitoral, G-spot, orgasms. The clitoral orgasm is often a light-hearted, while the others are somewhat schizoid. But a quick study of anatomy clitoral. The clitoris is the sexual epicenter, in which no sensation goes unnoticed. The infamous G-spot, the area of soft tissue, "The roots of the clitoris run deep, be tickled through posterior agitation, may be nothing more than the back end of

As for vaginal orgasms and the moans that accompany penetration, sorry to burst your bubble, we'd like to believe that these sensations are being delivered from the depths of her vagina. In reality, of our formidable thrusts, they are on the parts of the clitoris that surround

author Rebecca Chalker refers to as the “clitoral cuff.” When this highly sensitized area is aroused and engorged with blood, a horseshoe like arch forms at the vaginal opening and applies friction and pressure against the male penis, playing a pivotal role in the stimulation of the male orgasm. So, in one sense, both the female and the male orgasm depend on the clitoris for stimulation.

For those doubting Thomases who still can't let go of their vaginal attachment, consider that an estimated one in twelve thousand women suffers from an unusual congenital disorder called vaginal agenesis, in which they are literally born without a vagina, despite normal development of external genitals, including major and minor labia. While these women are often unable to become pregnant without surgery or intense medical therapy, they are, in fact, able to experience sexual pleasure and orgasm—because even though they may lack a vagina, they still have a fully functional clitoris. Unfortunately, the same cannot be said of women who have been subjected to the brutalities of a clitoridectomy. This painful mutilation, often referred to as female circumcision, is still practiced today in some cultures and almost always leaves the woman permanently disfigured, traumatized, and deprived of a clitoris and any chance of sexual enjoyment.

What these two examples demonstrate is that even if one adamantly subscribes to the idea of vaginal and G-spot orgasms as being discrete orgasmic experiences unto themselves, the clitoris is clearly the “starter” or catalyst for sexual response. While it's possible to experience a clitoral orgasm without the presence of a vagina, it's virtually impossible to experience a vaginal or G-spot orgasm without the presence of a clitoris.

So when considering all of the various terms and types of female orgasm that are often bandied about, we can simplify matters by adopting “Occam's razor,” the principle coined by the medieval philosopher William of Occam that lies at the root of all scientific modeling and theory building: *Entia non sunt multiplicanda*

necessitatem. Translation: “One should not multiply entities more than are absolutely necessary.”

When we speculate about the nature of (the female orgasm), this principle beseeches us to identify the fewest concepts, variables, or constructs that are necessary to explain the phenomenon. In doing so, we reduce complexity, ambiguity, and redundancies, as well as the likelihood of error.

So there's no need to quibble over semantics when identifying orgasms. The clitoris encompasses all that is necessary and is far better used to produce orgasms than any other part of the female anatomy.

The Tongue Is Mightier Than the Sword

NUMEROUS STUDIES have demonstrated that women whose lovers give them direct, external stimulation during sexual activity are more likely to climax consistently. But because of its location, most sexual positions (especially missionary-style) do not properly stimulate the clitoris. As Shere Hite concluded, "Sex provides efficiently for male orgasm, and inefficiently for female orgasm."

If you were going to paint a landscape in fine, subtle watercolors, would you use a soft, flexible brush, or a cumbersome, unwieldy roller? A woman's orgasm is complex and often elusive, and many men are unable to control their penises with enough precision to properly guide a woman through the stages of arousal. Making love with one's penis is like trying to write calligraphy with a thick Magic Marker.

The tongue, on the other hand, is under our direct control, has no time constraints, and can be manipulated with expert precision.

In *Sex: A Man's Guide* the authors cite revelations of the *Men's Health* magazine of men who said that oral sex is the best. Over and over again, we heard such testimonials: "The method that consistently enables my woman to reach orgasm every time."

Unlike the penis, it's effective when he's overheated. When using his tongue, a man

about growing fatigued, nor does he risk premature ejaculation or impotence. He can relax and enjoy himself.

The tongue, an array of muscles and membranes covered with thousands of taste buds, is the only sex organ we possess. It's the only one that's attached at both ends. We can touch, taste, and lick. The tongue is the instrument that lets us speak, and among them the language of love.

But having the right tool is just a start. You still have to use it. Many women complain woefully about the lack of consistent, rhythmic pressure and stimulation stamped for the clitoris. As Strunk and White, *Style*, "Do not overstate . . . a single instance, however it occurs, diminishes the whole."

Sadly, many women also complain about the lack of cunnilingus: squeamish and hesitant, or just plain angry. And many men fail to finish when they perform it. In *Report on Male Sexuality*, the author of *Sex: A Man's Guide*, says that men enjoy cunnilingus only a small amount until the woman reached orgasm.

Most men consider cunnilingus an aspect of foreplay, an appetizer to be served before the main meal of genital intercourse. But according to author Paula Kamen, “In a study of sexually knowledgeable and experienced women who use a vibrator, the most common type of stimulation that usually or always triggers an orgasm is oral sex.”

So perhaps we need to find a word other than “foreplay” in order to properly classify and appreciate the importance of cunnilingus. We need a category that is more encompassing and inclusive. Kamen cites a 1996 *Mademoiselle* article in which author Valerie Frankel uses the term “outercourse” to describe those important non-genital activities that frequently fall under the rubric of foreplay: “Women of the 90s are not squeamish little virgins. We've had intercourse—lots of it—and think that Outercourse kicks its ass.”

Regardless of how we categorize it, we need to understand that cunnilingus is a complete process that takes a woman through the gamut of sexual response. Later, in Part H, cunnilingus will be referred to as coreplay—the centerpiece of the “play process”—with foreplay encompassing those activities prior to the first “genital kiss.”

Giving expert cunnilingus requires learning appropriate techniques (through reading a book such as this and also through individual experimentation) and then applying them consistently over time in a focused, patient, and loving manner; most important, it requires respecting, sharing, and participating wholly in the erotic intimacy of the moment.

“The penis is very badly placed, anatomically speaking, when it comes to making women come. Better if men simply left their penis alone, stopped attending to those immature nerve fibers, and concentrated instead on learning how to orgasm through their tongues.” (Tisdale)

It sounds funny, but in a certain sense we can orgasm through our tongues. It's not that the tongue is a replacement for the penis; if

anything, it's an addition, an enhancement. It's a playful joke of having two heads, the big and the small, that battles with each other. However, during the crucial moment and let yourself go, you enter a state where you are united in a process of arousal that is not just about becoming one with yourself and her.

Her Inner Goddess

IMAGINE A WORLD in which a woman's orgasm, along with the male's, is a necessary and critical part of the reproductive process: a world in which human beings can't reproduce unless both man and woman experience orgasm at the moment of insemination. In this bizarre world, men are selected as mates based not on their proficiency to wield a spear or look good in a tux, but on their ability to consistently lead a woman to climax; only those men who are able to experience their pleasure as part of a woman's find themselves accepted by society. The rest are ostracized, cast out, banished to the margin.

Sounds strange, like the makings of a Margaret Atwood novel or an X-rated episode of *The Twilight Zone*, but in fact, up through the eighteenth century, scientists, doctors, and philosophers believed that the female orgasm was an integral component of reproduction. As Natalie Angier noted, "The ancients also saw no difference between men's and women's capacity for sexual pleasure and the necessity of the female orgasm for conception. Galen proclaimed that a woman could not get pregnant unless she had an orgasm."

This type of "nonscientific" thinking harkens back thousands of years, to a time before patriarchs, to an age of matriarchs and

goddess worship, when societies revered the female as a life-giving force, and celebrated it with elaborate rituals, places in temples and included costumes, dances, feasts, and wine.

We tend to take it for granted that the female orgasm is a linear process that includes foreplay, leading to female and male orgasm. And because of its role in reproduction, the male orgasm/ejaculation is enshrined in our culture. The male orgasm presages the dawn of a new day, regardless of where a woman is in the process, and irrespective of her innate biological capacity for multiple orgasms. The male orgasm is the signifier of the end; it comes before, as well as after. The male orgasm is highly valued by society, not so the female orgasm.

What happened? Even up through the nineteenth century, Western science and society maintained a dual view of human anatomy; that the genitals of men and women functioned in a similar way to produce offspring. In a one-sex view prevailed, the capacity for multiple orgasms was understood, if not always respected.

In the very first paragraph of his essay "On the Disorders of the Reproductive Organs," the nineteenth-century doctor William Acton stated, "I should like to see women (happily for society) are not allowed to experience sexual feelings of any kind. What men are allowed only exceptionally."

According to Rebecca Chalker, author of *Clitoral Truth*, as Western civilization progressed through the eighteenth

“Women's sexuality was seen as very different from men's—increasingly weak and chaste and passionless.”

Chalker continues, “Anatomists began to ascribe parts of the clitoris to the reproductive or urinary system. Medical illustrations became increasingly more simplistic, leaving parts of the clitoris unlabelled. By Victorian times, the orgasm, which was previously accepted as a natural component of women's sexual repertoire, was seen as unnecessary, unseemly, and perhaps even unhealthy for women.”

And then, as if the clitoris didn't have enough problems, along came a psychoanalyst with a Big Cigar (and sometimes, regardless of size, a cigar is really just a cigar) . . .



SIGMUND FREUD made a name for himself by demoting the clitoris and formulating a truly cock-centric view of female sexuality. Freud promulgated the idea of the clitoris as an immature source of sexual pleasure, a mere child's game, in favor of a more “mature” vaginal orgasm, which, he claimed, was only produced via genital intercourse. What's more, Freud had no knowledge of the anatomical role of the clitoris and no personal ideas about female sexual pleasure. In short, he abused the bully.

Freud demoted the clitoris and demoted female sexual pleasure, characterizing clitoral orgasms as “infantile.” He claimed that adult women needed to get past their need for clitoral stimulation and develop a desire for penetration; after all, Penetrate? Female masturbation was criticized.

With the change to femininity the clitoris should wholly, or in part, hand over its sensitivity and at the same time its importance to the vagina.

(Freud, New Introductory Lectures on Psychoanalysis)

dependency; oral sex was verboten. In Freud's view, there were no two ways about it: if a woman couldn't be satisfied by penetrative sex, something must be wrong with her. As Dr. Thomas Lowry commented in his essay "The Cultural Psychology of the Clitoris," "The idea sprang into Freud's head in 1910 without a visible shred of experimental evidence and it has probably caused more unnecessary worry than any other single psychological notion."

Since it was well known at the time that sensitive nerve endings contributing to sexual response were on the surface of a woman's genital area, Freud's views were not based on physiology, or an understanding of anatomy, but rather on a conception of human sexuality that reinforced the penetrative, reproductive model. Hence, a woman's sexuality became subsumed by a male's. From there, it was all downhill.

"Freud's summary dismissal of the clitoris as an important focus of sexual sensation for women had an atomic effect on how physicians and psychologists perceived women's sexuality. It was as if, for most of the twentieth century, women's extensive genital anatomy, and even the explosive little glans, was vaporized. Memory of the clitoris gradually faded until it became an anatomical nonentity." (Chalker)

Alas, if only Freud, who himself said "anatomy is destiny," had had the "clitoral sense" to see that this powerful organ would eventually rise from the ashes of his much-ballyhooed cigar. In fairness to Freud, it should be acknowledged that as he neared the end of his life he acknowledged his incomplete understanding of female sexuality and said, "If you want to know more about femininity, you must interrogate your own experience, or turn to the

poets, or else wait until science can give us more coherent information."

Today, our understanding and appreciation of the clitoris, and the stimulation of it, have been the efforts of those impassioned individuals who defied conventional wisdom and did battle through the 1950s, 1960s, and 1970s: prominent ones like Kinsey, Masters and Johnson, Shere Hite, and others, but also prominent, but equally important ones like Betty Dodson, who pioneered the idea that the clitoris is not just for men.

But knowledge is only powerful when it is put into practice. Men need to take the time to learn more intuitively about their bodies—how to listen to their sex needs to be redefined as an activity that includes a variety of sensual and erotic activities; not limited to, genital intercourse.

In both philosophy and practice, any discussion of sex and foremost, include a powerful element of pleasure. Journalist Paula Kamen, author of the *Suave Way*, "Women receiving oral sex is an important part of women's growing power in both their personal and society. The practice depends on the recognition and respect of this power."

In *The Cradle of Erotica* by A. Edwards, we are told that during the Tang Dynasty, a woman in China. She knew that sex and power were

When my husband gives me head, it's not just sex, he's completely focused on me, I'm the center of his world. I feel like he's really loving me, every day.
(Kelly, 32)

decreed that government officials and visiting dignitaries must pay homage to her imperial highness by performing cunnilingus upon her. No joke. Old paintings depict the beautiful, powerful empress standing and holding her ornate robe open while a high nobleman or diplomat is shown kneeling before her, applying his lips and tongue to her royal mound.

Well gone are the days of kings and queens and royal decrees, but inside many a modern woman is an Empress Wu Hu, longing to be honored by her nobleman.

What's in a Name 

LET'S FACE IT. Most men can more easily peek under the hood of a car than what's under their own. “genital confusion” arises because parts of the male are hidden from the naked eye. Even though men and women are formed from the same tissue, they develop during gestation in an equivalent but opposite way out, while much of the clitoris grows inside. Wendell Holmes remarked that the female genitalia are those of the male turned inside out. Biology and science teaches us that the male is a mirror image of the female during the first trimester of pregnancy. The male genitalia are a mirror image of the female genitalia.

“Vagina or Vulva: That Is the Question”

The visible parts of the female genitalia are encompassed by the vulva, or what's commonly, and mistakenly, referred to as the vagina. “Vagina” tends to be the de facto word we use to describe “everything down there,” but the entrance to the vagina, also known as the “introitus,” is just one part of the vulva's impressive expanse and certainly not the primary part when it comes to stimulation and the process of arousal.

Etymologically, “vagina” originates from a Latin word meaning “a sheath or scabbard for a sword,” reinforcing its relationship to the penis and dependency upon penetration or insertion for broader meaning—which may be indicative of the reproductive process, but certainly not the pleasure process.

What's in a name? According to Shakespeare, “That which we call a rose by any other name would smell as sweet.” But the language of science is by no means the language of love; “cunnilingus,” “vulva,” and “vaginal introitus”—those may not be the first words that come to mind in the heat of the moment. But they're the right words, in that they're scientifically accurate and properly descriptive. And knowing the right words is a powerful starting point for clearly understanding the process of sexual response and, ultimately, developing an erotic lexicon that is unique and true to the spirit of your individual relationship.

In speaking of *The Vagina Monologues*, author and activist Eve Ensler described her thought process in committing to the word “vagina” in both the title and throughout the work:

I say it because we haven't come up with a word that is more inclusive, that really describes the entire area and all its parts. “Pussy” is probably a better word, but it has so much baggage connected with it. And besides I don't think most of us have a clear idea of what we're talking about when we say

“pussy.” “Vulva” is a good word specifically, but I don't think most of us have a clear idea of what the vulva includes.



Ms. Enslar is right: the term “vulva” is much more specific and inclusive, especially when describing the visible parts of the clitoris. Although the vagina plays an extremely active role in the reproductive process, it takes a backseat to the clitoris in the production of pleasure; employing “vagina” as a catchall phrase for describing a woman's genitalia actually promotes an inaccurate understanding of female anatomy, perhaps even more so than the more generic “down there.”

So, “vulva” it is—in the interest of accuracy, as well as in the hope of promoting greater familiarity with the term. The words you choose to use in your bedroom are your own business; supplying you with accurate knowledge is this book's business.

Now You See
Female Sexual Anatomy

The Vulva and Extension of the Clitoris

STARTING WITH the visible parts of the clitoris, we take a closer look at what's really “down there.”

The Mons Pubis. We begin our journey with the mons pubis, also known as the “mons veneris” (mountain of Venus), the Roman goddess of love. The mons pubis is the large, fleshy mound of skin that covers the vulva and clitoris.

² While there is no shortage of documentation on the process of female sexual response, as well as on the groundbreaking work of the Federation of Feminist Women's Health Centers (FFWHC) and their highly informative book *A New View of the Female*, of research and self-examination, FFWHC has not previously held to be true about the nature of female sexual response.

Interestingly, the principal function of pubic hair is to attract and retain odors that stem from the release of glands in the pubic area and serve as a source of arousal. As Napoleon noted in a love letter to Josephine: “A thousand kisses to your neck, your breasts, and lower down, much lower down, that little black forest I love so well.”

tissue, covered in pubic hair, which is sometimes called the love mound because it forms a soft mound over the pubic bone.

The Labia Majora. Heading south from the mons pubis, we next encounter the starting point of the labia majora (major lips). The outer sides of the labia majora, also known as the outer lips, are rich with pubic hair, whereas their inner sides are smooth, lined with oil and sweat glands. Beneath the skin of the outer lips is a network of erectile tissue that engorges with blood during arousal. The outer lips are analogous to the male scrotum, and both were formed from the same embryonic tissue. Although sensitive to touch, the outer lips are not nearly as sensitive as the labia minora (small lips) or other parts of the clitoral network such as the head and shaft.

The Front Commissure. The outer lips mark an area where the visible parts of the clitoris begin. This highly sensitive area, just above the clitoral head, is called the front commissure, and it's from this point that the clitoral shaft—an unseen, but instrumental part of the clitoris—protrudes.

The Labia Minora. Enfolded within the labia majora are the labia minora (little lips), although many insist that it's more apt to refer to both sets of lips respectively as outer and inner, rather than big and little, since the inner lips sometimes protrude out and beyond the outer lips. Interestingly, the inner lips are also archaically known

Some anthropologists speculate that it stems from her desire to have the visible inner hidden lips below—a signal to the sexually ready.

as “nymphae,” named after the nymphs of Greek mythology famous for their irrepressible libidos and “nymphomania.”

The inner lips enfold and surround the urethral opening, and the introitus (entrance) on the inner side of the labia majora, these are covered in hair, but are layered with oil glands that create small bumps. Dense with nerves, the inner lips play an important role in the process of arousal.

The inner lips are remarkably diverse. From woman to woman, and often on the same woman, they are not the same. Some lips are narrow; others are wide. Some flare outward. Sometimes the texture is smooth, sometimes wrinkled and bumpy. During arousal, the inner lips change color, from light pink to a deep red, and puff in size as they engorge with blood.

The Hood. The outer edges of the inner lips fold over the sensitive clitoral head to form the clitoral hood (which is analogous to the foreskin of the penis). The clitoral prepuce. The friction created when the clitoral head is a powerful source of stimulation. The hood protects the head from overstimulation; during orgasm, it's into the folds of the hood that the clitoral head

The Frenulum. Below the head, the inner lips meet to form the frenulum, a small exp

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