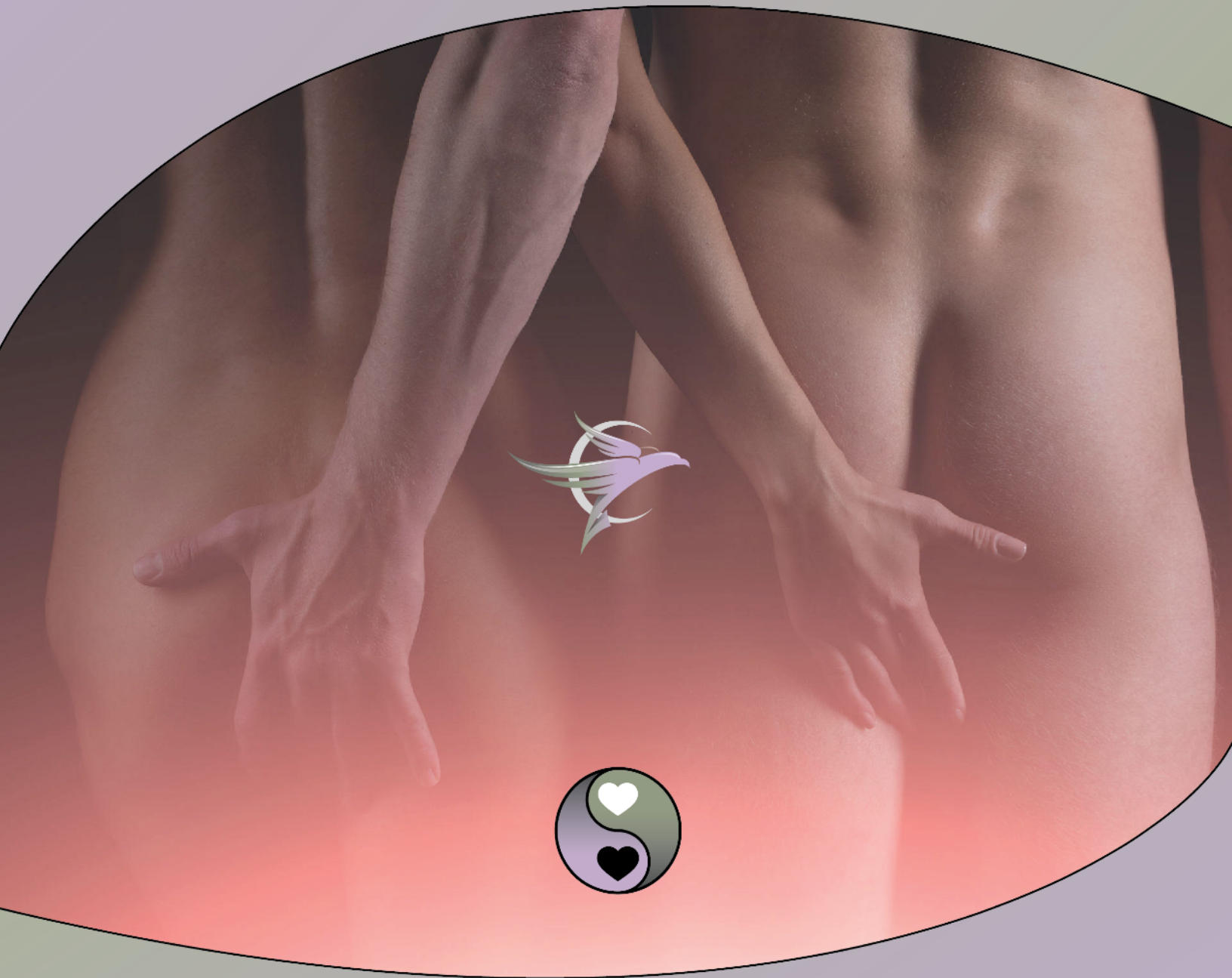


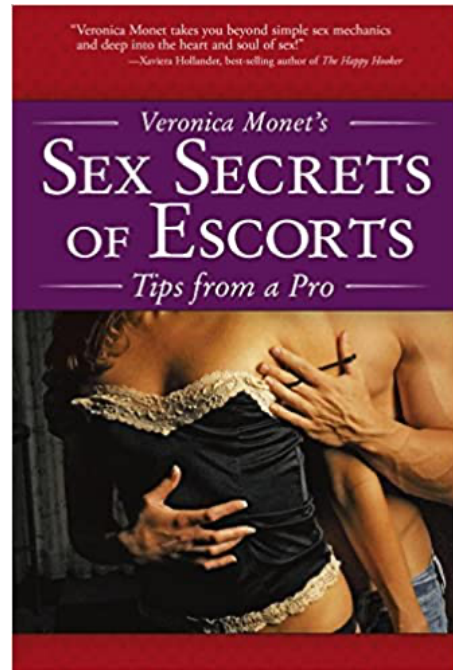
Taking Sex to the Next Level



VERONICA MONET

This is an excerpt from
Veronica Monet's book,
Sex Secrets of Escorts.

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Chapter 19: Pressure, Perineum and Play

THE BEST BLOWJOB

Fellatio is oral stimulation of the penis. It is a form of oral sex and it is commonly referred to as a “blowjob.” I began a discussion of my technique for fellatio in the preceding chapter when I introduced the manner in which I put a condom on a penis (with my mouth). In this chapter I will delve into greater detail about mind-blowing fellatio techniques you can easily employ.

Oral sex is a very popular and frequent sexual desire for the majority of men. No doubt this is due in part to the fact that it feels extremely good and it allows the man to stop thinking about his sexual performance and concentrate on his sexual pleasure. Different people have different emotions about oral sex. Some women think it is dirty or disgusting while other women simply don't find it pleasurable. However many women truly enjoy performing fellatio and find that it turns them on. While most men love to experience oral stimulation of their penis, some men will not allow their wives – especially the mother of their children – to perform fellatio on them.

ORAL SEX IS NATURAL

Obviously, fellatio as with many other sex acts, can take on meaning and metaphor that transcends the simple physical pleasure associated with the act. If you feel that performing fellatio demeans you in some way, you are less likely to want to do it. If your husband or boyfriend thinks it demeans you in some way, he may not allow you to do it. Either way, it is a rather unfortunate state of affairs when mutual sexual pleasure with the capacity to enrich our lives and increase the emotional intimacy in our relationships is thwarted by taboos. Therefore you owe it to yourself as well as your relationship, to debunk the type of thinking that leads to less fulfilling sexual sharing.

It might help to know that both cunnilingus and fellatio (oral-vaginal and oral-penile sexual stimulation) have been a part of human sexuality since we began creating images to record human sexual behavior. Early art contains countless images of oral sex. There are many instances of oral sex in animal behavior as well, so oral sex is completely natural.

ORAL SEX IS - DISTASTEFUL OR DIRTY?

Oral sex is not any dirtier than any other kind of sex. Obviously good hygiene increases our enjoyment of all types of sex and it may be even more important when it comes to oral sex simply because our noses are buried in our partner's genitals. However oral sex actually involves fewer risks to health than intercourse because our mouths contain

digestive acids which can kill some germs. But don't let that lull you into a false sense of security either. Currently, gonorrhea of the mouth is on the increase because some people don't consider oral sex potentially dangerous to their health. The point is that you should take precautions no matter where you are putting the penis – your mouth or your vagina or your rectum. But it certainly doesn't make any logical sense to eliminate oral sex from your sex life because you think it is “dirty.” Oral sex is just as clean as any other form of sex.

Some women love the taste of male ejaculate and some women can't stand it. A woman's preference can also vary from man to man since the semen of one man will taste different from the semen of another man. If you don't like the taste of semen or have any other reservations to tasting or swallowing ejaculate, you need not let that prevent you from becoming proficient at performing fellatio. Now that you know how to perform an amazing “blowjob” with a condom (I covered this in the last chapter, remember?), you can simply eliminate any risk of a distasteful experience. If you don't like the taste of your man's ejaculate, a condom will catch it for you so you don't have to taste it or swallow it. Meanwhile, you just added another hot sexual activity for the two of you to share!

EMOTIONAL BARRIERS AND EROTIC DELIGHTS

Now let's discuss emotional barriers to fellatio. You might have had some bad experiences around oral sex. I did. When I was a young college co-ed, several

boyfriends would push my head down while I was “giving them head” in an attempt to force me to go deeper or “deep-throat” their penis during oral sex. I hated it. Since I was young I really didn’t know how to tell these boys that they were acting like jerks. I thought it was a normal part of the dating landscape.

But as a courtesan, I learned that I never have to do anything I don’t want to do – ever! The power of choice gave me permission to enjoy fellatio for the first time in my life. Since I would only go as deep as I wanted to and only do it for as long as I wanted to and only do it IF I wanted to, I was able to stop feeling like I was in a tug of war for control of the bedroom (and my body) and simply focus on sexual pleasure. Sometimes my pleasure came from watching his pleasurable responses and sometimes my pleasure resulted from my own erotic connection to the act of performing fellatio and sometimes I enjoyed it for both reasons. When I am in love with a man, I find fellatio extremely enjoyable. But that is something I could say about any sex act. Being in love always makes it more intense and meaningful for me.

Some women love fellatio because it is a form of oral gratification. You get to lick and suck and swallow just like you do some of your favorite foods. It might even remind you of an ice cream cone or some other delicious dessert. Of course for those women who do not feel this way about fellatio, the very idea that other women may find it that much of a turn-on will no doubt seem preposterous. Nevertheless, this only highlights the great diversity of perceptions and experiences that exist when it comes to sex.

Certainly your motivation to perform certain sex acts will be effected by your general feelings about your partner. If you have any unresolved issues, suppressed anger or resentments, fears or issues around trust, these will have an impact on your sex life. I recommend couple's therapy or counseling on an ongoing basis for this very reason. My husband and I had some of our most amazing sex after our marriage counseling sessions. It was as if the slate had been wiped clean and we were left with just our good feelings for each other. Of course sometimes we only succeeded in opening some old wounds in one session and we would have to wait to resolve things in a subsequent appointment with our therapist. But the wait was always worth it. Keeping our relationship issues out in the open kept our attraction for each other at the same (and even higher) level than it was when we became engaged. Many people accused us of being newlyweds more than ten years after we had said our vows.

SEXUAL "SERVICING"

Another factor that can inhibit a woman's motivation and interest in performing fellatio has to do with perceived power differentials. Our culture tends to describe fellatio in demeaning terms and thereby ascribe meaning beyond the actual sex act. Fellatio is referred to as "servicing" which can have negative connotations. And some men seem to carry an attitude of feeling superior to whoever performs fellatio on them. Given these and other more vulgar interpretations of fellatio, it is only natural that some if not many women might feel somehow compromised if they perform fellatio.

But if you want to have complete power over your sexuality, it is very important to dismiss these cultural relics for the nonsense that they are. No one can take your dignity away from you unless you let them. One of the ways you can let someone demean you is simply by believing their lies. Just because someone thinks sex can degrade you, or that certain sex acts can demean you, does not make it true. You get to decide what you want to do and when and why. And you can decide to reject some silly notions that only serve to alienate people from each other, themselves and mutual sexual pleasure.

I have found that taking an active and assertive role with fellatio – as with any other form of sex – can greatly increase my ability to enjoy it. In addition, fellatio can be performed from a variety of positions and you may find that you prefer some over others. Pay attention to your own feelings when you perform these different positions and you will find out what works for you and what doesn't.

If you have been traumatized in any way around certain sex acts, you may notice that certain positions cause you to tense or hold your breath. Obviously, if you have been traumatized or abused during sex or in a sexual way, you have broader issues to address than whether or how to perform fellatio. I mention it here however, because I was raped via oral/genital contact and it has caused me to avoid certain sexual positions while performing fellatio to this day. I talk more about sexual trauma in Chapter 29. Just keep in mind you should never do anything that feels less than comfortable. Instead, if you

don't like a particular sex act or position, simply move on to other sexual activities and positions until something does feel right to you.

LOCATION, LOCATION, LOCATION . . .

Fellatio is something that can be conveniently conducted in a variety of settings. I have found it extremely naughty fun to give my partner a blowjob in the office, in the car, in the bathroom (there are laws against sex in public bathrooms), in the woods while camping, etc. Since the man can be sitting, standing or lying down while getting a blowjob, just about any private location will work.

Some movies hint at the idea of performing fellatio while the man is driving a car. I don't recommend this as it is a safety hazard. Not only can the pleasure and orgasm distract the man so that he can't concentrate on his driving, but if you get into a fender bender, he could sustain some major damage to his penis in the course of the accident. It would be a sad ending to an otherwise playful interlude. If you like making out in automobiles, leave the car parked in the garage with the engine off. That way you not only ensure your safety but you won't be exposing others to your sexual display. Most states have laws against public forms of sex so be advised.

ASSUME THE POSITION

The most common position for fellatio is with the man lying on his back and the woman kneeling over his genitals. This is probably the most comfortable position for the man since he has only to lay back, relax and let the good times begin. It also affords you a lot of maneuverability since you are on top. However, if you have long hair, it can be annoying if your hair is constantly falling into your face and possibly getting into your mouth. You might want to consider a hair pin or hair comb to hold your hair out of your face while you are giving him “head.” This will also have the added benefit of allowing him to watch. Many men love to see their penis glide in and out of your mouth as it creates even more sexual excitement for them.

Both you and your partner can stimulate each other simultaneously in the position known as the “69.” As stated in previous chapters, a “69” positions your mouth over your lover’s genitals while his mouth is over your genitals. You literally assume the position of the six and nine in the number 69. Some people love this position because both sexual participants not only give pleasure but receive pleasure at the same time. However, others find it distracting to give oral sex and get oral sex at the same time. For these individuals, it makes more sense to take turns so each of you can concentrate on what you are doing and/or feeling. While in a “69” you can take turns being on the top or the bottom and you can also lie beside each other.

My favorite position for fellatio is with the man standing. I begin by asking him to stand still while sideways to a full length mirror. Immediately, most men will feel a surge of excitement wondering what the mirror is for and why they have to stand still. I have never met a man who won't comply with this request however. Depending upon his stage of undress, you can take this opportunity to slowly undress him, beginning with the buttons on his shirt and his cufflinks, proceeding to his belt and pants and finishing with his shoes and socks. If he tries to assist you, insist that he doesn't. It is much more erotic to be undressed than to take off your own clothes.

Once he is naked, you will want to be sure to pay some attention to his neck and nipples before you descend to his penis with your mouth. If you are using a condom be sure to put it on with your mouth. With or without a condom, as you go down on him, you can continue to stimulate his nipples with your fingers as you slide down the length of his body. Once he sees himself in the mirror, naked and erect while you engulf his penis with your mouth, he will think he has died and gone to heaven.

A MULTITUDE OF TECHNIQUES

But there is so much more to do to make this the best oral sex he has ever had! There is a little patch of skin between his testicles and his anus called the perineum. It is extremely sensitive to touch and can amplify the pleasurable effects of any stimulation of the penis. You can experiment by stroking the perineum lightly with first your fingertips and then your fingernails. Gently pushing the perineum also feels good to most men. This area is

identified as both a chakra (energy center for meditation) and a pressure point (for acupuncture). It is also where the base of the penis resides. The skin itself is also very sensitive to touch. So whether you stroke it lightly or apply a fair amount of pressure, you will be sure to elicit his approval.

Don't forget to stimulate his testicles as well. This can be accomplished by licking them, sucking them into your mouth one at a time as well as stroking them with your fingertips and fingernails. Men's testicles are quite sensitive so be careful. Every man has a different threshold of pain and pleasure so be sure to pay attention to those non-verbal cues discussed earlier: tensing or pulling away usually indicate displeasure while heavy breathing and moving toward the stimulation tell you he is having a good time.

Since not all men are the same, don't assume you know what he does and doesn't like. I have found that some men prefer a light touch while others want to be touched roughly. While one man might adore having the crown of his penis licked tenderly, another may find that far too subtle. He may want you to handle his penis firmly and use lots of pressure with your mouth and tongue. Most men have the majority of their sensation in the upper portion of their penis but they will also want you to stimulate the entire length of their penis part of the time.

If you don't like going deep with your mouth, you can use your hand to grasp the shaft of his penis while you continue to suck the head of his penis with your mouth. In fact,

holding the base of the penis with your hand during fellatio can have an added benefit. If for any reason, his penis is not as erect as you want it to be, holding the base of his penis firmly will correct the problem in most cases. This operates from the same principle as a “cock ring” which is a little ring of black rubber that is placed around the base of the penis. It holds the blood in the penis facilitating an erection. Certainly your warm hand is an even sexier way to accomplish this!

Some men will prefer a particular side of the penis too. The frenulum (the patch of skin on the crown of the penis facing away from the man’s belly when his penis is erect) is a favorite for most men. The frenulum is easy for you to reach with your tongue while performing fellatio since it is right in front. I usually use light flicks of my tongue here since it tends to be more sensitive than other portions of the penis.

I have learned to employ my mouth and both hands simultaneously while performing fellatio. While I alternate between light and firm, deep and shallow, fast and slow movements with my tongue and mouth, I will have one hand on his perineum and the other on his nipple. Or I may put a finger on his perineum while I hold his testicles firmly in my other hand. The idea is to provide so many sensations that he is blown away! In addition to all of these wonderful erogenous zones – the frenulum, perineum, testicles, the base of the penile shaft, and the nipples – there is one more extremely potent part of a man’s body that you can stimulate during fellatio. I tell you all about it in

chapter 22 where you will learn one more advanced technique for creating perfect fellatio. So read on!

Chapter 20: Male Multiple Orgasms

DEBUNKING MYTH

Most of us have been told that only women can have multiple orgasms. I am here to tell you that is a myth. Men can and do experience multiple orgasms – several orgasms without a rest period in between the orgasms – just like women do. Most men who achieve multiple orgasms do so by NOT ejaculating when they have an orgasm. They may have an ejaculation with the last orgasm or they may not ejaculate at all. The man who has learned to have multiple orgasms – and it does in fact require some practice for most men to achieve – has also taken his level of sexual awareness and enjoyment to a whole new level.

How do I know? I have seen it several times with my own eyes. Regardless of what the doctors or the books may say – and they don't agree with each other on this matter – first hand experience can be the best source of information at times. Certainly given the diversity of sexual response that is possible, my exposure to many male bodies in the throes of sexual ecstasy has its advantages. I might never have believed that male multiple orgasms were possible if I hadn't seen it myself. Certainly we all know a man might be able to recover from his orgasm more quickly than usual on some occasions and thereby have an orgasm several times in one night. But multiple orgasm is about having a series of orgasms one after the other without a refractory period.

Learning how to achieve male multiple orgasm involves knowing how to use the pubococcygeus or PC muscles (remember those from chapter 8?) in conjunction with breath control. Obviously this is something your man will need to take an active interest in if he is going to learn how to do it. But you can encourage him by first of all letting him know it is physically possible for him and secondly pointing the way for him to learn more about it (this chapter is a good place to start).

Why should you care whether he experiences multiple orgasms or not? Well, technically, it may not make that much difference in your level of sexual enjoyment. But if you are like me, you derive a great deal of pleasure from watching your man experience pleasure. The other benefit to you is the fact that men who develop this ability tend to put a lot more effort into sex in general which means he is more likely to perfect his lovemaking skills as well. Once he becomes adept at having orgasms without ejaculating, he may also be able to sustain an erection longer which has obvious appeal to most women.

TEACHING HIM HOW TO DO IT

Men who knew how to achieve multiple orgasms taught me about male multiple orgasm. I took what I learned from them, added some technical information from books, tapes and websites and transferred that information to other men. I had a lot of fun teaching men about male multiple orgasms. Most men do not think they are physically equipped for it, so it comes as a tantalizing surprise to learn otherwise. I like being the bearer of good

news! And since I was informed as to how men can achieve multiple orgasms, I could pass that information on to the men I saw. I encourage you to become an erotic expert in your own relationship and take the initiative to teach new paths to pleasure whenever you get the opportunity. If you show an interest and a willingness to watch him while he practices, this can also become another way for you to share sexually.

NO CONTEST

While you are exploring your sexual response and that of your partner, there is an important guideline you should never lose sight of. Sex is NOT a competition. That may seem a simple truth but in fact it can be rather difficult to make sure you don't let your sex life become a contest. We live in a very competitive society and the media constantly bombards us with messages about our imagined inadequacies. Men have a long history of sexual performance concerns which can range from mild to severe. A mild case of performance anxiety might mean he is so busy trying to impress his lady with his prowess that he reduces his own level of enjoyment. A severe case of performance anxiety can mean he is unable to sustain an erection or ejaculate at all.

Women can also suffer from feelings of inadequacy when it comes to their sexual function. Although most women are not so concerned with "performing" sexually, they can be made to feel insecure if they think they "should" know how to female ejaculate or have multiple orgasms, etc. One of the risks of discovering that as humans we have this almost limitless capacity for increased sexual pleasure, is concluding that we "should"

have the biggest and “best” orgasms. There is no “should” when it comes to your sex life. All that matters is that you and your partner are happy.

Although some orgasms may feel more overwhelming than others, all sexual pleasure is satisfying on some level, so don't allow yourself to focus on what might have been when you could be enjoying what is. In other words, experiment and learn about sex with an eye for increasing your enjoyment and intimacy but remain appreciative for what you already have. That way you will be open to new levels of sexual joy without creating a mental hierarchy or oppressive goal, both of which can lead to frustration and disappointment. In addition, whenever you are performance oriented, you have way too much of your energy and focus in your head which can prevent physical pleasure. Exploring sex with the playful attitude of a child will go a long way to keep things fun and enable you to experience new sexual sensations.

If you maintain an attitude of curiosity and approach your sexual experimentation with some detachment you will have more fun than if you aggressively pursue your sexual goals as if you are trying to “win.” Sex does not work very well if you are trying. It works a lot better if you let go.

SEXUAL DIVERSITY

That said you may find experimenting with your guy's ability to orgasm to be a lot of fun. I have been amazed at the diversity among men. I have met men who can ejaculate

without an erection, men who can have an orgasm without ejaculating, men who can maintain an erection throughout several orgasms and men who can stay hard throughout several ejaculations. It helps to separate ejaculation and orgasm in your mind. Although they often occur simultaneously in male sexual response, they are not the same thing. Ejaculation is the emission of semen in males and seminal-like fluid in females. Orgasms can occur in both men and women as something separate and distinct from ejaculation. I will discuss female ejaculation in further detail in chapter 27.

I have witnessed several men attain multiple orgasms and none of them got there in exactly the same fashion. So although there are authors who proclaim that their method for male multiple orgasms is the one right way to do it, my experience has taught me that different men respond to different techniques. I have also noticed that quite a few men have multiple orgasms and don't know it. Since these men have been told all their lives that ejaculation and orgasm are one and the same, they become terribly confused when they feel an orgasm but see no semen. The typical response is "I thought I came but I must not have." I believe you should trust your feelings. If you feel like you had an orgasm, you did.

VARIETY OF TECHNIQUES

Men who pursue multiple orgasms consciously usually employ some combination of breath control, PC muscle control, vocalizations, and repeatedly stopping and starting stimulation before ejaculation occurs. I have seen quite a few men achieve multiple

orgasms with or without an erection by applying a vibrator to the base of their penis too. As you will discover in chapter 22, men are also capable of mind-blowing internal orgasms when they are stimulated anally. These orgasms can also be multiple. In chapter 21, I discuss orgasms resulting from Tantric breathing absent any genital stimulation. Tantric orgasms can also occur in multiples. So as you can see, there really is no limit to the ways in which men can experience sexual pleasure. They have just as much capacity for it as women do.

If your man is not already experiencing multiple orgasms and he decides that he would like to, you can share the following techniques with him and help him practice! First he needs to become familiar with his PC muscles. Just as with women, the best way to locate your PC muscles is by starting and stopping the flow of your urine. Once you are familiar with the muscles, you can practice squeezing and relaxing them while sitting at your desk or while driving your car in commuter traffic. I am exercising my PC muscles as I write this chapter. It is a wonderful exercise for both men and women with the power to improve your sex life on many levels: stronger erections, increased control of ejaculation, a tighter vagina, and more intense orgasms.

Once a man knows how to flex his PC muscles he can apply that ability while masturbating in order to achieve multiple orgasms. As he feels himself getting to the point of ejaculating, he should squeeze his PC muscles and take a deep breath for about 10 seconds, then continue to masturbate. If this technique works for him, he will

experience an orgasm while preventing an ejaculation. He can then continue to stimulate himself (or you can help him) until he experiences another orgasm. As he masters this technique, he can begin to use it while he is having sex with you. Then the two of you can have sex for a longer period of time and share the bliss of multiple orgasms (if you aren't experiencing multiple orgasms and you would like to, be sure to read Chapter 27).

Notice however that this technique employs breath holding. This works for some men. But some men breathe through their orgasm rather than hold their breath. Breathing and vocalizing turn masturbation into more of a meditation and can engage the entire body and mind – not just the genitals. The sexual energy can be redirected through a specific sort of vocalization some refer to as “roaring.” This is similar to Tantric sex (read more about this in Chapter 21) since it utilizes breathing and a more meditative or spiritual approach to sex, but this particular technique was perfected by a man named Jack Johnston. You can learn more about his technique if you listen to *Male Multiple Orgasm: Step-by-Step* (audio CD ISBN: 1882899067).

Having watched men employ all of these techniques at one time or another, I don't think one method is more effective than another. Instead, I think every man is an individual and what might work for one man is not necessarily going to work for the next man. That's why it is important in the quest for more sexual pleasure to be open to some experimentation. Try all of these techniques until you discover which one(s) work best for you and your partner.

Fortunately, the very fact that information has expanded your concept of what is possible, will propel your sex life into new territory to some degree. Who knows, next time you are having sex, you and your partner may find you are aware of orgasms you didn't even know you were having. Part of the process of amplifying sexual enjoyment involves merely slowing down to "smell the roses" as the saying goes. In other words, your body and the body of your partner are more like untapped resources than ineptitude waiting to be trained. If you simply pay attention, you will find more joy. And remember to have fun experimenting with any of the techniques discussed in this book and avoid falling into the trap of seeing sex as some kind of competitive sport. Sex is best when we employ our intuition and follow the subtle yearnings of our heart.

Chapter 21: Breathing Life into the Sexual Encounter

THE BREATH OF LIFE

I have already talked about the importance of deep breathing to a full sexual experience. As I mentioned before, any time you are holding your breath or breathing shallow breaths, you are not accessing the full array of sensuality that your body is capable of. Full, deep breathing facilitates a fuller sexual experience. Conscious breathing also helps to bring your energy and your concentration out of your head and into your body.

In this chapter we will explore this concept further with a brief study in Tantric sex. Tantric sex utilizes the breath to intensify intimacy as well as orgasms. Tantra is a spiritual path which acknowledges the connection or wholeness of sex and spirit, and spirit and flesh. As such the breath becomes a focal point because it is in the act of breathing that we unite spirit with flesh. Tantra is not just about sex but in Western cultures, Tantra as it applies to sexual practice has received the most attention. Tantra encourages letting go and feeling our oneness with everything.

ANCIENT, EXOTIC PATH TO SEX

Tantra is a Sanskrit word defined as “any of a fairly recent class of Hindu or Buddhist religious literature concerned with ritual acts of body and speech and mind.” Also a

“doctrine of enlightenment as the realization of the oneness of one's self and the visible world; combines elements of Hinduism and paganism including magical and mystical elements like mantras and mudras and erotic rites; especially influential in Tibet.” This makes it sound exceptionally exotic and perhaps unattainable for the average person. But in fact you probably practice some Tantra today and just don't know it.

WHERE SEX MEETS SPIRIT

Tantric sex brings the physical sex act into unison with spiritual enlightenment. Although some will tell you this is best accomplished in the context of a long-term monogamous relationship, I can attest to the fact that Tantra has the potential to transform any sexual encounter into a spiritually imbued event. By bringing elements of meditation into sexual practice, you can begin to see the transformative power of sex. I have attained extremely meaningful and emotionally intense connections with my clients through tantric sex. So I know firsthand that if your intention is to create space for a sacred sexual interaction, you can do so no matter who you are with. In fact, your partner need not be convinced of nor experienced in Tantra or other spiritual sexual practices to enable you to transform the sex act into an enlightening union.

The first time I ever consciously experienced Tantric sex, I was taking a class called Fire Breath Orgasm. It was taught by a very accomplished Tantra Priestess by the name of Jwala. I and about 25 other women layed on the floor of a large dimly lit room fully clothed. Our knees were bent and our feet were flat on the floor. Our hands were at our

sides and NEVER once did we touch ourselves or each other. Jwala instructed us to contract our PC muscles (pubococcygeus – please see chapter 8 for more details) as we breathed in through our nose. After a long deep breath and an intense squeeze of our PC muscles, we were to simultaneously exhale and relax. At first it seemed a bit awkward. But in just a few minutes I was actually enjoying the rhythmic and meditative qualities of this exercise. But it did NOT feel sexual to me in the least.

One by one the women in the room began to make orgasmic sounds. Since I wasn't feeling a thing except a little dizzy, I thought they were faking it. When the entire room began to moan and scream with ecstatic erotic fulfillment, I knew it must be a case of mass induced hysteria. How could anyone feel that good with their clothes on and their hands at their sides? The idea was ridiculous to me. But I am a scientist at heart, so I persisted with the exercise, breathing and contracting and thinking all the while what a bunch of nonsense this whole thing was.

About 20 minutes into this exercise and after everyone else in the room had reached an orgasmic high that had them reeling with joy and excitement, I was ready to quit. I thought I would just lie about how wonderful it was, tell my teacher thanks and get out of there as quickly as possible. While I was mapping my escape from this increasingly uncomfortable situation, my body was still breathing, contracting and relaxing. Suddenly I felt a burst of energy I could only describe as electric. It began at the base of my spine

and shot up and out of the top of my head. It was hot like fire. And in that moment, I felt oneness with the universe and my concept of God.

My genitals didn't feel a thing. This was an entirely new kind of sex that was at first difficult for me to understand. A peacefulness and joy came over me. And I began to comprehend another dimension to sexuality. It became apparent to me that our current definitions are too narrow to encompass all that sex is. Sex is the creative spark that begets life and it is a doorway to joy and oneness. In my opinion it is also a gateway to the divine.

FOOD AND SEX

Although sex can be perfectly healthy and fulfilling when it is superficial – not to mention fun - sex also has the potential to bring us closer to ourselves and our spirituality. I think both sexual expressions are equally valid and have a place in every healthy sex life. Wouldn't it be a shame if someone said you could only eat gourmet cuisine? And wouldn't it be equally outrageous if you were limited to eating only hamburgers? Don't you prefer living in a world where it is completely acceptable for you to enjoy both? I think sex is similar to food in many ways. Both are life giving. Both are essential. Both sex and food can simply sustain us or they can add beauty and sensuality to our existence. And both food and sex have the potential to bond people to one another.

Most people tend to view superficial sex as something that occurs between strangers and assume that meaningful and intimate sex happens in the context of a long-term committed relationship. This pattern does tend to be more typical. But in fact complete strangers can share a deep and spiritual connection just as a couple who has been married for years might find their sex life has become a boring and mechanical routine.

Sometimes the defining element to the sexual union can be the intention of the lovers rather than whether they inhabit the same living space, etc. And again it bears repeating that the same couple can choose to engage in sex for a variety of reasons which will vary from day to day, week to week, month to month, and year to year. So you may choose to pursue sex as a spiritual path to enlightenment some of the time while simply sharing superficial fun the rest of the time. Remember, there is no “should” in sex – only what makes you and your partner happy.

BREATHING FOR LIFE

I took more Tantra classes after this one. I learned how one’s breathing can affect all facets of life, not just sex. I learned to use my breathing to connect to my intuition and the hearts of others. This was an invaluable tool for me as an escort. The first thing I would do when I met a new client was give him a hug. And while I was hugging him, I would breath deeply and align my heart chakra with his (see Chapter 16 for more about chakras). It would only take a couple seconds for me to ascertain the man’s energy. Was he kind or afraid? Warm or distant? Available for intimacy or guarded and controlling?

It may seem incredible to think you can tell all of that from a simple hug. But in fact, you probably already employ elements of this in your life. Next time you hug someone, just take a minute to breath into the hug and feel the flow of energy. That energy has always been there and you are no doubt already accessing the information on some level. I am simply encouraging you to become more conscious of this normal day to day experience. If you become more aware of the energy between you and others you will no doubt be able to make better assessments about social situations and you will be able to channel more intense sexual energy when you desire to do so.

Far more information reaches our brain than we are consciously aware of. Body language and smell are two cues that give us a great deal of information about others; however, we are usually consciously focused on the words and overt behavior of others instead. Thankfully, the more subtle cues still reach our brain and we often make decisions based upon a combination of all these information sources. Learning to relax into my breathing helped me clear my mind of prejudice and fear so that I could feel the energy of another person with an open heart and an open mind. This is something we have all done from time to time. Tantra just taught me to do it intentionally and regularly.

BENEFITS OF TANTRIC SEX

So aside from a novel way to masturbate (look ma, no hands!), what can Tantra do for your sex life? I have found that it adds a spiritual dimension to sex with another person. It deepens the connection while releasing more intense emotions. For many this also translates to improved sexual function. Tantric breathing can also prolong the sexual

experience as well as the resulting orgasms. If you and your partner practice Tantric breath during sex, your connection and your erotic experience will find new depth and meaning as well as new highs in sexual performance. Most importantly, Tantra can assist you in incorporating a spiritual dimension to your lovemaking thereby creating more sexual wholeness.

Teaching Tantra is beyond the scope of this book, so I recommend that you sign up for a class or two and find out if it resonates with you. If I had merely read a book, I would never have become convinced of the power of Tantra. It really is something that has to be experienced to be appreciated and talking about it just creates more questions than answers. Such is the nature of things which inhabit the spiritual realm. You might begin your journey online at www.tantra.com. This comprehensive website contains free resources as well as a membership section and a well-stocked Tantric store. Who knows, perhaps you will decide to order a video or DVD such as “Tantric Lovemaking.” I recommend that you give yourself an opportunity to see Tantra in action before you decide whether it is for you or not. If I had not done so myself, I would still think it was silly. And that would have cheated me out of an extremely rich sex life.

Chapter 22: Prostrate Pleasures

A SECRET DESIRE

Male clients ask for this, hint for this and sometimes just quietly hope for this. Anal stimulation of one type or another is such a popular request that escorts really can't expect to be in business without offering some form of it. Of course, escorts don't know this when they begin their new profession. No one tells us in advance, so we learn as we go. The discovery of this aspect of male sexual appetite leads to some humorous dialog among women in the sex business.

When a group of escorts get together, the conversation invariably turns to this particular male preoccupation. We whisper about it over lunch. We joke about it. We refer to it in short hand. We laugh and giggle with knowing smiles. I think many of us are surprised by the frequency with which we get requests for some kind of anal stimulation. Most escorts agree it is the most often requested sex act second only to the blow job.

Anal stimulation can take many different forms. Rimming (oral-anal contact), prostate massage, butt plug play and penetration with a strap-on dildo are all forms of anal sex that a female can perform on a male. As an escort, I learned how to perfect those forms of anal play and more. There are risks associated with any kind of anal play and you must be fully aware of these before you initiate any type of anal sex.

The pay offs for anal stimulation are also potentially high. For men, this can often be the only way they will ever experience orgasms that are as intense and full body as the orgasms they have been watching their female partners have over the years. Many men are actually quite jealous of the orgasmic potential of women and long to feel sexual pleasure that is internal and overwhelming. Over the years, I have witnessed thousands of male orgasms and some barely rivaled the physical magnitude of a sneeze. However, with anal penetration, I have seen men completely overcome with pleasurable sensation which has often culminated in an emotional release as well. Tears of joy are not required but also not uncommon for the man who has his first anally aroused orgasm.

ANATOMICAL CONTROVERSIES

There is some controversy about the mechanics of anal stimulation. Certainly, all agree that the sphincter muscle that guards the entrance to the anus is packed full of sensitive nerve endings that can produce enormous pleasure sensations if lightly stroked or licked. But regarding the pleasures of penetration, some refer to the spot that feels the best in males as the prostate and some call it the G-spot.

Most physicians barely acknowledge a female G-spot, so there is no way you are going to get them to admit to a male G-spot. However, it is established medical fact that all men have a prostate gland. The prostate gland produces sperm and seminal fluid. The female

G-spot is thought to be analogous to the prostate because it produces a fluid chemically similar to male seminal fluid.

As a sex worker with more hands on experience than most of these folks in lab coats, I can only tell you that it doesn't really matter what you call it, stimulation of that spot (G or otherwise) in a male produces an intense inner orgasm usually accompanied with ejaculation of some type of fluid. There are exceptions of course, but I have found that almost all men feel something when their "G-spot" is stimulated. Some don't enjoy the sensation or experience it as "too intense." But most find it a source of pleasure. I suspect that the "G-spot" is a patch of erectile tissue located similarly in both males and females lying in front of either the prostate in males or paraurethral glands (also called "Skene's Glands") in females. The proximity to these glands could explain why stimulation usually results in ejaculation.

However, current medical literature insists that anal penetration of males applies pressure to the prostate gland and that all the sexual pleasure associated with penetration of males is due to the prostate gland. Of course it matters little whether you call it the prostate or the G-spot; what is important is that it feels very good and is even good for you!

A TIME HONORED TRADITION

Doctors have been stimulating men's prostate glands for years and for a variety of reasons. As recently as World War II, military doctors used prostate stimulation to

induce ejaculation in soldiers for the express intent of diminishing their sex drive and thereby hoping to reduce the spread of sexually transmitted infections. Anal stimulation can also facilitate diagnosis of certain disorders by providing seminal (prostatic) fluid for further analysis and it can improve male urinary and reproductive health as a means of treatment for certain conditions. Once thought to be an outdated medical treatment for prostatitis, prostatic massage is experiencing something of a rebirth. Currently, prostatic massage is endorsed as a treatment for chronic prostatitis, infertility and benign prostate hypertrophy.

Some medical professionals go so far as to recommend prostatic massage as a preventative health measure as this quote from page 60 of *The Prostate Sourcebook* (Lowell House, 1996) by Steven Morganstern MD and Allen Abrahams Ph.D. illustrates:

"If you object to masturbation for any reason, having your prostate massaged periodically . . . is also an option . . . in which the same procedure is used as when your prostate is stroked during a digital rectal examination to obtain prostatic fluid for the laboratory. In this case, the massage may take somewhat longer because the object is to free the gland of congestion, not merely to obtain a small fluid sample. How often you should have prostate massage depends on your individual condition and whether other symptoms are present.

“In traditional Japanese families, wives often perform prostate massage to promote their partners' health. In general, Asian men tend to have lower rates of prostate enlargement and cancer than do Americans.”

STAYING SAFE

It is very important to play safe with any kind of sex, but doubly so with anal sex. The risk of transmitting STI's and AIDS is much higher with anal play because there are so many tiny blood vessels at the surface of the intestines. These blood vessels can be easily broken and provide a route of entry for disease without any visible blood. The more obvious risk is associated with the bacteria that live in the intestines and rectal area. These bacteria can cause infection and disease if they come into contact with vaginas, urethras, open wounds, mouths or food. So use a latex glove on your hand and a condom on any toys being inserted into the anus. I prefer to use condoms on my dildos no matter what orifice they are stimulating. I still wash the dildo after every use, but using a condom offers another layer of protection and disease prevention. You can protect yourself during oral-anal contact such as rimming by using a dental dam (small latex squares used by dentists during dental procedures). Latex gloves and condoms can also be cut open and used just like a dental dam.

If you use a dildo, it is important that you use one that is specifically intended for anal stimulation. Dildos designed for vaginal fun are too big for anal comfort in many beginners and most importantly they have no flange. Anal probes or butt plugs have a

flange at one end to prevent the darn thing from getting sucked up into your ass. There is nothing more embarrassing than a trip to the emergency room to get anything retrieved from your ass. Because the large intestine is about 5 feet long and the small intestines can be up to 30 feet in length, objects that get lost up the butt can wind up working their way into the digestive tract causing a life threatening obstruction. Some people have actually died because they used inappropriate objects as anal sex toys, so make sure you are informed and proceed with due caution.

Lube is an important consideration for anal play of any kind. The rectum is not lubricated naturally no matter how much sexual arousal may exist, so lubrication must be supplied artificially. If you intend to use latex of any kind including but not limited to condoms, you must use a water-based lube. Any kind of oil will cause the latex to degrade thereby affording you less if not zero protection. Unfortunately, the rectum is designed to absorb nutrients, so it does a marvelous job of absorbing lube. You will need to replenish it frequently. By keeping the anus lubricated, you can minimize any microscopic tears that may occur from anal sex play and consequently reduce the risk of disease transmission. It also feels sooooo much better when you use generous amounts of lubrication.

There are prostate massagers designed to stimulate the perineum while they massage the prostate too. High Island Health (www.highisland.com) offers several models. The perineum is located between the anus and the genitals of either sex. It is rich in nerve

endings and considered a chakra as well as an acupressure point in Eastern meditation and medicine. As you will notice throughout this book, I use this tiny patch of skin during all kinds of sexual activity.

During prostate massage or any other kind of anal sex, massaging the perineum can increase the pleasure factor exponentially! You don't have to buy any special equipment to stimulate your partner's perineum. Just touch the area with your finger. Vary the pressure from a light tickle to a deep massage and watch his face and erection for feedback. You will quickly discover what type of touch he prefers. In fact, this form of feedback will always provide you with more accurate information than asking him how he feels or what he wants. Many people and most men have difficulty expressing themselves under ordinary circumstances, but they are doubly incapacitated when the topic is sexual. Sexual response will always lead the way to sexual satisfaction even when verbal communication is less than informative.

GETTING STARTED

Now that we have covered the anatomical controversies and safer sex considerations, you are ready to begin anal play. It is preferable to begin by using your fingers because this will provide you with valuable information about your partner's preferences that you will use for all other play. Nothing will be quite as personal or provide as much tangible feedback as inserting your fingers into his rectum. You will be able to feel him tense,

relax, breathe, contract and finally orgasm. This intimate experience may be emotionally moving for you as well as him.

Penetrating another person requires us to be responsible and responsive. It is an act of trust and vulnerability from the person who allows us to penetrate them. For this reason, this type of sexual intimacy can add a particularly deep and meaningful dimension to relationships.

You will eventually discover the details that work for you and your partner(s) but to begin with, you may wish to copy my routine or ritual for introducing a man to anal penetration. Rimming is a nice way to start since tongues are less threatening than fingers or toys. I never rimmed my clients without a latex barrier. I have rimmed my husband bareback and have found it quite erotic as long as he was freshly showered. Rimming is pretty straight forward. Simply spread your lover's cheeks and begin gently licking their asshole. If he seems to like the sensation, you can experiment further with more vigorous tongue action including inserting your tongue further into his asshole. Of course, you may decide not to insert your tongue as a personal preference. If both of you desire deeper insertion, this is a good time to begin finger play.

A SAMPLE SESSION

I like to lay the man on his back with his knees bent and his legs slightly spread. I put a towel under his buttocks to protect the sheets. As I put the latex glove onto my right hand

(the glove not only protects us from disease, it protects his rectum from my fingernails) I usually smile and crack a little joke such as “Dr. Monet to the rescue,” which is not all that funny but evokes a little chuckle just the same because of the man’s nervous tension. Laughter relaxes the sphincter muscle so with my corny joke I am preparing him for what is to come. I apply a generous amount of lube to my index finger and gently rub it around his anus and perineum. This feels wonderful for the man and relaxes him further. He will usually try to anticipate when I am going to insert my finger and I try to linger at the entrance long enough to catch him off guard. Then I carefully and slowly dip my finger about a half inch into his rectum. The sphincter muscle tightens around my finger and if I stay there and don’t penetrate further, he is likely to feel more like defecating and less like having sex. So I push a little deeper and feel the second sphincter muscle close around my finger. This muscle cannot be relaxed consciously, so if he feels the least bit of pain and indicates he wants to stop, I will back off for awhile and return to playing around the rim of his rectum.

It is important to proceed further only if the man indicates that he is still interested. If he is feeling too anxious, the second sphincter muscle will be so tight that penetration will cause a great deal of pain for most people. It would be better to wait until he is more relaxed and open to the idea at another time than risk turning him off to anal play entirely. When he indicates that he wants to be penetrated deeper, you can insert your index finger all the way in. Make sure you have your hand cupped towards you so that once you are inside of him, your finger will be hitting his G-spot or prostate. Ever so slowly at first,

move your index finger to make the “come here” motion. You will feel a depression in the wall of his rectum which falls almost exactly where your index finger ends if it is completely inserted. In my experience, this area becomes more erect or engorged the more I play with it. This is why I prefer to call it the male G-spot.

Experiment with light stroking as well as more pressure. Encourage him to let you know which motion and pressure feels best to him. You can stimulate him in this manner without employing any other sexual techniques or you can add other sex play to enhance the experience. I usually add at least one other sexual technique which also has the effect of distracting him so he relaxes further. While my right index finger is still in his anus, I may use my mouth and/or my left hand to arouse his nipples, massage his perineum or stimulate his penis.

If you arouse at least two erogenous zones simultaneously, most men will reach orgasm fairly quickly so if you want to slow the process down, just stop moving your index finger for a few beats while holding your place on his prostate. Then when you resume stimulation of this area, the resulting orgasm will be just that much more satisfying. As he orgasms, you will feel the waves of pleasure inside of him. Do not remove your finger during the orgasm or even right afterwards. Stay inside of him and hold him and/or comfort him if it seems appropriate.

As stated before, many men will cry or feel some form of deep emotion when they have an internal orgasm, especially if it is their first. Try to treat them the way you would want to be treated at such a time. If you suddenly yank your finger out of them, you risk creating feelings of abandonment and emptiness. You will also miss the power and intensity of their orgasm. For me, this was always a sacred sexual moment that I wanted to be fully present for.

MANLY FUN

Of course there are those men who are terrified of experiencing any anal pleasure. They are usually afraid that if they enjoy any kind of rimming or penetration of their rectum, this might mean they are gay. These are usually the poor chaps that are also too paranoid to allow their bodies to feel pleasure via their nipples. And true to form, this kind of rigid sexuality has the habit of resulting in some very unremarkable orgasms. A barely perceptible sigh or groan and it's all over.

Fortunately, most men are way too pleasure oriented to worry whether the sex police think it's proper. If it feels good. . .do it! In fact, the most impressive male orgasms I have been witness to, have occurred through anal stimulation. The male body responds in totality. Waves of pleasure travel throughout the entire body in response to some very powerful contractions in the rectal area. Although some women enjoy anal stimulation too, it seems to me that males have more capacity for pleasure here than females do. It is a wonderful opportunity for men to experience an internal orgasm similar to what some

women feel vaginally. I use to feel sorry for men thinking that they did not have as many erogenous zones as women do. Experience has taught me that men DO have as many erogenous zones; sometimes they just need permission to enjoy them.

So if you haven't experienced the male G-spot yet and your partner's orgasms don't shake him up as much as a sneeze does, you might consider trying anal stimulation. It is not only erotic for the lucky male recipient, but in my opinion, it is very sexy fun for the female that is fingering him.

SHOPPING HE WILL LOVE

If you decide you want to experiment further, you can graduate to anal toys. It is best to make your first anal toy a smallish butt plug. You have plenty of time to work your way up to the larger toys if you feel so motivated. However, you may want to try a strap-on sooner rather than later. Using a strap-on in a heterosexual context has recently become quite popular as evidenced by adult videos such as the "Bend Over Boyfriend" series produced by SIR Video Productions (<http://www.sirvideo.com/bob.html>).

Although every generation thinks they are reinventing sex, it is enlightening to note that at the turn of the century, many wives used a steel device marketed at the time to manually massage their husband's prostate during lovemaking. So while you are exploring anal delights, keep in mind even your great great grandparents knew it was fun!

It is best to go shopping for your strap-on as a couple. Most men want to select the dildo that is going to be inserted into them to make sure it is not too big nor too small depending upon his particular tastes. You will want to make sure the strap-on device suits your fancy and fits you properly. Be sure to test the equipment before you take it home simply by making sure the dildo fits securely into the strap-on and won't fly out during passionate lovemaking. And don't forget to buy lots of lube. You will need more of it for strap-on play than you did for finger play.

TRADING PLACES

A strap-on gives you an opportunity to do a little role reversal and find out what it might feel like to have a penis. Unlike a real penis your dildo will not provide you with physical sensation, but you can purchase a strap-on harness with a pocket for a vibrator that fits at the base of the dildo and stimulates your clitoris. Harnesses come in a variety of styles. I found one online (www.goodvibes.com) that looks like a corset!

You can have a lot of fun trying different positions with your new toy. He can sit on top of you. You can enter him from behind or lay him on his back and have him put his legs up over your shoulders. If he is really into the role reversal, you can even pretend that he is giving you a blow job. I have had more than one heterosexual client really get into this kind of fantasy play. Of course many men would find that to be a turn off, so as with all things sexual, you need to take it on an individual basis. What one person finds hot leaves another cold.

Remember to go slow and be responsive to the feedback your partner gives you – verbal as well as non-verbal. I have occasionally gotten so into what I was doing that I neglected the subtle cues my partner was giving me about their level of enjoyment. It is doubly important that you pay attention when you are in the “driver’s seat” so to speak. Depending upon your partner’s particular preferences and even his mood, he may prefer something gentle and slow, something fast and furious or something in between. The same applies to depth of penetration. Some men prefer shallow penetration while others want it as deep as possible. Be sure to keep the communication lines open so you both have a good time.

Providing internal orgasms for men turned out to be one of the more touching parts of my job as an escort. Through it, I was privy to a very vulnerable side of many men and it transformed my attitude toward men in general. I realized that men can be just as emotionally impacted by sex as any woman can. I hope that you will find it to be not only fun and erotic but also a wonderful way to bond with your partner!

Chapter 27: Lessons from the Wondrous Vulva

“Inanna placed the shugurra, the crown of the steppe, on her head. She went to the sheepfold, to the shepherd. She leaned back against the apple tree. When she leaned against the apple tree, her vulva was wondrous to behold. Rejoicing at her wondrous vulva, the young woman Inanna applauded herself.”

(From *Inanna, Queen of Heaven and Earth: Her Stories and Hymns from Sumer* compiled by Diane Wolkstein and Samuel Noah Kramer; published by Harper and Row 1987.)

PUSSY PRIDE

And so the Queen of Heaven and Earth, the ancient Sumerian Goddess known as Inanna or Ishtar, models for us an attitude which transcends acceptance of our female genitalia with a prideful bravado we usually associate only with males.

Not until I became an escort and started taking classes in sacred prostitution did I learn to be proud of my anatomy. As a young woman I was embarrassed by my vagina. I like so many women had heard it referred to by a variety of disrespectful slang. I like so many women believed that it was dark, dirty, mysterious and perhaps even unattractive. And I accepted the popular belief that somehow a vagina could become less valuable if it experienced too much of life. It's no wonder I felt this way.

My parents were strict religious fundamentalists and I was raised accordingly. I read the Bible from cover to cover by age twelve and memorized selected verses on flash cards. My mother taught me a very conservative approach to sex. I was instructed to “save all my kisses for [my] husband.” When taking a bath, she told me to always wash “down there” but get it over as quickly as possible lest I be guilty of a mortal sin.

I NEVER masturbated as a child. I often prayed for forgiveness for my lustful thoughts that multiplied exponentially as I entered puberty. I could achieve a few orgasmic waves of pleasure while I did my homework just by having a “dirty” thought. My mind would occasionally wander while I was studying and instant replays of television shows would materialize in my brain. I was particularly turned on by bodice ripping television: a buxom woman tied to a tree screaming for her male savior who arrived seconds before the villain was able to have his way with her. These fantasies and the effect they had on my pulse and breath always left me feeling guilty.

I was ashamed of my anatomy although I would never have admitted it if you asked me. During my grade school years I can remember one of my male cousins drawing a picture of him urinating. He seemed quite proud of his penis and what it could do. I did not feel any such pride about how I urinated. Nor did I feel like showing off my vagina by drawing pictures of it.

Later in life when I began to date and have sex and consequently violate every conservative concept preached to me as a youth, I still felt this strange disconnection with my vulva. I knew it was there mostly because it bled once a month and I had to stop it up for a week. Sex also brought my vulva to my attention but only as a hole to receive the penis. I had no concept of how to translate those guilty waves of pleasure during my homework into orgasms during sex.

Luckily for me two things set me on a path of sexual fulfillment. A gorgeous older man from church gave me my first full-blown orgasm in the front seat of his pickup by fingering me. I also entered college that year and signed up for Sex Education (something my parents had prevented while I was living under their roof). The college textbook said masturbation was healthy and normal and that was good enough for me. I started practicing masturbation every chance I got. The results were not always pleasant. I got greedy and tried to cum more than once. That sometimes meant I could only achieve arousal the second time and I would fall asleep mildly frustrated.

Other times I would go for the really big orgasm and bypass the little ones that came my way attempting to gather them all up into one big explosion. I would overplay my hand and wind up with no orgasm, just a frustrating holding pattern in the plateau phase. I also female ejaculated but this was 1979 and *The G Spot* (a book written by Whipple and Perry which declared that women DO have a G-Spot and that women DO ejaculate; Holt, Rinehart and Winston, 1982) had not been published yet. That year a response to a letter

to the editor in *Playboy* magazine told the female reader she suffered from incontinence because the bed was wet after she had sex. I thought I was wetting the bed so I practiced dry orgasms. When the *G Spot* did come out, I decided popular magazines had way too much influence on my private sex life. I went back to “squirting”.

I became more and more sexually functional and fulfilled as I pursued my sexual education. I learned to achieve vaginal orgasms as well as clitoral ones. Thanks to what I learned from masturbation, I began to enjoy sex with men more than I ever had before. And a friend bought me a vibrator for my birthday and that opened up another whole world of sensual pleasure. But it wasn't until I became an escort and started taking classes in sacred prostitution that I learned to be proud of my anatomy. I learned to see my vagina in a totally new way.

THE ISIS SQUAT

In fact, my negative attitudes toward life, men, sex and myself were replaced with positive thinking the more I explored prostitution. In 1990, I started taking classes in Sacred Prostitution from Cosi Fabian in San Francisco. This opened up a whole new reality for me. She taught her students about the ancient prostitutes and transpersonal love. Her students were not necessarily prostitutes and she wasn't teaching them how to be prostitutes. She taught something much deeper: sex is a healing force and women's genitals are sacred.

This kind of information flew in the face of my conservative upbringing and society in general. But it resonated within me. I would soon experience my body and my female genitalia, in particular, in a completely new way.

Ms. Fabian illustrated the "Isis Squat" which involves the woman straddling the man's penis while he lies down. Instead of kneeling in the "woman superior" position, the woman stays firmly planted on her feet and uses her thigh muscles to propel herself up and down the penis. It gives the woman exquisite control over the rhythm, speed, depth and direction of intercourse. It is easier for the woman to contract her PC muscles in this position. It also feels incredibly powerful.

It is interesting to me that we almost never see representations of the Isis Squat. I possess a fair amount of erotica and I am hard pressed to find images or references to this sexual position. The only artistic representation resembling the Isis Squat that I have been able to locate is The Villa dei Vetii: "Lovers on a bed," a 1st century fresco from Pompeii.

I have also watched hours of pornography and have yet to see any female porn stars enact the Isis squat. This is a great loss in my opinion because this position for sexual intercourse has so much potential for pleasure for both the man and the woman. When a woman straddles a man's penis on her knees, she cannot make the same deep and powerful strokes that she can if she is squatting on her feet. Women have strong thigh muscles and it makes sense to use this part of our body to affect an assertive and powerful

role during sexual intercourse. The man benefits as he gets to experience having sexual intercourse performed upon him. This is an extremely erotic experience for most men. I find the Isis Squat supremely satisfying on a multitude of levels, not the least of which is its orgasmic potential for the female.

Ironically, the only time I have actually seen the Isis Squat being performed by a female, it was not a human. I was watching nature footage on a television program and while the narrator droned on about primate sexuality without acknowledging the evidence before the viewers' eyes, this female Bonobo (similar to a chimpanzee but thought to be a closer relative of humans since it can walk upright with ease) walked up to a reclining male with an erection and climbed on top to enjoy herself. She assumed a perfect Isis Squat keeping her feet firmly planted beneath her and executing deep, powerful strokes until she had satiated her desire. Then she simply walked away. I think it safe to say that this position for intercourse predates history since it seems to predate human evolution. No doubt its lack of representation in our current culture is a function of popular gender roles.

The "Isis Squat" helped to shift a paradigm for me. The dark and mysterious hole that could be used up and discarded like a bottle of wine by too many of the wrong men, was transformed into a powerful muscle which would only become stronger with use. When I stopped believing that sex was something that was done to me by men and started envisioning myself making sexual choices, I began to feel less anger towards men and

their sexuality. I was angry with men because too many of them had tried to make me feel less worthy than them. It was as if sex were a game with only one winner and one loser. The woman that had sex for the wrong reasons, such as physical gratification instead of love, was the loser. The guy that duped a woman into having sex with him was the winner. When I realized all that nonsense was just that, I was free! I could have sex when, how and why I chose without having to feel inferior to anyone, let alone the men that had sex with me.

I had more to learn, though. As an escort I was invited to appear on Politically Incorrect with Bill Maher, Howie Mandell, John Schneider and Charo. Our topic was the legalization and/or decriminalization of prostitution and we filmed this episode of the show in the only state in the union where prostitution is legal: Nevada. The entire panel was for legalization or decriminalization, except John Schneider. He was my opponent and he used a combination of righteous indignation and sex appeal to disarm me. During the commercial breaks he would flirt but once the cameras began to roll he made verbal assaults. When words began to fail him, he chose to imitate the physical positions most commonly assumed by females (including his wife I presume) during sexual intercourse.

While bending over with his posterior in the camera or spreading his legs wide while sitting in his chair, he attempted to discredit my claims to any dignity I might have thought I had. As he pantomimed sex as a female, he said things like “Oh yea, I have a Ph.D.” Of course what he apparently lacked the words to express was that women are

degraded by sex and it seemed pretentious to him for a woman to claim to be intelligent and educated while also being a sexual creature. If he had put this into words, we would all see the absurdity of his claims. However when he used physical postures to communicate his message, we all knew what he meant. He tapped into the usually subconscious shame women are taught to feel about their bodies.

John Schneider's antics on *Politically Incorrect* took me back to my cousin's proud pictures of his urinating penis. That was where and when I first became aware of the shame I felt for having been born with a vagina and having to sit to urinate. I know I am not the only little girl to grow up with these feelings. It is a fairly common cultural message. In fact Sigmund Freud built his career upon the premise of "penis envy." His preposterous assertion that all women wish they had a penis was founded in one big truth: women are made to feel ashamed that they are women.

It's no wonder so many women have difficulty enjoying sex. I have found that most female sexual problems are caused by cultural messages about our sexuality and our bodies. In fact society has expended an inordinate amount of time and energy attempting to control and contain the female body.

THE QUEST FOR CONTROL

It would seem that we humans have a habit of "forgetting" what our forebears know about sex. Consequently we must "discover" sexual truths all over again. Over the

years, there has been quite a bit of controversy regarding women's orgasms. First it was asserted that vaginal orgasms were the only healthy orgasm for a woman to have while clitoral orgasms were an indication of childish and stunted sexual development. We can thank Sigmund Freud for that sexist piece of misinformation as well. This preposterous stance on female sexual response was so severe in the minds of some medical professionals, that clitoridectomies were performed. In other words, to prevent women from experiencing sexual pleasure via the clitoris, it was surgically removed.

Once women asserted their right to clitoral stimulation, we went the other way and declared that there was no such thing as a vaginal orgasm. All orgasms originated in the clitoris. Most experts now agree that most women experience clitoral orgasms and at least some women can also experience vaginal orgasms. In fact, some women even experience orgasms resulting from stimulation of their cervix.

Then there is the ongoing controversy regarding G spots (short for Grafenberg) and female ejaculation. Is female ejaculate really a unique fluid or is it just urine? Should women be allowed to enjoy ejaculating or should they be considered incontinent and urged to seek treatment? Does the G spot exist or is it a myth? The only question I have is WHY do we expend so much energy analyzing and critiquing the way women get off? Isn't it more important that they experience pleasure regardless of what part of their body is providing that pleasure?

For the record, some research has established the existence of female ejaculate. It has been analyzed and discovered to contain higher levels of glucose and an enzyme, prostatic acid phosphatase, characteristic of the prostatic component of semen. No one seems to agree on where this fluid comes from: some say the G spot, some say the paraurethral glands, some are sure it is the Skene's glands. Of course some doctors are still calling it urine and some research supports that assertion as well.

I don't think it matters much to your sex life where female ejaculate originates from nor what chemical components constitute it. If you are a female ejaculator, then you have another route to sexual pleasure and fulfillment. If you don't ejaculate, you may be able to teach yourself how to if you want to. Or you can leave well enough alone. The choice is yours.

I am a female ejaculator and I can tell you that it provides me with an orgasm that is quite distinct from a vaginal orgasm. I don't stimulate my G spot to ejaculate. I do have a G spot and I know exactly where it is, but I do not enjoy stimulating it. To ejaculate, I stimulate my clitoris. My ejaculate is usually oily to the touch and smells a little like walnuts. But sometimes some urine gets in there too and I know this because I can smell the ammonia. Who cares? Whether I ejaculate nothing but female ejaculate or a combination of ejaculate and urine, I feel wonderful! I just make sure I put a towel down so the sheets don't get wet and let nature take over.

My clitoral orgasms are more genitally focused while my vaginal orgasms are total body orgasms that can take me to the point of being momentarily unconscious. On the other hand, my clitoral orgasms are incredibly intense too. I have also experienced combining clitoral and vaginal stimulation, adding anal stimulation, accentuating things by stimulating my nipples, using Tantric breathing to take sex someplace more spiritual, etc.

WONDERFULLY MADE

The point is that there are many ways to find sexual bliss and we don't need to form hierarchies in an attempt to determine which orgasms are the best. They are all good. Nor do we need to limit women's or men's sexual potential by invalidating their experience of their own bodies. Doctors and scientists read a lot of books and do some research, but that is not the same as actually having sex. I have had a lot of sex and what I find is true is all of the above.

Both women and men are capable of a variety of orgasmic response. The orgasms can be different depending upon the type of stimulation but they can also vary because of our ever changing moods. Sometimes a particular body part is involved and sometimes orgasms result from no physical contact whatsoever. Sexual response varies from person to person and from moment to moment. Our bodies are amazingly equipped to bring us pleasure and joy.

KNOW THYSELF

I recommend that if you have not already spent a fair amount of time getting to know your own anatomy and sexual response, that you do so. Nothing will improve partner sex to such a degree as masturbation. Masturbation is the most effective – and certainly the most enjoyable – way for you to learn how your body responds, what you like and what you don't like. Once you are completely familiar with your sexuality, it will be much easier to communicate your desires and needs to your partner.

Your fingers are the best place to start. A mirror is helpful too. By looking at your genitals, you will come to know them better and perhaps even learn to like the way they look. In my experience, having an appreciation for the appearance of my genitals has helped me to relax and enjoy sex more with a partner instead of wasting time feeling self-conscious.

Your fingers can give you immediate feedback regarding your sexual response because you can feel your clitoris become erect, you can feel your vagina lubricate, you can even feel your labia (inner and outer lips to your vagina) become engorged with blood and flatten and spread apart. Using your fingers, you can experiment by stimulating your clitoris with different degrees of pressure and speeds of movement. You can insert one or several fingers into your vagina and feel it alive with movement. Practice squeezing your PC muscles while your fingers are inside of yourself so you get some idea of how powerful they are.

If you feel curious or desirous, you can move on to sex toys. You might enjoy experimenting with a few such as a dildo, a vibrator and perhaps a butt plug (see chapter 22 for important tips on anal play). Maybe you will discover a favorite and decide to stick with it. Or you may enjoy the adventure of periodically trying something new. Give yourself permission to create pleasure in your life. It can only improve your outlook on life!

Experiencing myself as a whole human with a full array of rights and dignities has centered on reclaiming the power and beauty of the female genitalia. To walk through life with shame for our very physical construction as a female is as debilitating as being ashamed of skin color. It permeates all that we do in life. Today I am proud of the construction of my female body. I am not ashamed to enjoy sex. I have come to see my own vagina and clitoris as a wondrous vulva!



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