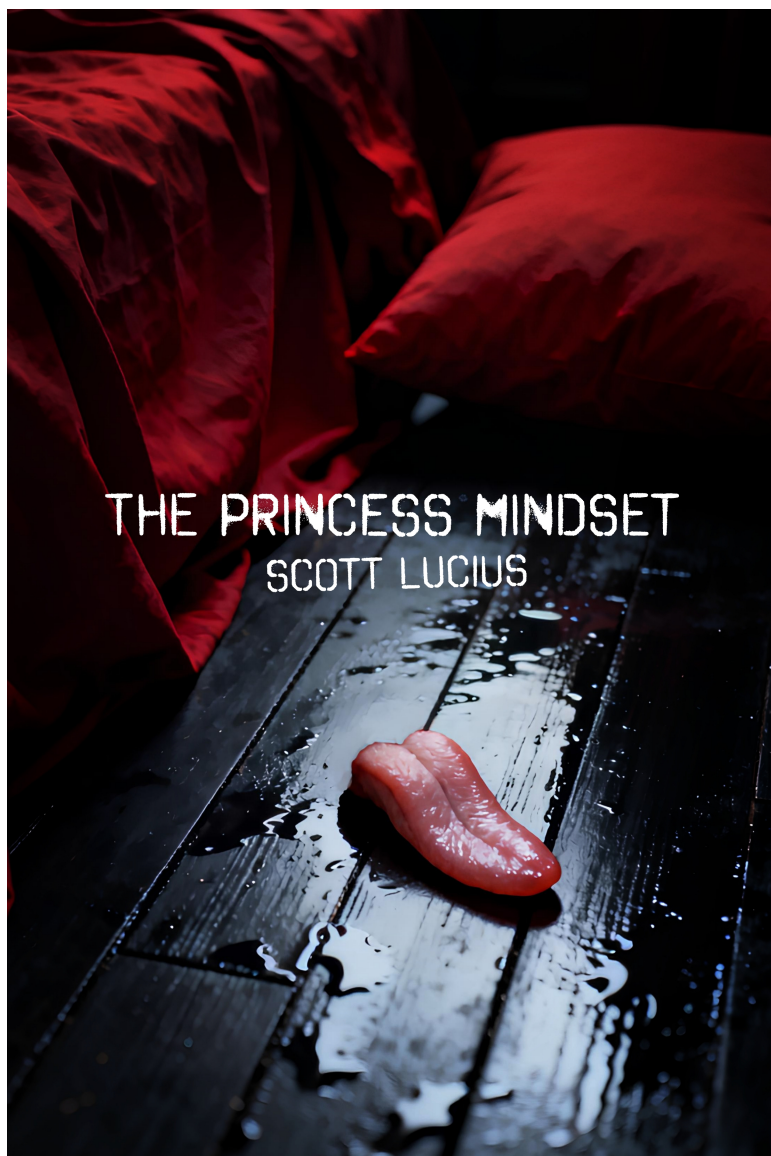




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EDITOR NOTES:

WE HAVE REMOVED ONLY 2 CHAPTERS,
PLAYING ROUGH, ROLE PLAY.

Mr Beadle, whereas we agree there's nothing bad or offensive in the chapters, if read by the wrong people, for example, read by men with less than the normal intentions, it could be quite dangerous giving these skills out and leave you open to compensation claims. The rest of the book, however is fine. We are happy to go ahead with publishing.

DO NOT PRINT THIS PAGE

The Princess Mindset
FOCUSED PLEASURE HYPOTHESIS

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No purchase information is given to the author,
including names, addresses or payment details.

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If you have any questions or if any of you guys have any advice you desperately need, if I'm knowledgeable on the subject, I'm happy to help if I can. Contact me directly at

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“As a normal, average looking guy, I was playing in a pool where all the men were handsome, well hung and charming. But I could swim much better than they ever could. There is romance in everything I do, and yet, none at all.”

How it started

I'm just a guy.

And like most guys, I make choices based on logic. Fifteen years ago, I started eating pussy for a living. I chose a profession that on good days, makes me smile, and bad days, makes me cringe in embarrassment. I needed the money and I needed it fast because I trusted the wrong person, and I was going to pay the price for it.

A long time ago I had a girlfriend and I was happy. Happy in the sense that I had a partner and I lived life the old fashioned way. I had friends, a job as head of Security at a Hospital. I was summoned at night to prevent abuse to the nursing staff at the hands of the violent, the drunk and those that had an odd box of cats in their heads. At six foot three, I was built for it and enjoyed it. As an ex nightclub doorman, it had everything I missed and nothing I hated. There were beautiful women walking around all night, the challenge of confrontation and yet, I never had to stand outside in the brutal London midnight weather. I was happy.

At some point, everything changed. The other guards started ripping people off in the car parks, the Hospital policy changed, we could no longer challenge or

physically intervene. We couldn't even use harsh language, we had to be nice, use polite words and just hope nobody got hurt. My girlfriend, let's just call her "Shrek", she was a three at best, nothing amazing at all, but I loved her. I thought Shrek was happy, we both were happy, or so I thought. Shrek was plotting and scheming in the shadows.

Back in the early 2000's, the internet was in it's infancy. We used to get mail through the door, mostly junk. Some of this junk was credit card and loan offers. All you had to do was fill it out and send it back. I thought I was putting it in the bin, and I was, but someone else was taking it out. Now, this wouldn't have been so bad, except Shrek wasn't putting her details on this junk, she was putting mine. When I found out I wasn't pleased, a fight erupted that would've made Dunkirk look like a baby shower. Eventually, we made up, and in my head, I thought we could tackle this together. Maybe she had a spending habit or gambling problem, maybe in time we could deal with it.

The truth however, was much darker.

She didn't have a problem at all. She was creating an escape plan, with her new boyfriend, my best friend, who we'll call Judas. Shrek and Judas had acquired enough debt to put a deposit down on a house, all in my name. Back then, companies didn't have the safeguards they have now, they were literally throwing debt at you, they couldn't

wait to give it out. When Judas and Shrek were gone and the dust settled, it was then I started to put together the depths of hell I was in. They had been saving for months, and with someone else's money. I had thousands of pounds of debt in my name and I hadn't even seen a penny of it. I argued it with the companies of course, but they had their details right. All the documents were correct, even had my signature, if a somewhat questionable version.

I had no choice but to pay it or lose what little I left. I had to find a way of making money and fast. In the note she left, she was kind enough to include...

"Please don't think it's sex related, your sex is out of this world and I will miss it forever!"

Strangely, the girlfriends before it said similar. I'm good in bed, but a lousy boyfriend. Back in college I had a girlfriend that dumped me also, and she said I was shit in bed. My flatmates at the time, two seriously manly lesbians took pity on me and decided to fill my head with Lesbian sex magic. This knowledge formed the base knowledge and mindset. Back to the Shrek and Judas day, I knew that I could somehow use this, although at the time, I didn't know how. I was thinking maybe a porn site or something along those lines.

I had just a few quid left, and I could've put it on my debt but it wouldn't have even scratched it. So I put a deposit down on a university degree. Since I was looking at

starting a porn site, I thought it a wise move to get a qualification in something that would help. I was in big trouble, and I needed to think logically. I chose a degree in Sexual Sciences. I never finished the degree, I never even sat the exam. But I did do the whole course and plundered all the information I could from it, it was eye opening for sure. I also plundered the internet for all the knowledge I could. None of it was helpful in running a porn site at all. But subconsciously, without me even realising, it did something else.

A few months in, I was in Passions. It was a glorified disco in my hometown, calling it a nightclub would be stretch. I was sitting at the bar on my own, drinking Jack Daniels and coke like it was coming from a tap. I was in a bad place and alone. Pulling a woman was the last thing on my mind. As an atheist, I remember looking up and frowning, "Fuck you!" I said to myself.

"Who you talking to big guy?" a voice from beside me said. I turned and it was a girl I went to school with. Cute lass, looked great at the time, and we chatted and caught up. Making it short, we ended up in the back of cab kissing on the way back to hers. Things were a little different though. I remember us kissing and my brain had like a mental vision of her in the back of my mind, her muscle groups and body parts were breaking into sections and categories and it was the weirdest thing I ever experienced. I thought at the time I was drunk or just

tripping out, maybe she spiked me, whatever, so I just went with it, it just felt different. My hands and mouth were doing things, to say out my control wouldn't be right, I had control, I just didn't know why I was doing them. The girl was crawling up the walls of the cab in desperation, gasping and crying like we were having sex. I remember thinking to myself, Christ, she's either desperate or just not had a guy for some time. For some reason, I was in such a low place I refused to give myself credit.

We got to her place and that night I just destroyed her. She was screaming all night, we destroyed her bed, her flat, everything was wrecked. The next morning I remember standing up as she lay wasted on the bed, she was a mess. Turns out we weren't drunk at all, we hadn't even slept. But then it dawned on me... we never even had sex. I thought back and was like, I never even got a blowjob, the bitch. But, the more I thought about it, the more settled I become. I felt okay, better than okay, for the first time in a long time, I felt good. I wasn't frustrated and wasn't angry. She was laying there sleeping with a huge smile as I threw my jeans on, and again, all I was seeing was muscle and flesh with scientific names and hot zones. At the time, I thought it was my 'superpower' and often described it as so, but it wasn't, it was just a knowledge that I hadn't realised I learned. These days it's not like that, it wasn't long before the science of it all become something automatic and buried deep in my head.

No, I didn't just walk out, we spent the day together watching TV and cuddling and I was respectful. The truth was, I have, and always have had more respect for women than I ever did for myself. Even the ones that break me. I respect the power they have over us. They have a control over us that's silent even when they are not, they can make us do things in the promise of peace and quiet. They have a reward system that's as old as time and we have no idea how to control it. And yet, through my bitterness and the vengeance I sought for one of their kind, I thought I could harness the happiness I often gave them, when in reality, it was their game not mine. They have a unique ability to reduce our lives and our very existence to nothing, and move on to the next.

But I remember thinking, I might be able to pay this debt off after all. People think desperation hits all at once. Mine showed up in monthly statements, late notices, and the echo of my ex's lies. By the time I realised how deep I was in, the only way out was a door I never would've walked through on my own. I knew nothing about my future, for the longest time, I thought mine was gone. I never thought I would end up in magazines and on late night cable channels. I was a young man with an ego and enjoyed it, all of it. I thought a magazine would be bought, then the month after, it would be gone. I would go on Adult Cable and do my thing, the next day, that would be gone too. But there was one thing even I couldn't have predicted.

Social Media.

I designed and wrote this book so I could tell all the guys my tricks and knowledge. Because once everyone knows how it was all done, and they can do it themselves, I'll no longer be worth talking about.

When everyone is special, no one is special.

Introduction

Years of studying and research later. If you're a girl reading this, and apart from not being sure why you would be, but you'll know this. But for the guys, I need you to read this as the first thing you'll learn and I want you to remember this for the rest of your life.

During any kind of sexual activity, whether it's the chatting up stage, flirting or even the physical stages, women do not think logically, they feel emotionally. How many times have you sent a dick-pic and the woman instantly ghosted you? In the early days of the internet I achieved this many times. The reason for this is exactly what I have stated. Men think logically, they look at a beautiful woman, their testosterone spikes and in their mind, their interest level is a sealed deal. Women do not work this way. I've seen the ugliest guys with the most beautiful women but rarely the other way around.

We are cave men. Women are complex pains in the asses to us, but strangely, they are a compliment and simultaneously an opposite of what we are. Obviously there can be exceptions to this rule, but in general, women are emotional beings and we are logical. We can be swayed

and enticed by words and images. If a woman drops her knickers and we see the blushing clam, we are raring to go. If we pull down our boxers and the pensioners leg drops out, a woman will either laugh at you or mace you.

Understanding these differences is paramount to how FPH works. You can't just do something because you know something works without understanding why it works. So during this book, you'll see notes and extra portions explaining why everything works and it's vital you give these just as much memory space as the technical knowledge. Once you understand why things hit women emotionally as well physically, you can start creating and adapting your own versions of FPH become a legend in your own right.

When partners engage in a dynamic where a woman knows she can fully receive attention without needing to reciprocate in that moment, an important and fascinating psychological shift occurs. I call this the "Princess Mindset". This shift allows her to experience intimacy with reduced pressure, heightened relaxation, and expanded capacity for pleasure. This dynamic is often described as "focused attention," in which one partner intentionally centres the other's experience. While not a scientific theory under that name, the concept aligns strongly with research in sex therapy, attachment theory, mindfulness, and cognitive psychology. I promise not to get technical and will reword everything into 'man terms',

but once you understand why all this works and how, it will make it easier for you to learn the technical aspect.

I promise, as we go through it, I will remove all the scientific terminology and replace them with terms that are easier to remember, which is how I learned. But you do need to learn the fundamental reasons why the “focused pleasure” works and we need to lock her into the “Princess Mindset”.

Reduced Performance Pressure and Anxiety

A major barrier to pleasure, especially for women, is self-monitoring, also known as spectatoring. This is the mental habit of evaluating how one looks, sounds, or performs during intimacy.

When a woman knows that she does not need to “do anything back,” several psychological burdens are lifted:

- No pressure to perform well
- No expectation to match the partner’s effort
- No internal concern about reciprocity
- Less worry about appearance or timing

This reduces cognitive load and allows her nervous system to shift from a state of performance anxiety to one of receptivity. This shift alone can significantly enhance physical sensation and emotional connection. Mentally, she will shift into the “Selfish Mind Set” or the “Princess

Mindset”, which is exactly where we want her. Once this happens, her reservations fall and she may request things she would never ask of another man, Psychologically, you become her sexual servant and most likely, something she’s never had before.

Increased Sense of Safety and Permission to Receive

Safety is the foundation of sexual pleasure. Not just physical safety, but emotional safety: the assurance that she can relax without fear of judgment or obligation.

Knowing she is allowed to focus solely on her own experience creates:

- Psychological permission to let go
- A deeper sense of being valued
- Confidence that her pleasure is important
- Reinforcement of trust in her partner

These feelings amplify the body’s natural responses, because relaxation and trust are directly connected to arousal mechanisms in the brain.

Heightened Mindfulness and Presence

When the brain is not preoccupied with performing or reciprocating, it becomes easier to stay present. Mindfulness studies show that attention amplifies sensory

detail: sensations feel richer, more intense, and more distinct.

Being the focus of attention encourages:

- A more vivid awareness of physical sensations
- Lowered mental distraction
- A slower, deeper engagement with the moment

This presence is emotionally intimate and physiologically enhancing.

Reinforcement of Self-Worth and Desire

Being treated as the centre of a man's effort can have a powerful psychological impact. It communicates:

- She is worthy of your time.
- Her pleasure matters to you.
- Her enjoyment is meaningful.

These messages can deepen emotional connection and increase desire over time, because they reinforce secure attachment and positive sexual self-esteem.

Freedom From Reciprocity Opens a Different Kind of Intimacy

Some women struggle with the belief that intimacy must be “even” at all times. This mindset can create

pressure to reciprocate prematurely or interrupt their own experience to focus on the partner.

When reciprocity is intentionally removed in that moment:

- She can stay immersed in her experience without switching roles
- She can explore sensations without monitoring her partner's needs
- Her pleasure does not feel conditional

This is not about creating inequality, it is about creating a dedicated space for one partner to fully receive. Balanced relationships often involve alternating roles over time, but during focused attention, the absence of duty enhances pleasure and creates the Princess Mindset.

The Psychological Impact of Being Deeply Attended To

Focused, sustained attention is rare in everyday life. When a partner gives undivided presence, eye contact, patience, and attunement, it communicates a kind of care that is both romantic and deeply grounding.

Psychologically, being the centre of such attention can create:

- A feeling of being chosen

- Emotional vulnerability that increases closeness
- Gratitude and warmth toward the partner
- A deeper relational bond

This emotional layer intertwines with physical experience, turning intimacy into something more profound than physical stimulation alone.

When a woman knows she is not expected to reciprocate in the moment, she gains freedom from social pressures, internal narratives, and performance anxiety. The psychological safety created by focused attention makes pleasure more accessible, more intense, and more emotionally meaningful.

This dynamic reflects key principles from relationship science and sex therapy: mindfulness, attunement, emotional safety, and trust. By centring a woman's pleasure without expectation, partners can cultivate a form of intimacy that is both deeply satisfying and highly connective.

Removing the Science

Although FPH is technically a sexual science roadmap, I will give you the technical terms for everything in the initial description and introductions to each subject. However, when in the situation, you will need to think on the fly, so I'll rename everything and make it all much

easier to remember. FPH is made up of hundreds of blocks and branches, some are static, whilst others can be swapped, removed and interchanged. In the branches section, I will lay out all the blocks of my version of FPH and show you how they work and why.

FPH is NOT a Sex Replacement

Normal physical sex works on sexual energy and has done for millions of years, or 6000 years if you're the religious type. FPH works on Sexual Tension. It's a completely different sport. I have had a tonne conversations with women who have never tried this, saying, well I'm not doing it because I like cock too much, and variations of that. This is fine and most likely very true, many women get validation from knowing the guy is getting his needs attended to, that's understandable.

But this is not sex.

It's a variant of Pussy Worship. Sadly, most women will never experience this because a lot of their validation comes from walking away from the man knowing she's made him orgasm. The issue is, the ugliest old woman on earth can make any man cum, with men, it's not the woman doing it, it's friction. Men can fuck rolled up newspapers, jars of liver, goats and donkeys, literally anything can make them cum, it's biology wired in their physical DNA. We have sex with women because obviously that's what we prefer and it's clearly the right

way to do it. When a man masturbates for example, in his mind he's having sex. He might be watching porn, looking at a picture or even away with his thoughts and imagination. A woman however, is different. When a woman masturbates, she knows and is always aware she's masturbating. What FPH does is takes her masturbation session, turns it into something real and physical.

‘With sex, as stated, there is the burden that everything must be equal.’

But one day, imagine meeting a guy that takes that burden away from the woman. By burden, obviously it's tongue in cheek with no pun intended. How many women out there have got down and dirty with a guy, he cums, rolls off and she's left crawling the walls because she's nowhere near done or even warmed up? She's left scrolling her phone or finishing the job herself as he sleeps. Here's a better example. How many women out there have had their pussy eaten for longer than five minutes? For some baffling reason, most men don't really put the effort in when it comes to oral sex. Biologically, they are programmed to get that cock in her as fast as possible, and giving a woman oral sex not only gets in the way of that, it's also something where he decides when to stop.

So why wouldn't he?

He has something he needs to accomplish.

In *FPH* or Pussy Worship, that can never happen because the session runs on sexual tension and not sexual energy. The woman doesn't have to race the man to orgasm because the session never ends, not until the woman taps out or burns out. Also, it's a sexual tension that the woman controls. There's a different power struggle at play here. Where it's true that the woman is having her pussy utterly obliterated by hours of oral, foreplay and penetration, she goes through it knowing that every movement, every cry and scream, every bead of sweat is creating a sexual tension in the guy that he can never release.

Whether she knows it or even understands it, she starts performing like you have never seen a woman perform before. It could be deliberately or subconsciously, something very primal and instinct driven takes over, she's teasing and writhing like she's performing in a porn movie. Her inhibitions hit basement levels and it's a freedom she's most likely never experienced. It's a power she controls and most likely, will never ever experience. When a woman locks into that state, I promise you, you will walk away thinking it's the best sex you've ever given, and that's what is really important to guy.

Discretion and Secrecy

In order to cover the fundamentals, we need to cover the foundational structure. Don't worry, the smut and good stuff is coming, but I have to cover the important stuff too. The first is secrecy and privacy. Obviously, having been in the security industry, I've had lots of boring data protection courses and exams just for the right to work here in this country, but I haven't got three days to cover it all. What I'm going to do is give the truncated version and the stuff that applies. Because as boring and sexless this is, it's important and applies to everything.

Establishing a baseline of secrecy is vital. There's a few good reasons for this, depending on where you want to go with this knowledge. It doesn't matter if we are talking about escorting, relationships or just one night stands, secrecy covers all of it.

Luckily, I've never deliberately or accidentally divulged who I have worked for, because obviously I had the Data Protection Act mindset going in. Some will laugh as to assigning such an official law to what essentially amounts to non penetrative prostitution, but make no mistake, it applies. Whether you're doing this for fun, pleasing your friends or making a few quid in a side hustle, all women need to be treated properly and with respect.

The first is trust in the deal.

There comes a time when that question is asked of you, whether it's a woman texting you at 3am after too many shots, a potential client, a mate or colleague looking for a secret 'good time'. Honestly, it doesn't matter what form it comes in, who she is or who she knows, no matter how close or far removed. Whether she's certain she wants to meet you or not, it doesn't matter, privacy is a contract, even if a mere question born in curiosity.

I know people discuss me, I get too many dirty looks for them not to be, but whatever they say, it's something I do not partake in. Gossip is for those that have no imagination to amuse themselves and chances are it's some horseshit one sided accusation anyway.

Whatever form it takes, those moments are sacred. It is an invisible pact between myself and another human, a social contract forged from an unarranged deal, and as a man, your job is simple: you guard that secret like a woman guarding your wages. You swallow the key, bury the metaphorical chest, and take the entire emotional treasure trove directly to your grave, even if it's the only thing you take. Regardless of whether she later changes her mind, broadcasts the secret at a play-date, turns it into a meme, or tells the entire nurses station because the silence inside her head became too loud and she needed to vent before she combusted. Your responsibility does not shift. Her

decision to share or conceal does not rewrite your agreement. If she trusted you once, the loyalty lasts forever.

I still get requests or talk to women to this day. For example, I'll talk to ex's friend and I won't tell anyone. Of course, the very next day my ex will say,

“So what what were you talking about, what's this I hear...”.

There's absolutely nothing you can do about that and you must expect it every time, women talk, they take screenshots. They claim they are looking out for each other, but there's an element of satisfaction about it. Women like seeing each other unhappy. That's why when one in a group, becomes single, within the year most of them are, misery loves company. Women mostly form 'friendships' through emotional events or something to the like, and because of the natural competition between them, they never really trust each other or even like each other most of the time.

How many of you have had an ex-girlfriend overly paranoid that you're sleeping with one of her friends? It happens every-time, even if the ex-girlfriend is being rooted out every night by the guy she told you 'oh, don't worry about him, he's harmless!', she'll still have the blatant audacity to have a say in where you put your dick. Rightfully, it's none of her business, and she knows you can

see whoever you want to see. The issue is not you, she doesn't trust her friends.

So it's vital you do not give women ammo and leverage over one another, because believe me, that's what any information you leak is going to be used for. No matter what the woman asks, what her enquiry is, whether it leads everywhere or goes nowhere, you keep their secrets like they are your own.

This isn't because women are unpredictable, nasty or dramatic, although let's be honest, everyone is unpredictable and dramatic, humans are basically emotionally sophisticated raccoons. It is because the moment she entrusted you with something, she made a micro-calculation about safety, vulnerability, and the likelihood you would behave like an actual adult. Women often live in a social ecosystem where their secrets, mistakes, fears, hopes, and occasionally their Google search history get scrutinised or judged.

So when a woman hires you, asks for advice, or shares something personal, she is not asking you to be her broadcast channel; she is asking for professionalism, containment, and respect. Even if later she laughs about it openly, or repeats it wrong, or adds unnecessary spice to the story, or shares it with a rotating cast of friends who all react with variations of "NO WAY," your job remains

unchanged: silence, dignity, confidentiality, the whole monk-on-a-mountaintop package.

Because here's the thing men often underestimate: women talk to each other. Not casually. Not light-heartedly. Not like an afterthought. No, women talk the way archaeologists excavate ruins: thoroughly, communally, and with multiple hypotheses. If one of them says, "I told him something," the others lean in and ask, "Oh? What did he do?" They are evaluating safety, reliability, emotional maturity. And if you, dear man, have been out here spreading secrets like rice at a wedding, news will travel faster than a cake at a weigh in. Someone will say, "Oh him? No, girl, do NOT tell him anything." And that is a social death sentence. Once labelled as untrustworthy, you are not simply out of the loop, you are exiled from the loop, the loop's future loops, and any hypothetical loop children that might exist in potential universes.

Even worse, reputation spreads in this realm through the powerful emotional machinery of co-rumination (discussed in the next chapter). Not the quiet, soft discussion, but the intensive, high-speed, multi-layered analysis women engage in when something is important. If you betray one woman's confidence even once, the story becomes a legend retold with increasing narrative detail. "He told someone" becomes "He tells everyone," which becomes "He cannot hold water even if it's frozen in the form of a brick," which becomes "He is

basically Shortwave Radio broadcasting non-stop.” And that’s the best-case scenario. Worst case? They start speculating about your childhood, your maturity level, your motives, your subconscious, your attachment style, and whether your horoscope was trying to warn them all along. You do not want to be the subject of a co-rumination dissection. People do not survive that emotionally.

But confidentiality is not just about protecting your reputation; it is about integrity. When a woman hires you or trusts you, she is not testing you; she is giving you a chance to rise to the occasion, to be the calm, stable, non-chaotic human container society rarely expects men to be. The bar is low, yes, but you can clear it with grace. Keeping her information private isn’t heroic or noble, it’s basic human decency. It says: “I respect you and I respect myself.” It says: “Your words don’t become my entertainment.” It says: “I have mastered the ancient art of minding my own business.”

And yes, sometimes she will tell the secret later. Sometimes she’ll tell multiple people. Sometimes she’ll share it with the enthusiasm of a reality TV confession booth. And you might think, “Wait, why do I have to stay quiet if she doesn’t?” And the answer is: because your silence is not about her behaviour; it’s about your character. She is free to do whatever she wants with her own information. She owns the rights. She is the producer, the director, the editor, and the distribution department. If

she wants to go public after originally going private, that's her choice. But you? You were entrusted. That trust doesn't evaporate because circumstances changed. Confidentiality is not a rental agreement; it is a vault.

Now let's talk about the power dynamic here. When someone talks to you, whether it's just a text enquiry to start with, she needs advice, or flat out begs for FPH, they are relying on your professionalism. It does not matter if she's friends of a friend, your best friend, your mum's cousin, your ex's best friend, your dog's best friend, confidentiality is non negotiable. This is not equal footing; this is a service relationship. And the backbone of any service relationship worth anything is confidentiality. If a woman makes an enquiry and you treat her private communication as gossip fodder, you are not just being unprofessional, you are setting off a chain reaction of social contamination that will eventually find its way back to you with the fury of a thousand passive-aggressive Amazon reviews. The world is big, yes, but not bigger than the network of a woman who decides loudly and definitively, "Nope."

Beyond that, there is something deeply unattractive about a man who cannot hold his tongue. Women notice this. They observe. They clock the men who over-share, the men who brag about private moments, the men who treat secrets like snacks instead of responsibilities. Trustworthy men, on the other hand,

become safe havens. They become the ones people return to, hire again, consult again, confide in again, because they have proven that their silence is stronger than their ego. A man who can keep a secret becomes rare in the way antique furniture is rare: valuable, dependable, and unlikely to collapse under stress. A man who cannot becomes the emotional equivalent of a folding chair at a barbecue: loud, unstable, and unsuitable for long-term use. Don't worry about people finding out whether or not you can eat pussy, that's not your problem, women will take care of that for you.

So yes, when a woman hires you, or asks you something private, or shares something personal, even casually, it is vital that you guard it. Fanatically. Religiously. You become Fort Knox with better emotional intelligence. Even if she tells five friends, posts the story online, or turns it into a skit later, your vow remains intact. Not because you enjoy silence, but because you understand loyalty. Because you understand boundaries. Because you understand that trust, once broken, becomes impossible to tape back together without looking like a tragic arts-and-crafts project.

In the end, the rule is simple: her secrets are never yours to distribute. She may share them later; she may laugh about them; she may rewrite the entire narrative for dramatic effect. But that does not grant you permission to reveal what was entrusted to you. A man's character is not

measured by how he behaves when everyone is looking, it is measured by what he does with the information no one else sees.

And if you ever doubt the importance of this rule, imagine the alternative: imagine being discussed in a group chat as “the guy who talks too much.” Imagine being the cautionary tale retold with raised eyebrows and slow head shakes. Imagine being the centre of a co-rumination session, but not the fun kind. The forensic-investigation kind. You don’t want that. Nobody survives that kind of emotional autopsy. Keep the secret. Keep them all. Keep them even when they’re outdated, irrelevant, or she has already published them in a memoir. That is the mark of trustworthiness. That is the mark of professionalism. That is the mark of a man who understands that silence is sometimes the loudest proof of respect.

I was married, and what I did in the past was no secret to her. She knew of some of the people I had worked with, but that was only because of those individuals themselves letting it be known on Facebook. My ex-wife would in fact, and hopefully, agree that all throughout our marriage I was unwaveringly hostile on the subject. I would never discuss who I worked for, what I did and when. She knew what I could do obviously, I’m sure she had fun on more than one occasion, but because I valued secrecy and respect, it was never something I wanted to talk about. Why would she even want to know? That’s why there are

no stories or gossip in this book, it's not that I don't have any, quite the opposite. It's that a vow of secrecy to all those involved is that backbone of what I did. And that's how it will stay.

The Contract

I have a contract. The rule at the time, was when you approach me, before anything is said, you ask for my secrecy contract. This contract is one way. It protects the client from anything leaking, and I still stand by any contract I ever have given out to this day. It guarantees I say nothing for life. Friend, foe or stranger, you as for it and before anything is discussed, it protects your possible client. Even if the client changes her mind, nothing ever happens between you... the contract **MUST** stand. Nobody must ever know that any enquiry has been made, and certainly not if it goes further. As an escort, that's your rule.

She can tell the whole world, and even if she does, you hold firm. It's not your place to say anything to anyone. That's the nature of the business you're in.

Focused Pleasure Hypothesis /

FPH

Focused Pleasure Hypothesis is a routine crafted from blocks of set pieces of actions put together with branch customisations based on the ten questions during the communication phase. I am going to reprogram your brain in how to switch into this mode, because this is not sex mode, its an adoration setting and frame of mind that is something entirely new to her and to yourself. You're not going to give this worship freely, she's going to pay with sexual tension and frustration, that's the cost of our devotion.

There are three set pieces (or chapters), then three customisable sets/chapters then one final set piece. These are drawn out over ridiculous amount of time. Your target time is 300 minutes (5 hours) as a baseline, but if she burns out or taps out, giving up for whatever reason, then that's not your fault. Actually, it is, but it's a win for you.

In this chapter, I'll put the first the three blocks together, and separate the actions, why they work and what they do. I'm in a place where I can slightly customise these to make them a little different for each girl based on her

preferences, but I'm going to keep it simple and I want you to learn this set. This is the base foundation.

Given that I expect and target this book towards a male reader, I'm going to change all the scientific terms into common male language making it easier to learn. For example, I'm not going to say "Vagina" every five minutes, I'll just say "Pussy". It's a cleaner and simpler term and responds better. I've written this part a few times and it keeps coming out very 'Mills and Boon', so I'm going separate it all as said before and make it make more sense. I'm going to teach you psychology, micro expressions and body cues. Each of these are powerful, but we are going to merge all three, and we not just going temporally reprogram her mindset, we are going to do yours too.

The reason we only want it temporary is that we only need it functional while we are together. When I was in my first year of this, I was very gung-ho about it, I had found this great new way to satisfy women but it started to backfire. People were starting to avoid hiring me because it was ruining their own sex lives with their real life partners, their hook-ups became bland and pointless, even my own sex life suffered, and word was getting around. There were even two failed attempts to sue me, which went down hilariously on Facebook. So I've included some mental barriers in specific places which block out attachment and reset anything life changing.

It is absolutely important that you realise that this won't work with someone that doesn't want it. It's not hypnosis or manipulation, or anything weird, I'm simply giving you a route to take, how to understand what's going on, read her mental and physical cues and nothing more. All the actual sex techniques which will get separate chapters, are actions that slot in and function around this base routine. You're not going to learn it all and in one sitting.

Just take your time.

Given that you've met, and she's out the shower, we'll start.

Phase one: Acclimatisation

Technical

If you've just met this girl then you're both going to be nervous. If you know each other, you'll already have a baseline attraction towards each other. If you're a couple or already lovers, then this may feel strange because I'm going to alter the way you see each other, and it may even add some value to your relationship.

Coax her to get on the bed with you, if she wants to throw off her towel or robe right away that's fine. It's very rare, but some women are more happy within themselves than others. If she gets into the bed, then get in with her.

Your boxers, shorts or sweatpants, should remain on, this is your barrier and protection, but also your secret weapon much later. Some women prefer to get into bed. There's many reasons for this, some are simple and others go deeper. She might simply be cold, or it could be that she feels safer and less exposed. Other women may just want to get closer and more snug with you. All these are valid reasons, just let her relax. The goal is to slowly acclimatise her to you, she may be incredibly nervous or fearful. We are not trying to turn her on, this is the last thing you should be thinking about even if she's two stages ahead mentally. She has come to you because she knows she's going to have an absolute wild time, she's going to feel so good that she's excited already, but also nervous with anticipation, and fearful she's going to do or say something to ruin it. We need her to acclimatise and build her trust before anything happens. When she's ready, tell her to put her blindfold on as she knows this is part of it, and gently snuggle closer and get her nestle down and relax.

The Scene

I want you to look at her, don't worry she can't see you. First we break your mindset. Every cell in your body is going to be on fire, your biology is telling you're about to get laid. The muscle cells in your cock are expanding and the head of your cock is filling with blood and any friction going on feels good. This is already absolute torture, but I want you to use the fire this gives you as your source of

willpower and energy, this constant urge and sexual tension will be your fuel.

Using your fingers, softly brush her hair away from her face, run your fingers through her hair but so softly it barely registers with her. If she's tied her hair up, just softly hold the back lower part of her head, and from the top of her forehead run your fingers over the top of her head so lightly she barely feels it. Continue doing this. As you're doing this, she's getting used to your body, how it breathes, it's temperature and it's micro-movements. She is auto tuning her body with yours and locking into a mindset of safety and anticipation. It's most likely that she's ever had attention like this. She's had cuddles for sure, but these are cuddles that are promoting a bond and igniting sexual attention and attraction. Her learned experience is still in place here, she's expecting you to drop your cock out at any moment. But that's the mindset we are breaking, because tonight, it's not about us, it's about her.

Phase Two. Ignition

The Technical

After a while of this you will start to notice one of two things happen. If she's laying on her back she'll start to dig herself into to the bed with soft wriggles of her back. If she's in close and cuddling you, her legs will start

responding and she may slide her top one over yours in a bid to lock herself into you. This is not that she's getting turned on like most men automatically assume, it's her sexual tension igniting. With men, we get turned on, it's a simple function, like an on and off switch, because biologically, we're expected to breed.

Women are different, for god only knows what reason. Women first ignite with sexual tension and then turned on later. But we are going to do something really devious and make her feel something she's never felt before. Instead of reading her sexual tension as a cue to pass her through into a turned on state, we are going to hold her inside the sexual tension stage until her sexual desire forcibly takes over. We are going to do it with Romantic Teasing.

Why are we doing this?

Simply put, it's likely she's never felt it. Letting her enjoy her sexual tension phase and allowing it encompass her allows for magical things to happen later. In a normal sex session where the man rushes her through this stage to get to the good stuff, it never has time to fully nest and grow within her. We see it as cue and react on it, mostly destroying it. But if you allow the sexual tension to fully take over her body, it will switch on some of the greatest erogenous zones, raise her body heat and her pussy swells and catches fire.

Because this session is about her and only about her, she can abandon any rush or worries about us and she activates her 'Princess Mindset' or what's called the 'Selfish Mode', which is where we want her. When her pussy finally explodes like a shaken fizzy drink, she will feel this travel over her body and blend with the sexual tension. It's the same principle as Indian Tantric Sex, except we are going to feed her pussy's hunger. When her body is in this state, we are going to use it to 'get her off' as it were, over and over again.

The Scene

Your teeth are clean and your breath smells good. Go in close and put the side of your face against hers, let her feel your touch, how your skin feels and the resonation of your breaths and hold for a few moments. You'll feel her body react and her breaths will hasten. She will quickly adapt and you'll notice her hands may start to roam. If she holds your face or strokes your hair, let her and give a sigh or a response, most likely this will come natural. If however, her hands roam anywhere else then she's reacting on 'learned habit' and experience, it's what she's used to – this is the mindset we are breaking.

Simply take her wrists and hold them above her head on the pillow with very little force. She will roll onto her back we going to put the side of our face back to hers and slowly brush our lips over her cheek towards mouth

then pull away before the kiss. Do this on the other side too but then hold so your lips are just an inch from touching. She can't see you, but she absolutely knows you're there. Let her feel your breath on her face. Make sure your not breathing normally, you want just 50% of your normal baseline. You need her to feel the heat, the texture and smell and adapt as the hairs on her neck start to stand. Every now and then, slowly and very deliberately, kiss around her cheeks, chin, the corners of her nose and forehead. You want to go in, your lips to purse on her skin and wait a few moments, then pull away silently. You don't want to do it with any rhythm it has to be completely random. We are stoking her sexual tension and anticipation. After a while start to tighten the kissing area to cheeks and around the mouth. Next, kiss the corner of her mouth, hold and pull away. As you're doing this, stop playing with her hair and without leaving hand contact bring your hand down holding her face and hold. Use your thumb to stroke her cheek and delicately move her face so she's directly facing you and get in close so she can feel your breath.

One of two things will happen, depending on the type of girl she is. If she's quiet and reserved, shy or withdrawn, she'll start to purr like a cat. If she's the opposite, loud, confident and quite full of herself, every time she feels your breath, she'll snap at you trying to kiss you. This is called 'Turtle Snapping'. If she's snapping at

you, play with it a little. Quickly make her chase your lips but don't do it for too long. Normally you can do this for a few more minutes, but she might start getting frustrated and that's a killer. Pull away, wait for her to stabilise, her brain is trying to work out where you are. Award her for snapping at you with kisses but never the kiss she needs, but she needs to know you control everything.

What's happening here is, her sexual tension and anticipation are starting to mix. You must control the first kiss, don't let her do it. We are establishing we are in control of her sexual tension, so when we pass control to her later, it feels like a reward and a release. Play with her and tease her, don't let her over boil. If she starts to growl or it looks like she's getting frustrated, using a little force, move her face away from you, kiss the cheek and hold. With the hand holding her face, run your hand over to her mouth, softly running your fingers over her lips. She will be very aware these are your fingers, if she kisses, licks or even sucks on them, then she's not only ready for the kiss, she is over boiling. This is because she is craving that first romantic sexual hit and she's trying to get it from your fingers. It's unlikely that she understands this, but it's also the same mechanism that makes a woman bite their lip during a sudden attraction spike. Take your fingers away and you'll see immediate disappointment, follow this through and place your lips on hers and give her the kiss she needs. As soon as her tongue hits yours pretend to pull

away. At this point it's unlikely she's going to let you and attach herself to you, just go with it and give her what she wants. If she lets you pull away, wait just a few moments because she's expecting you to punish her with more excruciating teasing. Just go straight back in, and she will dial it up ten notches as a reward to you and a relief. Release the hands if you wish. Keep your hands above her shoulders a retrain her kisses if you need to. (see 'Kissing') chapter. Sometimes, just sometimes, I've seen an orgasm trigger here. I'm saying this because it's possible because I've seen it. But don't expect it, because it's ridiculously rare.

Phase Three. The Rub

The Technical

You're still kissing at this stage, but what happens is her body will start to get hungry for stimulation too. An obvious cue for this is her hands will start roaming or you will feel like what is the obvious rubbing of her body against you. Take control of her hands again and hold here as long as possible and you'll start to notice that she will start to rebel. She'll try pulling her hands free, pulling off her blindfold, biting at you, and some really hard aggressive rubs up against you. If she does this, it's totally normal, she's used to having a man's hands all over her at this point and it's driving her nuts, but in a good way. Don't think for a second she's hating this, this is all new and she's never

had anything like this before. Normally, she controls everything, the man wants her body and she awards it when she's good and ready, but not this time.

When she rebels, punish her by pulling away for a few moments, when she settles, go back in. She'll learn very quickly that you're in control. We are not going to do this for much longer, just keep it playful and she'll eat it up. What we are doing is establishing obvious boundaries:

- She's chosen you to get her off, so she must let you.
- You're not a lover or one night stand, you're a professional.
- You're in control.

This is not done just for her, it helps us maintain control of ourselves while we are at our weakest. In most of our session, we'll be away from her hands and mouth, these are her two most powerful seduction tools. The pussy isn't a seduction tool, the pussy is the trap. If she gets either her hands or mouth on our cock, then most men will end up in the trap and she would have won. Right now, we're basically wrestling a very dangerous lioness, and we are in the lions den as it were, and must maintain the boundaries for everything to work.

What's happening is she's flipping into the 'Princess Mode' or 'Selfish Mode'. She has no real desire for us as such, although I'm sure she does. She is craving the

touching of her body, which we will give her with the rub. It's likely she's never been stimulated this far, and this why she's acting like a spoilt brat. We'll hand the control over to her once 'Selfish Mode' is fully established. At the moment she's on the edge of it, but she still has the mindset that she needs to touch us to receive touch in response.

What actually is 'Princess Mode' or 'Selfish Mode'

When humans, both men and women, realise they can have what they want with minimum effort and nothing in return, they will take advantage of it. It's why children are spoilt by unearned gifts, wives walk over men when they just try to make her happy, and why men continue cheating if they are forgiven over and over. It's basically having your cake and eating it. It is a deep psychological primal habit that all humans can fall into. In FPH this is the backbone of what we do because it allows her to fully relax and take advantage of us sexually, but it takes time for her to break the 'everything must be even and returned' mindset. We can't do what she wants us to do if we have to worry about her constantly seducing us. She needs to think that we are her slave, when in fact, it's her that's a slave to the pleasure you give her. We need to break down any reservations she has; these are often moral issues and any reciprocal guilt she may have. Once she knows subconsciously, "you belong to her", these walls will fall.

So, after what has felt like hours of torment to her, we going to give her what she needs.

We are going to give her full body rub that includes every erogenous zone she has, but with a very deliberate catch. At the moment, her body is going to be lit up and crying for this so we are going slowly redirect all this tension and push the whole lot down into her pelvis. Every inch of thirst from the neck right down to the feet will eventually end up all in her pelvic region. We are not going to do a proper massage, because we don't want to accidentally trigger any orgasms or squirting. We need to starve her pussy and make it really hungry.

By using prolonged touch starvation it will escalate dopamine and oxytocin triggering the final psychological dynamic, which is surrender and selfishness. Why body rubs work:

- Touch Starvation: Modern life gives us very little sustained, non-sexual but sensual touch. An hour or more of slow, deliberate skin contact floods her with oxytocin, which is the bonding and cuddle hormone, and drops her cortisol dramatically. She will be intoxicated by your hands.
- Anticipation Escalation: By staying away from the breasts and pussy (the first hit on her pussy is covered in 'Feeding the Horse' chapter.) for at least an hour, you're hacking her dopaminergic reward circuit. Every moment

you create the thought “Please, for fucks sake, just touch it!”, you spark desire.

- Sensory Overload and Contrast: Oil on skin, firm pressure and feather light touches creates shifts and back and forth she has no control over. We amplify her nerve signals by shifting between neutral zones to highly innervated ones

- Power Exchange: She naked, blindfolded, covered in oil, unable to perform or reciprocate. This is what triggers the ‘Princess Mode’, it makes her realise what total receptive pleasure with zero pressure to do anything back actually feels like. It flips the script.

- Body Mapping: Most men go for the boobs and pussy, but as said, we are going to redirect all her anticipation and sexual heat to those zones first. Neck, ears, wrists, hands, feet, behind the knees, all have nerve ending densities rivalling the clitoris. Because our first hit on the clitoris will be with your tongue and not the fingers, we stimulate everything else first which makes the clitoris more sensitive when we finally arrive.

The Scene

Pull away from her and position her so she’s on her back. She should still be blindfolded, but inform to just relax because she’ love this.

This is a great stage to explore her body for the first time, and she's going to be dying for this. It's very important that you get it in your brain that it's a rub, not a massage. It's unlikely that you're a professional masseuse anyway, and I know I'm not. A massage will loosen and relax her, we want to do the complete opposite, we want her on the edge. So get a nice handful of oil and rub your hands together to warm it up.

Start at one shoulder and you're going to slowly mirror yourself. If she's still wearing a robe, work under and around revealing each part of her body slowly. This isn't for romantic effect. If we tear her robe open it might shock her or bring her mind sharply into awareness if she's self-conscious. Do it slow and let her de-robe herself as you do it. Look at her body and break it down mentally into small parts. Rub one shoulder then move to the other shoulder, then work your way around her body slowly. Rub, don't knead. Gently blow her skin now and then to give her some chills. For now, avoid nipples and pussy, it will drive her anticipation through the roof.

Carry on until you get to the hands. Oil her hands and pay very special attention to them. You can create a special bond by hand-play, just lock fingers and use both your hands to rub her palms, fingers and in-between the fingers. Sucking her fingertips and giving them tongue whilst inside will tease her clitoris. Somehow, the clitoris will see this as some potential foreshadowing. This will be

absolutely intoxicating to her. Before you move away from her hands, bring both of her hands together then continue to rub and play together. You're breaking down her walls and she will love this. Break away from her hands and continue down the body. When you get to her inner thighs, "accidentality" brush past her pussy a few times, no more than appears to be deliberate. Continue down her legs, do the backs of her knees and calves, then on to her feet.

The feet you need to be careful with. Firstly, rub harder because you don't want to tickle her. Secondly, she has two nerves in each that can trigger an orgasm, you don't want to do that yet. I have added a Chapter called the 'Footgasm', because the feet, despite being boring and innocuous to normal people, are one of the largest erogenous zones she has. In this chapter I explain where the nerves are and how to stimulate them. Some women really hate their feet touched, but as a rule, if you've worked her up enough, she really won't give a shit, she'll be in the moment and happy to let you go for it. Take your time, rub her down, she's your princess, treat her as such.

Gradually work your way back up without touching the pussy, she's expecting you to now accidentality brush it, so don't. You need to be unpredictable. Work your way up to the breasts, cup them fully and apply lots of oil, applying slow circular strokes. Alternate feather-light finger tips around the areola without touching the nipples themselves. Once you set the nerves in the areola on fire

the nerves within the whole breast go from massage to fire mode, now introduce some firm breast kneading to stimulate these nerves. Finally, you're going to need to do this slowly and in one continuous action. Take both hands to each shoulder, lightly run your fingers from the shoulders along the collar bones to the centre of her chest to that dip between them, run your hands down and separate. Spiral the breast from the outside to the nipple and give her what she needs. Doing it this way drives her anticipation and award system utterly wild, which will trigger an oral sensation in her mouth. Move in for a kiss, hold it, then pull away and start teasing her nipples, kissing them, sucking them but don't bite. Go up for a kiss, this time stimulating her nipples.

From here, slide down so your mouth is just inches away from her pussy. The Oral section will cover this in extensive detail, but the idea is, don't give her everything at once. Again, we are still teasing the shit out of her so you need to be precise. Slowly rub oil on the pelvic mound and the entire area around near the labia without touching it. She may move her body to try and get a hit, so stay rigid, be prepared and be ruthless. Tease that pussy, tease it more, and even more. Eventually, brush past the labia, then tease all around some more. You're going to pull away, go up top and start kissing her again. You're setting up 'Feed the Horse'.

Don't touch the Pussy yet you need to transition into 'Feed the Horse' and that has its own chapter, it's utterly vital you do that properly.

After Feed the Horse

After Feed the Horse, her pussy will be aching. Play with her labia with your fingertips and follow the flow of their shape. Slowly, just pass very light touches over them. She wants pressure, and her legs are going to tighten. Bring your hand to the clitoris hood, give it a little pressure, and slide your hand down through her lips, then tease the soft fleshy part without touching the pussy entrance or clitoris. When you're at this point, drop down and hover your mouth at her pussy. Breathe on her pussy as you continue to massage all of it except the clitoris and the entrance, because you're about to hit her with a train.

The First Hit

In the 'Base Oral' Chapter, the first section I've given two very unique ways, to transition into the oral. Those techniques are absolute bangers. Choose one, learn it, practise it, then learn the other.

Pay very close attention to her breathing. It's going to be quick and your hit point needs to be fast yet very controlled. Watch as she inhales then exhales, inhales then exhales. When she exhales fully, she'll be at most vulnerable. This first hit will be a 'memory moment'. This

will have recall value simply because of the amount of time and respect awarded to her to get there.

It may seem utterly and completely cruel what we are doing to her, but remember, we are giving her an experience she's never had before. She will really love this continuous push and pull dynamic even if it's making her frustrated. Especially if it's making her frustrated.

As I say in the 'Base Oral' chapter, if the first hit triggers an orgasm right off the bat, just let her have it, call it a win and continue eating. It should only be a small one because you've not done anything yet. It's an 'emotional orgasm' which she in fact triggered herself. But don't worry, she'll be no where near done, just take it slow. She'll be fine.

From here you'll be in the custom area created just for her.

The Lessons

Most men look online and look for ‘tricks’ and ‘sex tips’ without asking the most fundamental questions first. For example, you’re looking for a way to give her an orgasm. You look online and it says touch her here, there and back over there, and surprise, it doesn’t work. It doesn’t work because you haven’t asked the fundamental questions:

- Why does that work?
- What frame does she need to have before I try?
- What does emotion does she need to feel?

All three of these questions need to be answered for every single action you do, you’re going to go deep into psychology in a simple easy way. We can put this into one simple question:

‘Why do these actions work?’

I’m not going to teach you how to be good at sex. Forget your dick. In FPH, Cock is worthless. FPH is about treating the woman like a princess and worshipping her pussy to such an extent you’ll never ever be forgotten, you’ll ruin sex lives... forever.

That's not to say you can't incorporate any of this into your love life, you should, but FPH is something a little different. It's like anal sex, for birthdays and special occasions. Or if she catches you texting another woman. Use it sparingly, steal parts of it regularly. It's never to be used on the same person twice in the same week. Taking it further, I would submit to you that not even twice in the same month. And there is a logical reason or two for this.

The first reason is that from a woman's perspective it's a chaotic and exhausting form of sexual exercise. She needs time time physically and mentally recover. The first time she'll most likely have "Spenders Guilt" or even "Orgasm Guilt" and she needs time to process these on her own. Orgasm Guilt is worse than Spenders Guilt, as it's deeply rooted. She may be married, or have a partner, or be friend of a friend, or she may feel like she's morally destroyed her values in some way, or maybe all the above. It's not rare to only work with someone once, in fact it's quite common. Never follow up with a text or ask how good she found it. Just leave her alone, when she is ready to talk or wants to meet you again, she will reach out. It's vital you leave her alone to recover. You didn't go on a date. You did things to her and made her feel emotions and feelings most man can't even conceive, so just leave her be. If she reaches out later, then you're off to the races.

Secondly, let's say she messages you next day and wants another session. The problem is repetition. You may

have noticed when I gave you run through of FPH that it seemed very scripted, and for good reason, it is. It has taken years to develop all of it, apart from the 'on pussy' and 'The Thumper' sections in the middle, it is all scripted and precisely designed to achieve and hit all the points needed. The actual oral session takes skill which is why I've given you the lessons needed, it will be random every time. However, that random yet technical assault on her pussy is tightly nested within a very scripted well-developed contained seduction exercise. If she experiences it too often and it's overused, her brain will notice common patterns and it will have the opposite effect. You do not want any woman to start picking up on the patterns because she will become bored and through impatience and lack of control, you've broken the system.

Why the no Cock Rule?

Yes, most women like sucking cock and receiving it. But sometimes they just need a good blowout, and that's what FPH is for. Sexual Pampering or Pussy Worship, is the idea that control is a turn on. The woman will have no doubt that you'll like her sexually, she will even see your erect cock in your shorts while you satisfy her, but this is the hook. She knows she looks one-hundred million percent desirable as she lays there cumming over and over in a sweating mess.

Where FPH succeeds is that it builds sexual tension between two people and hands it to the woman in a big bow and she thinks she owns it. She's aware that you're as turned on as she orgasms constantly, but she also knows you'll never have it, she never has to give you that release you need and she will go harder into her own subconscious performance knowing what she is doing to you. To her, that's the power of her natural selfish human nature that we are satisfying. Most women will never experience this... ever. This is completely one sided in her favour by design, and that's why it works very well, and why they love every minute.

So, going further into the psychology of the no cock rule...

There is a truth whispered across continents, passed down through ancient murals, embroidered into tapestries nobody dusts any more, and muttered by wise women in bathrooms at weddings while they fix their eyeliner: foreplay matters more than the grand finale.

Why? Because for many women, foreplay isn't the pre-show snack, it is the show. It is the main event, the storyline, the character development, the emotional world-building, the cinematic universe, the rising tension, the orchestral swell, the slow-burn triumph. Meanwhile, many men still treat it like the warm-up lap on a running track. They say things like, "We doing this?" with the enthusiasm

of a toddler announcing they have located a frog. But women? Women know that foreplay is not optional seasoning sprinkled on top of her pussies hot lips, it's the cream. The base. The structural integrity of the whole emotional theme park. Without it, the lights are not working.

Foreplay is where everything happens that actually counts. It is the emotional Wi-Fi connection that allows the whole system to function. Without it, the signal drops, the energy lags, and the intimacy equivalent of the spinning buffering wheel appears. That's because foreplay is less about physical mechanics and more about psychological immersion. A woman's mind is not a switch; it is a full on laptop controlling everything. Foreplay is the process by which the laptop is both charged and operates, working in a glorious symphony of nerves, feelings, emotions and imagination.

And this is not mysterious. Women will explain this plainly, repeatedly, using metaphors, diagrams, sock puppets if necessary: foreplay is how they feel connected. It is the feeling of being wanted and seen. It is the tuning of the emotional violin before the performance. It is the page-turning anticipation of a good book. Meanwhile, many men treat foreplay like an optional preview they can skip, as though intimacy were a movie on a streaming service and they're pressing "skip intro" because they've seen the theme song before. But that's the issue, they think it's a

theme song. Women know it's the prologue where all the meaningful plot information is conveyed.

Foreplay is relational. It speaks a language that isn't verbal but might as well be flashing neon signs that say: "You matter. Slow down. I am here with you, not sprinting toward an achievement badge." And the wild part? When foreplay is done well, the eventual main event becomes ten times better. Men think they're saving time by shortening it; women know they're actually cutting the power to the whole amusement park. Nobody has fun on a roller coaster that loses electricity halfway through.

Here is the secret speaks but absolutely should: for many women, desire isn't spontaneous, it's responsive. That means foreplay is the ignition sequence. When a woman experiences foreplay, her mind shifts gears: "Ah, I am desired. I am safe. I am connected. Let me open the gates." Without that, she is not closed off, she is simply not activated. It's like asking a flower to bloom by yelling at it. Think softness, warmth, time, presence. Not volume.

And this is why foreplay often feels more significant than the final stage. The final stage is simple. The final stage is mechanical. But foreplay? Foreplay is the part where the meaning lives. The care. The story. The romance. The humour. The teasing. The suspense. The chemistry. The sense of being chosen, not merely available. This is why women talk about the lead-up more than the end. You

never hear a woman dramatically recall, “And then he... completed the final step.” No. They recount the details, the moments of slowness, the electricity, the anticipation. The foreplay is the content. Everything else is the epilogue.

More importantly, foreplay is the part where a woman can evaluate the man. It is the litmus test for emotional intelligence. Men reveal everything in foreplay: patience, attentiveness, creativity, ability to read cues, ability to connect. A man who rushes foreplay rushes everything. That’s not just a bedroom issue; it’s a life issue. It means he is impatient in arguments. Rushed in conversations. Transactional in romance. Task-oriented where he should be relational. A man who is good at foreplay, however, is often good at emotional pacing, communication, empathy, responsiveness, the actual source material of intimacy. Women know this instinctively. Foreplay is how they evaluate whether the man is emotionally employable. This is the main reason we need to keep her in her foreplay stage for entire session. We keep her emotionally locked, physically connected and her mind and pussy doggy-paddling where she loves to be.

Now, for some lunatic reason: many men assume foreplay drains energy from the “main event,” as if they’re budgeting stamina like it’s phone battery life. That is not how it works. Foreplay does not drain energy; it generates it. It is the emotional charging dock. When a woman receives adequate foreplay, time, attention, gentleness,

presence, her body and mind align, creating a level of engagement and excitement that cannot be achieved through shortcuts. Attempts to skip foreplay are not time-saving, they're pleasure-cancelling. So in FPH, the man's "main event" is taken out of the equation, and put a woman's "main event" in its place. In her mind, she knows for all intents and purposes, we are there to satisfy her and there's no time limit therefore no time to rush.

The Meet

We are not talking about rose petals on the bed or wine on the bedside here, although I'll cover that and trust me, you haven't got to worry about that and I'll explain why in a bit. We are talking about communication, because there are rules and boundaries.

It does not matter who they are or what they do, FPH could be right up anyone street. They could be, and not limited to:

- A Friend
- A Day job Colleague
- An Ex from years ago
- An Ex's Friend
- Your Bank Manager
- Family Friend
- Anyone

It could be literally anyone because everyone is wired different. My point is, behind the eyes of everyone you meet, there are some of the craziest thoughts and desires you couldn't even dream of. Obviously, as long it's

not your sister or Aunt, anyone's on the table. It's not about whether you can trust them to keep their experiences to themselves either, they are women, you assume day one that at the very least, they are going tell at least their closest friend. It all boils down to your gut. Your instincts will guide you. If it feels like she's as mad as a bag badgers, just politely turn her down, say it's nothing personal and you're having a break for a bit but you'll let her know when you start again – always be respectful. This is where the interesting power dynamic comes in, because depending on her response, she could prove your gut wrong.

If she get's mad

If she loses her shit and puts on a show, she's proved you've made a sound choice. You don't want to be giving this away to anyone, you need to learn control and discernment. What you have is valuable, it's a technical set of skills that 80% of men don't have, and a mindset that 99% of men don't have either, so choose wisely.

Please for the love of your god, don't base it on looks. I've spent time with some of the most beautiful girls and I promise you they are fucking mental, they tend to stalk, call you at 3AM, trust me when I say they are crazy as whale eggs. They also have what I call 'Personal Physical Bias'. The whole session they never truly let go and enjoy themselves because there's a mirror in the room. Conversely, I've had great times with the most normal

looking women that you wouldn't believe, just average girls with a hidden talent that can be anything from being able to take a twelve inch rubber dong like a pornstar or putting their ankles behind their head – everyone is unique and appearance means nothing. Some girls are the quietest most polite creatures ever, some with funny quirky personalities that you can have genuine connections with. Obviously, you don't want to be falling in love either, so you need to be able to choose correctly. Don't just go for the pretty ones, I made that mistake and it was an absolute nightmare. Clearly, the above is a sweeping generalisation, and there are obviously outliers and exceptions, but it's up to you to find them.

If however, she reacts calmly and is like, okay and gives you a smile, it shows she's not an emotional dumpster-fire. In that case, smile and switch the dynamic. Say:

“Wow! You smashed that test, sure, I'd love to!”

This works great because again you've made her feel something. She's felt a little disappointment but you never actually shot her down, and you instantly lifted her up again. It's not playing mind games. When you get up and sexually close with people, you need to make sure you're going to come out of it alive or not tied to a bed and robbed. Don't think with your dick, you're not going to use

it anyway. Think logically right up to point you're finally in a room together.

Mindset

So, suddenly your friend or ex's sister suddenly says to you...

"Can you show me, I really want to try!"

In these cases, you're likely to have a personality baseline already nailed. You know who she is and what she's about. One of craziest things about 'the Princess Treatment' or FPH is that most women have never even come close to experiencing it, so when they find out you have the mindset for it, you can suddenly turn heads.

It's not that they suddenly find you attractive, maybe they have always found you cute or even not at all. It's that suddenly you're making them feel something. Women are emotional beings, and your looks don't matter at all. Some really good looking guys out there, a million times better than me, can't nail this because they neither have the mindset or think they are perfect. Trust me, there's nothing more boring than a perfect person. All you need is confidence and mindset. I was in an industry where everyone was perfect, and if at an event, people would ask me for the drinks menu, that's how out of place I was. But a few years in, while the perfectly beautiful people were working for agencies and giving over 25% commissions, I

never needed one. Women that click with FPH are not after how you look, they want what you can make them feel.

Back on subject, you've been approached by someone you know, what do you do and how do you respond. Let's be fair, you know in your mind what you want to do already, you just need to switch the mindset and set up the power dynamic. Your Sexual Tension harvesting starts here, not in the bedroom. In the bedroom, that's her domain, she owns all the sexual tension and all the pleasure, but right now, it belongs to you. You have something she wants.

This is where you step back and assess your situation. It is absolutely vital you don't fall into fascination mode. Even if you say yes immediately. You can't text her requesting follow up or updates or begging for set date. Don't go cold on her either, just let her set it up and discuss it in her own time. You have what she wants, but there's possibly other variables.

Tell her:

"Okay great, you'll need to sort some things out, text me in your own time."

The reason for this is she might have a husband or a boyfriend at home. She could be a busy mum, a career woman or all of the above. Firstly, you don't want to present yourself as a risk. If you randomly start texting her,

she's going to get concerned. If she doesn't flee right there right now, she's going to start acting suspiciously with her phone because she doesn't know when the next text is going to drop. She's going to start texting you back then sliding her phone down the side of the couch and going out for walks she don't normally do and everything in between. This behaviour stands out like a sore thumb, and her partner will notice and you're creating risk for her because you have no self control. If she's dropped you the question,

“Will you do this for me?”

That's all you need. Just wait for her to set it up in her own time. The longer she waits, the more her mind creates sexual tension.

Fascination Mode

Okay, so hopefully no one I know reads this book, but obviously, it's not a secret and it's going to be likely. knows me is going to get confused as hell on this one, because chances are, they haven't seen this yet. Maybe one one or two, but whatever.

The Big Questions

These questions are important because these are the baseline from which your entire routine is based. In the centre of FPH there's massive section of oral and toy play that can be customised to suit the person in question. You

need to cut through the fluff and nail this down. I usually craft a text this way...

“Great, I’m not sure you’re gonna handle it, but you’re welcome to prove me wrong. Give me five things you love and five things you hate between the sheets! I’ll see what I can create for you!”

Don’t say, “What turns you on?”. It’s tacky and overused, it makes a woman feel nothing. Just make it playful, let her know she’s in good hands and always be respectful, she’s going to be extremely nervous at best, and feel totally inadequate or intimidated at worst. When I’m texting normally, I’m random, all over the place, I’m the most ergodic inappropriate buffoon you’ll ever meet, but when the switch happens and I get asked the big question, that switch happens on a dime. You’ll still be you, you don’t want to be fake, but you need to be professional in crafting the experience that’s perfect for her. Even these texts, no matter how trivial to us, are part of the recipe that’s going on in her mind, if you stop making her feel and start talking to like the other hundred men in her inbox, she will ghost you.

FPH is 60% routine and 40% skill and your imagination. That 40% is meticulously crafted and made just for that one woman. Don’t just use the same routine you used once before, or on a “similar” girl, no two girls are similar. Every girl you encounter is a different entity, they

feel physically and emotionally antithetic to the next and last girl, so you need to build her experience around the breadcrumbs she gives you and present that experience to her only. Make sure you inform her that if she's not honest about what she likes or dislikes, she's not going to get what she wants. No matter how jarring are weird her requests are to you, they are part of who she is and what makes her personality, and these attributes could be hidden for years. You take these secrets to your grave, they will die when you die.

Most likely, she has some desires that she's never told anyone. Maybe she's never felt a big cock before, maybe she wants some rough or tumble, or the common one, never tried anything anally. You need to know everything so you can create around these breadcrumbs. FPH isn't just turning up and getting on with it, you need to connect, do your homework, pull knowledge and research for every single person, sourcing online skills and tricks if needed. When your session ends and she's happy, hoard the technical knowledge you learned that's useful, keep her session details and experiences to yourself for the rest of your life. You're not in it to be a hero or a legend, you're in it to make someone feel things they have never felt before. Sometimes though, you become a legend accidentally.

The Meet

This part may surprise you but there's going to be some amazing dynamics flying around here. So, it doesn't matter if it's your girlfriend, a fuck-friend, family friend or best friend, the meet is as crafted as the routine itself and its done in a certain way to induce and start building tension.

The big twist here though, you're not the one crafting it.

If you're getting a hotel room, use your credit card (She's not going to want "Travel Lodge" appearing on her bank statements when she's supposed to be at leaving do), give her the room details and give her the time and tell her you'll be there dead on time. If she's free and unattached, then let her arrange it how she wants. Now here's the dynamic. Anyone that's ever had a girlfriend knows women have no concept of time, they are always in a rush and still always manage to be late.

But not this time.

Nine times out of ten, the following scenario will occur.

She knows you're going to chuck her in the shower the moment you get there, that's the deal. But amazingly, she's going to want we call the "portrait moment". What she's going to do is get there two sometimes three or more hours early. She'll have the music and TV on together, she'll

spend hours doing her hair and make-up, and she's going to look hot. Now then, this is for you and it isn't. She knows that once she's showered she's going to be her natural self and worst still, you're going to put her through the sexual gauntlet of Hades and she's going to feel the most unattractive she's ever felt (if she's even in a logical place to care). The irony here, is that to us men, this look drives us wild and we prefer this, but that's not how she sees it. Remember, it's not logical, it's how she feels. She wants us to see for just a short period that she looks hot as fuck. Your girlfriend or friend, or whoever, has never looked hotter and it's going to be a long difficult night for you. Make sure you acknowledge how great she looks with a good genuine compliment and then the night starts naturally. She may even say something like:

“Sorry, I just got here, I thought I was going to be late”

Just take it as a fact and move on, don't question it or burst her bubble.

What's actually going on

This dynamic is absolutely fascinating. Leading up to this moment, all the texts, the calls, the communication and chatting, you've been building up the sexual tension and controlling what she feels. It's not necessarily you she's been thinking about the whole time in the lead up (although I'm sure some of it is), it's the session and how it's going to make her feel in the moment. You'll notice

everything in that room is meticulous and has a place, a glass of water in grabbing distance from the bed, an appropriate song playing or a romantic movie playing on silent in the background. You'll smell the hormones and perfume in the room, the mood is perfectly suited to how she's been imagining it in the lead up.

She's switching the Sexual Tension dynamic on you, and now you're the prey. If all this has happened then you're in for good night of push and pull constantly. She will try to break you with weakness and seduction, she wants you to prove everything she's heard about you is wrong even though, alternatively, she hopes it's true. She wants your hard cock out and in her mouth and doesn't want to see it at all.

This dynamic has been spinning around in her head since she asked you. If you've informed her of the bullet points and your reputation is sound, she knows no-matter what happens, how it happens, it's never going to be known by anyone from your lips and she's in for a great time.

The one thing we do need to cover, and she may or may not try, is that she might expect a kiss straight away. DO NOT KISS HER, and do not let her kiss you. If you two kiss you break the routine and any build up, because as I covered, the kiss is going to be important to her. We nest the first kiss neatly within the routine in a very specific

place so she receives it when she “needs” it, and not when she expects it. If she tries, you’re not going to be able to pull away without offending her, so we are going to misdirect. As she leans in, gently hold her face as if you’re romantically leading her in, hover your lips over hers, smile, and say something playful but direct.

“I’ll reward you once you’re ready, princess!”

Now all you do is suggest she showers, turn your phones off, draw the curtains and get going.

Don’t worry, it’s going to be a quick shower.

Make sure you shower too, you’re working on the same fundamentals as her. You shower before you meet her, then AFTER her. This adds some cheeky anticipation. If, when you’re in the shower, you hear her masturbating a little, (or a lot), just hang back and take your time and don’t rush out there. You see when men masturbate, we are taking juice out of the tank, every stroke takes a potential thrust away from her. Women don’t work this way, when they masturbate, she’s not just setting the mood, she’s very excited to meet you. Because believe me, women don’t often masturbate for the hell of it. They do it because they need and want to. Just hang around in the bathroom, make sure you brush your teeth and give her some alone time to stir herself up. She has no idea what she’s setting herself up for. If she’s masturbating, the next hour or so are going to be actual torture for her. The moment you step out,

magically she will be innocently swiping on her phone. Don't say anything otherwise you may embarrass her, just pretend you never heard it.

However, on rare occasions, it's best to deviate from the routine...

The Reporter

This is a cautionary tale. Back in the early 2000's when Facebook was actually buzzing with my name among groups and pages and all sorts, I started to get attention that wasn't necessarily good.

There was this one reporter that contacted me. Now assuming you're all going to be doing this for your partners, wives and friends, whatever; you don't have to worry about this. However, I feel I must at least warn the very few of you that have bigger plans.

In this this day and age it's important that you do your homework. You don't need personal details, all you need is her name and her occupation. Anything else is irrelevant to you. The reporter emailed me with her request and did so from her own work email, so that was the first red-flag. Reporters tend to have all their socials and everything you need to know in the footers of their emails, so it wasn't long before I was doing some good research. I looked into her profile, a cute ambitious twenty something with a boyfriend in finance with a car as shiny as his teeth.

This is not uncommon, as I've said before, on the sexual battleground, the looks and value of any man pales in comparison to genuine sexual knowledge. He's perfect in a relationship, has resources and looks great, but sexually, sometimes they need to go a little towards the normal guy. When women came to me, they were generally looking for a good selfish session, something that's more than likely the opposite in her relationship. Women are not men, they are wired differently. They can find a connection in the most unlikely of places.

I'm a mug for a touch of excitement and a challenge, so I accepted her offer, but I had to deviate from the routine slightly. Firstly, I was working on the assumption she couldn't be trusted, which isn't a good foundation. I deliberately gave her the wrong room number and turned up on time. When I arrived she was already waiting in her car. The reason I deviated was because I didn't want her doing anything to that room I was unaware of. I didn't want microphones or cameras, or any other gadgets.

The night started flowing as any other, but I was quite suspicious of one tiny thing that stood out. On the main desktop where you get the TV, kettle and all that stuff, was her bag. I'm a paranoid son of a bitch, so during the start I positioned myself with my back to it, and the moment that blindfold came out I repositioned her bag a half a turn. It's a subtle and probably pointless thing to do I know, and even reporters need a good blowout now and

then, but when you're working with strangers it's always prudent to have suspicion as your baseline so you can move away from it over the night. I can't go into details of the night, giving you a personal erotic story because of my secrecy oath, accept she had a good time and was eternally grateful as she limped back to her car the next morning.

The point I'm making is, you can never be too careful. It's mostly likely there wasn't a camera in her bag at all. Out of all the articles I read at the time about myself, I never once saw one with her name on it. But always make sure your gut is tuned, and you can never be too paranoid.

She wants Bondage?

When in the communication stage, and this one will most likely come up, bondage. This is a very popular one that women tend to suggest and if you do it right and prepare for it properly, it can work in your favour.

Warning!

I normally put warnings at the bottom if any, but this one is so important that it needs to be right in front of you and you need this drilled into your head, and you need this registered right now. It is absolutely vital, and I mean on pain of death, that you do not let her convince you to tie you up. In short, she will fuck you. I cannot stress this enough, and learn from my mistakes, you'll either get a blowjob or she'll flat out fuck you.

The problem is, she thinks she's doing you a favour and thanking you. But she's not, she's just ruining it for herself. The problem is, men are wired in such away that just a single orgasm will strip them of any desire and tension. We call it 'Nutters Guilt'. Normally, if we fuck someone because our dick is telling us to rather than actually wanting to, a pick-up or a one night stand for example, afterwards it feels actually quite terrible. When

we are turned on, our mind is literally rewired which is why men often cheat, text other women and such things and genuinely feel guilt. I'm not saying we are blameless, that's why self-control is important. As I've got older my self-control is solid, much better than it was even five years let alone ten. If she fucks you, it's game over, and the 'Nutters Guilt' could quite literally ruin yours and her night. If you stay with her overnight, and you want to do it next day, which I go into at the end, by all means. Don't do it now.

The Psychology of Bondage.

The fantasy of being tied up, restrained, bound and helpless is extremely common among women. The problem is, many women don't trust the men they meet and trust is vital to bondage. Oral Technicians and other professionals are a little different because our self-control is literally on another level in these situations and if your reputation is sound, it's likely she's aware that your a stable choice, otherwise, she would never have mentioned it.

In the 1980's, the Kinsey Institute released data, and more recently the Bedpost and Yougov conducted identical surveys into just how common the bondage fantasy is among women. Heterosexual women which obviously is our demo, is between 50% and 70% of women have bondage fantasies, and fantasies are our playground. If you think about the population of women, which already

outnumber us by about 2-1, here in the UK alone, according to recent study, that's a staggering 24,144,400 women.

Many women are so inexperienced with bondage they call it BDSM, which is fine as a catch all term. But in the industry if you visit a true BDSM technician and ask for just bondage they will just laugh at you. They see it as very vanilla, and if you do your research you'll understand why. These guys and girls will literally torture you, which is why they use 'Safe Words'. And you don't want to be wasting these guys time, they take their craft very seriously.

It's not really bondage and as I mentioned, it's not BDSM. It's a surrender fantasy. Normally, when we take on surrender curious clients, all we do is pin the wrists with special braces. Sometimes we do the ankles if they so desire, but more commonly, it's just the wrists.

Personally, I like to lock all the limbs down just for my own defence. Obviously, being a footie the feet are my Achilles heel so getting them locked down and out of the way is my preference, but I can't force it. A woman's feet are far more dangerous to me than hands or mouth could ever be. Women tend to know this going in and of course and they try very hard to get a foot up against my cock whenever they can, so it does work in my favour bracing all four limbs.

The Surrender Paradox

Modern life, especially for women is constant demand for self-regulation. It's a melting pot of career responsibilities, emotional labour, motherhood, maintaining appearance, risk assessment on the streets and literally everything in between. Her conscious mind is always running at a hundred percent. Sexual submission, especially when combined with FPH and the Princess Mindset, is the one place where all this responsibility is handed over and passed onto us without any real-world consequence. The moment, and I mean the moment a woman is tied up and I start eating her pussy, you see her melt into the bed and totally become someone else. You can actually see it mentally too, like she's somewhere else entirely, which is a great place for her to be. Once bound, we take away every choice and decision she has, and she can quite literally do nothing wrong. She can't be judged for being too loud for example, because it's a natural reaction to what we are doing to her. She can't make any bad choices because she has none to make, she can't be needy or greedy, too slow, everything is taken away from her and we own those burdens.

The braces and restraints become actual physical permission to slip out of the real world and stop performing competence. Put simply, for the first time in her life, she doesn't have to be the best at anything.

The Neurochemistry of Restraint

This one is fascinating in the respect that there's a lot more going on physically than just not being able to move.

- Her heart rate triggers a safe danger mode. She knows she's not in any actual danger because we are professionals. But her brain triggers it regardless causing an increased heart rate and adrenaline.
- The brain also floods with endorphins and endogenous opioids, the same chemicals released during exercise and childbirth.
- Dopamine from anticipation and uncertainty which we have covered already.
- And of course Oxytocin surges from prolonged skin-to-skin contact, trust and sexual pleasure also fires off in her mind.

The results are often a 'natural high', very similar to a runner or that exercise where you peak and don't want to stop, but it often floods the pelvis, pussy and chest instead. Many women have described the first few minutes of tight bondage as an almost a floating feeling, slightly dissociating in state itself, like being drunk without alcohol.

The Forbidden

Occasionally, you'll meet a feminist. I'm not talking about women's rights advocates, I'm talking about the 'all men must die' feminists here, and these girls are absolutely captivating. Despite their bluster and strong opinions, these girls are not only easier to Princess for the obvious reasons of entitlement, they will definitely want some restraints slammed on their wrists, and I've never met an exception.

The reason for this is opinionated bias. These delights truly believe that sex is something that happens to them rather than something women actively partake in. Bondage to them is cultural script turned into real experience theatre and they love it. They will literally surrender themselves to the helplessness they believe that already is a burden to them, but conversely, and here's the twist, you are the one man in the world that they trust, and that's a huge win.

The sexual tension and charge that comes from taboo reversal is intoxicating because it proves to them that we're not all the same, and we not all in it for ourselves, even if they believe it for just a few hours. They go in thinking it would be absolutely terrifying, but instead, they will be the safest they have ever felt because they are so helpless. They will for the first time, feel true sexual worship over unfair dominance.

Somatic Awareness

When we remove movement, every square inch of their body goes into hypersensitive mode. That is why if a woman is restrained, I will perform the full body rub an extra few times adding a good hour to the routine, because their bodies will eat that up and it can send them to boiling point really fast. A fingertip dragged across a bound wrist can feel like being hit with lightning. The clitoris, already packed with ten-thousand nerve endings will swell and throb like a hungry cock to the response of ankle and feet teasing.

Immobility also forces mindfulness. They can't distract themselves, they cannot help their situation, they can only receive. It sheds their mental chatter making orgasms much more frequent and enjoyable.

A woman has two sides to her personalities. These are her societal no go areas. You have the respectable, competent woman, and the bound ravished creature that exists purely for pleasure. When restrained these two sides of her personality collide and wrestle, and in our safe environment, there's no loser. The good girl and the slut in her will finally shake hands and be at peace.

How do we do it

Firstly, she has to request it. If you suggest it when you give her the ten likes and dislikes text, and it's not her thing, she will run a mile. It presents you as a threat and a huge red flag, only do it if:

- It's on her list of 5 interests.
- She requests on the meet.
- And she lets you do it.

All three of these qualifiers must be satisfied because if just one is missing, then she's going to be scared and forcing her will be totally unprofessional and could land you in huge trouble, this is her night, not yours.

Now Travel Lodges and Hotels don't like you doing this stuff for health and safety reasons, that's why it's near impossible to set this up. The headboards are actually designed so that you can't attach straps and chains, there are no holes, bed knobs or recesses to do it. However, in the business, we have a special tool for this. It's a special network of straps that form an 'X' which you can slide under the bed or a mattress and does the job very nicely. They can be bought online from any sex toy supplier and I generally used to bring my own. When I first started, because I was paying back a ridiculous amount of debt, I was staying at home, ironically I'm back there now after a failed marriage, losing everything and paying off another debt, but that's another story. Because these X-Restrains as there are often called were made of thick durable material, and ludicrously expensive, I just used to throw them in with all my washing. My mum would make a point of picking these things out of my washing and putting them in the machine with a pair of washing tongs with a

disgusted look on her face – not a necessary thing to know, but I find it a crack every time. And yes, it's good practise to have them washed.

In Routine

It's important that you do not deviate from routine, the fact that she's tied up alters nothing. The only difference it makes is that you'll mostly be on top of her, and you'll need to be careful of some cock rub, especially on her pussy. Working on top of her actually increases her tension and she will adore this, but you do need to be careful. I have to distribute my weight a lot more evenly and it causes all kinds of extra hassle, but it does promote a more tighter closeness between the two of you, a more natural state of positioning if you will.

If you do use her restraint to prolong her tease suffering as I often do with a few cheeky extra rubs, just make sure you keep an eye on her face. If she's blindfolded still, keep a special eye on it. If her chest, cheeks, and nose starts to turn a deep red blushing colour, get back in routine because she could orgasm at any touch and you don't want that this close to the start. If her mouth turns red and she starts panting, then you're in real trouble. Just wind it in, and get back in routine.

She will love every second, and when you hit the oral and she can't move, you'll see what real surrender looks like.

If at any point, and I mean any point, including if you are nose deep and she's half way towards cumming, and she requests to be released. **You release her immediately.** Do not force her to orgasm, do not give it a few extra seconds, you stop and release her. You absolutely do not want to betray any trust given to you.

Orgasm Types

Women as I've said a million times before, are complex creatures. The orgasm, nine times out of ten is probably what they are expecting from you the most, which is why we worship them so hard, because everything needs to be right.

Orgasms are a strange one because they are not technically different, they just happen in different places under different circumstances, and yet, despite science, we still don't know what they are exactly. You can refer to clinical studies and observational research all day long, but you're never going to know what they are in a woman because there's no real purpose for them. At least with men you can say it's a waypoint to tell us that the lady has successfully received our salt-bomb. But with women, that's not the case. What makes it more annoying, is the fact that our princess have no use for them, but are gifted with the ability of having them almost anywhere and under any condition.

I'm not going to go into all the different types, there's nipple orgasms, body orgasms, we're just going to cover the ones that we need. I may do a second book for all the unique stuff. I'll go into what they are, how to source

them and where in the routine it's best try and summon these wizards of nature. Sadly though, summoning specific ones at will isn't an art, it's routine suicide. You're best bet is to just do your routine and let them come to you. If in the unlikely event you don't see an orgasm all night, you've not failed at all, she's still likely to have enjoyed her time... I have to say that, I guess.

Clitoral Orgasm

Clitoral orgasms are the most common because they are easily accessed if you know what you're doing. It's literally the big red button and in FPH, you should generally go for two or three of these. It sounds like an ask I know, but you have all night and during initial oral warm up phase, and you're not too brutal, it's not uncommon to get at least one before you even get going. I can only go by what I'm told, and apparently these feel like quite sharp and rhythmic contractions.

How...

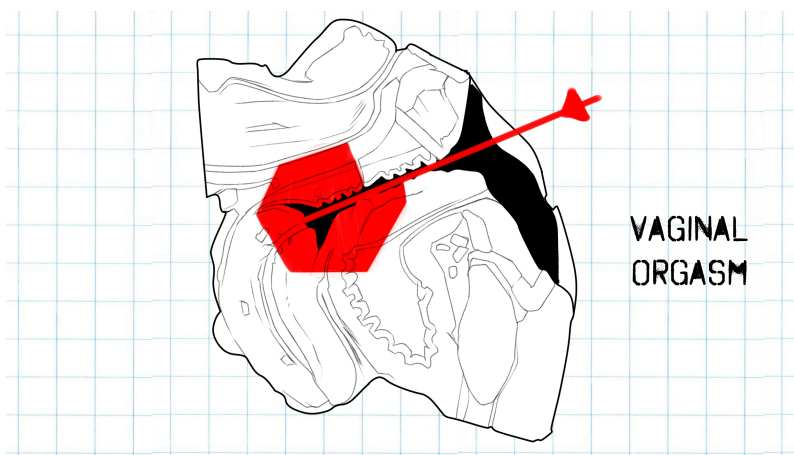
See my chapter "the Duck Face" on how to get clitoral orgasms. Certain toys are great for it too, so be sure to look in that section as I've put together the perfect 'took kit' for the job. You certainly can do it with your fingers, it's a little uncivilised but I'm sure she won't complain. The Thumper can set off a few of these in one sitting too if you learn it without the hand guard, thus freeing a hand for clitoral stimulation, or she could use her own fingers.

Women don't tend to just lay there, once fired up they tend to get involved, so don't think for a second it's all on you.

Vaginal Orgasm (Rolling Orgasm)

These orgasms mostly come from inside the pussy, using deep stimulation such as the Thumper or fingers. Some people say they are just Clitoral since they are the same network of nerves but they generally take more 'violence' getting them, such as cock friction and hard finger presses etc. They are often described as "rolling around the walls" of the pussy, making them feel more satisfying since they are more of a body orgasm than a focused one.

How...



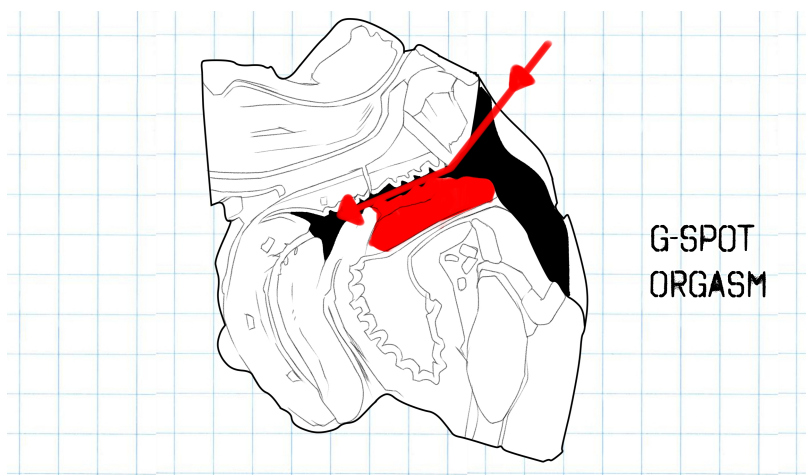
The Thumper and Cow Girl are great since they simulate big cock sex. If a woman is particularly robust,

they may request/demand it a little (or a lot) deeper than my guard allows. If you agree, then usually you can get a lot of these rolling around inside. It feels like you're having your guts rearranged for sure, but some girls like it. Evidently, there are some toys that do a decent job, normally if wielded by a second person, but that's what we are for. With your fingers is rare, you just need a lot of force and a woman with a cast iron pussy. You're generally hitting all the walls inside with a lot of sustained pressure. The location is multifaceted, but the fun is in the searching.

The G-Spot Orgasm

Hotly debated, but I've seen them. Some argue that they are just clitoral orgasms from the inside. I don't tend to listen to scientists however, I think women know what they are talking about when it comes to their own bodies. They often feel deeper and more of a release or relief feeling, mostly a very strong pressure that suddenly releases it's hold.

How...

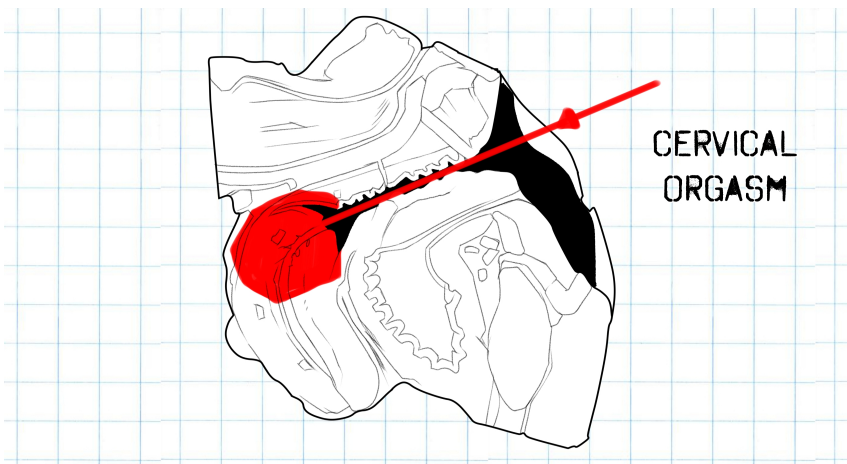


I've found most of these come from the Thumper. Assuming you're all positioned right (See Chapter) and she needs to be where needs to be, you raise your hand slightly and push your cock so it hits downwards, but here's the tricky part. You don't want to be stabbing at the G-Spot, you need your cock to go in fast, hit the G-Spot and slide up the pussy wall slightly. That way you hit the G-Spot and add a little extra without beating it aggressively. It works and feels exactly the same as stabbing it, just with a little extra friction and less abuse. Try it slowly so you get the rhythm right then gradually speed it up with each thrust. If you want to see something really amazing, let it slide to the top fully, then pull back to the start. You might get a little wet though.

The Cervical Orgasm

In strange contrast to the G-Spot one, this one relies on some pretty heavy bullying. This orgasm is slow building and may take a little while but when it hits, it will hit the woman emotionally as well as physically. You'll know when one of these is coming, the woman will suddenly turn silent, it's almost an eerie silence that you can feel and hear. It's really quite a thing. Reactions can range from actual crying, screaming in horror and even nervous laughter. It's a full body one this one, so watch out for those flying limbs and again, in some cases, you might get wet.

How...



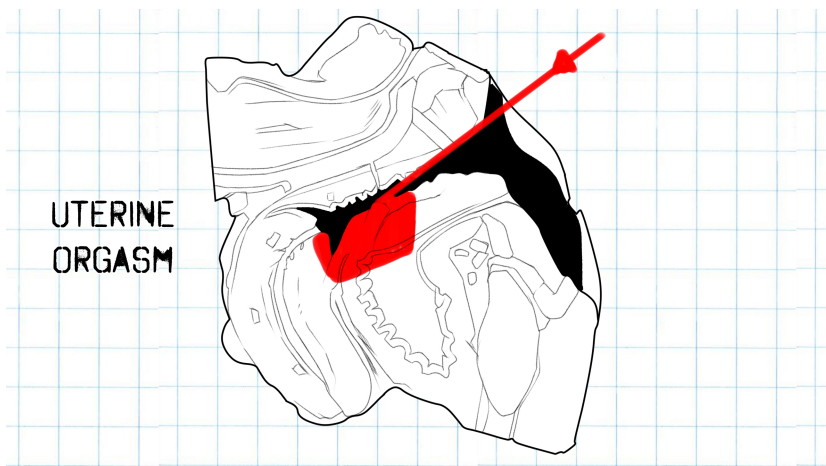
This is what I designed the Thumper for, to remove the cock cravings. With the guard on and when in full swing you're fucking her pussy with a perfect fitting cock at

around 70 – 80 thrusts a minute, maybe more or less. I would advise though that if she requests deeper and more cock, you might want to slow it down because if she bruises in there, that shit takes months to heal. You don't really want to be messing with a woman's Cervix. To do it though, you want her in the Thumper Position, and your cock needs a straight trajectory right through the thrust. You can angle it, but remember, the more cock her pussy is eating, the less angle it needs. Too much either way and you're going to be bullying the kidneys and doing all kinds of damage.

Uterine Orgasm

The Uterine Orgasm is bit of a misnomer, it's actually a blended version of the G-Spot and Cervical Orgasm. And you will definitely get very wet. Like the others, the Thumper is the tool, and the E-Spot is the location. It's a very deep full body orgasm, with waves of nerves and stimulation that ripple across the body, and on top of that, she gets the relief of a very powerful and sudden bladder release to boot.

How...



You have to target the E-Zone with this one and given her position during the Thumper, it's not difficult, it's just very exhausting. Slide your cock in straight, then when you're at the back wall, give it a tiny push upwards. Sometimes you may feel the pop of her Cervix getting the fuck out of dodge, if so, then you're good. If not, it means nothing, it's just hanging out somewhere else. You want fast and smooth thrusts with no messing about. It needs to be a sustained rhythm of good deep stokes to stimulate her E-Zone. It's going to feel great because she'll have a lot sustained friction on entrance wall near her butt which I'm pretty sure will add to her pleasure. If she starts screaming that she's going to wet herself, just brace and let it happen. Once the orgasm hits, keep going unless she pulls away, if so, just watch her crumble.

Note: If she does scream that she's going to wet herself and pulls away to prevent it, there's nothing you can do, just let her go. Don't force anything. It's unlikely she will, it will feel too good. But you need to cover your own ass.

Anal Orgasm

Yes, very common and easily done. It tends to vary but those ladies that love a bit of anal-play have most likely had one at least once, if not, you're going to do it. Basically, it fires up an orgasm, most likely a deep vaginal one, I'm not totally sure which one, I just know it's internal. What happens is the stimulation of the pudendal nerve in the ass sends lightning to the pussy and starts a chain reaction of sorts. It's a normal orgasm but feels like it's kicking off in her ass too.

How...



You can try the Thumper anally but you'll need to tone it down 90% and maybe use a smaller cock. The last thing you want is prolapsed ass ruining your night. By all means you can do it with some nice fast smooth strokes, just don't go too deep or you'll do some really nasty damage. Speed seems to help greatly with this one, so keep that ass oiled and short fast strokes will do it. If not, use a butt-plug, that way you can do other things and any orgasms you create tend to fire off the pudendal nerve too.

The Gigasm

The 'Gigasm' is a term for an extraordinarily intense super orgasm which is typically induced by edging, repeatedly bringing a woman to the point of an orgasm then pausing, retreating, letting her cool down, then going back in. Typically, edging an orgasm five times or more, brings a normal orgasm into the gigasm range. Think of it as turning a storm into a tornado, with each cycle of edging adding to the power and intensity of the orgasm, turning it from a very pleasurable orgasm into a vomit inducing, blackout causing, explosion of pleasure. Many women never get to experience these, but those that have, describe the amplification beyond standard the orgasm, often described as ten times more euphoric due to heightened neural sensitivity and prolonged arousal states that flood the body with endorphins and dopamine.

It's reported the gigasm can be addictive because it transforms sex from goal-driven to immersive, extending sessions from minutes to hours while delivering climaxes that feel transformative, achieving multiple waves or squirting that leaves them satiated longer, reducing post-orgasm stubborn dips and enhancing partner satisfaction through visible intensity. The rarity contributes to its

allure, while through edging it's very accessible, it's said that true orgasms occur in about 20-30% of oral technicians per session due to requiring precise control, relaxation and anatomical responsiveness, making them exclusively rewarding for those mastering the technique. I would beg to differ, I would say through edging, you're looking at a 50/50 chance, because it either happens or doesn't. Here's the curveball though, because if by anomaly it doesn't happen, that mere, 'normal' orgasm she will get, is going to be at least two or three times more powerful. Turning almost painful frustration into an earth shattering explosion, redefining and potentially ruining her sex life, and is nothing that should be so easily dismissed.

Physically, the build-up involves escalating pelvic throbbing, clitoral swelling, and vaginal contractions as vibration or stimulation nears peak, creating pulsating nerve storms that radiates to the thighs, abdomen, and spine, often accompanied by involuntary spasms, heavy breathing, and surging lubrication. The pause drops intensity sharply, resetting sensitivity for subsequent waves. If only it stopped there though. As the secondary orgasm explodes, often referred to as an 'echo orgasm', floods the body with electric surges, rhythmic muscle clenches that last anything between 20 – 60 seconds or more, creating a stark timelessness or even out-of-body detachment by slamming the vagus nerve pretty hard. The vagus nerve is a carries signals between her brain, heart

and digestive system, causing deep cervical echoes eventually finishing in trembling exhaustion and lingering aftershocks.

Emotionally, she will shift from anticipatory frustration to overwhelming euphoria, swamping her system with vulnerability and empowerment as her body overrides all and any brain control. It's rare, but this is the system that causes the vomiting and blackouts, as the contractions are quite intense, leaving her feel quite drained, yet invigorated.

Edging to gigasm leverages the delayed gratification, activating the reward circuits where the dopamine spikes from anticipation which will surpass the release itself, creating an almost addiction-like pursuit and rewiring arousal patterns for greater resilience against premature climax, obviously making your job a little harder, but ultimately more rewarding. As I mention, edging her around five times should summon this monster at it's lower levels, and any cycles more, just make it more powerful. There was one ultra hardcore-feminist that hired me quite frequently, she hated me and all men just for existing. I'll go into the story a bit later, but in short, her attitude and personality stunk on day one, and on her first ever session, I edged her twenty or so times, just because I'm a bastard. The gigasm is something that's not to be messed with, and you should only really do it once per session and right at the very end as a finisher. The reason

we do it as the final one, is purely for logical reasons, the orgasm is so powerful that if you hit it straight away, any orgasm she has after feels very underwhelming.

Always, without fail, save the gigasm to the very end.

Kissing

The Psychology

O kay so this kind of a big one. When you're in a relationship long-term you'll notice the kissing kind of goes out the window, and when it does, you start getting arguments and in time, your partner ends up with people like me. So, I'm going to give you the psychology behind kissing and why it's important to women.

To us, it's trivial, we kiss our nan goodbye, we kiss our mothers, it's not that it means nothing, it just doesn't mean everything. If I can do one thing in this book, it's teach you just one thing, it's going to be this. And I've been married, and I fell into this trap many times in many relationships. It wasn't until I studied female psychology recently that I started to understand their emotional logic.

Kissing has a powerful role in romantic connection. For women it's affectionate, but there's a little more to it. It's emotional, physiological and psychological and goes deeper than just the physical. It's a tightrope between sexual intimacy and emotional closeness, and as men, we're not very effective at walking this tightrope, in fact, half the time we don't even notice it. In a way, for a woman, it's an entire language of a million words that just mean a

few. It's a very significant message about desire, presence, attention, and attunement. A lot of the time women understand their own place within a relationship and rely on the emotional cues and relationship context when tapping into physical intimacy.

A kiss is a signal of the partner's engagement and emotional availability, it reveals a person's attunement, gentleness, if they are passionate, confident, patient or even distracted. It basically reveals how present you are. They can normally tell if...

- Rushing it
- Savouring the Moment
- Enjoyment Level
- Your Compatibility

It's a connection we neither see or understand. It reassures them if a relationship is alive or dying, if the affection is flowing like water or drying up, and more importantly, they can tell if you value their closeness.

Sexually, kissing is the emotional and psychological ignition point. That's why in FPH I've placed the first kiss much deeper into the routine rather than sticking it front and centre. A first kiss on a date normally happens at the end of the night, you never just walk up to someone and kiss unless you're drunk or off your nut. The groundwork

must be done before that kiss can take place and allow for the connection needed. You need to find that ignition point and light it.

We build the anticipation, physical arousal and emotional closeness, we wait for her cues then plug ourselves in. In that moment their mind and body synchronises, releasing hormones like oxytocin, allowing them to relax into intimacy. Relaxation is crucial because for many women, arousal is heavily influenced by mental and emotional openness rather than just physical stimulation.

Without this, their bodies may not respond, at least fully. The connection is so vital that nothing below surface level even works on a woman without that connection. It makes them feel wanted and valued, and in turn, makes sexual intimacy feel more natural and pleasurable.

In the texting and communication stage, even the meeting stage, the woman is the observer looking into our world of what we offer. This big perfect pink box with a big red bow. It's not until we lay the groundwork and show her value and closeness, that we invite her to open it. When she does, and the kiss happens, she goes from the observer to the participant and we hand her the control of the sexual tension. The connection creates a sense of warmth that spreads throughout the body allowing desire, if any, to unfold among the glitter of anticipation making it safe and

organic. It communicates, “You matter to me,” which can be a far more potent precursor to arousal than any direct physical stimulation.

Nothing about the moment is fake, you as the man will feel it too, because you won’t just do this anyone. Hopefully, if you’re with a friend, ex-girlfriend, wife or even if you’re escorting, you value yourself and clients enough to at least choose who work with. If you’re doing it with everyone, a connection may not always take root, and you’re doing all involved, including yourself, a disservice.

How

I can’t teach you how to kiss.

Kissing is truly personal and it’s not something you really learn from anyone, however there’s an actually a spin on this that is a blatant contradiction that I’ll teach you in a moment. What I can do however, is give you pointers on how reign it in a bit. In your mind, you know how your last partner kissed (put a pin in what I said there) and how you prefer other people to do it back, but sadly, these hardly ever align first time and it’s as bad a mystery box from the dark web at best.

I’ve found that when you kiss someone for the time it’s best to let them kiss their way because it is their moment. You want them confident, playful and at ease with you. If you don’t like the way they kiss at all for

whatever reason, there are some ways you can quickly retrain them to adapt to you. However, it's not all one way. You must meet them half way and adapt too. We are worshipping them after all.

One thing you need to remember with both men and women is that they only kiss as good/bad as the last person they kissed. You may not notice, but when you kiss someone there's a heavy element of adaption on both sides. You can pick up good and bad habit from one person, then another set on another person and so on. The way you had your first kiss is different to how you kissed last ex-girlfriend. It's not that you became better, because there's no such thing, you just became more adapted and accustomed to the way the last person kissed.

That's why we are going to retrain her, and you are going to adjust.

Retraining

I've found there's a few ways women kiss consistently and these are the more common. There are outliers as in all cases, but mostly they fall into these categories.

- Careful. These kisses are normally quite dry, the tongue flickers just outside the mouth and not too forceful. Sustained and not mouthy. It's likely that someone told them they are bad kissers at one

point, it's like dipping the toe to test temperature. They are not bad kissers at all, this is how I prefer it personally, but you're allowed to let go. If it feels too stiff, it comes over wooden. Just loosen her up a bit. Simply place your hands on the sides of her face and her neck will automatically relax, kiss her a little harder but not forcibly and keep it loose. She'll adapt by realising she can kiss freely. The hands on the face communicates with her to come closer, it's safe. Adapt your kiss accordingly, just chase her tongue without bullying it. Her shoulders will drop, she'll exhale from her nose and she'll kiss much more freely.

- Mouthy. Mouth wide open, tongue flying everywhere and tongues of drool. Inherently, these are not bad as such, but most women that kiss like this hate it when you do it back. All you do, every time you get too much tongue and her mouth is near swallowing your head, pull back and playfully snap at her tongue but deliberately miss, you don't actually want to bite it. When they pull away, you go in with a kiss the same as theirs but at 50%, in this case, giving her some extra tongue back, she clearly likes it. It's vitally important that when you pull away and snap, you must go straight back in or she'll think she's done something wrong. You'll notice after a few times, you'll both be on the

middle ground and adapted comfortably. Only do this as a first or foreplay kiss. When she's fully aroused it's unlikely that she'll revert back, but if she does, just go with it. You don't want to be holding her enjoyment level.

- All tongue. These are the ones where there's a bit of tongue bullying going on. They are generally fun, but when your tongue is trapped in your own head it tends to get annoying. This normally because there's a power dynamic going on. Whether conscious or unconscious, she's establishing she really likes you and this is form of mouth fucking, for lack of a better word. Simply and carefully, close your lips around her tongue and suck it with enough force to pull it into your mouth a little. She will recoil and her tongue will retreat, just follow it through and bully her tongue back then retreat. Repeat as many times as necessary. Within moments your tongues will be on equal footing. Every time she does it, you repeat, and you will both have a good baseline after a bit of back and forth. In time you'll both be giving plenty of tongue without choking each other.

- Shy. This one is a two parter depending on her tongue reaction. Shy girls are the opposite of the above. You're kissing, but all you can feel is her teeth and a tongue that's barely moving and has not

even left her mouth, almost hidden. Unless she's a first time kisser (if she is, she's going to have a rough night) it's likely, she's either had a rough ex/partner, or a bad experience of some kind, because it's a sign of submission. What you're going to do is hold her face as you did in the first example, this informs her she's safe and you want her to relax. Next, find her tongue with yours, slip it under hers and she will lift it or retreat even further. If she lifts it it just means she's means she's nervous. When she lifts it give it some soft flick then retreat. Repeat a few times and she will be kissing normally. This one is a confidence thing, by flicking her tongue your essentially playing tag until she loosens. Don't go all serious, it's not personal attack on you.

- If her tongue retreats further then it means she's a little fearful if not terrified. Not of you, but she's in submission because either that's how she's been trained by a partner or she's really scared of not kissing you properly. So you need to coax her out. With her face still being held, soften your position so she feels it. Flick her tongue then fully retreat and smile (this is why you loosen, you don't want to drag her face). She won't see you're smile but she'll feel it and find it disarming and hopefully smile back. Kiss her again, and do the same again making it playful. We are establishing that there is

nothing to fear, we are just having fun. Slowly, her tongue will loosen and she will start playing tag back, eventually meeting you half way. Just make it fun and establish that she's in a good place. Clearly, she's not used to professional tongue work, so keep her in a playful frame until she fully relaxes. Do not rush her, if it takes half an hour to an hour, then that's what's needed. Right now, your FPH is on hold but it's not dead. If anything this will increase arousal.

- Roofers. Roofers are those girls that kiss somewhat normally but like licking the roof of your mouth or punching the ground below your tongue. With all due respect to those that like it, I find it as annoying as trying to talk to someone as they scroll through their phone. It's not that it's inherently bad in itself but it just sets off some really bad vibes for me. Hitting the roof of my mouth now and then is fine, but stroking it deliberately just tickles in the worst way, setting off my vestibular system in my ears and just makes me feel weird and unbalanced. Having someone ramming the floor of your mouth just hurts. These people need dealing with and fast, so you're going to punish and reward. Let them kiss normally and most of the time, it's fine and probably a nice kiss. The moment they hit you with either, just pull away, close your mouth then

immediately go back in. What this does is that it notifies them, even if subconsciously, that when they perform these horrors, it actually breaks the chain of your pleasure. So with no regret, you punish her, by breaking hers. Make sure you go straight back in afterwards, you don't want it noticeable. You will find that she may still do it now and then, but it won't be as regular or be long drawn out licks and obvious attacks. When it does happen and if rarely, you adjust, you let her do it. She obviously likes it in some weird serial killer kind of way.

The question most of you are going to ask me is:

“Why kiss at all if you are aware of the psychology behind it's meaning? You're using something personal to them”

A good question that I'm often asked and I don't have an answer for you except that it helps with connection. When a man visits a prostitute or escort. He wants to turn up, choose a girl from a book, do what he wants to do and throw the money at her and leave. When he hires an escort, he wants someone that looks good on his arm for a function, then all of the above. It's very surface level and transactional.

If a woman is coming to me, she doesn't want sex. A woman can get sex anywhere and for free. One ex of

mine years ago, went on a walk around the block and found someone else to replace me with, it's ridiculously easy for women to get sex. They have inboxes of pages of men competing for their time. When one slacks, they swap and replace, you mean nothing to them. This means they are looking for something else. It's likely, and I'm absolutely guessing here, that they need connection and experiences they don't get from hookups. I say this, because that's all I offered.

I'm no good at relationships, but I'm good at quickly connecting with people even if fleeting. Women like to feel something, and kissing is how they do it as I explained. Your mindset needs to be at this level before anything can take place, or it means nothing. If kissing isn't your thing or even bring yourself to care, then you may as well just have quick sex and go your separate ways.

Feeding the Horse

As unpleasant of a term as it is, it's humorous and will stick in your mind so hopefully, it will never be forgotten. It's a very valuable move that does get forgotten, I've done it myself, but drives the women wild.

Feeding the horse is valuable psychology as it is physically. It's going to be the first time you've touched her at least in that session or even at all. This is going to be a huge moment for her so what we are going to do is make it subtle and warm, full of tease and totally charged. You can't just go in, we need to bring down the last of her barriers, worries and concerns. Despite it's humorous name, if this is done properly, it's another new experience for her.

What you're going to do is run your finger along the collar bone the furthest from you to the centre of her chest while kissing her, and holding her arms above her head. Flatten your palm and slowly slide your hand down her chest, slightly detouring and making it feel like your going for a breast. The moment you touch the side of her breast, bring your hand back to the centre and slowly and in one movement, move your hand down to the pussy placing your hand on it, cupping your hand so your holding firmly, but doing nothing to it.

Hold that position while you continue to kiss, and let her simmer a little.

What's happening?

When a woman grabs a man's cock for the first time, we are off to the races. Women do not work or even come close to functioning in this way, and I'll explain why.

When a woman experiences intimate touch from a man for the first time, the moment is shaped far more by emotion, trust, and context than by physical sensation alone. Before anything else, her mind becomes alert. There is usually a blend of anticipation and uncertainty, a feeling of stepping into something meaningful and personal. She may wonder how the moment will unfold, whether she feels completely safe, and whether her partner is entering the experience with sensitivity and presence. These thoughts don't interrupt the moment, they are part of the moment, because emotional readiness sets the tone for how her body responds.

If she feels connected, respected, and unrushed, her nervous system shifts toward openness. Muscles soften, breathing becomes slower, and her awareness narrows to the closeness between the two of you. This creates a sense of warmth and emotional grounding. If she feels unsure, pressured, or observed rather than understood, her body may respond with tension. In that way, her psychological state acts as the gateway to her physical experience.

As touch happens, there is often a spike of sensitivity, both emotional and physical, because the body and mind are paying close attention. The sympathetic nervous system (excitement, heightened alertness) and parasympathetic system (relaxation, receptivity) activate together, creating a unique mixture of vulnerability, intensity, and connection. Small sensations may feel amplified, not because of technique, but because the moment carries significance. She may feel warmth, heightened presence, and a surge of closeness as hormones like oxytocin and dopamine reinforce the emotional bond with her partner.

Throughout this first experience, what matters most is not what he does, but you are with her. Your gentleness, patience, and attunement signal whether you are focused on the connection rather than your own agenda. When she senses that she is not being rushed, when she feels genuinely cared for, the moment becomes safe enough for her to let go of self-conscious thoughts and simply feel. That emotional security deepens the physical experience, allowing pleasure, comfort, and trust to combine into something meaningful.

Physically however, her pussy will be aching. It's not uncommon for her to try and push herself against your palm to feel more pleasing sensations or some relief. If she does this, simply stay solid and let her grind your hand. Right now, she's warming herself up and doing your job for

you. Don't hit the clitoris or move your fingers in any way, let her grind and get used to be being touched by you, this is a big thing for her. After a few minutes of intense kissing, pull away, give her a smile, give her nipples a suck and stroke her body, then position yourself for the oral and hold. Start stroking Labia and pussy area, re-oil if needed. Make sure she can feel your breath on her pussy, take it very slow and don't go inside the Labia, you need to wait for the moment she's at her most vulnerable and desperate. The first hit on her clitoris must be from your tongue and not your fingers.

Why...

Fingers are impersonal, they touch things all day long. They can't taste and have nothing special about them in the slightest. You have one tongue, it's wet and warm, soft and the gateway to human communication. She may not realise it, but hitting her clitoris with your tongue creates a very special bond that she won't necessarily know, but she will absolutely feel. It will show you don't fear her, that you're not simply finger testing her or cheating the rules. Her first experience of her clitoris being touched by you will from the tool that's the most important weapon you have. Your tongue tastes, feels, fights your arguments and gives the pleasure power. First contact with it will bond you and signify trust. She will immediately abandon any personal concerns of how she tastes and

smells. This is a moment she remember forever, and it it will hit her like a train.

At this point, she's going to crawling the walls. How you transition into oral sex is equally important and that's for the next chapter.

Base Oral Sex

The Hit

Given that you're face is now mere inches from the pussy, we now need to lock you into oral mode. The initial hit is going to hit exactly where she needs it, so hover for the moment, slowly tease her entire pelvic area with your finger tips, her labia very lightly, the creases of her legs, her inner thighs, just caress it all very lightly, maintaining long deliberate hot breaths on her pussy. Keep your eyes on her head area, we are waiting for the sign. It's a sign she's going to do but has no idea she's doing it.

Her clitoris and her pussy are doing somersaults and both are ready to explode. She's going to be insanely frustrated at this point. There's two very effective ways you can do this. I'll give you both so you can try them.

Version One:

Keep doing what you're doing, keep teasing and stroking. Sooner or later, she'll impatiently look up to see what you're playing at. When she looks you in the face, look her straight in the eyes and with the flat of your tongue, press on her pussy entrance and drag your tongue up to the clitoris and pulse your tongue very slowly.

Maintain eye contact, the cheeks of her face will flush and if she's still watching you, keep eye contact and smile. She can't see your smile obviously, but subconsciously, she'll read it in your eyes. She now knows you love her pussy, all her worries fall away and she's feeling good. Her head will drop back, and you're good to go.

Version Two:

This one's brutal and she'll love it. As before, tease her until she looks up. Look her straight in the face and blow on her pussy. Try to make it a soft soundless blow, you don't want to be blowing raspberries here. Her pussy will send cold tingles around her pelvic area, nipples and the roof of her mouth. Almost instantly, she'll suddenly exhale and drop her head in frustration and pleasure in equal measure. When she does, before her head even hits the pillow give her the hit, and as with before, with the flat of your tongue, press on her pussy entrance and drag your tongue up to the clitoris and pulse your tongue slowly. Reactions to this one are mixed, but in a good way. She'll either look up in delightful fright, or cry out in pleasure. In both events, you're good to go.

Why hit her Entrance First?

Women, through all their bluster and confidence are paranoid creatures. If we hit the clitoris first, although they will love it either way, in their minds they may still be concerned about their taste and smell. I know and you

know she showered, she will neither smell nor taste bad. At the worst, we'll be tasting Baby-Oil (which is made for babies, we'll survive it). But at this point we've had her on the boil for quite a while, she'll be wet and sweating a lot. Hitting the Entrance first banishes her fears and allows her to enjoy her first clitoral stimulation. If we hit the clitoris first, she may dread you going down which could take away from the pleasure. These concerns can be quite common, so since this is her night, we are covering all the bases.

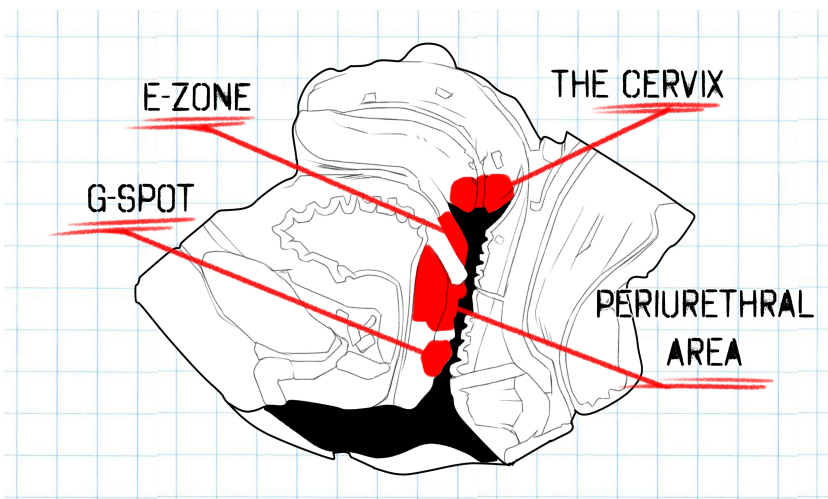
Another reason is it's a cheap shot on our behalf. She wants that clitoris action, so those few seconds of drag will add some more sexual tension to our bag.

Take it slow

At the moment, you're not trying to make her orgasm, you're exploring her pussy. Just take it slow and explore it with your mouth and tongue, caress her pussy mound and inner thighs and keep her in the moment. You have all night.

Now the logic is simple. During normal oral sex in a normal session, women tend to try and race an orgasm before the guy finishes. She doesn't have this issue, so she's going to be relaxed and taking it at her own pace for the first time in her life. She's going to be cooking an orgasm, not forcing one. Just relax, and let your mouth explore. While she's doing that I'm going to give you the

most valuable geography lesson you've ever had and will ever need.



The Pussy

The pussy itself isn't as difficult to navigate as people make out. Where it's true it's a remarkable creation of nature for sure, it's complexity is just amplified by the fact you can't actually see anything. If you were to cut one open, chances are, you still wouldn't see anything. Everything we need is hidden from sight, but luckily, we don't have to see it.

All you need to remember is the good stuff always follows the centre rule. The centre rule is a Judo and Karate term. All the nerves and organs that are important to the human body, all it's weak points, vital organs and kill

switches are all aligned right through the centre of the body. And with no exceptions, the same goes for her Erogenous Zones.

1) The G-Spot

2) The AFE Zone (A-Spot, Forward Erogenous Zone) (E-Zone)

3) The Cervix

4) The Periurethral Area

1) The G-Spot is often described as:

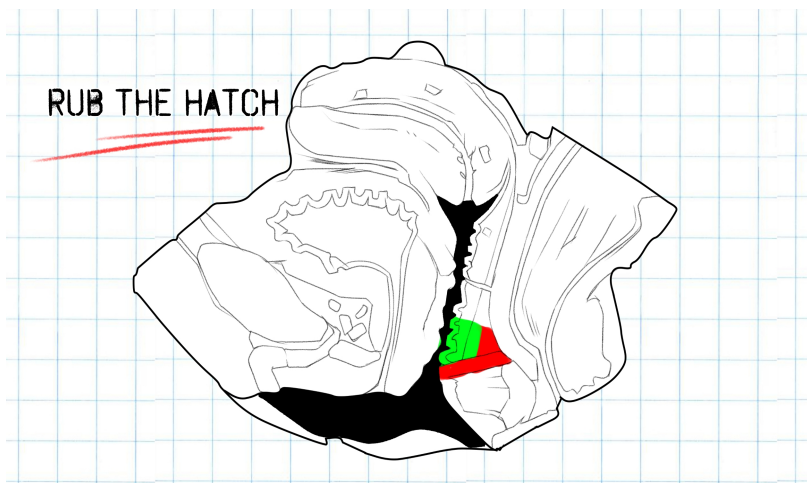
“An area on the anterior vaginal wall, a few inches inside the entrance, that may feel slightly bumpier or different in texture from the surrounding smooth lining.”

This I'm happy to say, is utter nonsense. The scientists that research this stuff are probably the same people that have never seen a pussy. But the G-Spot is there, it's just hidden under the skin. I've never once felt a different texture, but the location is sound. So we are going to stimulate this spot very quickly to begin with, showing her we know its there, then we'll quickly give her some sensations she may never have felt before. So while you're slowly licking, find the spot on the image and massage it slowly.

The G-Spot is said to be directly linked to the clitoris, maybe an extended network of nerve endings and

erectile tissues that weave throughout the entire area. A good pleasurable way of hitting the G-Spot is while you're licking the clitoris. In doing this, if the network of nerves does exist, then you're hitting it from the front and back together.

Rub the Hatch



Why this spot is often overlooked absolutely blows my mind. It's the easiest spot to find on any woman and they love it. Mostly, I should imagine because it's so overlooked. So you're just going to put two fingers in downward towards her butt. Once inside, hit the back wall at the bottom and press the fleshy corner (green) so it rubs on harder piece of flesh (Red) and you're going to do this the whole way around the pussy entrance. You don't have to

rub it hard because its so rarely touched. It may not bring orgasm on its own, but remember, we are just making her feel good at the moment.

2: The AFE Zone (A-Spot, Forward Erogenous Zone) (E-Zone)

We are going to completely destroy this zone later with the Thumper, so explore it randomly with decent pressure.

The **AFE zone (Anterior Fornix Erogenous zone)**
The E-Zone, is an area of sensitive tissue located in the anterior fornix of the vagina, near the top end of the vaginal canal. It is located just beyond the G-spot, closer to the cervix and is very pleasurable. Anatomically, it sits where the vaginal canal meets the base of the bladder and the cervix. Those of you with super long fingers like myself can hit this without a problem but can get gloriously messy and where you'll find the Gigasm. The area contains sensitive mucosal tissue, nerve endings, and structures connected to the pelvic autonomic nerves, contributing to some amazing sensations for some people. So stimulating this causes a really uncomfortable pleasure, an oxymoron I know. Basically it's the kill switch to her bladder. The orgasm (Gigasm) that kicks off here hits the bladder and Bladder Control. And you know what they say in quantum physics, the same matter can't occupy the same space. The woman will have very little control, when this orgasm

comes, she'll fight it because she'll feel like she'll need to pee very badly. If she's never experienced it before she may scream a little and her body will convulse, because she's fighting a force of nature that feels too good stop. Within seconds, the orgasm will kick in, her bladder will contract you'll get very wet.

But that's exactly the point.

4. The Periurethral Area

The periurethral area refers to the **tissues surrounding the urethra** inside the pussy. This includes:

- The **urethral sponge** (a cushiony, vascular tissue surrounding the urethra)
- The **Skene's glands** (also called the paraurethral glands)
- The **anterior vaginal wall** that lies over the urethra

This region is part of the anterior compartment of the pelvic floor and feels very similar to the E-Zone. It's basically the E-Zone with similar but not as potent results. You can generally kick out an orgasm with this area, but the problem is it applies the same pressure to the bladder but with a weaker award. You absolutely should include this in your routine because it feels really good, just don't over stimulate it because it does apply a weaker more annoying need to pee, a more real life version that tends to

disrupt things a little. The moment you stop though, the sensation will pass.

The Cervix

Us long fingered guys can hit this, and guys with big dicks of course. Again we'll hit this hard with the Thumper, but if you have long fingers then by all means go for it. There isn't a great deal you can do with your fingers as it's a slippery bugger and likes to escape. Just tease it and roll your fingers around it. I'm told giving it stimulation gives a more complete and full sensation. Incorporate it into the routine, and when the Thumper is initiated later, the Cervix won't be able to escape. That pussy will feel some amazing punishment in all areas with nowhere left untouched.

Vagina Etiquette

We need to cover Etiquette. You're not a barbarian, you're a civilised human being, so the pussy, despite how I talk about it, needs to be respected for the amazing genius of biology it is. There's some things you can certainly do, but also some ghastly disrespectful things also.

Use the Nose

As I cover somewhere else, your nose should be your third hand here. The only people that use their hands to open pussy lips are Neanderthals. There's something really unpleasant and uncivilised about opening Labia like

a bag of crisps. It's also very uncomfortable mentally for the woman, she's going to be paranoid enough without tearing open her gift box like a toddler on Christmas morning. Your nose is a civilised way, it lifts the hood and brings out the clitoris perfectly for what we need.

The problem is and we all know why men do this, apart from being uneducated – they don't like going nose deep too soon because of taste and smell.

We've eliminated this straight away at the start, she's had a shower, so what exactly are you scared of?. Women are insanely over-paranoid of how they taste and smell, and if there's any lesbians reading this, they will back me up one-hundred percent on this...

“All showered women taste and smell of nothing, its just flesh!”

Worst case scenario (actually best case) she's going to be covered in her own cum, baby oil or sweat, none of which are nasty in the slightest. Maybe a little salty. You're inevitably going to come across a woman that's had some very bad experiences with overly-honest men, those men are not worth anyone's time.

Hogging

Hogging is another no-no. Hogging is when you're down there and you aggressively breathe through your nose or cough on the pussy. You either sound like a bloated

boar or you're covering your dinner in cough-juice, neither of which are very pleasant. If you need to cough, don't hold it, just turn away and cough in the opposite direction. I'm sure she'll be fine and forgive you.

Validation

For fucks sake, don't lift your head to ask if she's enjoying it. If she isn't, you'll know, and if you think she isn't., switch your tactics. You should be constantly switching all the time anyway, but for the benefit of this, I'm telling you, switch it up.

Slapping the Clitoris

I've been guilty of this, a very long time ago. We've all seen it in porn, where the lady gives her hood a couple of taps. When I worked for a cable station, I did a few episodes of a show. I was basically challenged to a 'lick-off'. I'll publish the full story if I ever do another book. But I asked a porn actress why they did this. She smiled, and said.

“Yeah, don't do that, Sweetie!”

Being a little new to all this at the time, I pressed further and she told me the following.

- We do that if we want to wake it up.
- If something is painful 'somewhere else' – a redirect.
- Or we are trying to stop an orgasm.

I am certainly glad I asked. Now you all know.

The Queef

Interestingly, if you don't hear a 'Queef' or 'Fanny Fart', then you're not doing your job properly. Men find these jarring, professionals find them a compliment. I have nothing to say on them except they are going to happen as a byproduct of pleasure. They don't smell and they won't kill you, even if done in your face. It's the highest form of compliment and if you can ignore it, you're a mature legend and master.

Anal Fart

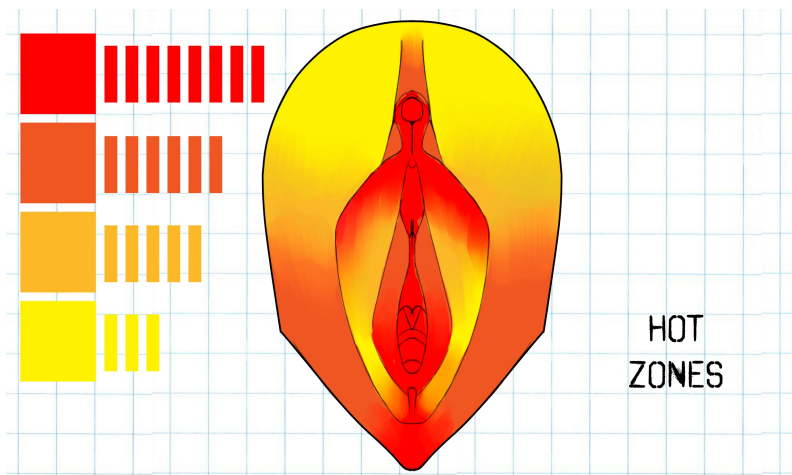
These accidental beasts take a little more tact. In all my time I think I've seen this only once or twice, and to be honest she was getting slammed quite hard. If it's been more I apologise, but professionally, you let it happen and move on. If a woman thinks she's going to do one, and you're down there, what's going to happen is she's going to desperately try to get you away from there. There's a way of dealing with this, so if she suddenly panics and tries to pull you up quickly, that's the sign. Women generally want you down there as long as possible, so if there's a panic, there's something going on. Go straight up and kiss her, throw the quilt over your lower half and let her do it. Most likely, not all the time, but most likely she'll do a controlled release. When she's done, drag her from the bed and kiss her up against the wall or on a sofa taking her out the area. She's

going to be embarrassed, so we need to nip that in the bud and take her mind off it. Do something spontaneous and flip the moment and when safe to do so, chuck her back on the bed. Sometimes, bad things happen, it's how you deal with them that makes you a true professional. If she does it directly into your face, then fuck knows, charge her an extra tenner and good luck I guess.

The Hot Zones

Make no mistake, the entire area is one huge wet hot zone, however, there are some areas that are hotter than others.

In the first stage, the teasing stage, these are your target areas. In later stages, the whole area will be red, so make sure you tease it all with the red and orange being your target areas.



Much later, after the Thumper session, the Labia may as well be white. It's not that it's not enjoyable still, but it may need a little recovery time as the friction can be a little brutal. The same goes for the pussy entrance. If it's sore over sensitive, she will tell you.

Fingering

Using your fingers during oral is something special. You need to keep your fingers controlled and deliberate. Every move you make says something about you. If you hammer randomly and keep thumping her with your knuckles you're going to come across as errant and amateur. Keep everything controlled and targetted. If you need to go frantic, you have the wall of the entrance to keep the sliding motion smooth, use it.

When things get frenetic, and they will, stay focused. One useful tip is that you always need to be creating friction on something. Dipping your fingers in like a cookie in hot-chocolate is going to do nothing, you'll just look like you're playing it safe and it's crass and worthless. You're creating friction constantly. Even if you're simply holding or applying pressure somewhere, there needs to be some friction even if it's near microscopic. The human body reacts to touch, but it also compensates fast. Keep her on her toes the whole time, keep everything moving unless you're deliberately on hold or in a certain position to maintain effect or creating sexual tension.

The ABC Method

Please DON'T do this. If you're unaware, the ABC method is the act of spelling something out with your tongue. Unless you're drunk or in bed with someone with zero experience, this method holds no value at all. Why people recommend this baffles me. If she suddenly realises you're doing the ABC method, her brain will switch to logic mode in a bid to work out what you're saying. That's fine, but she's never going to know. If she's looking down at you and you're looking up at her, all the letters are going to be backwards. We absolutely do NOT want her mind in a logical place. Even more so if it's a cryptic puzzle that's impossible to solve. We are breaking reality, not creating one.

Hot Washing

Right off the bat, I'm aware not everyone has control over their Saliva Glands, and if you haven't, it's no big deal, just move on the next part. So hot washing is when you secrete a clean form of saliva from a specific gland of three in the mouth. There's three major ones, but we want it from one because we want to be able suck or vacuum the pussy while we do it, and it's a different form of Saliva.

- Parotid glands: Located in front of and just below each ear.

- Submandibular glands: Situated under each side of the jawbone.
- Sublingual glands: Located under the tongue.

The one we want is the Sublingual glands under the tongue. It's more like water and cleaner and is often quite warm or mildly hot. I say cleaner, it's not that much different, but is a little more civilised. Please, don't Haktaw it, it's nasty and a completely different secretion, which mostly comes from the lungs, nose and throat. If she likes 'the Spitting' sensation and action, then gather the saliva from the right glands then exaggerate the spit action. It's the action and the thought of it she likes, because it's considered 'dirty'. You merely need to simulate it, not actually do it. Other wise you're going to have to deal with a pussy and a bed with all kinds of nasty smelly stuff all over it. But at the end of the day it's personal preference.

All you do is tense your gland and release continuously while your licking the pussy, and your tongue will give the pussy a nice warm covering. Conversely, you can vacuum the area of the pussy you want, fill your mouth, then bathe that area a using your tongue to create the swirls and add friction. With practise, you'll be able to this silently, aside from the sound of the whirlpool in mouth. The clitoris loves this and you're most likely to get an orgasm. If not, stimulate the G-Spot and Hot Wash it

together, its a nice little move that will single you out from many.

Woman Note:

If you're a lass reading this, not exactly sure why you would be, but we'll run with it. If you have control of your Sublingual gland and you suspect you're about to get a cum-shot to the throat. Secrete your glands and fill the area under your tongue. When he cums, quickly without hesitation, rinse and swallow. It mixes instantly and the Saliva is normally the higher dose and breaks it down. It will feel like your own normal Saliva and you wont taste a thing. You're welcome.

Chase the Bomber

Once you've upgraded her to the tier one toys stage, you can do this move and it's a little banger. I call it Chase the Bomber. Realistically, this is so unique and insane that I discovered it years ago purely by accident. What we going to do is the Tease to Satisfy method. This method works by teasing then satisfying then back to teasing and so on. It works because it never grounds the woman long enough for her body to fully adapt. But here's the kicker, we are doing both at the same time so she ends up chasing the feeling of the satisfaction whilst the tease moments are boiling her over somewhere else.

So first, get your face in there, roll your tongue around her clit and hood, do some good slow flat licks from

her entrance to then clitoris, flat tongue the labia and give her nice warm hot-wash of saliva then repeat. Don't spit on it, just let your glands release some saliva and let it freely wash over her pussy. (If you don't have full control of your Saliva glands, it's not a problem just leave it out). Just repeat as she squirms. We are settling her into a routine of pleasure so we can we shock her with a cheap trick.

Give it a minute or two, switch on a vibrator and place the head on her gooch and lightly stroke around there, tease her ass and let the hot-wash do it's thing. While you're doing this, slowly put your fingers inside her pussy and start massaging her G-Spot. What we're doing is we are getting her used to the sound of the vibrator so she continues to keep a relaxed simmer. Now in one swift move press your tongue flat on her clitoris and do tiny but firm little movements so there's a little friction there. Next, take your vibrator and place it underneath your tongue so its touching the main fleshy part leading to the clit and the head of the vibrator is on your tongue. Keep it away from your teeth as best as possible or you'll end up with a headache at best or broken teeth at worst. This will turn your tongue into a vibrator and she'll love it.

Give her some time to feel that then place the vibrator on the palm near the finger bases of the fingers massaging her G-Spot. This will now turn your fingers into a vibrator stimulating her G-Spot and the pussy's upper entrance roof. Now, while she's trying to get head around

that one, we are going to make her chase it. You are going to alternate between vibrating your fingers and vibrating your tongue for random moments.

The Expert Optional Extra

If she has a butt-plug in, simply place the vibrator on the butt-plug to turn that into a third vibrator, creating six individual sources of stimulation that her mind has to chase.

The Reward

After five minutes of this (probably less) you're going to work out which of the two (three) she likes the most. So once you have that nailed down, you're going to reward her with longer vibrations to that area, but don't linger too long. Make her chase it.

Why it Works

In her mind she's going to be chasing the strongest of sensations and enjoying it as she does. But her body is receiving four (six with a butt-plug) different sources of stimulation and her nerves and pleasure zones can't work fast enough to pin anyone one of them down to adjust properly. The orgasms I've seen this method set off are truly terrifying.

Between Heaven and Hell

The Gooch, or perineum as purists refer to it, is another often overlooked area that's located between her pussy and the ass. The Perineal region is one of the most densely sensitive areas next to that of the clitoris itself of course. To say it's "overlooked" is somewhat of a lie on my behalf because I know why most men avoid it and it's not unconscious bias in the slightest.

Often, men joke that it's that place between heaven and hell, but sexually, it's a silver bridge between two very different districts of heaven. Because of this, men prefer keeping their mouths away as far as possible without actually leaving the room. However, this isn't the last girl left over on the dance floor when the club has closed. This is a lady that we have prepared and showered, and given that for the sake of this tutorial she's not anally shy, the gooch is fair game.

The gooch plays a glorious role in both comfort, arousal and the overall sensory system. The gooch is actually a convergence point for several branches of major nerves including our favorite anal one the pudendal nerve, which carries information from the pelvic floor, vulva, clitoris and all the surrounding area. Activating the sensory pathways here is what we going to do so we can light up the entire area and manipulate it a little.

Milking the Pussy

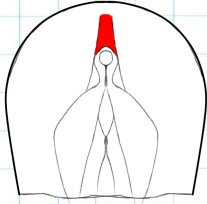
Once your oral is underway, you should've been here quite a lot during the exploring stage, so it's not a stranger to you. Get in good and close and tease the gooch with your tongue, just some light tip and flat action, smooth, wet and warm licks will do. If you want to give her something unique, place your mouth on it to it's tight and give it some suction whilst your tongue teases it. Take your time and free both hands.

Stage 1

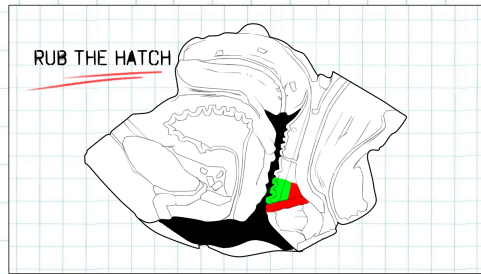
While you're doing that, with the tip of one finger start to gently massage her clitoris hood where it meets the pelvic mound, where we have some great nerves. You're not touching the clitoris at all, you should be way above it in pussy geography. You should not be under the hood or between her lips at all, just hover here because it's a very neglected area. Image Below.

MILKING THE PUSSY

STAGE 1



STAGE 2



Stage 2

Do that for a little while, you should be going very lightly on the hood and the gooch teasing them both. After a little while, with your other hand, go in as you do with Rub the Hatch but strictly that back part, not all the way around. You will feel that she has produced a good amount of “milk” and it’s pooled in that area. Simply massage that area slowly and get your fingers good and wet, continuing your licking. If the milk starts to leak and drip down and it’s not your poison (don’t wipe it, you’ll make her self conscious, it won’t hurt you!), just pull your face away and press a little firmer on both areas.

You’re only rubbing, you’re not doing anything overly aggressive. Start to give her clitoris some soft tongue action then reel that orgasm in by sustaining it. It works

because you're firing that one nerve off all the way down the main chain. If she has a Butt-Plug in, then you're looking at a guaranteed orgasm whether anal or clitoral, just help it land and watch her smile.

Fire and Ice

Before you start, grab your water close by, by this time it will most likely be room temperature which is perfect, and I'm sure she won't begrudge you a drink. This is another cheap trick, because we are not actually going to drink it.

Give her some nice middle range oral, not too fast but not too slow, like you're working her a little. Then sneakily, run your finger from the clitoris down to the opening slowly, but as you do take a sip of the water then go back into the oral. What happens is the water instantly cools your tongue and alters the temperature and texture drastically to create an exciting contrast. It's only room temperature, but remember your tongue will be above body heat in temperature, closer to the hot scale. The texture will change drastically too, the surface of your tongue will chill and the pores will turn into a goosebumps type texture.

Continue to vary between hot and cold randomly, cover the whole pussy with some cheeky hot and cold blows of air for added pleasure. Use this technique sparingly as a surprise and keep your bottle with you.

Doing this while kissing, although less subtle, feels good too.

Every now and then a little pour straight from the bottle onto the pussy mound is a little pleasant shock, the contrast between her hot skin and the water will absolutely fry her brain for a short few seconds.

Jet Washing

You can “Jet Wash” the pussy also, although I recommend you practise this first which you can do alone. You basically need to learn to create a short but really powerful focused spray. The whole pussy loves this. You need it so you learn not only to do it with some force, but silently without blowing raspberries. I’m pretty sure she’ll forgive any noises going on, but it’s always good to be at the top of your craft. Just take a drink of water and spray, the tighter your lips the more focused and powerful it is. This, you can learn it one sitting.

Flooding

This takes practise also. Take a really big mouthful of water, then get in close and tilt your head back slightly, quickly open the mouth and get it firmly around the upper part of her pussy including all the hood, clitoris and upper labia. Once you’ve attached yourself nice and air tight, tilt your head forward so the pussy is fully submerged and this also stops you choking. The suction and the feeling of her

pussy being underwater is intoxicating. It doesn't look great from her end, but once your tongue is moving around torturing her submerged clitoris, I'm sure she won't care that much. You'll need a really big mouthful for this one because you need to be quick, and you will lose some, but you will get better at it with practise.

Doing this another time during normal sex with a fizzy drink, soda or wine creates an entirely different sensation. You can do it during FPH, but tends to make everything sticky.

The Oval

Sometimes a steady focused rhythm is needed, and the clitoris loves some good rhythm now and then, so we going to oval it. Using the flat of your tongue, draw a medium oval encompassing the clitoral hood and the top of the inner labia. The broad rhythmic patterns based on depth and consistency instead of speed build anticipation and increase blood flow. Every now and then, tighten the oval right down and switch to the figure eight pattern, this makes sure you are creating stimulation in all the right places without focusing on one spot.

This technique works great on it's own, but after a while it could get too predicable. So while you're doing it, quickly give her G-Spot some action with your fingers to

shake her up a bit. This also works well with Fire and Ice, Rub the Hatch, and some anal stimulation. If you can juggle all those randomly then you're a true artist. The trick to master is keeping that tongue consistent while everything else you can go completely random with. It will keep her on her toes as her body tries to localise any one source of stimulation, and fails miserably.

The Frenchy

Okay, so this ones not for everyone, and I'm not talking about the women either. Women on the other hand love this. This is exactly how it sounds and you can do this very easily, but it takes some sturdy mindset.

This is the only time you should open the labia with your fingers. So, open her labia and what you're going to do is imagine her pussy opening is the woman's mouth and you're going to French kiss it. You must imagine it's her mouth or your mouth and lips won't respond properly. If you've ever tried kissing your hand as a teenager, you'll notice it doesn't quite react or jive the same. If you imagine hard enough, it kind of works.

An easy position for this is if she can get her ankles around her head area. Given that we're not all Spider-man, another good way is for her to sit on the end of the bed with her feet on the floor, then she drops back and braces. For added effect you can stimulate the clitoris, but if you do, you might find her pussy entrance starts kissing you back,

just without a tongue. This is because when you stimulate the clitoris all the pelvic area starts reacting physically. So don't be alarmed, just expect it.

You are going to use your mouth, lips and tongue exactly as if you would kissing her. Apart from feeling absolutely amazing to her, you're showing her that you're totally dedicated to making her feel good. One step further, you can do this to her butt too. Again, this drives them utterly wild, but obviously, you're not sticking your tongue inside, it's like kissing your arm. Because I'm 6 foot 3, I've never found a way of seamlessly juggling this into a routine comfortably, so if there's any suggestions email me. You do have to break the flow a little.

Punish and Reward

Okay this sounds more complicated and difficult than it is, but this will rain pleasure down her. Hit her ass with a few kisses and some teasing licks to get her butt and pussy aching, then get your saliva glands going. You're going to drag your tongue up in very slow short zig-zag movements, over the whole of her gooch, the pussy opening, and go straight up through the inside of the labia. When you get to the clitoris give it a few wet sloppy hard licks, flick your tongue for a few seconds, then make your way back down to her ass and then repeat.

What this does is tease her as you travel up and down, giving her the reward at the top. Every time you

leave the clitoris she will feel a deep physical disappointment on the way down, excitement and anticipation on the way up, and the reward at the very top. Punish and Reward in true oral form.

Punish and Reward (Torture Version)

Torture version is as above, but you add a random time value to the time spent at the clitoris. So for example, on one pass you might lick it for half a second, another time for three seconds, two, five, and so on. What this does is adds anticipation to that too, will it be a long one? Or short one?

After a few minutes of this she will be crying. But it's not done yet. After a few minutes she'll start to adapt, so we are going to add an extra award. Put your fingers inside her pussy but don't touch anything. From now on, every-time you hit her clitoris, you're going to give her G-Spot a good hard rub matching the time spent on it. The moment your tongue leaves her clitoris, release your finger. Keep your saliva glands going so she really feels that hot fluid and coldness from your breaths on her skin. I usually do this until they beg you to stop or orgasm, whichever comes first. Because there's a lot going on, they can never fully adapt to it.

Happy Hands

Us men won't come even close to fully understanding why this works, but I promise you that it clicks with women instinctively and intimately, taking sexual tension and connection to a new level.

Basically, how it works is like this. You oil your hands, hers too. Taking her hands into yours, resting your wrists (wrists down, this is important!) on her navel and pussy mound area. Rest your arms on her legs if you need to.

Hand her the oil and just hint, if she needs it, use it. So basically, you'll let her go with the flow on this one and you'll quickly notice something magical happen.

Start licking her pussy, taking a long slow lick upwards starting at the pussy entrance, between and up through the labia, stopping before the clitoris. As you do, with your thumb on her palm, move your thumb upward. Next, do a lick downward and follow with your thumb, downward. Do the same both left and right. On the left and right passes, use your whole head to make the movement so its obvious and really generous with tongue coverage. For every thumb movement, your tongue will follow in the same direction. Circle your thumb and do an oval with your tongue, then a figure eight,. Finally, move up to her clitoris and clasp her hands tight. Reward her by sucking on her clitoris, giving it some rubs from your tongue from within.

When your hands move, be sure to press your wrists down on her pussy mound. To her this feels organic and just a pleasing byproduct of your movement.

Now, this sounds all very strange to us, but this is working and hitting her on a very instinctual level. Doing this towards the start of your routine makes more sense, since it's more of a connection builder than and an actual satisfier.

When you've done this, repeat it a few more times. Normally, they will pick up on the hand signals first and make the connection subconsciously on the third or fourth go, and they have it worked out after a few more times. People are designed to notice patterns even subconsciously and do it quite quickly, and women tend to be quicker than men. If you catch her making a cheeky smile, it's likely she's worked it out consciously too. Just take it slow, give her all the time she needs. Do it a few more times then release her hands, turning yours over and let her take them.

When she takes yours, your hands will be wrist up (important). Now let her, using her hands, control what you do. Just keep it slow and romantic. This builds a further connection that's intoxicating to her and you could be doing this for a while, so loosen up, and just take it easy. You need to make sure you don't deviate and there will be a second or two lag (she will compensate for this herself,

you're not a mind reader). If you deviate and do your own thing, it breaks her trust and pops her bubble. Keep going, and nine times out of ten it will lead to an orgasm, and there's actually two reasons for this.

- She's in control. She's leading you towards the orgasm. She knows better than you what works for her and what doesn't. You are quite literally, a toy.
- The second one is more primal. Everything we've done so far has been a full on onslaught at this point. This and the Flute, are the only ones I have created that you can actually do together as a team. Teamwork is bonding, and when two heads are together, things get done quicker.

The reason the wrist up and wrist down thing is important is physics. When I come up with ideas for techniques they are based on psychology and biology. The psychology is sound, you are building trust, safeness and attachment. The biology, obviously the oral, and the erogenous zones in the hands and fingers. I had the perfect formula but I didn't account for common physics.

It eventually dawned on me that when they took my hands, because my brain is facing hers, my responses to her hands were reversed. By setting up the routine on the wrists then turning them over when I gift her control, the physics fell into place and I had created the perfect routine.

It's not for everyone and it only genuinely works if you like each other. You'll know long before when you're kissing if this will work for you. But it's fun, and it will be a memory moment for her whether she orgasms or not. Women love this kind of stuff.

But wait, you clearly said...

Obviously, I know what you're going to say. Why can we do this and not the ABC method? The answer is simple, with this the commands are obvious and simple. She's not trying to decode "uoy evol I" on her pussy.

Roll Punching

So get your mouth around the top half of her pussy and draw it all into your mouth. With two fingers, you want to get right inside the pussy and hit the cervix. The motion you need is the one you do when walking the fingers. So you want one finger hitting the cervix, swiftly followed by the other and repeat really fast so it's a constant rhythmic stimulation, occasionally rolling your fingers around the diameter then restart. Whilst you do that, get your saliva glands going and you're wash and drag everything around with your tongue nice and slow. Pay attention to her reactions. If she starts flushing in the face and goes really quiet unexpectedly, quickly hit her clitoris with some hard short tongue rubs, maintain consistent stimulation to the cervix throughout, and lead her in.

Apparently this one starts off feeling a little overwhelming but the woman quickly falls into pleasure. Because of the cervix being quite high up, especially when fully aroused, it's rarely hit. But when it does, it gives her pussy a nice full feeling and is quite satisfying. The orgasm though is an interesting one, because it's what's called a 'blended orgasm'. It creeps up really slow internally, rolls around the back wall and she can feel it swelling up all around her pussy. This is why they suddenly quiet as with all deep internal orgasms, it's a feeling of anticipation they don't quite know what to do with. After a few moments, the tongue action triggers it and ignites one in her clitoris too, and these both roll out together.

If you have small fingers, try to get her legs in the air or at least as close to her head as possible, it makes hitting her cervix a little easier.

Drag and drop

Set up duck face, draw the clitoris into your mouth. Put two or more fingers inside and tuck them in behind the cervix. Separate your fingers and drag your fingertips across the top of the pussy, touching the cervix passing between your fingers. Bring the fingers together and follow the wall down with high pressure to the G-Spot and then reset. Whilst you do this you're going to gently, and I mean very gently, pulse suck the clitoris. When you reach the G-

Spot with your fingers, give the clitoris a cheeky rub with your tongue.

This one takes a little practice but is utterly brutal considering it's another slow one. If you practice it enough, you can certainly go as fast as you want, but you need to make sure you keep everything in sequence. Consistency is better for this one, just go nice and slow keeping it all in order. You really don't need to do this for long, it's literally just a minute or two. It's more of a teaser than a stimulation one, using this as a launchpad and transition into another technique. One good one you can transition into is just your run of the mill, G-Spot rub and tongue flicker. It's old school, but works totally fine.

The Flute

This is another teamwork one but isn't for every woman. You're either going to set yourself up for the Internal or External Flute and I'll explain what they are in a moment. Start by oiling her pussy then prompt her to play with her clitoris. Obviously, she may feel embarrassed or may not like doing it in front of people so don't force it. If she does play, do one of the following.

- Internal: Slip your fingers into her pussy and explore all around inside while kissing and licking on and around her fingers. Give the whole area some love and don't get in her way, just compliment what she's doing rather than hinder it.

Hit G-Spot quite regular and keep her fingers nice and wet with your tongue. Give the internal and external labia some love too. Don't question what she does or why, she knows her shit, let her get on with it. This one is a guaranteed orgasm if she's comfortable doing it.

- External: Same as before, except instead of going inside, you're going to orally stimulate her pussy, gooch and ass. Keep your working area really generous and cover everything.

- Blended: Blend the two above but keep it random. Tongue the gooch good and firm, tease the ass and lick all around the pussy. If she's established that likes a bit anal, give that some fingers too if you wish. Another guaranteed orgasm this one.

Interestingly, if she prompts you to take her fingers into your mouth, take her up on it right away. Simply close your lips around her fingers, then suck them further into your mouth and give them a rinse of saliva and tongue. The first time she tries will be subtle because in her mind, it's bit of an ask because it requires submission and confidence in her taste. Once you do it once, you will find her fingers may seek your mouth out regularly and with assurance.

This serves two purposes. The first is that she feels she needs more fluid. When masturbating, some women do this themselves but why do it yourself when you have

mouth nearby. The second, it's a sign she's calling for your submission and slavery, which is why you're here. Subconsciously, she's calling upon you to not only help but take her unspoken commands. This one action, although simple and as innocuous it is to us, will add to her pleasure and excite her with resounding outcome.

Popping Candy

Popping Candy is an amazing creation. It can turn a blowjob, kissing or oral into absolute fire. Always, and I mean always, own a sachet even if you don't use it. Popping Candy, also called Pop Rocks, Space Dust or similar fizzing sweets adds an amazing sensation, and you don't even need to have them in your mouth. You can buy various brands, I choose the ones by reputable and proper brands so you know they do the job, such as Fizz Whizz, Tango or Slush Puppy.

How Popping Candy Works

These tiny pieces of candy contain minute pockets of pressurised carbon dioxide that's trapped in hard sugar. When it gets wet from oil, saliva or her cum, the sugar shell dissolves, and the gas is released all at once and the carbon dioxide expands and pops. These tiny explosions feel great against skin, labia, clitoris and anything external. I wouldn't recommend putting them inside, because you have no idea how they could react, it's a completely different sport in there. What she feels:

- Hundreds of tiny rapid vibrations or electrical pops. Many describe it as mix of tickling, buzzing and very mild stinging.
- The sensation is strongest within the first ten seconds or so, then it fades as the candy dissolves.
- Temperature-wise its slightly cold or neutral, but the vibrations on the skin cause warming as the friction increases.

Don't use citrus flavours, such as lemon or orange, because they tend to feel more burn than popping because the flavouring has natural acids. Although harmless, you don't want anything uncomfortable going on. Apple, raspberry or cherry are my general choices, but bubblegum flavour is my personal favourite.

Other added values of Popping Candy

This next part is a good one. Aside obviously giving the pussy some 'flavour' for half an hour or so, which in itself she will like and benefit from, it creates 'Sticky Tongue'.

Now Sticky Tongue is a love/hate thing. It feels absolutely fantastic to her, but most oral technicians (if there is such a thing) hate it. Personally, I love whatever makes her cum so I'm down with Sticky Tongue. It's actually very likely that you could put a hundred women in

a room and none of them have ever experienced Sticky Tongue. What happens is that the sugar gives your tongue a glue like texture, making it really tacky. When you get your hands sticky, like from syrup, eating a doughnut or toffee apple, it feels really uncomfortable and gives you that yucky sensation and you need to wash your hands. Well, on her pussy that's and entirely different sport.

When you give oral, the labia and skin ends up stuck to your tongue for a split second creating an almost tickly sensation as it unsticks itself during the drag. Obviously you want to go really slow with this so she can really reap the pleasure from it, and be careful not to get it in your eyes and such. If you want to remove it, grab your water bottle and pour it over her pussy as your licking it, curing you both. If you leave it to run it's natural course, you're looking at anything between twenty minutes and half hour of Sticky Tongue.

Dog Sniffing

It's a ghastly name I know, but in the industry, we have humorous names for pretty much every act you can think of, it's how we talk to each other. Given the act of 'doggy style', you would expect that most women would hate the demeaning nature of it, but no, you couldn't be more wrong. Women absolutely love doggy style, and there's actually a very common oral version of it. Women love it because it opens all their internal erogenous zones

open for attack, allowing simultaneous and alternating stimulation of the pussy, clitoris and ass without having to resort to ridiculous contortions. The tongue can reach the lower half of the pussy, clitoris and ass much better from directly behind, creating a better sensory experience than the usual front-facing fare. Then there the toy-play aspect, you can hit that pussy with all kinds of dongs and eat her out at the same time. There's a very good reason that I crafted 'the thumper' as an exclusive doggy-style routine.

This technique stands out because we can blend oral of the ass and pussy together, tapping into often under-stimulated nerve clusters in the anal region, leading to heightened and more combustive orgasms. It's a novelty for many, but during the surrender fantasy, putting a woman on her knees and strapping her wrists to her ankles is a required position for at least an hour, bring some unique and insanely pleasurable sensations and even the odd orgasm or two.

Physically, the woman often will experience warm, wet pressure from the tongue alternating between the ass and pussy, starting with our trade mark broad licks along the inner thighs and perineum, focusing on clitoral suction and licking for building tension, before swapping for the ass, circular actions around the ass so overwhelming it can cause stand alone orgasms. The constant back and forth creates a rhythmic wave of constant pleasure, the pussy stimulation delivering sharp, clitoral focused jolts of

lightning that radiate to the G-spot. The anal licking triggers deeper, throbbing pulses from deep nerve endings around the rim, often neglected areas that produce full-body shudders or prostate-like internal echoes when the tongue penetrates it. Overstimulation can lead to involuntary muscle contractions, heightened creaming, and of course, the rapid orgasm build-up and triggering that feels like an internal explosion.

The appeal stems from the vulnerability in the exposed doggy position, fostering a submissive head space that heightens arousal through power dynamics, feeling desirable and sexy as the demonstrator shows passion and control. Taboo elements, like anal involvement, adds a kinkiness and erotic intimacy, breaking societal norms around the dirty areas to create trust and emotional bonding, leading to unforgettable moments. Neurologically, the novel sensations activate reward pathways, making it addictive for those who associate rear exposure with dominance and acceptance, while the mental shift from strangeness to pleasure reinforces sexual openness and deeper partner connection.

The Nose Hood Pull

I swear by using the nose as a more civilised way of doing oral, so using that logic, there's a move called the hood pull. Leveraging your face's natural contours for enhanced clitoral stimulation is quite the trick, because it's

easy and leaves your tongue and hands free to do other things. Using the bridge or the tip of your nose, push back the clitoral hood that protects the clitoris to expose these sensitive glands for some real good direct licking. This creates a hands-free pressure that can intensify her sensations, blending subtle friction from your nose with the wet rhythmic action of your tongue. It's particularly good for edging as this can be a really fast way for the first few times because it creates a more immersive, full face engagement that feels quite cardinal and has no limitations.

Why it works

Because the clitoris has anything between 6000 and 8000 nerve endings, when we pop the hood it allows more direct contact, which is amplified, leading to quicker arousal and even multiple orgasms. Your nose provides a firm yet soft pressure that feels noticeably different from the fingers which she'll likely feel. Not only that, it's warmer, more organic and can mimic the teasing build-up of foreplay because your nose moves constantly as your mouth and head moves, requiring no effort in itself. To amp up the anticipation by varying the pressure. Start with light nudges to tease, then press firmer as she responds, syncing it with her vocal or pulse reactions for a rhythmic, almost hypnotic effect. While you have the hood lifted, flick or circle your tongue over the area whilst maintaining the 'nudge'. Don't forget that area where the clitoris is nested,

it's a goldmine of nerves down there. Use the point of your tongue to explore the clitoral edges and base, go in deep and don't be afraid of getting your face wet, maybe try some duck-face too. Breathe warmly through your nose to add a layer of hot air stimulation, which can feel like a hot whisper on her skin and you'll be off to the races.

You can create some cute flirtatious moments by pausing briefly, when she looks up at you, give a playful smile when your eyes lock then quickly start again and watch her head drop. Building on it further, there's no reason not to use your hands here, probing her G-Spot, massaging her gooch, even her nipples. It's entirely your choice.

The Penetration Swirl

This one, not many men will be open to, but personally, I have it down to a fine art. Similar to the 'Pussy Frenchy' but less random. It's quite an enticing move because it combines internal exploration with external stimulation, creating a dynamic rhythm that will heighten arousal to no end. To start it effectively, don't just dive in, you'll need to ease into it or you could startle her give her a weird paranoid feeling. While she's aroused and bathing in tension, or languishing in an orgasm comedown, gently start kissing the pussy and labia, giving them some strokes and a little pressure. Work your way down slowly, then when you get to the pussy opening, slip your tongue inside

about one or two inches, depending how long your tongue is. Start by swirling your tongue in slow deliberate circles against the inner walls of the opening, alternating with occasional withdrawals to lick the clitoris to add contrast. Once you've hit the opening once, she will be fully accustomed to the feeling so you won't have to mess about every time like on the first hit, just keep switching until she can't take it any more or flat out orgasms. Vary the speed at both points often, but try to alternate between points so she doesn't know what to expect, building that glorious sexual anticipation. The differences between the two hit points are of stark contrast to each other, one being direct stimulation and the other indirect teasing. Make sure to keep those saliva glands going to add plenty of hot washing sensations.

From her perspective, this technique often feels like a double dip of tantalising invasion mixed with bursts of external bliss. This pretty good combination actually mimics a feeling of girth without the need for fingers or toys. The swirling motion against the opening walls teases girth, which in most cases sends signals into the pussy causing waves that ripple through the rest of the vaginal walls, causing tingling that radiates warmth outward. Switching to the clitoris licks provides sharp, electrical impulses that create the contrast, preventing the over stimulation of either area, making the whole experience

feel like a roller-coaster ride of tension she exit from, building some really nice tension.

It's a deeply intimate technique because your tongue will be inside her, creating bond and connection aside the physical. Emotionally, once you start the 'switching' dynamic it turns into a very playful technique that doesn't take itself too seriously but can easily cause an orgasm or two. Psychologically, if you can keep the motions stable and rhythmic but keep the hits unpredictable, you will keep her engaged the whole time, preventing habituation and allowing for prolonged stimulation.

The Frenulum Hit

Zeroing in the Frenulum is rare. Why this is the case, I have no idea, but once educated, you'll realise that frenulum is actually just as important as anywhere else, if not more so. You'll know of it when I tell you where it is, because we hit it all the time doing other techniques, however, we haven't focused all our wickedest of oral on it before, which is what we going to do now.

So the frenulum is the small, highly sensitive band of tissue between the clitoris and the pussy opening, sometimes refereed to as the 'runway' and it's shamefully overlooked by most men. This tiny, yet commonly ignored runway is absolutely stuffed with nerves and bulbs that we can stimulate.

We want to give it the whole pussy some good flat licks to start with. When you're ready, take the entire area of the pussy from the top right down to just above the opening, so we can create a vacuum. Once done, that's everything above the opening, including upper labia, frenulum, clitoris and hood in your mouth. Next you're going to create the vacuum and let your saliva glands do their thing. Now, using the tip of your tongue, rub the frenulum with short upward strokes, stopping just before the clitoris. What you're after is feather-light rubs, with the occasional sucking to mimic a pulsing rhythm. The pulse will very lightly stimulate everything in your mouth, washing it with saliva, whereas, the tongue rubs will provide an intense stimulation to the frenulum. If you want to give everything a good wet bully lick every now and then, feel free, but do it sparingly as we are doing the frenulum as our focus. This stimulation is as rare as it's harrowing to her and can easily cause an orgasm. On it's own, an orgasm is unlikely even though it feels really good, but the pulses and the occasional tongue bullies will be the orgasm attractors, it's the frenulum licks that hook and reel them in.

From her viewpoint, this technique will deliver sharp, tingling rushes that build like electrical currents, blending anticipation with direct pleasure. The upward strokes feel like an insistent pull towards ecstasy, creating waves that indirectly stimulate the clitoris from deep underneath it,

causing involuntary twitches, spasms and profuse wetness. Doing the oral via a hit on the frenulum actually stimulates the clitoris indirectly, because the nerves in the frenulum are an extended clitoral network, rich in tissue that links to pleasures both external and internal, creating a blended effect. The dual sensations trigger strong contractions, creating notably faster approaches to climax by avoiding desensitising the clitoris with overstimulation. You can enhance it by stimulating the gooch, butt-hole, G-Spot, whatever takes her fancy, or just use it to bridge other techniques.

The Thumb Bully

Also known as ‘Thumb Pressure Point’, the Thumb Bully is one of those techniques you usually do in conjunction with another, mainly because it’s more of a tease stimulation than a direct one. What we going to do is apply non-penetrating pressure to either the opening of the pussy or the ass. Before starting though, we need make sure it’s all nicely oiled, because we will use friction as a catalyst later.

First, get another technique going, anything from the clitoral range is always a welcome compliment and feels good. Then, place the pad of your thumb firmly against the vaginal or anal opening, without inserting anything. Instead, apply steady, even pressure, keeping it stable so

you don't accidentally slide in. Now, using your mouth, draw her clitoris into your mouth and create a vacuum and hold there. Immediately, use your tongue inside your mouth to lick and lightly bully her clitoris, washing it with saliva and give it some good, wholesome hot-washes.

While your mouth is motion, keep your thumb still, with the pressure sustained for a few moments. Then, as she starts to vocally react, experiment by rotating your thumb and rub the opening with slow deliberate motions. Also, try 'wiping' the whole opening in a circular motion, really teasing that entrance, allowing it to get really cock-thirsty. As you continue, you'll feel the hole in focus throbbing. This could be either subconscious or consciously, it doesn't matter. It's basically reacting to stimuli, or put another way, it's begging to be penetrated.

What's happening is, she's starting to feel a delicious mix of sensations. The clitoral sucking delivers the usual sharp, pulsating waves of ecstasy that radiate outward. The thumb however, creates a heavy pressure that teases an 'almost there' feeling of fullness, but only at the opening. This creates enhanced exposure because she's expecting, and needing penetration, causing her pussy to actually ache in almost dire need. It evokes a sense of being held at the edge of something with a promise of a reward that never comes (at least in this technique). It will cause warm, but involuntary contractions or floods of arousal, because the pussy can't help but prepare for penetration. Full body

shivers, tremors, flushing, and pelvic contractions are very common. The pussy will be in bit of a state at this point because it's going to be locked into 'expecting cock' mode. Prepare for some heavy milking and heat to build up from her at this point. Stay focused, and make sure you don't deliver her the penetration she needs, just keep her on the edge of boiling. As the pussy continues to beg for penetration, it forces the clitoral action and stimulation to back up on itself, often leading to, and causing quite the orgasm.

This technique at it's heart is a really bothersome, cheap shot at the pussy, but in contrast, it's really fun and feels great for her in a real, almost gritty, tortuous way. It succeeds by stimulating multiple erogenous zones at once, and any orgasm type is on the table here, it basically depends on the woman's tolerance and which feelings she's more attuned to. As the clitoris gets more direct stimulation, the pressure on either the vaginal or anal opening, engages all the surrounding tissues and nerves. The gooch and pelvic floor muscles, which can sometimes indirectly activate the G-spot or give prostate-like sensations anally, start to kick in with desperation. These obviously light up the neural pathways making some of the achieved orgasms seem more blended than stand-alone. It's one of those 'tease and release' techniques that offers crippling anticipation and overwhelming cock-thirst, so make sure you follow it up with something more

substantial, even if she does orgasm. Her pussy will be very, very thirsty.

The Labia Sandwich Pinch

The Labia Sandwich Pinch is an oral sex technique that involves compressing the outer labia together using the fingers, forming a 'sandwich' that bundles the excitable tissues and nerves. While holding the pinch, the tongue explores the seam where the left and right sides meet, delivering focused stimulation to the heavily compressed area. This creates a surprisingly unique sensation of intensified pressure and friction, enhancing the exposure of the inner nerve ending without actual penetration, and we seamlessly integrate into other oral techniques to vary the pleasure.

Firstly, ensure she's highly aroused and oiled, then gently grasp the outer labia between your thumb and fingers of one hand, pinching them together from the top right down to the bottom. Apply firm, but make sure it's not painful, pressure to create a tight seam. Now, with the flat of your tongue lick upwards and downward along the seam, starting slowly with long strokes and eventually switching to faster flicks and circles. Alternate grip strength for pulsing effects, combining with breaths and sucks on the exposed clitoral hood. Make sure you always monitor her reactions, because this one is a little different, simply gauge and adjust accordingly.

Women love this technique because the pinching bundles thousands of nerve endings in the labia, amplifying sensations into concentrated bursts that feels both teasing and overwhelming, often leading to quicker arousal or edged climaxes. It also provides stark contrast to the usual spreading of the labia and women often find it rather unique, making the pussy feel more responsive and alive through compression.

The Reverse Finger Rub

The reverse finger rub combines oral and internal fingering, targetting the bottom and back wall for a more unique sensation. It involves one or more fingers in the pussy with a palm facing downward, reversing the typical upward curve used for common G-Spot play, to rub or sweep along the back wall towards the ass, while the tongue licks the clitoris, labia or pussy exterior. This creates an amazing blended pleasure dynamic, where the internal pressure contrasts with the usual frontal sensations, creating a rather pleasing and deeper emission of pleasure. Simply put your fingers in, similar to 'Rub the Hatch' except higher, and move in tight circles, massaging and gradually getting deeper, aiming behind the cervix then back again. Use sweeping half-moon motions and back and forth rubs with the pads of your fingers. While you're doing this, use your tongue with flat licks on the clitoris and hood. Sync the rhythm, alternating the speeds from slow

builds to faster pulses, incorporating warm breaths and sucks externally.

This technique is generally loved because it's a unique take on the usual internal sensations, often leading to much deeper, more expansive orgasms by activating the pudendal and pelvic nerves along the posterior wall, which can mimic or enhance anal adjacent pleasure without direct anal stimulation. The combination with external licking prevents clitoral overload, while building layered arousal, promoting vaginal engorgement and stronger contractions for intense releases. It also adds an element of exploration, making her feel uniquely attended to, unlocking blended climaxes that radiate through the pelvis.

The Reverse Blowy

Mimicking the blowjob, something she would give you on a normal day, we instead do it to her. We treat the clitoris like a miniature cock, involving rhythmic suction combined with targetted tongue licks and flicks on the tip. Focusing on the clitoris, either exposed or the hooded head, or even both, we draw it into the mouth for pulsating sucks while your tongue provides very targetted, flicking stimulation, akin to the head play in a blowjob.

To perform it, ensure she's aroused enough for the clitoris to engorge and become really sensitive, then gently retract the hood using your nose for better access. Enclose

the clitoris in your lips and apply rhythmic suction, slow and deliberate, making them even, like your sucking on a straw, alternating your releases to create a pulsing effect. While doing this, use the tip of your tongue to flick and randomly circle the very tip of her clitoris. Start very lightly, and build with intensity based on her verbal cues, body movements and moans, eventually incorporating the occasional broader lick with some G-Spot stimulation with a finger or two. Maintain a steady rhythm to avoid overstimulation, releasing lots of saliva in the process to keep everything nice and wet.

Women tend to love this because the sucking and the rhythm deliver some explosive pinpointed pleasure sensations that tends to mirror the blowjob closely, often leading to some heavy orgasms. The mimicry itself adds a unique psychological thrill, evoking dominance or even role reversal fantasies. It doesn't stop there though, because this technique has a few variations. There are more than I'm about to mention, but I find these are the one that seem to work the best.

- **Constant Vortex Suction:** The vortex is a steady holding version where the clitoris is drawn into the mouth, similar to the Duck-Face, suspended with a gentle yet stable suction. This mimics that kind of blowjob where the woman concentrates prolonged oral grip on the cock-head without release, focusing on sustained vacuum

over actual friction. You basically avoid the pulsing, putting more emphasis on using the air-tight seal around her glands and hood for much more uniform stimulation, letting the suction dominate to increase arousal. You should be quite adept at this now, but just in case you're new to my teachings I'll explain. Moisten your lips and form a tight 'O' around the clitoris glands, gently sucking inward to create a stable vacuum and hold. Maintain this without breaking, starting light to begin with and holding form for around ten to thirty seconds, depending how she responds. If she responds well, gradually increase the suction depth using the bare minimum of tongue flicks. This version only establishes the seal and creates the enveloping pressure that starts making her clitoris throb, causing the inner walls of her pussy to start contracting. Women tend to love this for the consistent, close pressure that floods the clitoris with blood flow, heightening sensitivity and eventually leading to slow building full-body orgasms that can feel quite immersive. The steady hold often gives a feeling of being locked in, inducing a more mental surrender with occasional quick peaks that keep arousal on a high.

- **Hard Vortex Pulse:** Similar to a blowjob, this switches the mimicry with strong, brief suction

followed by slow releases, simulating the blowjobs pull on the cock-head, creating waves that surge over the clitoris. Emphasising on short, powerful bursts that with engorge all the surrounding tissue rapidly, altering the vacuum with a slow release to build the sexual pleasure through contrast. Like a blowjob, it feels like an on and off tugging that envelopes the entire area, and more often than not can lead to an orgasm if done in a rhythmic but stable continuous session offering some overwhelming relief. Executing it is easy, simply draw the clitoris into your mouth as before, applying a firm suck for one or two seconds, drawing it in deeply inward, then gradually release over two to three seconds, repeating it in cycles. It's important that the release time is always at least double the holding time so that she feels the release and enjoys it, otherwise you're just pulsing and that's a different move set entirely. Starting with the more milder pulls, slowly begin ramping it up based on her breathing and vocal cues. After a few minutes, incorporate some quick tongue flicks on the exposed tip during the holds, giving it some tasty hot washes to really excite her.. Monitor her closely, make sure the intensity doesn't tilt her over into the overwhelming. During the recovery sessions between each one, give her some thigh kisses and some pussy opening teasing just to keep

her alert. Women often love this as it induces the swelling of the clitoris, amplifying all her sensations when the nerves all start firing off into throbbing climaxes. The pulsing dynamic adds a dominant, teasing edge that heightens the anticipation and can trigger squirting or even multiple orgasms if prolonged.

- **Rhythmic Whirl Beat:** Using fast, repetitive suck and release actions on the clitoris, the Vortex Beat replicates a typical, steady blowjob rhythm on a cock with fast cycles to generate ‘beats’ in sync with her responses. Focusing more on the speed and consistencies in the vacuum-release pattern, creating a drumming sensation that stimulates without fatigue, often blending with subtle tongue work for layered pleasure. To do it, set it up as you did the others, forming a seal around the clitoris with your mouth. Start by performing gentle sucks lasting half a second, followed by immediate releases. Cycling rapidly at a pace matching her cues and moans, aiming for one or two cycles initially. Add light tongue rubs during each suck phase, keeping the motion fluid and controlled. Adjust the rhythm to how you want it, doing it slower for build-up or faster if you want to push her towards a climax, ensuring you release plenty of saliva in the process, ensuring she doesn’t become oversensitive

or burn with friction. The tension release during this version is irresistible due to the repetitive heartbeat-like throbs, stacking each sensation upon one another before the last has time to fully dissipate. Obviously, this soup of sensations, engaged nerve highways and chemical releases is a cauldron of magic that quickly leads to an orgasm over a prolonged amount of time. It's adaptability creates more customisation, and when you learn to read the room efficiently, you prevent overstimulation and foster endurance.

- **Licking Vortex Combo:** Combining suction with active tongue motions inside the vacuum, treating the clitoris like a cock, sucking it whilst internally licking up and down, side to side or in circles for multifaceted stimulation. Amplifying the original technique by adding directional tongue play within the hold, targetting varied angles for comprehensive nerve stimulation. To do it, suck the clitoris into the mouth and hold, then using the flat and the tip of your tongue in rotation, start with the up and down stokes, transitioning to circles or side swipes, varying the speed from slow teases to rapid flicks whilst maintaining the suction seal. Women have said that this is quite intense, using licking precision blended with the depth of the suction,

creating mixed sensations that radiate through pelvis.

The Thumb Add-on

Basically, it's a three-way pleasure hit. So, you're giving oral and hitting her internally, then we add the thumb. It builds on the basic oral stimulation to provide triple erogenous zone activation, targetting the clitoris, G-spot or vaginal walls, and sensitive anal nerves. This method is ideal for partners who enjoy intense, multifarious pleasure and love some anal play, as it amplifies arousal through very targetted, sensory overload without requiring full penetration or toys. To perform it, start by ensuring she's relaxed and aroused, use plenty of oil all over her pelvis and hands. Use your tongue and circle her clitoris rhythmically, maintaining consistent pressure. While you're doing that, stimulate her G-spot with a few fingers. This alone should be making her purr like a cat, however, we are not done yet. Press your thumb on her ass and slowly circle the opening with a little pressure and keep it nice and consistent. After a few moments, maybe even a minute or two, her ass will start to throb. When it does, slip your thumb inside and rub the inside towards the lower area. This is what we call rubbing the tail-bone. Obviously, anatomy speaking, we are nowhere near the tail-bone, it's just a weird term we have in the industry. What we need to do is sync it all together, making sure it feels like one huge impossible motion instead of three.

Normally, we try to have everything feel like it's separate and that we are gifted with multitasking. This time though, we want it to feel like one big super action, making it much more difficult for her to zero in on and adjust to. It's vital that you keep the charade going, so if you do decide alter an action, the speed, depth or any aspect of one, you adjust the other two to match, giving her no time to nail any one one feeling down. Doing it this way will force an amazing, layered set of sensations on her. The clitoris buzzes with electrical tingles from the licking, creating waves of building tension. The vaginal fingering delivers the fullness and targeted pressure that radiates the warmth and pulsations, with finally, the thumb in her ass adding a unique, forbidden discomfort of stretching and nerve stimulation. These three actions at the same pace will cause earth shattering shivers due to the relative proximity of all the nerve groupings, making her body feel almost electrified, firing pleasure signals off in all directions, eventually leading to involuntary contractions and profuse wetness. What we're actually doing is exploiting the interconnection between all of her primary erogenous zones, potentially leading to blended or mixed orgasms if they all start firing at the same time. The added anal element adds a certain naughtiness and a sense of vulnerability that heightens psychological arousal.

Left/Right Hand Bias

This one is a sneaky one, and this is more of a psychological hit that's actually grounded in habitational physics, accounting for the woman's dominant hand in her private self-pleasure habits. That sounded like a garbled mess I know, I typed it three times and the first two made zero sense whatsoever. What we are going to do is exploit her blind side with arousal and her conditioned side with heavy oral. It stands to reason that whatever her dominant hand is, her pussy is going to be a little more sensitive on that side through conditioning. Overuse, is probably the wrong term, familiarity is probably better. It's the same logic as male masturbation, for example, my dick has the common right leaning kink in it, because I'm right handed, (so sue me). It's the same with women, except they become a little more conditioned to feel pleasure due to the mentioned familiarity. Obviously, this is an absolute undiscerning generalisation, but I've found it to be very sound over the years.

What we are going to do is find out what her dominant hand is, we'll do it right at the start in the messaging phase and she won't have a clue or even care as to why. It's going to be a throwaway question, she will answer freely and will absolutely pay for in absolute nightmare pleasure. So going further, let's assume she's right-handed and she's told us as much. A right-handed woman will typically masturbate with her right hand, because it will feel right and more comfortable, she has a

much tighter control over everything, including speed, pressure and rhythm. If you've tried wanking off with your non-dominant hand, it doesn't feel quite right and it's a challenging wank at best. It's exactly the same for women, so much so, we can actually exploit it, because unlike our cocks, where we hold the whole thing, they tend to lean heavily, which gives us a weakness. So in this case, our right-handed woman who typically masturbates with her right hand, will lean in with the right, the right side of the clitoris and surrounding area often receives more direct friction and becomes hypersensitive. We are essentially personalising her licking by emphasising our hit on her conditioned side to mimic her solo patterns, enhancing familiarity and intensity without overstimulating the usual spot. Firstly, confirm her dominant hand, but assume it's right-handed unless specified. Using your tongue, lick and circle her clitoris, starting with broad strokes across the entire hood. Gradually shift your emphasis to the left side (from your perspective, you're facing her, remember), applying much firmer pressure with the flat of your tongue in upward or side-by-side motions. Alternate with lighter touches on the right side to build contrast, incorporating suction, keeping an eye on her audible cues, switching speeds and pressure as needed. We have tailored her oral so her favourite side gets absolutely destroyed and her weaker side gets teased and aroused, and this will be utterly intoxicating to her with no real understanding as to why she feels the way she does. What she's actually feeling is an

asymmetrical surge of pleasure, where the left side (her right) ignites sharper, more electric tingles due to its conditioned sensitivity, radiating warmth and pulsations through her pussy. It actually builds a lot of pressure that feels deceptively intuitive and resonant, like your reading her body and mind perfectly, triggering quicker arousal spikes, involuntary hip movements and increasing lubrication as the nerves fire off more responsively than more uniform techniques. Women love it because it replicates the subconscious bias in their masturbation, making the encounter feel instinctively ‘right’ and more comfortable, amplifying orgasms through more personalised precision rather than the typical generic techniques.

The Leg Grip Spread

This one isn’t a technique as such, it’s more a position, but absolutely essential for when she starts reacting in opposition during contractions. Also known as the ‘tongue clamp’, it basically holds a woman in place when things get a little out of control. I tend to use this more during the duck-face or any technique that uses suction, because when her body goes into orgasm approach, things get wild, legs fly about and in some cases, her body frantically tries to “get away”, despite her absolutely loving it. So, as a ‘self defence’ technique, we apply the clamp, because if you’ve ever had your ears boxed by flying knees or your back

accidentality heel thumped, you'll know why we apply this move.

This move is in the elite when category for enhancing oral pleasure, because believe it or not, when the woman's body hits retreat mode, it's her body fighting against the insane pleasure we are raining down upon her. If she wanted us to actually stop, she has safe words that can stop us instantly, but those safe words are never used. So when she starts to go into involuntary retreat, all we do is clamp down the parts that can do us some serious damage. It's like when you tickle a woman's feet. When they kick your teeth in, it's not a deliberate action, it's an involuntary reaction, and when it happens, more often than not, it gets painful for us. Its an absolutely devastating move because its intimate, controlling and dominant, quite literally attaching you to her pussy for enhancing her pleasure. The unique thing about this is, you don't have to wait for an orgasm either, it's totally sexy during any form of oral, especially if you're eating out what we call in the business, a 'kicker'. So a kicker are those girls, bless them, that at no fault of their own, involuntary jab and kick you. They can't help it at all, and it does mean they are loving what you are doing, but the constant kicks to the kidneys, back and shoulders, starts to get painful after a while. So, we clamp them. So to set it up effectively, she'll be on her back, because this is the only position when applying oral that we need to do this. Generally, most other oral positions

won't allow for random movement, she won't act 'violently' or the positions themselves make the physics of doing it quite impossible.

So with your face deep in her pussy, what you're going to do is lift your arms and bring them over her legs, with the pits of your arms should be on her topside of her thighs near the pelvis. Then wrap your arms over then underneath her body. This will essentially clamp your face to her pussy, and hold her still so she can't involuntary retreat or physically kick you. If she is quite a bit smaller than you, then you may be able to lock your hands together, if this is the case, she won't be going anywhere but heaven. Simply interlock your fingers and suck that clitoris into your mouth and mercilessly bully it with tongue and saliva, it's an easy orgasm. If you're really in a brutal and generous mood, you can finger or rub her ass from under there, with nowhere for her to go (if it's on her list), the dominance of this move is off the charts. Obviously, as mentioned this is an insanely dominant move, and although not an inherently oral sex related in itself, it is an aid, and worthy of the list.

The Venus Butterfly

Also known as the butterfly, this oral move is little more mainstream and common, but worth an add simply because women love it. You get the girl to lay on her back at the edge of the bed, hips raised with her legs bent and

spread like wings. All we do is kneel on the floor and do a few very slick moves. The reason this is such a beast is because it angles everything perfectly, giving us optimal access to all the right spots creating what's essentially called the blended orgasm pathway. By syncing all the external and internal hotspots and amplifying the pleasure, it gives us the perfect playground to experiment and bring on many orgasms one after the other. Obviously, we will take it a little further, because this position allows us to do some really glorious and deeper tongue dives, also giving maximum clitoral hood retraction.

As mentioned earlier, when she's at the edge of the bed, put a pillow or two under her hips to give her some lift, whilst also giving us the appropriate angle to really induce some orgasmic suffering. The best way for her to position herself is drape her legs over your shoulders and/or spread them outward. Because of the slight elevation this will also put next to no pressure on her neck, shoulders and back whilst her legs are spread and pelvis is raised, it's what we call, the 'perfect wing position'. As always, start with broad licks along the labia to warm her up, releasing lots of warm saliva. Then, insert your fingers and start to massage the G-spot, nothing too aggressive yet, just some rhythmic stroking, slightly alternating the speed now and then, some side to side swipes, building her up nicely. As she simmers, release some saliva so it flows over her pussy and onto her perineum (gooch), then with the flat of the fingers

on your free hand, massage the gooch with some very light circles and finger tip strokes. Watch her closely, what you're looking for is the head to drop. As a rule, if she's looking at you, it means she has some form of awareness, which is what we are going to take from her. Keep all this going, and when her head falls back or takes her eyes away from you, she'll be at her most vulnerable, slip your nose beneath her clitoral hood and start some short stroke tongue wiping with a fair bit of pressure. Make sure you tighten the grip on her thighs, and increase the pressure on the G-spot and gooch all at the same time. It's important that you don't rush this, it isn't a blowjob, we have all night and we're not heading for a conclusion, it's just long stable pleasure, and any orgasms to be had are just part of the journey. As time passes and based on her cues, you increase and decrease the intensity at will. If you want her to orgasm, then apply the intensity to max and reel her in. If you want to edge her, hit her hard, then when the markers start showing, turn it all the way down to an almost teasing pace, then ramping it back up as she settles. Because of the angle, you can get your fingers, tongue and toys in there really deep, so make sure you give her lots of it, treat her like the princess she is and really abuse that pussy when she's in the right mode. The constant up and down nature of this technique will really fry her brain, and if you do it long enough you might witness her begging for a conclusion to it. Whether you give her the orgasm is up to you, but this position taps into all her erogenous zones and her orgasm is almost

guaranteed. Because we hit all these nerve-rich zones simultaneously, it more often than not leads to squirting and multiple orgasms in mere minutes, so if you're edging her, make sure you keep it controlled and watch out for the markers or you'll drop the ball. The reason this position hits well is that it increases the availability of vaginal depth, which in itself creates a full-body euphoria normal oral sex doesn't quite reach. Physiologically, the elevated angle also boosts the blood flow to G-spot and allows for easier accessibility, enhancing exposure eliciting an almost feral addiction to the feelings and pleasure given.

The Multi-Task Tug

Before we get into this one, it's important to state that when I say 'tug', I mean the smallest and almost undetectable of pulls imaginable. Don't go pulling the labia like you're trying to make a bed with fitted sheets, we are talking a very tiny pull here, just to stimulate the nerve endings, nothing more.

So, now that hopefully, you have that down, we can start. So the very light tugging of the labia is a thing, and it creates layered sensations to the pussy and can really overwhelm the nervous system, so use very sparingly. So sparingly in fact, in most sessions I don't do it at all because I forget to. Unlike the usual licking, here we multitask the erogenous zones themselves whilst pulse sucking the clitoris, rhythmically 'tugging' and releasing the labia to

varying intensities, all of which, are variations of very light. I only include this, because nearly every time, it has resulted in squirts and involuntary discharge, because this one little move seems to effect the entire body when in arousal state, and it's amazingly over looked. Obviously, there's more to it than the tugging, but we'll get into that in a moment.

The thing you need to remember is that some girls are better built for this than others, whereas some are very 'lippy', others have near nothing at all. If you're face deep in someone with near nothing at all, then don't try this, as there will be so little tissue down there, pulling on them will just hurt and ruin everyone's day. However, if you do have a lippy one, then you're off to the races, because chances are, they will have no idea how good this feels.

So, as a comparison, if you grab your nut-sack and pull it out, you'll see lots of veins, arteries and blood vessels just under the skin, and stretching it out, gives an almost relieving tautness to it. But like the labia, if you have the wrong person trying it, it can go very wrong.

I once met a girl who thought it would be a great idea to stretch me out during a blowjob, ramming her finger right up inside me and was moving my guts around like it was a normal Wednesday. Obviously, I shot this down because it was really unpleasant, to which I got the usual female defensive line, "I've never had complaints before!".

This is because, as you know with women, it's never their fault, they famously come lacking in the accountability department from birth. The reason nobody complained before was simple, it's a blowjob, and sweetheart, they want to fuck you. They will suffer walking on broken glass just to get their dick in you. I, on the other hand, despite eating pussy for a living, when it comes to actually having sex, I'm a million times more fussier than a normal guy, and immediately zipped that shit up and walked out. As a man, if you need to have a safeword when getting a blowjob, then you get the fuck out of there, even if you haven't been laid for ten years, because that shit is nasty.

So, getting back on subject.

If we tug, not open up, because you know my feeling on that. Just a light little tug and stretch downwards, exercising the nerves, giving a very condensed feeling of pleasure. It's like when you're sitting down and you stand, have a stretch, it feels good. Tugging at the labia feels the same way, except it's very focused and can flood the brain with oxytocin spikes through its originality alone. It's literally something you do so scarcely that you forget to do it even at all.

So, what we are going to do is pulse the clitoris in long gentle sucks, hold for a second, then release. Simultaneously, with a very well-oiled labia, you'll use both hands to take each side of the labia starting at the very

top, between your fingers very lightly. You need to be holding it firmly but with no grip. You're hands will be just below, or next to your face at this point. You're going to tug, then slowly pull your fingers downwards, running your fingers down the labia so it pulls slightly, but the lips pass through your fingers with ease, all the way to either the bottom or until you run out of lip to hold on to. So it's basically more of a dragging feeling than an actual tug, but you get the idea. When you get this down, doing both sides as you pulse the clitoris, with some cheeky tongue rubs when it's held in your mouth, the sensations will be both unique and feel totally intoxicating because it's something most likely very new to her.

So, what's happening.

Basically, neurological fireworks, but if you want a more serious explanation, then you're actually creating a full-circuit ecstasy breaker that standard oral misses. In the labia there's eight thousand or more nerves that lay dormant. These nerves are sometimes stimulated during actual sex and toy play because the friction of the cock may rub them with each internal thrust (pushing them inward), and a stretch outward on the external pull away (dragging them out). However, aside from some licking, in oral sex, these nerves are often missed. By giving them a little pull and drag, we stimulating them deliberately so focused, that even the accidental stimuli they receive from sex pales in comparison. This simultaneous barrage on the

nerves will close the circuit with a feeling of ‘full coverage’ and satisfaction, which is why the squirting happens, because the ‘pull’ is felt deep under the skin, and inside the pussy itself.

Milking the Prostate

Also known as the ‘Prostate Analogue’, this little move has nothing to do with prostates, because obviously, women don’t have any. We only call it a ‘prostate’ because the area can be milked like one, and no, that’s not milk either – I have no idea who creates these more common terms.

Essentially, we are massaging the internal anal wall between the ass canal and the pussy, whilst delivering a heavy payload of tongue to the clitoris, conjuring a lot of cream and blended orgasms through the indirect stimulation of the G-spot through the rectal wall. How the G-spot is stimulated is pure witchcraft, because scientifically, you’re nowhere near it, you’re not even in the same auditorium. However, doing it this way and through this method, creates some of the most spellbinding orgasms I have ever seen. Somehow, and I’m sure there’s going to be people out there that know better than myself, but the nerves in the ass have some sort of reach into the G-spot itself, or at least fire off in that general direction and it’s something we use, a lot. This method utilises the asses high concentration of nerve endings for added depth, often

leading to squirting and more drawn out feelings of ecstasy during orgasm.

The internal massage delivers a very deep, pressing, full feeling against the anal walls, creating throbbing pulses that transfer to the G-spot as indirect vibrations, while the oral provides sharp, surface level tingles on the clitoris along with heavy cream production from the skene gland stimulation. This delightful accumulation of the heavy hitters, synchronise into waves of warmth and tension that will continuously build, eventually triggering into explosive releases. During the technique itself, you'll start seeing heavy, almost painful looking pelvic contractions, heightened creaming and her body becomes hot to touch with red flushes and sweating. When she's in this state, we'll basically continue to drag her through this suffering, kicking and screaming, We bound the anal stimulation a little deeper, evoking the increased internal expansion that will intensify clitoral peaks into longer, overwhelming orgasms that feel like they have been edged. As with most taboo acts, exposing these more vulnerable areas neurologically release endorphins and oxytocin before the orgasm has even happened, so when the orgasms do eventually bite and take hold, the woman is usually already in a state euphoria giving her greater sexual fulfilment.

As with my techniques, we never go in balls deep straight away. Anything worth doing always takes time, and just ploughing straight in will be a massive hit on her

system and if her body isn't sufficiently prepared, it can be really unpleasant. So as usual, I'll talk you through in phases.

- **Phase 1:** Cover her in oil and get to work with some good oral. Start off with some mild to medium licks in intensity. Lick all around her clitoris slowly, swapping between direct and indirect stimulation. Pay attention to her skene glands too (below and just to the sides of the urethra), lick and kiss the whole area. When you're sucking and licking the clitoris, use the flat of a finger to work the skene glands. When you switch orally to the skene glands, ignore the clitoris and run your finger down the fleshy strip between the labia, from the urethra down to the pussy opening, run your finger around the entire opening then back to the top, then switch back to the clitoris and repeat this cycle slowly. She'll learn this pattern quickly, setting off the dopamine reward centres and filling her with anticipation.
- **Phase 2:** With the above oral going on, we are now going to hit her ass. There's many ways you can do this. You can do it with your fingers and give it a more malleable 'personal touch', or you can use a big dildo or vibrator. Each has an advantage, and if you're new to the multitasking element of my work, a dildo is fine. We are not doing anything too

elaborate here, we are just applying some pressure to the anal wall and applying friction to her butt-hole. So if you're using a big dildo, slip the head into the ass carefully, if you rip her asshole she'll hate you for the rest of her life. Slide it in so it's pointing towards her pussy and hugging the wall between her ass and pussy. All you're going to do is give it slow in-and-out nudges so you apply some stretch to her butt-hole and pressure to the wall. If you're using a vibrator, put it in, rest it on the wall between her pussy and ass and as deep as comfortable for her, switch it on, a medium setting to start with, and hold it in place. If however, your using fingers, slip two in right up to the knuckle and place the flats of your fingers on the wall between her pussy and ass and massage it slowly with medium pressure. Keep your chosen method and oral going, then as she starts screaming louder and she really gets into it, apply the anal stimulation faster. If you're using a vibrator, turn it to a full setting and continue.

- **Phase 3:** If you've been doing the skene gland and stimulating the pussy opening properly, you're going to feel that she's really wet and her pussy is going to be really thirsty. Now, switch your oral to the clitoris and your now free hand, insert your fingers into her pussy palm down towards her

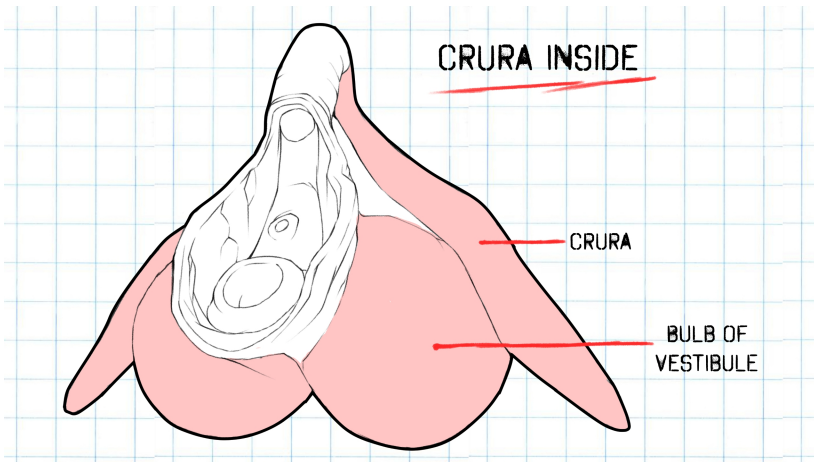
ass. We are about to scratch an itch she had no idea she had. There's going to be a lot of milk in there so get your fingers really wet and your going to place the flats of your fingers on the wall between the ass and pussy and rub the opposite side to whatever you have in her ass. Obviously, if it's your fingers in there you're going to need to mirror your other fingers move for move because anything too aggressive could cause discomfort. If it's a vibrator just press and hold, slowly circling the head through the wall. A dildo, you basically just rub where it feels hard, you just need to adjust the routine depending on what you're using, it's quite simple. All those glorious nerves we've been stimulating are now being hit both sides and her G-spot is reacting hard. The over stimulation of said G-spot continues to stimulate her skene glands which we started off orally at the start, activating emergency bladder control, so now everything should start coming together. Simply carry on ruthlessly and as soon as orgasm approach starts, you can either edge it or ramp everything up and land it. Keep your eyes closed as she orgasms though just in case her bladder has enough in the tank for a squirt. It only needs a few minutes in emergency bladder mode to fill the bladder and that's enough to make your eyes really sore, so be prepared.

Clitoral Shaft Rub

Rubbing the clitoral legs (crura) through the pussy walls is a neat trick, but takes some explaining. If you imagine the clitoris as a plant, and you take that plant and pull it from the ground, you'll see a mass of roots that's as big as the plant. Well, that's pretty much what the crura is, the roots of the clitoris. Amazingly though, the crura, or internal legs of the clitoris, average around 52mm in length while the clitoris averages 6 mm in length, making the legs in the region of around eight times longer. So it stands to reason that this vast network of roots can be a target for us also, since these roots are obviously just as sensitive, if not blatantly more so. But when I first started studying these roots in play, I found something quite fascinating. When we mess with these 'roots', it switches the clitoral dynamic, making the orgasms switch from acute external ones, into a more blended internal wave-based orgasm, a blended orgasm if you will. These blended orgasms vary greatly from woman to woman, but they all underlay a foundation that amplifies orgasms beyond clit-play alone, often leading to squirting and groups of multiples. This technique makes the penetrative acts into highly pleasurable experiences by stimulating the tissues that swell during arousal, making this an ideal technique for those that find penetration somewhat underwhelming. Obviously, we don't do things by half, we'll combine the

above with some brutal external play as well, just to be sure.

The rubbing motion creates deep, throbbing pressure along the pussy walls, activating the clitoral crura's nerves making steaming hot outward radiating shock-waves, syncing with the clitoral hood from the pelvis to abdomen. As the pressure builds by firm circular and up-down strokes, the sensation intensifies into electrical tingles and involuntary contractions, culminating in amazing, body-shaking orgasms that feels more expansive and lingering than surface clit simulation, sometimes evoking a sense of internal explosion with added wetness. So there's two ways you can stimulate the crura, and this we'll need a diagram for.



So obviously, you don't see most of that image because the red parts are hidden in pelvic region, but that doesn't mean it can't be stimulated.

- **Indirect External Pressure:** Using your fingers, palm or a strong vibrator, apply firm pressure to the area around the pussy. Doing it externally is a slow burn, but it's definitely worth it. An actual message to the pelvic mound can stimulate the crura very well.
- **Internal Stimulation:** Insert your fingers and you can apply pressure using curved motions just above and around the G-spot, more towards the belly area. Another way is to the left and right of the opening for bulb stimulation. It can be quite a large area proportionally speaking, but if you have

any issues, anywhere around the G-spot will normally hit it quite well.

- After stimulating it for a few minutes, you may start to see the pussy swell a fair bit, this is the bulbs swelling which is a good sign. Carry on for a few more minutes and the whole pussy will engorged and flushed with redness. The actual engorging may be subtle or completely obvious, some women will swell for than others, so simply lean in, and while continuing with your chosen method, give her clitoris some tongue licks. For the first few minutes, keep it to strictly licking, tight, small tongue flicks to begin with so we can synchronise everything she's feeling.
- After a few minutes, start an all out assault on the clitoris, which includes sucking, pulsing and licking. While you're doing that, begin to stimulate the crura with both hands, internally and externally. Once you get going, this can almost be timed to the second, but I've never gone past four minutes without seeing an orgasm of some kind. When orgasm approach lights up, continue right through and ease it in. The orgasms tend to vary on this one, ranging from clitoral/internal blended right through to full body ground shakers.

Suck n Pop

Women absolutely love Suck n Pop, I've never met a woman that hates it, and yet, it's utterly ridiculous. Personally, I wouldn't recommend doing it for long consistent periods, maybe insert a few pops between and inside other techniques, because if you love-bite that clitoris, you may render it useless, and that's a lawsuit. You basically apply a powerful intense suction to either the clitoris or labia, then suddenly release it. It temporarily draws blood flow to the tissue, intensifying sensitivity and creating explosive bursts of pleasure that surpass steady licking, often accelerating arousal to rapid, multiple orgasms. The pop, when you release, mimics a vacuum break, delivering unique jolts that feel quite addictive, with many describing it as strangely essential for clitoral-focused oral due to the clitoris's erectile nature as it responds vividly to suction variations.

You do need to build gradually, making sure she's sufficiently aroused, because if you do it dry, it will feel like a raw bite. Once aroused, the suction builds a warm, pulling vacuum on the clitoris or labia, swelling the area with a tight, tingling pressure that escalates with throbbing richness, then the sudden release triggers acute, electric pops radiating through the pelvis and body, often causing involuntary shudders, creaming, and succession waves that often lead to orgasm.

Women often begged me not to stop, but sometimes, you have to give it a rest, because as said I can lead to love bites. To prevent this without busting her bubble, just deflect with other oral techniques then after a few minutes, return and give her a few more pops. Doing it this way will program her mind into thinking it's a reward, which will stimulate her reward centres and flood her brain with dopamine and oxytocin when you pop.

For labia focus, it adds subtle tugging sensations that compliment clitoral pops for layered depth. The stretching of the labia stimulates all the nerves inside, like the feeling on the scalp when you tug at your hair. The techniques intensity creates vulnerability through direct clitoral exposure, building trust through the partners responsiveness to cues like moans and tension, releasing endorphins and oxytocin reducing anxiety. Combine the popping with circular tongue motions around the clitoris, with suction holds for added teasing and then pop for gravity. Integrate fingering the G-spot while sucking and popping to blend external and internal sensations and bursts. As said, continuous popping can act as a blood pump, eventually bruising the clitoris, so use sparingly.

Cupping

Cupping sounds close to 'feeding the horse', however, it couldn't be further away. Basically, feeding the horse is much more of an emotional hit, whereas, cupping

is a savagely sexy move and women love it. Basically, we place a palm of over the pussy with some pressure, let her grind that palm while you lick around and catch anything that ‘accidentality’ appears with your tongue. Everything we do is very targetted, however, with this little move, she has some form of control. The move stimulates the entire area. Obviously, it depends on the size of your hand, but I think it’s safe to say most guys have hands larger than a pussy. The whole technique is fuelled by her unbridled savagery and instinct, and believe me, she will grind like there’s no tomorrow, indirectly leading to clitoral friction, directing to sustained arousal. This technique absolutely excels at building anticipation, making it quite the prelude to orgasmic response due to the rhythm she mostly controls, enhancing overall pleasure.

Our role is somewhat passive when compared to the usual techniques, giving her a little power and more personalised simulation. However, I’ve had a few digs at the hardcore feminists in this book, and despite their bluster, I love working for these girls because the transformation is fascinating and sexy as hell. However, with cupping, we give them the power back, allowing us to beg and worship them a little. The thing is, despite it being our hand and them grinding it, you would expect that their pussy would one-hundred percent concentrated in that palm, but I promise you, they will make sure ‘accidents’ happen. What ends up happening, is a fun game of chase

that clitoris. She will grind, and knowing you'll be licking at the edges and in-between your fingers, she will make sure you'll hit that clitoris with your tongue and it will happen a lot, even if she has to swing those hips like a bell. Think of it as hide and seek, or a sexier version of whack-mole, a fun game of push and pull that she will absolutely love. The palm's firm cupping delivers encompassing warmth and solid, steady pressure across the pussy, compressing and smearing the pussy for a throbbing richness that indirectly pulses the clitoral legs, whilst her grinding generates rhythmic friction against the heel of the palm, sparking deep tingles and arousal waves. Licking the edges creates slick, teasing wetness along the labial borders and perineum, creating contrasting jolts of cool air on exposed skin after each lick, escalating to deep tension, enhanced creaming and shuddering orgasms if persistent.

Oiling her just before, enhances the glide for a smoother, less abrasive grinding. If you're familiar with the woman and the 'feed the horse' seems a little redundant, one thing you can do is replace it with this. All you do, instead of going down after feed the horse and initiating oral, apply cupping instead. Since technically, your mouth hasn't touched her yet, you're going to make her find your tongue whilst grinding, making the interplay between you and her much more fun. She will want that clitoral hit, and she'll give you the chance. Keep everything light and fun, she will work your hand and you will aid her, licking and

giving both your hand and pussy plenty of saliva. She might start playing with you, exposing her pussy for you to hit it, and after a few moments, she'll take it away. This becomes insanely fun and overwhelmingly arousing for her, this technique alone embodies the feel and what sex should be all about. Make sure you keep your palm still and solid, don't cheat and follow her pussy, let her do the hard work on this one.

Vibe Edging

If she's still tied down, then grab a vibrator because you're about to both ruin and make her day, in equal measure. Edging a tied up maiden with a vibrator is ruthless, cruel and brutal, which is why we use it. As cruel as it is, women still love it, and the reason is because it's a very mid-level attack on the pussy that's not too much, and nothing to give a giggle at either, its sustained and feels amazing. Women will get really aggravated, annoyed, will brat out, but will never tell you to stop. When your girl has been receiving a lot of oral and is still tied down, this will mix it up. If you haven't tied her ankles down, then do it, because this will make it near perfect, even if she grows to hate you afterwards. This is a guaranteed gigasm, something I became famous for and there is a chapter for it in this book. To recap, if you edge an orgasm anything more than five times, it starts to build in almost insane intensity, stacking it up. The gigasm is the release of said tension, an almost apocalyptic orgasm that I've seen women pass out,

blackout or projectile vomit from, it's extremely intense and if you land one, it's like nothing you've ever seen before. Women love their vibrators, so much so, the only thing they love more is a guy that can use one. So once you have her ankles locked, you're going to switch on the vibrator at around the medium mark and place it on the clitoris. Hold it as you would a pen, and you're going to draw around the edges of her clitoris, down through and one the labia very slowly, making sure you return to the clitoris every few seconds. The clitoris is your target area, the rest of it is the cool down period. Every now and then, add some tongue but very sparingly, that's her occasional reward spike. Keep a keen eye on her markers and vocal cues, the moment that you think the orgasm approach starts it's thing, pull the vibrator away and kiss and lick the area around her pussy to stabilise her. As with all edging techniques, we lead her right up the orgasm path, prolonging the arousal phases so you can amplify the eventual payoff. After each time you edge her, return the vibrator to the pussy, turning up the vibration setting a little. The vibrations work by generating warm, buzzing pulses that stimulate glands and crura with escalating tingles that radiate through the pelvis and thighs, building orgasmic contractions as the pause halts the climbing, creating a frustrating drop in intensity that will reset the sensitivity. Repeating the cycles heightens each subsequent wave, making the release an overwhelming explosion of throbbing waves, muscle spasms and euphoric

rushes often described as prolonged aftershocks with increased wetness. Obviously, adding some fingers to the pussy and stimulating the G-spot can only do good things, but obviously halt it when in the pause mode or you won't be edging nothing as G-spot stimulation may lead in any waiting orgasm.

Toy Juggling

So its very similar to the Thumper, but there's vibrating element, and it's not as harsh on the pussy. So we are going to give her some realistic cock dildo, whilst putting a vibrator on the clitoris. It can be a normal, classic vibrator, bullet vibrator, s suction device, anything that provides stimulation, we are basically going to hit her externally and internally so can draw out some blended orgasms by synchronising both techniques, creating an amplified climax that merges the sharp intensity of clitoral pleasure with the deeper, fuller waves from vaginal penetration. At it's core, it works because the clitoris isn't just the external glans, it's the complex structure that includes the clitoral legs and the bulbs that extend around the vaginal walls, meaning simultaneous activation engages all the nerves external and G-spot internally, leading to extra, more expansive releases of dopamine, oxytocin and endorphins in the brain.

Unlike more singular focused stimulation, which will likely plateau after one orgasm due to desensitisation or

refractory dips, this approach keeps her sustained in the arousal loop, resulting in longer lasting contractions and gives her a sense of full body involvement, firing both zones off together. To execute, the butterfly is a pretty decent way to do it effectively, or get her on her knees and work underneath, it's totally what's easier for you as the technician, she'll love it I'm sure. Oil her up to reduce friction and burning, and switch your vibrating toy to a low to medium to start with to build sensitivity without overwhelming the clitoris, pressing it steadily against the hood or directly on the glans, depending on her preference, while slowly sliding the dildo in by about two thirds depth and target the G-spot, which, the location, you should know at this point. Coordinate the motions so thrusts align with vibration pulses and throbs, gradually increasing the speed and pressure as arousal builds, adjusting angles and depth to suit. Curved dildos can better target the G-spot, holding the vibrator at a slight angle to prevent slippage during movement. Obviously, edging works great with this technique, or even switching to textured dildo. It's not going to be as friction based as the Thumper, so veins, ribs and nobbles are on the table here, whatever she wants to make her feel good will always be a good choice.

One great and sportive way to play this game is get her to hold the vibrator on the clitoris, you pushing the dildo into the pussy to the maximum point (when it reaches the pussy roof) and holding it there, moving it left and right, up

and down angles with varying speed so it rubs the roof, as opposed to pounding at it. At this point, lean in and lick the clitoris as she uses the vibrator to turn your tongue into a throbbing sex toy, licking all around the vibrations and lips, intoxicating her with pleasure, endorphins and actually making her feel like she's taking part. Doing this is really quite fun and you notice she will play with your tongue with her fingertip, using you to lube them, pushing your face to wear she wants and a whole host of other good things. Just keep it sustained, and if you want to edge her, you go for it.

Pillow Prop Dildo Grind

For the lady, it's strictly hands off, but this will get your arms as strong as hell, because you'll be fighting the grind. The pillow, a slight variation of the butterfly, combines elevation for better internal vibration and grinding motion. This setup targets the G-spot more effectively by tilting the pelvis, allowing for rhythmic, self controlled stimulation that will aid her in building her own powerful orgasms. When women are laying down just taking a hammering to the extent we put them through, sometimes it's great for them to lead the pace and if the dildo is a big one, she'll make sure that thing hits all her thirsty spots. You're going to hold the dildo in place, and she's going to grind it you'll use your other hand to play and tease her pussy, mainly her clitoris. So, as said, the elevation will help with her G-spot. But you're not going to

just hold in place, you're going to need to work with her, and this going to take what we call 'Pilot Mechanics', because if you've ever flown a plane, it's going to be exactly like that, but going her the impression she's giving herself the ride of her life. Confusingly, you're going to work with her and against her, simultaneously. The rules are very simple, but can take a few minutes o get into the swing of things.

- When she angles (grinds) upwards, you're going to tilt the dildo downwards and push with some pressure, because quite clearly, that's the spot she's trying to 'scratch'. When she grinds downward, you'll do the reverse, tilting and pushing up. Same goes horizontally, if she grinds left, you push right, and her grinding right, you push left. What this does is it really hits all her spots hard, better than you can do alone because she thinks she's in the pilots seat. She knows what she likes and what she wants, so it makes total sense to let her fly this plane with you as the co-pilot.
- Pulling back and giving her some in and out friction isn't a bad thing here, but don't overuse it. I'll usually say something like: "For every 30 seconds you grind without stopping, I'll slam you deep and hard for 5 seconds. This will give her the motivation to grind, activating her dopamine and reward centres while also flooding her with

anticipation, because she will be counts those seconds down in her head. When the time comes, using your fingers as a guard (as taught in previous book), quickly sliding the dildo in and out, creating a fast friction, pushing and pulling on her labia and the rim of her opening. For these moments, she's almost guaranteed to freeze in place and stop grinding, enjoying the torturous pleasure of that big cock. Once the time runs out, push back in to the top, hit her clit with some teasing and she'll start grinding again.

- The constant grinding, pressure and motion, will often lead to squirting, intense, or even mixed orgasms combined with clitoral, so stay on your toes for this one, give her all you've got and let her do her thing.

The pelvic tilt here works magic, changing the insertion points and angles more squarely, while her constant grinding creates friction both inside and out. Gravity and positioning in normal standard flat-lying penetration is less optimal for the erogenous zone stimulation, whereas this mimics doggy-style angles whilst keeping things relaxed and face-up. This will engage the pelvic floor muscles, heightening pleasure and often intensifying contractions during climax.

Thigh Reading

I call it Thigh Reading. Of course, technically it's not in the thigh as such, more of a Pelvic Reading, but the theory is sound. Known medically as the **femoral pulse**. It's a major arterial pulse located in the upper thigh. In medical contexts it is used to assess circulation to the leg. Normally, when medical professionals need access to this area, it's best practice to ask the patient, only palpated when clinically necessary and with consent. However, we are already down there eating pussy, so it's universally a given that us monitoring her pulse is going to be the last thing on her mind.

So, why do we do this.

Women generally enjoy oral sex, but wouldn't it be better if we could read their minds as we do it?

Well, you can, sort of...

I'll explain...

Your hands or at least one hand should be here anyway, as I mention in the oral section, running your fingers over the Pelvic Area and mound sends shocks through her pussy and all around her body. But if you have a hand that's not busy inside her, take your hand and place it around the Femoral Triangle. When you do find it, and

will take practise, this you can try on yourself, you'll feel a pulse like you would in a persons wrist.

Her Pulse is already going to be elevated and fast if she's enjoying what you're doing, but with practise, you'll notice very subtle drops and peaks. These are very subtle, almost unnoticeable, but the more you do it the better you'll get at catching these pulse variations. Medically, to position the woman so you can read this pulse is magically, the exact position she well be in to perform oral sex, even down to leg position.

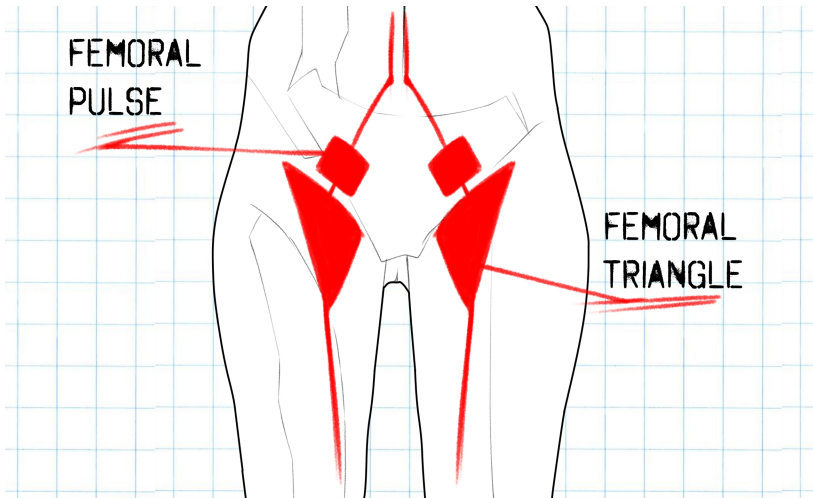
- Lying on their back
- With the hip area relatively relaxed
- Legs extended or slightly externally rotated

Isn't fate just magic.

Clinically, the **femoral artery** runs through the **femoral triangle**, an area bordered by:

- The inguinal ligament (top)
- The adductor longus muscle (inside)
- The sartorius muscle (outside)

Use a clinical technique:



1. Use the pads of two or three fingers (not the thumb, because your thumb has its own pulse).
2. Place your fingertips just below the groin crease, slightly toward the inside of the thigh.
3. Press gently but firmly, deep enough to reach the artery but not so hard that you block it.
4. Move your fingers slightly side-to-side until you feel a clear rhythmic beat.

You don't need to hide the fact you're doing this, but try not to feel around like you're searching for something, she will notice otherwise. Just hide it among strokes and caresses. If you need to search a little harder or press firmer, simply do something unexpected with your

mouth or penetrate her with your fingers so her mind is on better things.

Once you find the pulse, hold here. Now using your mouth, explore her pussy slowly, with good long pointed licks. Not just on the pussy, all around the pelvic mound, the creases of her thighs, her gooch and ass, do it all and take your time. You'll soon find she has certain sweet spots in places even she didn't know about. Every time her pulse spikes, make a mental note of where these areas are, then incorporate them and pay future attention to them in your routine. If in the unlikely event you find somewhere where her pulse drops, it's best not avoid, but don't visit as often. They might be ticklish areas or somewhere that just feels weird to her. It's unlikely she hates being touched there, specially if you've had your tongue in her ass the last hour, it's probably just does nothing for her.

If you have her all oiled up as you should have at this point, this will greatly help. As with electricity through water, her oiled skin will help conduct these tiny vibrations, I'm pretty sure that's not the science behind it, I just find it easier to find her pulse when her skin is oiled or wet.

When you do find her sweet spots, use these as reward areas, try not to focus on these or she will become too accustomed to their touch. You want them to be little

rewards and little sensations to give her when she does something you like.

Another way you can do this, but a little more awkward and she's more likely to bust you doing it, is the head method. Have her hold your head while you're eating and you can then hold her wrists and find her pulse that way. It's nowhere near as subtle and looks pretty stupid, not to mention having your head trapped between your arms isn't a good look.

The Mind Reading Part

Human sexual response involves the autonomic nervous system, especially the sympathetic branch (the same system involved in excitement, exercise, and emotional intensity). This produces measurable cardio changes in exactly the same way.

During Early Arousal

As arousal begins, the body shows signs similar to mild exercise or emotional excitement:

- Heart rate increases
- Breathing becomes deeper
- Blood flow increases to pelvic and peripheral regions

Typical heart rate change:
+10 to +20 beats per minute (bpm) above her normal rate.

This is subtle and may not always be noticeable externally. You could be fooled that she's climbed some stairs or been for a walk. It's subtle but during Thigh Readings, there's not much difference. However, by the time you get down there and eating, she should be in mid arousal at the very least and well into it. So for the purpose of FPH and to the dismay of every medical professional on the planet, when you start, this will be your baseline, whatever it may be.

During Elevated Arousal / Approaching Orgasm

As arousal intensifies, the sympathetic nervous system becomes more active. This causes:

- Faster heart rate
- More pronounced muscle tension
- Increased blood pressure
- Faster, shorter breaths

Typical heart rate change:
+20 to +40 bpm above her normal baseline.

In this stage, many people become physically warmer and may flush. Blushing around the mouth, upper chest and thighs.

During Orgasm

Orgasm involves a sharp spike in autonomic activity:

- Heart rate peaks rapidly
- Pulse becomes noticeably stronger
- Blood pressure increases further
- Breathing rate accelerates

Typical heart rate range reported in studies: **110–180 bpm**, depending on fitness, age, and baseline physiology.

Immediately Afterward

There is usually a rapid but pleasant “*come-down*”:

- Heart rate falls quickly
- Breathing slows
- Muscles relax
- Parasympathetic (calming) system becomes dominant

This “downwave” is part of why people may feel relaxed, warm, or sleepy afterward. I call this stage “cum-drunk” and where to go from here is to calm the session and just take it easy, easing her into a restart if she hasn’t already tapped out.

Why These Changes Happen

Orgasm is a whole-body event involving:

- Dopamine
- Oxytocin
- Norepinephrine
- Endorphins

These chemicals raise arousal, emotion, bonding, and physical intensity, and they stimulate cardio responses similar to exercise.

If you're doing this right and you're keeping her on the boil for at least an hour a set, with at least four to five sets (I've never had a woman go further), she's going to be burning 6+ calories a minute even if she's laying down all night. This is cardio and muscle tension mostly. So at the end of the night, and her arousal is kept stable, taking into account three or more orgasms, she could burn 1,200 to 1,900 calories over a 300 minutes.

300 minutes, if she lasts that long, is your personal minimum effort target. Of course, with the **Thumper** in the equation, your calorie consumption could be significantly higher, so load up on low fibre, high protein food before. Make sure you fast the day before for 12 – 15 hours so everything passes through, then eat just a few hours before

your session. Nothing breaks mood like having to take a shit half way through.

Variation Between Women

Pulse changes are not universal but you will adapt once you have her baseline, the changes at this point are obvious. A woman's pulse response can differ based on:

- Individual physiology
- Hormones
- Stress level
- Emotional comfort
- Fitness
- Medication
- The type sexual of stimulation
- Whether she feels relaxed and safe

Some women show dramatic cardio reactions; others show mild ones. Luckily for us, we're not looking to perform heart surgery, we're just making sure our lady is gently nudged in the direction we want, so she won't get a chance fake anything.

Riding the Camel

As with riding a real camel, this will get you through the desert to the end, and its going to be hot and

rough trek. Some women are better for this than others due to a very strong pulse. Athletic or really skinny women are particularly strong in this area because their pulses are very prominent. What we are going to do is a really naughty trick called Riding the Camel.

Riding the Camel is basically a game of Hot or Cold that she has no idea she's playing. With the oral techniques I'll show you throughout the book, using toys and your secret knowledge, we are going to force a Rolling Orgasm at best, a normal Orgasm at worst.

First, get her femoral pulse locked down. Once you've done that do every oral and finger trick in the book, explore her body and breasts, kiss, everything in the low and mid tier. What we need to do is a treasure hunt, we are going to continuously keep spiking her but at a safe rate. What happens is, you'll get so far, then her body will take control from you and hit the nitro to the finish line.

Unless you're a magician you're not going to keep it spiked, her body will keep moving the goal posts. So we are going to randomise everything and chase that spike around her lower pelvis until the orgasm approach takes control. When the orgasm approach happens, you'll then hit her clitoris with some intense oral adding the nitro.

Though experience, but not in all cases, her body likes to play opposites. Where you find a spike in one area, most of the time it will jump to the same area on the

opposite side. She has no control over where this spike will go, I've often suspected that it least predictable place she expects you to go. So before you start licking armpits in desperation, to bring the spike back if lost, simply hit her with a savage and sexy kiss, rubbing the bulge of your shorts on her pussy and hold it there as long as possible. Then get your ass back down there and you'll find she'll start spiking again but this time harder. This is the closest your cock is and will ever be to her pussy, use it very sparingly to reset her pussy. If you blow your load you'll lose your cognitive function and wonder what the hell you're doing there. Once she's reset, continue your oral onslaught.

There is a silver lining to this method if you do indeed keep losing the pulse. After a few times, although I strongly advise against it if you're a newbie, it will drive you insane, it will send her sexual tension through the roof. If the case, chances are her orgasm approach will take the reigns anyway. Soon as it does, she'll start spiking and her legs will either lock straight or clamp shut on you. Soon as that happens, get your nose under the hood and gently suck her clitoris and lead her in. Don't forget to keep your eyes shut in case she squirts. If she squirts simply hold your position and brace, the warm fluid on her pussy and around your tongue adds an amazing feeling that keep her rolling.

Don't worry, it doesn't have any particularly noticeable taste, but can irritate the eyes, so keep them shut. Once she drops her head back, tactfully wipe your face, kiss and lick all around her pussy mound and pelvic area. Avoid the pussy for a few minutes and let her recover. If she leaves you there to kiss, then she's not finished. If the case, as soon as she starts talking, (and she will) slowly work you're back to the pussy and start light and delicate.

And just like that, she stops talking.

If Rubbing the Bulge....?

I know what you're going to say,

If rubbing the bulge gets her there faster and there anyway, why not do that instead?

Firstly, it's a cheap shot. Secondly, it's going to be incredibly wet and hot down there. Will you be able to resist just shoving your cock in there? What I'm going to say now is going to go down like a lead balloon and will cause arguments and discussion across the internet, but I'm going to give you my opinion on it.

This whole session is built on the foundation that she is being sexually worshipped and sex is off the table. That explicitly means she's not expecting sex which also means you don't have consent. Just whacking your cock out a sticking it her, although questionable given the setting and situation, is still a form of rape and utterly

dangerous to you. If she's been begging you all night to fuck her then clearly you have consent. But if you do that, you'll be just another man. Do you really want that?

The Footgasm

When you're doing the rub, eventually you'll get to the feet. Now, as a foot fetishist myself I'm definitely guilty of spending more time on the feet than needed. However, there are some sweet-spots that are advantageous to us. If you're into feet, then I should imagine in the initial communication stage you've found out if your potential partner likes their feet touched. If they don't, they may get caught up in the moment and find it quite pleasing. However, if they completely hate it with a passion, just quickly oil them and move on. They need to be done though, because if you oil the body and leave the feet, it may feel like they are wearing socks as the atmosphere in the room tends to react with the wet skin. Sometimes you may have a partner that prefers to leave socks on, in cases like this, just advise them to wear sports ankle socks as they are a little more attractive than knee highs or cotton socks.

As before, we are not massaging anything here, we don't want her relaxed so much that she falls asleep on us. Foot rubs are intimate yet not inherently romantic, physically grounding yet psychologically uplifting, simple yet, when done correctly, are a doorway into something

spectacular. A great oiled foot rub is not merely the act of pressing on someone's feet; it is the calibrated use of touch, warmth, pressure, pace, and presence to shift the nervous system from tension to tranquillity. When done with care, it becomes a micro-ritual of comfort, validation, and attunement.

However...

There's a few spots that are value to us and I'll explain those in a bit. But first, like in the rubbing the hands, I'll give you the psychological mechanisms behind why it relaxes women so effectively, and why many women genuinely enjoy the experience. Rubbing the feet has the same psychological effects as rubbing the hands.

A great foot rub taps into multiple psychological and physiological systems simultaneously.

It Activates the Parasympathetic Nervous System

Slow, warm, consistent touch lowers:

- Heart rate
- Blood pressure
- Cortisol levels

In effect, it flips the switch from fight-or-flight to rest-and-digest. This alone feels emotionally restorative, especially after a stressful day. Now, I know what you're going to say,

“we don’t want her heart rate lowered!”

At this stage we are still introducing ourselves, but as things normally are with women, it’s a little more complicated than just lowering heart rate. A normal foot rub does, but in the context and setting, we are gaining compensation with Sexual Tension. Her heart rate will return once we start touching other areas, but sometimes we need to relax things to make them go higher.

It Creates a Sense of Safety and Being Cared For

Women, on average, experience higher baseline social awareness and paranoia, partly biological, partly sociocultural. When someone gives them a gentle, attentive foot rub, the message is:

- “You can stop carrying everything for a moment.”
- “You don’t have to be alert right now.”
- “Someone else is handling the comforting.”

This emotional off-loading is deeply soothing. We are offloading her daily thoughts, concerns and worries and slowly leading her more into the moment.

It Enhances Feelings of Connection and Trust

As with the hands, physical touch releases oxytocin, the bonding chemical. This doesn’t mean a foot rub automatically generates romance, rather, it generates warmth, closeness, and emotional ease. Many women

value this sense of attunement because their emotional labour load is often high. Feeling “supported without having to ask” is powerful. Connection during the first hour is our goal, once we have that, we can flick all the switches we need to get everything else going.

It Reduces Cognitive Load

Women are socially conditioned to multitask mentally: relationships, responsibilities, emotional monitoring, the mysterious ability to know everything even if she knows nothing. During a foot rub, the mind shifts from multitasking to single-task: “Relax.” That relief from mental burden is remarkable. Never underestimate the cognitive load of a woman, they have stuff going through their nuts constantly, whether logical or not. We just need to lighten that burden, not erase it.

It Reinforces Positive Body Awareness

Women frequently face more criticism, internal and external, regarding their bodies. A gentle foot rub can:

- Increase body appreciation
- Promote groundedness
- Reduce self-judgment
- Create positive sensory feedback

It’s grounding, literally and emotionally. But there’s something more to this. If she’s letting you oil her body,

she's at the very comfortable with her body, it's going to be "well he's see it all now and he's still smiling" mentality. With the feet, most women hate their feet and mostly contributes to their dislike of them being touched.

The Lip Licker

If you sense that she's self-conscious of her feet, you can do a misdirect. Right now, you are touching a place she doesn't like herself, even if she has the most amazing feet in the world. It's also not going to help that you're going to be the opposite end to her and she's probably going to be staring right at you if she's ditched her blindfold. So what we are going to do is misdirect her, and it's not going to be a devious move but a genuine one.

Firstly, you'll be able to sense if she's looking right at you.

Next, we are going to take your eyes away from her feet, because that's the area she doesn't like. Next, look straight at her pussy, and very subtly, you're going to lick your lips. Don't make it obvious or go over the top, just a quick action that she could almost miss. Don't do it slowly, it will look deliberate, just one quick move. Trust me, she won't miss it. What this does is deflect. You're never in a million years going to convince her that her feet are great, if she hates them, then she's probably always hated them.

Why this works.

Providing you do it properly without looking like a slobbering dog, you're misdirecting her thoughts from something she has no confidence in to something she has. Additionally, you're filling up that jar of Sexual Tension. Licking your lips is an unconscious sign of both hunger and anticipation and she knows it. You've given her something else to think about. These thoughts may include:

- "He wants my pussy!" (which we do)
- "He can't wait to eat me out!" (Which we can't)
- "He's hungry for me" (Which we are)

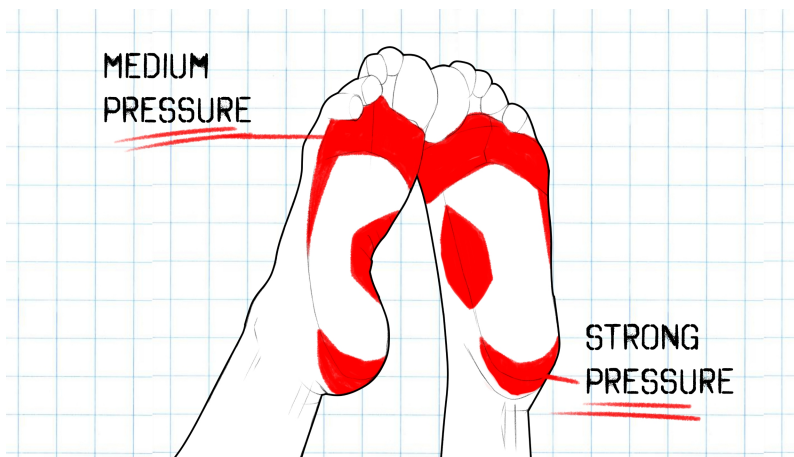
This is a powerful and genuine move even if you are doing it consciously. This fills her with not only confidence but informs her she has a valuable prize to award us. Moreover, if she has any confidence issues regarding the way her pussy looks, we've cured those too. This doesn't just work on the feet, it works on any place she may hate, but I strongly recommend you only do this once. This will only work once per session or you're going to look like a slobbering idiot. This also has replay value as a "moment" or "memory gift" also. Psychologically women work different to us, we remember whole experiences, they remember these tiny little moments that although trivial to us, they remember. This memory gift is something she can replay in her head or even tell her friends about. She maybe thinks you're unaware of what you just did, and it's

her little secret. Like I say, do it only once, twice, and you'll look too eager and possibly a rabid dog.

Where to rub that feels good.

Remember, this is not a massage and we're not rubbing somewhere to cure her toothache. We are building sexual tension. A good rule of thumb for the feet is hit the spots that are quite tough, the feet go through a lot daily and they are accustomed to abuse.

To start, you're going to do long strokes from the heel to the toes with moderate pressure or you run the risk of tickling her. Once she has acclimatised to your touch there are some good points to hit which I have a diagram for. These feel really good and also offer relief from daily abuse, particularly the heel. Pressing and rubbing the heel quite hard can feel really good and softens the skin. You'll need to judge this and use your brain. If you've told her you're into feet, she may get a pedicure and or chemical peel. If indeed you are a feet guy, you'll know by they way they feel. If you suspect she has then half the pressure because she's going to have half the layered skin, maybe more.



Just like with the rest of the rub, take your time unless it's obviously uncomfortable for her.

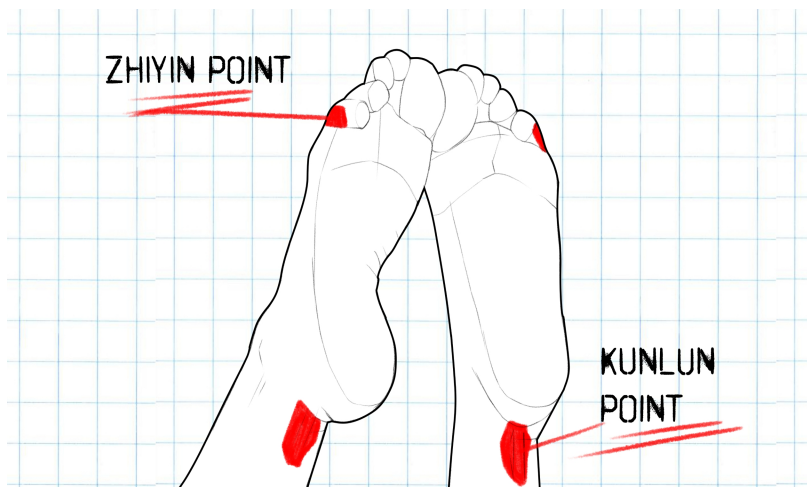
The Footgasm

Okay this is the good one. I don't recommend this during the first rub because we don't really don't want to be blowing her load too soon, definitely not at this stage. So my advice would be wait until you've done the Thumper, she will be heavily exhausted, cum-drunk and may be a little sore.

Suggest she lays on her front, but this time give her the rub from the back. In her state she'll eat this up, it will be relaxing and will soften all those spasmodic and aching muscles.

However, we are going to throw her a curveball.

When you get to the feet, oil them and rub them as before, but because she'll be on her front she won't have to watch you, so she can relax and enjoy the moment. You are going to look for the Kunlun Point and the Zhiyin Point as located in the image below.



Stimulating these points, although subtle at first feel a little weird, but if she's on a large enough cum-down, it will feel good just to be relaxing. What these nasty little buggers do is after a few moments is start to trigger very small uterine contractions in both the The Periurethral Area and the E-Zone, figuratively bouncing from each other. If she has squirted at all, either by the oral, the Thumper or even a bathroom break, she may not feel these at all, it's a variable that differs from woman to another, but they are happening. What happens is, sometimes, just

sometimes, these contractions trigger an orgasm that not only has no build up, it comes as a massive shock and can be very powerful,.

She might not thank you right away, but she will be grateful. Just say, wow, that's never happened before. And you're all good. If one of these orgasms takes hold, quickly let go of the feet and dodge to one side or jump back completely, if you don't she may accidentally kick you in the face at best or in the balls at worst.

The Nipplegasm

Okay, so I briefly mentioned it once in the original edit, and my inbox instantly filled with emails. The reason I left it out was because the Nipple Orgasm or ‘Nipplegasm’ tends to only fire up when the woman is restrained in the Surrender Fantasy, and there’s good reason for this.

The Nipplegasm is incredibly underrated because hardly anyone knows about it, especially in heterosexual relationships because it’s more commonly a lesbian thing. Some women are more open to boob play than others, but generally, if you ask a woman, they will tell you. The beauty of it of course, the woman will just assume it’s just another ‘boob question’ she’s had a million other men ask, not thinking for a second it’s an orgasm related enquiry.

So, before I go into the technical details, you need to learn the one rule that no man on earth seems to want to understand, and as painful as this will be for some of you, getting this down will improve your life, I promise you.

Not all women have ‘sexualised’ boobs!

It hurts I know, but it’s the truth. To some women, their boobs are like a really annoying little twin brothers they can’t get rid of. To others, their breasts just popped up

one day and are an anatomical footnote and are the bane of their life.

So, what you do, is just ask.

How you ask is up to you, she'll either say 'meh' or conversely, she'll go into great detail at how wonderfully sensitive her boobs are and what she likes done to them. It's quite simply a 'no' or you'll get a full blown essay, kind of question. The women that don't like it simply let you play with them because they don't want to be single or have some of that weird mythical love nonsense going on.

So, let's say she loves her boobs touched. This means her boobs are a wonderful neural superhighway to ecstasy and we can use it. If you can get a woman to hit an orgasm without a single stroke below the belt, then it's quite the trick and she'll remember you for it. There is a trick to it though. She needs to be bound and you mercilessly tease them, and it can take a while. You need to be really careful not to play with them too much because they will adapt, and if they do, you have no chance. There is a way though, and it will frustrate her, winding her up to almost unfathomable levels, and she will be screaming at you at some point. As you try and summon the Nipple Orgasm, you will actually become her enemy, the levels of tease you need to rain down on her are going to be legendary, but it's totally worth it. You need to understand that it's more than likely that she has no idea as to what

you're trying to achieve and is clueless to the possibility of a potential nipple orgasm. However, we will hold her in this ignorance because when it hits, she will love you for it. If she only 'brats out' once during your whole session, it will be during this.

In women that are receptive to nipple play, it means their nipples and surrounding areas have more prominent nerves or their nerves are closer to the surface of the skin, or quite figuratively both. These nerves are quite literally on par with the clitoris in terms of nerve abstraction, so from this day on, you will no longer treat the nipple, as a nipple. That means no more flicking it, no more nipple cripples or cheeky abuse, no more trying to tune in radio stations, you will treat them with the same accolade and admiration as the clitoris itself. For women with sensitive breasts, the clitoris and nipples are the same sport, and you're actually being quite cruel and spiteful, even if they don't say anything.

The Logic

Nipple orgasms stem from the intricate interplay of sensory input and brain chemistry. Because we are not stimulating the clitoris at this time, that means her neural pathways are open, when normally, such a route is reserved for clitoral or vaginal stimulation. However, the nipples are actually wired to the same pathway, which gives us a route in. The core to this is a little area called the genital cortex, a

region of her brain between the two hemispheres, it processes pleasurable sensations from the clitoris, vagina, cervix and the nipples. The reason not many people know of this is because the nipples are mainly used as rather uncivilised 'on' switches. Normally, a person feels horny, he or she will turn to their partner, switch them on with a few seconds of nipple play then move on to greater things. People rarely, maybe almost never, push this to see how far it goes. But I must warn you, if she weren't tied down she would crawl the walls in frustration getting there, but once that orgasm hits, it will blow the back end of her bus right off.

Like I've said before, it's an incredibly cruel way to do it, which is why it's not in the base routine but there's no reason why you can't add it, but she will thank you afterwards.

You need to do it in a way that's not going to numb them. Doing it this way though, also means she'll never get the pressure or 'hard' fondling, which in turn, makes it so agonisingly frustrating. So the nipples generally work like this, you lick, fondle and pinch them, (we are not going to pinch them, this will numb them considerably!), which sends signals along the neural circuits and trigger the neurotransmitters. Oxytocin gets released, pouring from the hypothalamus, creating deep bonding feelings while inducing rhythmic contractions in the uterus and pussy

walls, the same way the foot orgasm does, basically ripping off a traditional orgasm.

Hormonal fluctuations can amplify this of course, during menstruation the boobs often swell and become sensitive due to oestrogen and progesterone spikes, making the nipples really responsive, which can turn her cramps into thunderous orgasms. As a necessary disclaimer, if you go near a woman at all whilst she is in this cycle, just be careful, you could end up dying. I have no advice on the matter, I'm saying nothing on it.

Nipplegasms are rare. Obviously, if we have her simmering in sexual tension mode, that adds greatly to the chance. Even better if she's in full sexual arousal mode, but if the case, you can be a little more forgiving with the teasing, since she'll be firing on all cylinders any way.

The nerves we want, that orchestrate this unholy symphony, are those in the areola complex, with some very rare actual nipple stimulation. This area boasts around a thousand nerve endings in each boob making them shark chum for us. We will mostly hit the forth to sixth intercostal nerves which will relay the tactile signals from the chest to the spinal cord and then onto the brains somatosensory cortex, and thus firing up in the genital sensory cortex.

So, what can we do?

The mechanoreceptors respond to pressure, vibration and temperature, converting light strokes into electrical impulses. This creates a direct highway straight down to the clitoris. She will feel this as stimulation and will evoke phantom genital throbs. After a while, she'll be so frustrated, she won't be able to tell the difference, it will literally feel like she's got something rubbing her clitoris. As her nipplegasm approaches, she may comment that her boobs are going to burst, because they will swell slightly. We may not notice personally, but she'll certainly feel it. Then she'll feel her nipples starting to throb, radiating out across her boobs in waves, and again, it's invisible to us, it's purely a 'her thing'. After a while, she'll feel a radiant lightning flash go off in her chest, a warm and tingling feeling will follow, rippling over her body, through the torso, before echoing and ringing like a bell in the pussy. Basically, it creeps up slowly, and will suddenly hit her from out of nowhere. The vibrations in her pussy will feel like echos. Normally, women do not feel the 'open space' inside her, like most of the time, we are unaware that our mouths are empty wet caves. When the vibrations hit the walls of her pussy, it feels like an open cave, which is what causes and will bring on the sudden cock hunger. Cock hunger is the natural human desire to have something empty, immediately filled.

That's the simple version.

How to do it

So personally, I would do this before you hit her with the oral if you're going to try it at all. I know giving her an orgasm this early breaks the rules but in this instance it works in our favour and I'll explain why.

Firstly, it's going to be ten to twenty minutes of total teasing, which is free sexual tension for the tank. Sometimes it can be sooner, a lot sooner, but if I say five minutes, I don't want you giving up on five minutes ten seconds. You can obviously go a lot longer than twenty minutes since the areola is near impervious to numbing, but that would be a savage, if not a tortuously frustrating. If she's owning it and loving it, then maybe you could. It depends how mean you are, I guess.

Another good reason to try is plausible deniability. The chances of her being aware of the mere existence of a nipple orgasm is going to be small. The logic is sound, if you mess it up or don't conjure one, she'll have all that juice in that tank with zero expectation of any loss. Simply put, you've got nothing to lose in trying. Also, she knows she's signed up for the surrender package, she'll just see it as part of the routine. The nipplegasm if it hits, feels completely different to a normal orgasm. It's mostly in the chest and it will vibrate and swell the pussy with an almighty hit, this works for us because when we finally hit her with the oral, her pussy will be ten times more sensitive. As a result, you'll most likely hit her with an

orgasm straight away, or at least within the first ten minutes, so it all works in our favour.

The Scene

You've just oiled her up, she's had some very brief nipple play. Here is when you would normally 'Feed the Horse'. If it's your girlfriend or a mate or whatever, and you have done the routine before, this will really upset her, because we going to miss the pussy's first touch, a little delay will work wonders I promise you. She's going to be still tied up and blind folded so we going to straddle her torso, without applying any of our weight to her, you don't want her dying. We are going to generously douse her puppies with oil and with the tiniest strokes, we are going to spiral our way inwards. Once you get to the areola, you're going to run your fingers around outside both of them at the same time, all around that area, back to areola, and away again. Then take your fingers to the outside of each shoulder as we did before, run them slowly along her collar bones and this time stop. Ask her in a nice charming way,

"What would you do for some oral, right now?"

Obviously, be more creative, I'm just giving you a baseline. Most likely, she'll say something like, 'anything you want!'. When she replies, take both hands off lean over then whisper,

"I will touch your pussy, if you cum for me!"

Then lean in and give her a kiss. The reason we do this is because it's going to utterly baffle her and she'll most likely agree to cum for you, but she'll think your mental because you've not even touched her pussy at all, and this back forth in her mind sets the game for the night. She's tied up, and she can't get the chicken before the egg. We, on the other hand know it's at least possible. So, return to your straddle, run your fingers slowly along her collar bones again, down her chest then out to her areola on both breasts, and stimulate them slowly, light and with precision. Every now and then, randomly brush or incidently stimulate her nipples. When you do, be careful not to stimulate both nipples at the same time, because that will feel deliberate. Just circle the areola between two and five times, randomly rubbing a nipple.

Why are doing it this way?

Sexual tension is great when someone deliberately applies it. She will be thinking to herself...

“Will he touch it this time, please, just touch my fucking nipples!?”

Except, that's not what we are doing. Any nipple action she gets, as far as she's aware is accidental, because if it were deliberate, you would do them both as part of the tease. This makes her begging for your actual nipple touches in her mind redundant. It not only stokes the sexual tension harder, but she may also start begging you

for some actual nipple stimulation. If she does, then you can do it in small bursts, then go back to the areola. The reason we can't give her what she wants is because if we do, the nipples may go numb after a while. So the actual nipple play is instead a reward. After a little while, and if she's still begging. Say to her, okay, I will do it every fifteen seconds, but you count and you must count a loud. You're now exchanging a punishment for an award. Remember, there's nothing in the rule book that says you can't play with her nipples, we just don't want her going numb, because little does she know, we are trying to achieve something. So if she starts counting, when she hits the target, give her very light nipple stimulation for the same amount of time she counts to get it. I promise you, she'll be counting both ways. When the time is up, pull away and stimulate her areola instead. Keep it playful, and keep it going but after five minutes, are going to throw her a curve ball. By now she's going to be crawling the walls. So the next time you start playing with her nipples, make it clear that if she stops counting for any reason, she has to go back and start again. Obviously, she has no choice but to obey. So let her go through a full count and nipple play cycle, then when she starts counting again, reach around behind you and run your hand very lightly over her pelvic area but avoid her pussy. The shock of pleasure may or may not make her lose count. Bring your hand back, then every now and then, lift one hand away from the nipple and areola and hold. What happens is her brain will be utterly scrambled, she doesn't

know if her nipples or going to be teased or pelvis will get a stroke, or even nothing at all (if she fails a count). You can even mix it up, run a hand down the side of her body or face, her chest, as long as you keep one hand working one nipple and areola she'll be a drooling mess. Within a short amount of time, you'll see her face flush and her body will get increasing restless. She'll squirm and start burying herself into the bed. Once her face flushes, her cheeks, chin, around the mouth and nose, once they turn a deep red, switch permanently to both nipples. Keep them oiled and wet, the touch light, and lead her orgasm in.

The Twist

If you know the person you're with, which you should. For example, a girlfriend, wife or friend, go to section 2. If however, you're still breaking her in, getting her used to you. Go to section 1.

1) Once her orgasm hits, remove yourself from your straddle, give her a cuddle and a kiss, and prepare for Feed the Horse. Just hang back, let her go through it without rushing her. She going to feel vulnerable and most likely, confused as hell, since her restraints or going to give her a bound orgasm, so be nice until the orgasm finishes.

2) Once the orgasm hits, before she even finishes her orgasm, slide down and skip the Feeding the Horse, go straight in with flat of your tongue. Hit her pussy entrance and in one lick, go straight up, hit the clitoris, give it some

suction and tongue and start your oral. This will hit her like a train. You promised her oral if she orgasmed, so you must go through with it.

Hands

I know I said earlier, fingers are a very impersonal way to open the labia, but that's your fingers. Women, on the other hand are a completely different box of tricks. There was a reason I created Happy Hands (Base Oral Chapter), so we'll go further.

Hands, especially on women, are underrated when it comes to erogenous zones, and more importantly, emotionally charged. Often overshadowed by feet, neck, ears and thighs, the hands actually have a copulative, sensual feeling, almost a vulnerability access point we can harness.

Neurological

The brain's body map devotes an obscene amount of somatosensory cortex to the hands, nearly as much as everything below the neck. Each fingertip and palm contains around a hundred or so mechanoreceptors. It wasn't until much later in my routines history that I researched just how important the hands were. Every single client seemed to play with my hands during the rub or oral, and not just a little bit either, it was obsessive almost. As a man, I didn't think much of it until the pattern started showing, making me study it further, eventually

adding more emphasis and eventually, adding techniques more suited.

These mechanoreceptors register light touch, temperature, pressure and vibration with impressive accuracy.

- Merkel Cells: react to slow, sustained touch.
- Meissner's Corpuscles: Light, flicker touch.

These receptors fire during slow deliberate touch. The reason guys don't feel it so much, is our skin is often harder and more worn. Unlike the parts we normally pay more interest to, the hands, although more acceptable to touch socially, are often described as the 'safe erogenous' zones. Whereas I wouldn't advise you just molest a woman's hands, if a woman wants to touch you I'm sure she will, but it does make them fair game in our context.

In the rub, be sure to explore her hands fully, make certain you take particular notice too. If she still has her blindfold on then you can of a lesser degree. But if she can see you, look straight into her eyes for a few moments then look directly at the hands. If you're playing with her hands and staring at her tits, it does take away from your devotion a little, it gives a rather unprofessional horny teenager vibe.

Using long prolonged tracing, massaging, kissing and sucking of the fingertips, can help push her sexual tension along, and later, her arousal. On very few occasions,

I've seen orgasm like contractions through hand play, but whether they are actual orgasms is another thing. As long as she feels good, that's the main thing.

The Psychology

When a woman places her hands into yours, especially in the context of a massage, it shows trust. Imagine how many guys she's slapped with those hands. On that subject directly, imagine what it takes for a woman to surrender her means of control and defence to you. It makes it profoundly intimate.

As I glazed over earlier, giving her eye contact whilst giving her hands a rub is an unbearable cocktail of intimacy combining emotional and physical pleasure. Slow, rhythmic touch triggers C-tactile afferents inducing massive amounts of oxytocin, promoting safety, bonding and pleasure.

During sex, actual penetrative sex, when there's some cock in pussy action going on, especially missionary and spooning positions, the brain can sometimes feel disconnected with or without any face to face or intertwined touch. Holding hands and interlacing fingers establishes an emotional circuit. The palm to palm pressure stimulates the deep pressure receptors as mentioned earlier, making her feel grounded and calming.

During the vulnerability of on orgasm, its something golden. When you're giving her oral and you think an orgasm is coming, grab her hands and intertwine your fingers, not only does it lead her orgasm in, it releases endorphins along side. Obviously, such a trick takes some personal insight, but after the first few you'll have a rough idea when ones approaching. If it's your partner, you absolutely should know. That's why they throw or claw at the sheets, grab and hug pillows, the orgasm can often seem so strong they subconsciously try to ground themselves. By holding your hands it adds a profound amount of trust and safety into the mix, and is actually quite beautiful to see if it's you that's a part of it.

Another thing interlaced fingers can create is a subtle push and pull of a dominance and submission dynamic. Squeezing and pinning a partners hands heightens arousal for most women that like a bit of control play. In summery, don't neglect her hands during the rub or during your routine.

I've created a few very special moves just to stop me forgetting to do so, and I'm just as guilty at times. Just because it's not necessarily my thing, I do understand the importance of it. Next time you're having sex or practising a few parts of my routine (I don't expect you to get down all at once, it took me years), pay close attention to the smallest and most insignificant things. You'll find a small weakness or a hole in the illusion of her beauty, like an

Achilles heel that's almost invisible that she would love for you to discover. She might not even know of it herself. Just oil her hands and on the first pass, spend between five and ten minutes, maybe a little extra if you can see her responding, just caressing and stroking. Bring both of her hands together and just tease. When you have both your hands together, give it some moments to really take form and build heat, as her fingers weave around yours, pull one hand away and as her hand struggles to find it, slowly and softly bring it to her face. Her hands will grab your other hand almost instantly and her expression will tell you everything you need to know.

The Duck Face

The Duck Face is elite oral sex and difficult to do, because it can go so very wrong. There's no real way to practise this either unless you have a spare vagina laying around. So, I'll try to make it as simple as fool proof as possible.

The Logic

So, working on the assumption you know where a clitoris is, what you need to do is give the little guy some confidence, bringing him out of his shell, as it were. The logic is simple; there's more to the clit than you see. Most men will tongue hammer it not realising there's a way to boost it a little.

All around the clit there are millions, maybe more, nerves that are never stimulated. If you can get this right, and working with the Clock Face Theory, you're close to being unforgettable at oral.

The clitoris has a collar that you can't see, it looks like it's placed there on the smooth part of the pussy, but underneath the skin it has a micro-collar which some might argue against; I'm merely putting everything into simple language.

The trick is, we need to draw the clitoris out a little, we are talking micro millimetres here, it's not a roll-on deodorant. We want to draw it out a tiny amount, so it reveals more nerve endings that are in and around the base inside, bringing more never stimulated nerves to the surface. We are NOT detaching it, we just bringing it to our mouth a little. There is a way to do this whilst simultaneously stimulating it with your tongue.

Rules...

Okay, here is where we do a duckface, and if you do it right, she'll be pulling one too, so you both can look stupid together.

- Never go into a **Duck Face** dry. By this, I mean you really need to be well into a session before trying this. She needs to be firing on all cylinders and on the edge before her pussy is wet and swollen enough to at least reveal what she hides.
- Don't bite! Never use your teeth unless you know what you're doing. I know some slick jaw moves but I'm not going to reveal those, it's too dangerous. The honest reason is that I don't trust any of you not to cough or sneeze biting off her clitoris. You don't want to be sued, I absolutely don't want to be sued either. Before I die, unless by tragic accident, I'll update this with a second part

with all the Darker Techniques. Trust me, you have enough here to learn already.

How...

Get your nose under the hood. The easiest way, shove your nose between her pussy lips then drag your nose upwards until it hits the top. Try to be tight with pressure, we are pinning open them curtains so we can let some sunlight in. Obviously, nose shape is an issue here. I have a pointy upturned Michael Jackson nose, so mine pins and hooks the lips open perfectly.

Given that you've done this, it will also stretch and drag the clit hood also, releasing some of those nerves. But we want to go further.

Place your mouth comfortably around the clit and inside the hood. Remember, your nose is keeping everything tight and where it should be. You want your mouth (duck face) airtight between the lips but not on the clit with plenty of space, you don't want your lips touching the clit at all because you need some flexibility, or you'll just bully the clitoris and not stimulate it. Now gently, and I mean seriously gently, it's not a McDonalds ice cream – suck gently, drawing out the clit from its collar and then hold that breath where it is.

Now, in time, you'll learn to hold this in your mouth and then close the back airway so you can keep the vacuum

in your mouth whilst breathing through your nose. It's not something I can teach, it just kind of happens one day, and when it does, you're off to the races.

Resist the urge to Pulse Suck here, it's not unpleasant and but could make her go numb. That's not to say you can't ever, but it's likely going to be too much too soon. Also, make sure you have control of your jaw and teeth, we want them dead and locked doing nothing. At this stage, her clit has never been more exposed. Using your tongue whilst inside your mouth to gently tease and flick at the clit, use long and varied strokes. Do the clit, the collar and any area which is suspended within the vacuum of your mouth, and I promise you; she will be feeling sensations she never thought possible.

While her clitoris is trapped in your mouth, it's your prisoner. Rub your tongue on it, flick it and tease it, French kiss it. If you have moderate or advanced control of your saliva glands like myself, douse her clit in bursts of warm saliva and wash it around with your tongue. Don't forget your tongue is double sided. The topside is rough, and the underneath is silk smooth with veins and all sorts of lumps. Use both sides randomly and at times, even push the clit, rub and knead it. Remember, the clit is being held by the vacuum. It's like when you're in a fight and pull your opponent's shirt down so he can't raise his arms leaving his head exposed. There will be give within the vacuum so feel free to torture her clit with stimulation. If you keep the

teeth away and breathe through your nose, she'll be away with the faeries.

Clock Face Hypothesis works fine here, but don't concentrate too much on her Noon Point, you want her feeling everything. The reason this works amazingly is because she can feel the constant pressure of the vacuum combined with the tongue stimulation. Be very generous here, she's not going to tap out on this one, so you need to keep a palm on her thigh and keep her pulse as high as possible. Once you feel her pulse drop, switch to another skill set.

Duck Face Rhythm Techniques

The Duck Face alone feels good, but I'm going to take you a little further and teach you some cool focused Duck Face techniques. The set up is simple, get the Duck Face locked and loaded, the clitoris is now trapped in your mouth and you can try these wonders. These rely purely on sustained rhythm, the speeds you can vary with, slow is arousal level and fast is more intense. You simply choose your speed setting and run with it. Varying also works but stick with one style and vary your speed instead, because it's the action rhythm we want.

- Sucking. You want tiny little sucks as though you're nibbling (don't nibble ffs). We are talking a very small sucks or you're looking at a very painful love bite where there really should

never be one. Just keep the rhythm going and pulse very lightly. One cool trick that takes a little practise but she'll love it, is that on the peak of every suck, give her clitoris a little rub with your tongue.

- Whipping. So, draw the clitoris inside your mouth, choose either up/down or left/right, then quickly flick the tongue in that direction... flicking it. This provides absolute harrowing pleasure. The faster you go, the more intense it gets.

- Dubbing. As with Whipping except you keep your tongue on her clitoris and rub it instead, creating a warm feeling of horrendously good friction. Keep your tongue wet and moist or it could get uncomfortable for her. The problem is, it feels so good, she might not actually tell you to stop and we don't want any friction burns to her or you. For added affect stick two fingers inside and give her G-Spot a firm press and hold, occasionally giving it a quick rub now and then to wake her up a little.

- Bullying. This one takes practise and you need to nail this one on first go and keep it consistent. Problem is, there's no real way of practising it. Place the tip of your tongue on the bottom of clitoris and press firmly, flick your tongue up then hit a second time coming back down. Keep

it slow and sustained. The vacuum of your mouth will keep her stimulated between hits, so no need to rush.

- Backwashing. With her clitoris firmly in place, press your tongue into the floor of your mouth and it creates a tighter vacuum that she will feel for a split second. When you do this, it stimulates your saliva glands and fills you up. Wash her clitoris with your tongue in firm generous slow licks. She will absolutely eat that up. For added effect, use a finger or two at her pussy entrance and in firm circle motions, create some friction around the whole diameter of her entry. Slow is better because doing it fast gives it a random chaotic feeling and you don't want to be focusing on too many things while you've got her trapped in your mouth. Best to stay focused.

- Swallow. This needs a slight adjustment to your Duck Face. What you're going to do is release her clitoris and open your mouth wider then go back in. Suck the clitoris back into position, except this time we've got the hood and all the upper labia too. Get those saliva glands going then with your gloriously wet tongue, you're going to massage and wash the whole lot, with good long strokes in random directions taking it nice and slow, just pushing it all around. Make sure you pay special

attention to the lower soft area between the labia, drag your tongue up, over the clitoris and hood and back down again. For added affect some anal or G-Spot stimulation and you're good.

The Clock Face Theory

No two women are the same. They either have a vagina that looks like an angelic mouse ear, or a ripped-out fireplace, with everything in between. Where all women are the same, is that they have a favourite time. And luckily for us, there are no exceptions, even if the women themselves are unaware of it.

What is Clock Face Theory?

Imagine you are looking at a clitoris, and most of the time they are round or roundish at the very least. Even if it's square or looks like a pumped kangaroo, Clock Face Theory still applies. We are going to show your girl that you can tell the time the old-fashioned way.

For the benefit of the lesson, the clit in this case is perfectly round and has numbers around it like a clock would. A clock face has twelve at the top, six on the bottom, then all the other numbers in between. Most women are aware of their Special Time, some call it their Sweet Spot, it just depends on who you're jungle diving. But if they are unaware, they soon will be.

Every clitoris has a point where all her nerves are grouped or at least, heavily gathered. So given that the clit you're looking at is a clock face, the area where your girls

nerve groupings are will be on a certain side of the clit equate to a number on the clock face.

Sometimes it's logically based. For example, a woman that is a bit lippy or hood heavy, will have her sweet spot at six on the clock face. The reason for such an assumption is simple, the twelve on her clock face is always under constant friction and is more than likely numb as a result. This is not a rule, some women are walking orgasms and dare not sneeze in public, but as a general guideline, it's sound.

What Time is she?

So, the easiest way to find her sweet spot is to search, but hold tight, Tex. We are not going to search the clit itself; we are going to search the collar.

Why is this?

Absolutely no idea, it's just a method that works. My stand-alone theory is that the tip of the tongue is bigger than the clit and we don't have feelers or a microprocessor in it so its near impossible to nail a specific spot down. By searching the collar, only one side of your tongue is in contact with a very tiny part of the clit, allowing you to roll your tongue slowly around the collar, to nail her time.

If you've learned the Thigh Reading Method, you'll feel her pulse jump or start racing. If you're doing it the "every-man" way, you'll hear her respond with a sigh or a

gasp. As I say, women are emotional creatures, they can't hide what they feel. They can certainly fake an orgasm because they are not feeling one, but they can't hide their reactions to the mini warheads going off inside their pussies.

So, what now?

So, let's say her Clock Face is at seven O'clock. Just pull away, carry on with other aspects of the routine, make a mental note of Seven and continue.

Why?

Brilliant question, I'm so glad you asked. If you hit seven o'clock now, with all you have, you will break her Achilles Heel. When I first started, I broke enough women before I realised what was going on. You don't want her having a Gigasm first, or even multiple orgasms. It must be short regular orgasms to start with, and there's logic to it.

For those of you that have used drugs out there, you know to do a small hit, then another, saving your heavy hit until last. The reason is simple. If you do a big hit first, all the little hits will never feel as good as the big daddy that came first. Orgasms work in the same way. If you get her off too hard at the start, every orgasm after, will not be as powerful. If you're dealing with a newbie, you may get away with it a few times with legendary status, but the more she experiences it, the weaker it gets.

Seven will be her trigger. When you feel that things are calming, or maybe she's had an orgasm or two and she's starting to tire, seven will be your trigger to reset her and start again.

Remember, FPH isn't about you, it's about her and how good she feels. We need her teased and peaking constantly. And her clock face will be her reset button. All you do after she cums, is go in for a bit of oral, go in slow delicate as she may be a little oversensitive. Do it as if you're soothing a wound, but concentrate it 80/20 proportion, get her all fired up again, then hit that routine a second, third or forth time.

Anal Play

Not all women like it, but the ones that do, swear by it. In the communication stage, when you give them the question as to what are their five likes/dislikes, in whatever way you presented it, anal play, however worded, will most likely be in one column or the other. This is almost guaranteed. She'll want you to know right away what's on the table, what isn't, and this question is a flat yes or no answer. She will want that boundary set right away without question.

If it appears in the dislike column, then avoid and never bring the subject up again. Don't coax her or try to convince her, you'll just look like you have your own agenda and looking to use her for it. If she does not like it or thinks it's taboo, you're not going to change her mind, and if you could, you're not going to do it one night.

If it's in her like column, you then need to establish if it's something she's interested in, or something she loves without question because she does it. If it's a mere interest then you're going to need to tread lightly. Incorporate it into your oral and teasing and keep everything external. All you're going to do is stimulate the nerves around her ass, she's not going to be an anal queen on day one. When you start stimulating her ass, her brains reward system will

strongly react because it's something new and exciting. The novelty of it alone as it spins with actual physical stimuli will boost her dopamine and will increase her excitement. If it's her first experience with FPH, there are going to be plenty of new feelings, stimuli and experiences, anal play will just be one of many that enhances it.

Most of it is nestled within the psychology of breaking a “taboo”, which will in itself create sexual arousal. It might be that she's always wanted to try it, and in an inane twist of female logic reversal, she wants to try it knowing she's in a secret locked down session that nobody will ever find out about, rather than trying it with someone she knows and may mistakenly trust. Activities seen as “off-limits” or culturally taboo can intensify desire through a mix of risk, rebellion, and heightened emotional charge.

The Dynamics

With anything anal, and in regards to women, it's normally one of three dynamics.

- Control: Being in control of something forbidden can be very empowering. Never underestimate the power of it, especially its power over men. Any man will tell you that there's something really enticing about deflowering a woman's ass for the first time, and don't think for a second that women don't know this. Some women use anal as reward system for men, as I often joke,

“Anal is for birthdays and Christmas”. It’s the one place a guy can go that’s likely not had a lot of traffic if any at all. And some women love this power. It makes them feel like they are the master of something special.

- Surrender: The surrender dynamic is an interesting one, it’s where the woman feels she is giving herself to something than feels taboo and forbidden. A really good anal player can reduce women that love this into pleasure driven slavery almost, with the ass stimuli either focused or melded with other techniques on areas of her body that bounce from one another. It’s a feeling of pleasure punishment for that feels good making her feel like a “bad girl!”.

- Sensory: These are ones that seek out anal players. It’s purely physical with no thoughts in mind. They love how it feels and what it makes them feel. Its all about pressure stimulation, friction and just general rhythmic and stretching of the ass and pelvic floor. Sometimes, women in this category can only ever orgasm through anal play, which is why they seek good technical skills rather than just sticking a dick in it.

In a woman’s butt there’s a nerve called the pudendal nerve which I covered. This nerve acts as both a

pressure and a stretch sensor around the anus itself, which when stimulated, will engage the pelvic floor muscles. This nerve also goes very deep into the pussy and pelvis area, so hitting it with varied routines often chains into other sneaky combos.

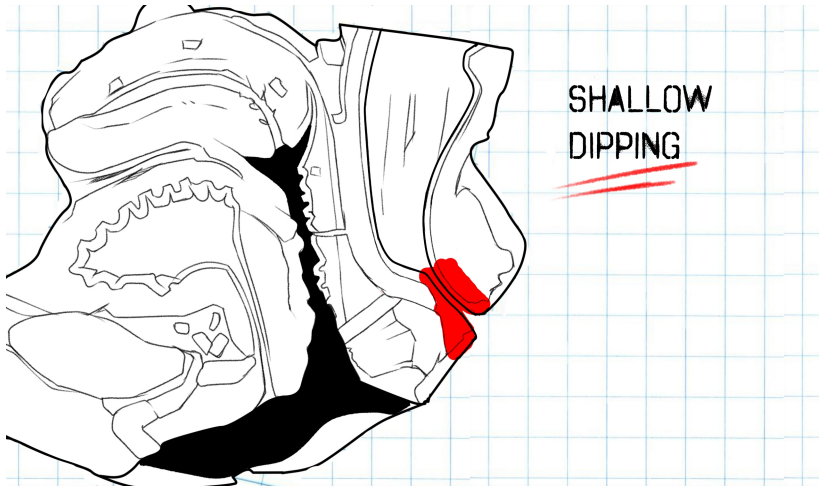
Actual Anal Penetration indirectly stimulates anterior vaginal wall, the pelvic nerve plexus and the nerves in the clitoris itself and can set off some brutal chain orgasms in some women.

The Anal Rim

This is where most, if not, all of the FPH Anal Play is focused. With anal play, less is definitely more. You absolutely do not need to go deep, unless of course it's requested specifically. Some women like deep penetration of the ass, it makes them feel full, stretched and almost punished. It's a pleasure created with discomfort and not for beginners of both giving and receiving. You couldn't do it with a Thumper Dildo, that would be excruciating on a pornstar level. Conversely, you can't do it with anything too small either, that butt has some serious muscle power, capable of sucking object inside completely, needing hospital surgery to remove. It's best to keep it shallow and hit all those nerves and where it really matters, blending techniques, taking her on a gentle horse ride, not a camel gallop.

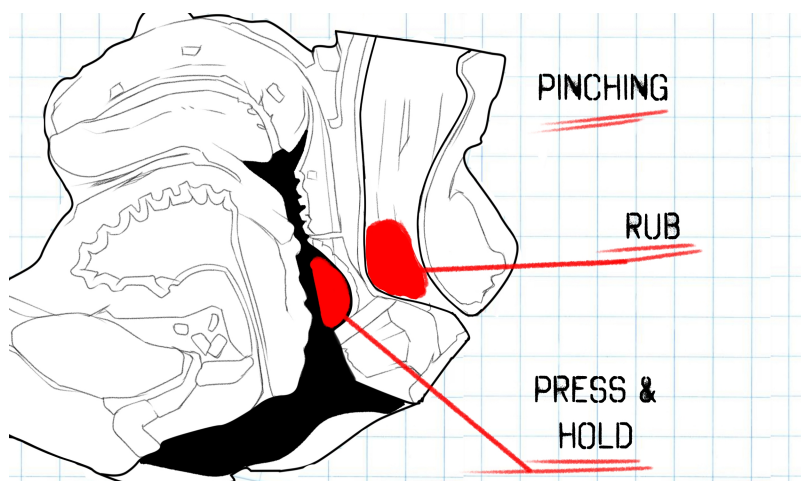
The Shallow Dipper

Shallow Dipping is where you stick just your finger



tip in and just circle in smooth slow rhythmic movements the first few centimetres of the inside wall. The pudendal nerve absolutely adores this, it's not too exerting and adds a little friction. Ideal for first timers. Giving her gooch and pussy lots of oral while you do this with give her some amazing orgasms. Keep your saliva glands going and make it sloppy and messy keeping her ass wet and lubed. Pull back now and then to give her gooch a soft blow air and blow from the gooch down to the ass itself with soft slow motion, triggering a cooling sensation in her skin.

Pinching



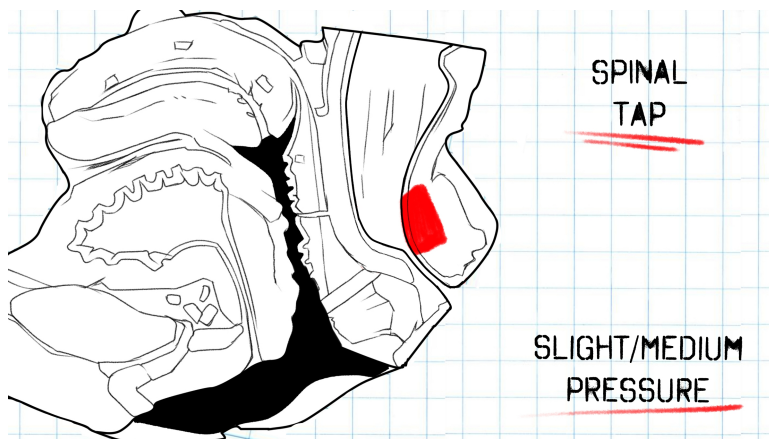
Sounding worse than it feels, pinching is where you go into the pussy and press with pressure on the back wall and hold, then go in through the ass and meet the same depth with another finger. You then rub the internal anal wall with short rhythmic strokes massaging it. Use both hands for this so you can really nail that rhythm and give her some amazing pleasure.

Pinch with Punish and Reward

So doing Punish and reward with the above the Pinch, trick but with practise, it's quite amazing. I'll add Punish and Reward here, you can also find it in Base Oral Chapter. Obviously, for this it starts from the fingers inside the pussy instead.

Put your tongue on her pussy inside the labia, where your fingers are inside her, drag your tongue side to side in a short zig-zag motion slowly all the way to the top. Give that clitoris a sloppy few wipes then a few flicks, zig-zag back down then repeat. Take it nice and slow, nothing sudden. Here's the good bit. On every pass of her clit, you tongue flick it a little longer and rub the inside of the pussy matching the rhythm. What this does is that as soon your mouth hits your fingers the anticipation will cripple her, she'll get a hit on the clit, feel disappointment on the way down, and the whole cycle repeats. Reward and Punish in stimuli form.

Spinal Tap



So named for the sensations of tingling that shimmers up the tail bone. You're not actually messing with the Spine, the tail bone is further up. It's highly

pleasurable and easier to access than most other sweet spots since you just go in and aim downward. It's one of those pleasure points that provides 'pleasure and discomfort' together since it feels like you're about to curl one out. She's not obviously, it's the same nerves that are stimulated when something is on it's way out. Hit this with a vibrator or give it a rub while giving some good wet licks to her clitoris and she'll love you. I've never triggered an anal orgasm with this spot alone, however, normal orgasms can be achieved if done in combination with other skill sets.

Squirting

Whether you're a guy curious about unlocking this with your partner or a woman exploring your own body, I've got some insights on female squirting. Over my time back in the day, I saw it all, women who chase it like it's the holy grail of pleasure, partners who get obsessed with making it happen, and everything in between. I'll break it down based on what I've noticed first-hand, keeping it straightforward and relatable. Think of this as me spilling the beans from countless sessions, without the fluff or judgment. Squirting isn't some porn myth; it's real, it's varied, and it's got layers of physical, emotional, and psychological stuff going on. And over the time I was doing it, I found a way of inducing it with quite a high success rate, which obviously, I will show you.

From what I've observed, squirting is when a woman expels a clear, watery fluid from her urethra during intense sexual stimulation or orgasm. It's not the same as regular vaginal lubrication or that milky female ejaculation, squirting is more like a gush or spray, sometimes a little, sometimes a lot, I've seen anywhere from a trickle to enough to soak the sheets. It usually happens with focused G-spot play, clitoral stimulation, or a combo, often

involving fingers, toys, or penetration that hits just right. The fluid itself is mostly from the bladder, like diluted urine with a bit of stuff from the Skene's glands, which is like the female version of the prostate. But don't let that gross you out, it's not "pee" in the usual sense, it's triggered by arousal and feels worlds apart.

In my experience, not every woman squirts, and it's not a 'skill' you master overnight. I've worked with clients where it happened spontaneously during a deep, building session, and others who never did, no matter what. Stats I've come across say about 40-60% of women have experienced it at some point, but it's definitely an individual thing.

How it feels

From the women I've been with or talked to, squirting often feels like an intense build-up of pressure in the pelvis, like you really need to take a piss, but in a good way. Then, it erupts, a massive release that floods through your whole body. Some describe it as an 'extreme orgasm' or a 'huge explosion' that shakes you from head to toe, leaving you with this deep sense of relief.

I've noticed it can happen with or without a traditional orgasm, sometimes it's simultaneous, making the climax feel longer and more overwhelming; other times, it's separate, like a bonus wave of pleasure.

For example, one regular client of mine said it felt 'nothing like a regular orgasm, it's more poignant, deeper, and leaves me trembling.' Another compared it to 'peeing after holding it forever, but euphoric.'

Me? I couldn't tell you, I just get very wet. In sessions where I've guided women through it, I've seen bodies arch, muscles contract wildly, and faces light up with that "oh fuck!" expression. It's physical intensity at its peak, often followed by a super relaxed, almost floaty consequence. But heads up, as the guy (or girl) down there, you're going to get drenched every time.

Desire

Women don't always start out wanting to squirt, I've had plenty discover it by accident during a session, then get hooked. Why the crave? It boils down to that next-level pleasure. It's like upgrading from a standard ride to the thrill of a roller-coaster, the intensity amps up everything. Many tell me it makes them feel powerful, like they've tapped into a 'superpower' hidden in their body.

Psychologically, squirting is a mixed bag, thrilling for most, but with some hurdles. On the positive side, I've seen it boost confidence like nothing else. Women often feel amazed, proud, and more in tune with their sexuality after. It's like unlocking a secret level in your own game; that sense of discovery and mastery is addictive.

In sessions, the after session chats reveal how it can make someone feel desired and capable, especially if past experiences and partners made them doubt their bodies. But there's a flip side, it sometimes brings on some negative feelings: initial shame or worry. 'Did I just piss myself? Am I gross?', that's a common thought the first time, thanks to societal taboos around women's bodies and their fluids.

The mess factor can be a turn-off too, but it's rare, some women avoid it because during really powerful episodes, there's no stopping where it goes and how far it travels, specially if it's in their own bed, or feels too intense emotionally.

As the partner though, how you react matters, if a guy acts weird or negative, it can kill the vibe and make her self-conscious. But when it's celebrated? It strengthens bonds and encourages exploration. From a guy's perspective though, this is an ego boost, the making her squirt feels like a win, a sign you're 'doing it right.'

How to do it

So the glands we're going after on this one, are the skene glands, but we need to hit them indirectly. What are going to do some really intense G-spot fingering with clitoral suction, and create downward abdominal pressure to induce some ejaculation. Many women think that they can't squirt, but this is nonsense, because you can actually

cheat the system and I'll show you how. To begin with, we need to hit her internally and externally so the 'shock waves' hit each other, which is pretty much a normal thing for us if you're this far into the book, but we going to throw a curveball into the mix.

Now, when you explain this outside the bedroom, you'll likely get some pushback, because it's technically a 'forced' squirt. But in the bedroom, if you just do it, she will explode and will not know what hit her, striking her with an orgasm that will shake her head and fill her with such unmated pride that even we will be impressed. The thing is, squirting is the last bastion and final thing on most women's to-do lists, but for a lot of women, it always feels just an arms reach away and they never quite get there.

The key to unlocking squirting for most women, unlike normal oral sex, it demands coordination to pull off. Obviously, everything we do is coordinated, but this requires something a little more militaristic, which we will get into. The basics of it though are that we apply a ruthless onslaught of sucking and tongue rubbing to the clitoris and skene glands, stimulating the G-spot with the flats of our fingers with the occasional wide wipe, and we are going to apply some pressure to the lower belly to compress the bladder and urethral sponge. The easiest way to do this is put her in the Venus Butterfly position, which is as we discussed, the edge of the bed with pillows under her hips and we eat kneeling before her.

Phase one: if you're just starting the oral you'll need to take it slow with tease cycle, however, if you've been at it some time, then you can hit her running. Slip your nose under the hood and create the vacuum, drawing her clitoris into your mouth and holding her there. What you need to do is partially edge her, so give her plenty of hot washes and really bully her clitoris with your tongue. Use both sides, you have a smooth side and a rough side, put them both to good use and rub it, swipe and smear, pulse suck a little, really working it. With one or two fingers, as you do this, your going to tease her skene glands. The skene glands are on the outside of the pussy, on the fleshy strip between the labia just beneath her pee-hole (urethra). So in relation to where your mouth is, it's around your chin area.

It's easier to put your finger to where your mouth is, drag your finger down, you'll feel the slight bump which is the urethra, then the fleshy part just below that, are your skene glands. With oiled fingers just rub them lightly with varying pressure, just read her vocal cues and go with it. The skene glands have most like never been touched, so go easy on them, we just need to stimulate them. After a few minutes, she'll start to hit the orgasm approach, then immediately pull away. She might get a little annoyed, but just give her an annoying wink and rub the flat of your palm over her entire oiled pussy to keep her feeling good. This can cause an orgasm on its own, so keep it slow with firm kneads. Give her ten to thirty seconds to simmer, don't

worry, she'll love the palm, it's criminally underused. After a few moments, go back in.

Phase two: Get right back in doing all the above. This time, while you do that, on your spare hand, slide your fingers inside her and stimulate her G-spot with some good pressure. You don't have to be rhythmic with this one, you can mess with that G-spot totally randomly and in opposition to the clitoral stimulation if you need to. The idea is we are not targetting her with rhythm like we normally do, we are overwhelming her so she can't adapt. The G-spot, skene gland and clitoral bullying will be so overwhelming, she'll be getting deep shock waves going through her body both internally and externally. Again, and watch out for it, the orgasm approach will hit and it will hit faster this time. As soon as it does, pull away, and stroke her pussy with your full flat palm with pressure. As before, do it flat, just push and smear it all around slowly so she really feels all those glorious bullying drags and pulls. This time, give her ten or twenty seconds, then look her in the face and give her a very slight smile. What this does it shows that you're not being mean, it hints that you're up to something fun and that you're enjoying yourself. She will absolutely adore this and this will loosen her up a little. She's still going to be a little pissed, but she's having fun.

Phase three: First, we need to make a slight detour, because you need to understand the skene glands. The skene glands are, for all intents and purposes, the female

prostate. They are a cluster of tissues surrounding the urethra and produce a milky fluid during arousal, we normally refer to it as cream. The skene glands themselves are mostly deep inside the pussy wall, but by hitting the G-spot and touching the external location we are hitting these glands quite hard causing them to swell up. You may notice that during the cool down periods she may have produced a lot of this cream, and when we palm her pussy, that's what we are spreading around. What happens is, when they are triggered, the cream accumulates in the glandular ducts and mixes into the urethra, heightened by blood flow and the nerve reactions during arousal, filling these glands like a storage tank. The fluid itself starts creating internal tension, eventually opening these glands into the urethra, but requires a little more triggering for proper expulsion. The G-spot stimulation, not only forces the cream creation once the skene glands are swollen, but indirectly influences the bladder, prompting rapid urine production or retention. When all this is going on, the sexual enjoyment relaxes the urethra as both of these reservoir tanks start to fill up, building pelvic pressure and she's suddenly going to feel the need to pee. If she doesn't blow her load at this point, this where we are going to step in with a very deliberate intervention. So, in phase three, we are going to remove our hand from the skene gland because that's at a point of no return, a runaway train if you will. What we going to do is hit her clitoris and G-spot in exactly the same way as before, but this time we are going

to uniform it so the suction and tongue action matches the stimulation to the G-spot. Now, with your free hand, you're going to place it on to her lower belly and give her firm downward rubs just above the pubic bone but disguised as a massage. Because she's going to be oiled, these smooth rubs to the area along with everything else going on is going to feel like gold. One person described it to me as feeling like you've got hands all over your body, because there's waves being sent out by many different sources. Now, our sneaky massage is actually compressing the bladder and urethral sponge, but we are hiding it inside sexual stimulation, but at some point, she's suddenly going to hit panic mode. What happens is, our pressure on her belly will start mimicking orgasmic contraction, which will squeeze the pelvic floor muscles around the urethra. Because we stimulated the skene glands, we basically preloaded the system, while the pressure to her abdominal area acts as the release valve overriding any bladder control. Here's the beautiful part. Because she's had at least two edged orgasms fully loaded and waiting to fire, when we do let her climax, the entire system back-fires and the result is intense. She'll explode with an orgasm that's at least two-times stronger than her normal ones, her bladder expels causing her to squirt, with the relief of that pressure valve going off, coupled with the feeling of warm water hitting her skin, will likely cause a secondary orgasm, or echo-orgasm as we call them. These orgasms are absolutely thunderous. The reason we edge her a few times is to give

her body the time to create the fluids needed, as well turning the orgasm itself from a clitoral, to a full-body one, which is much more satisfying for her. We, on the other hand... we just get wet. But it's fun.

The Toys

Toys! There is massive difference between men and women. Women use sex toys because they feel good, they can incorporate them into sex in a heartbeat, because they do the job and do it well. The issue is, many men still, to this day, see these as a personal attack to the ego.

As a man, I get it, I honestly do, and in some respects, I should be enough for the woman. But that's not what we are trying to accomplish here. My issue is, I want to be more than enough. Enough isn't good sufficient for me, I want my girls to feel the best they have ever felt, in at least that moment. I'm not stupid, there's always going to be a guy that comes along that's better, that how the world works.

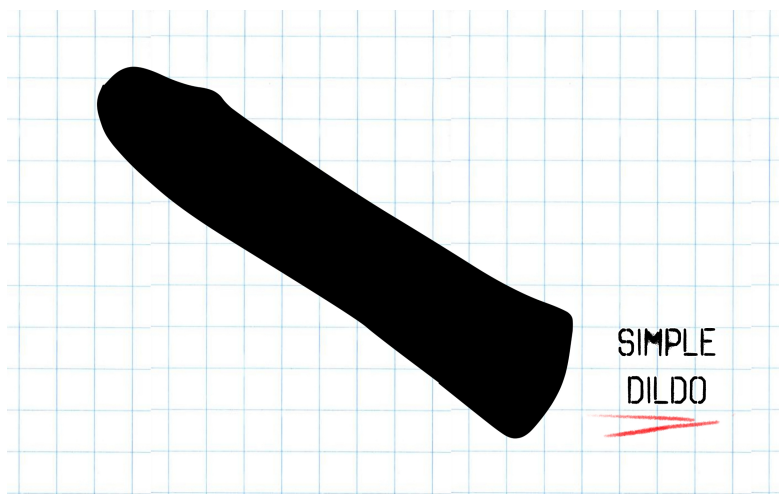
However, I'm prepared to cheat.

Sex toys carry a lot of outdated stigma, but modern research, sexual-health experts, and couples therapists consistently highlight their benefits. Sex toys aren't about replacing anyone, they're about enhancing pleasure, communication, connection, and body awareness. Used intentionally, they can strengthen relationships, improve

sexual satisfaction, reduce anxiety, and create a richer, more playful intimate life.

I have no qualms in picking up a giant rubber cock because she likes a bigger dick – if that is what she needs, that's what she's going to get. When there's a hire on the cards, I would usually tell the women straight, 50% of the routine is toys, so you're better off bringing some, because I don't do half a job. I used to get some that couldn't afford it and I used to pitch in a little. I would have my own, but when you're in my business, sharing tools among clients isn't the done thing, it's uncivilised and nasty. I'm sure there's hookers out there that do it, but it's a bit grotty, even if cleaned properly. Nevertheless, some would prefer that to putting down a hundred quid then putting down another hundred for my costs.

In the cases where the clients had a spare funds to splash out, I would give them a shopping list. Afterwards, they could take their toys with them and bring them back next time. I have no need for a fifteen inch rubber dong. I'm kinky, but not quite that bad. So I've put together a base list of what you need to completely exhaust your girl and why.

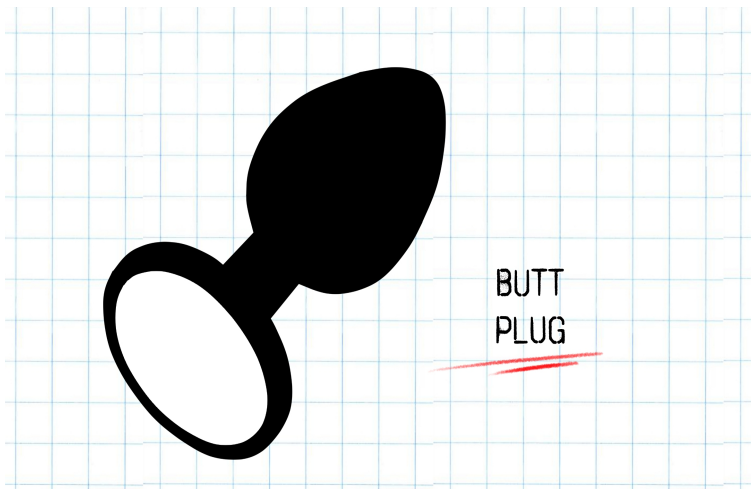


So the use for this obvious and by now, we know what it's for. The Thumper stage is to cure her thirsty hunger for penetration. What happens is that as arousal increases, the pussy expands itself from within expecting some good cock. She has no control over this whatsoever. Her pussy will actually drool in anticipation, so we have to feed her exactly what she desires.

The truth is, if they have the tools I recommend, I cure cock-thirst better than any real cock can. It's just slam it and thump. You have to make sure there's friction and every area no matter how small, gets some good fast rubbing. As described in the Thumper Chapter, this need to be as cock-like as possible.

No spikes or absurd novelty bits. Ribs are fine as long they are evenly spaced and not too pronounced. This dildo with stimulating the pussy at some really offensive speeds and a bullying amount of stimulation, so it needs to be as smooth as possible or you'll do some damage.

Given the average male hand size plus safety depth guard, you're going to need 13 inches or more with a girth that suits the person. Girth is good because it will stimulate the pussies opening in an even distribution, but you don't want to crack her in two. An average good girth circumference of approximately of about 12.7 cm (5.0 inches).



Butt Plugs are an optional extra. If a woman likes a bit of anal, she's welcome to bring one. These, I don't really work with, not in the routine as such, they are more of an additional extra, rather than a tool. The idea is that put you them in and leave them. They stimulate the anal-canal walls and the pudendal nerve, and with larger ones, they push the pussy walls right up against the cock giving it a much tighter, more "full up" and crowded feeling.

When a girl has one of these plugged in, she feels a constant bullying sensation anally and when we deliver an orgasm, the sensations will roll over to the anal passage. This is because the anal opening and the pussy are directly

linked together with pudendal nerve, so as you can imagine, all kinds of magic starts to happen.

If left in long enough, Butt Plugs can cause an anal orgasm. They are more of a slow burn but when they come, you don't even feel them coming. It's a powerful orgasm that sends tremors over your skin like a stone in a pond. They are rare, but the plug has to be in it to win it.

Anal beads work in the same way, except they go deeper and normally have a pulling ring. The trick is that when she hits her orgasm, whatever kind that maybe, you pull the pulling ring so each bead pops out sequentially, hitting her pudendal nerve as each is removed. Some have said that this feeling resets the orgasm mid-explosion, and given that most bead-strings hold anywhere between three and ten beads, it's quite a moment.



Puff Daddy was definitely on to something. By Baby-Oil, it's a catch all term. You actually need Baby-Oil and proper lube. Realistically, it's best to use genuine Baby-Oil for the rubs and dousing, and proper lube for any penetration, but in the heat of the moment it doesn't always work out that way. In short, it's best to have both. It's said that Baby-Oil causes infections and destroys latex, which I'm sure maybe true. But I won't be using condoms because there's no sex and I've never had an infection reported back to me, so who knows. But I do have my reasons for using oils.

- An oiled body looks amazing, the light bounces from it and gives a very aesthetically pleasing haze.
- Slippery feels good and creates good sexual tension and a smooth silky feeling on the skin.
- Reposeful and Pampering sensations.
- Great for rubs, it allows hands as large as mine to glide over the skin.
- Generates heat between two rubbing bodies.
- Smells great and hides any unnecessary smells allowing total sensory emersion.
- Lube for high friction in speed driven penetration. Reduces the possibility of pain, soreness and burning.

In conclusion, whether you switch between oil and water based lubes or just go with the flow, you're in for a good time. It is a part of the routine and your lady will appreciate it and love it in equal measure.

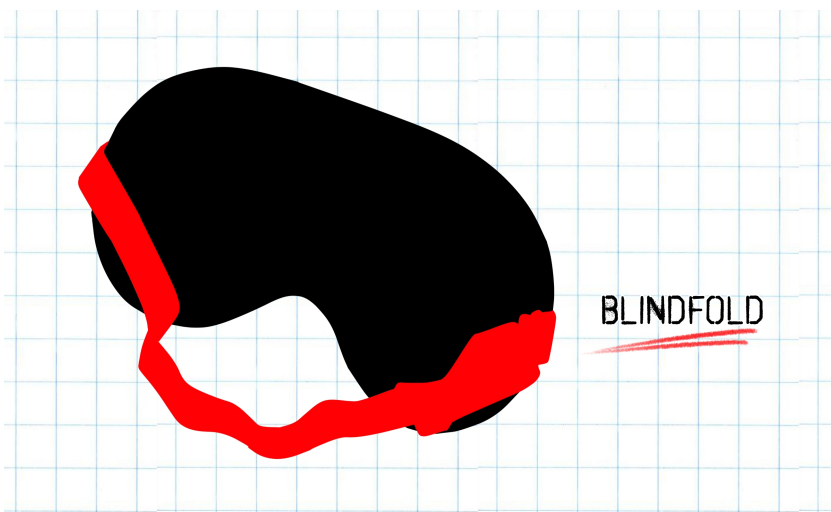


In this industry they call these things “wand massagers”. The humorous thing is, there isn’t no cunt in the world massaging their back-ache with one of these. If I were to make an educated guess, I would say the name is more of a legal loophole more than an actual name because they were banned here in the UK for a very long time.

These are powerful, very deep and cause insane broad vibrations. Placing the head of one of these on the clitoris will be obviously conjuring an orgasm almost straight away, but I use them a little differently. By placing the head of one of these right up against pussy entrance and let it do its thing, it vibrates the opening mercilessly and all around sending deep vibrations inside. Then what I

do is while that's going, I give her clitoris and the rest of the area some oral, and the wand inadvertently vibrates my tongue turning it into a monster of a sex toy.

These menaces can be used over the entire body, but are as brutal as they are loud. They sound like a terrifying swarm angry wasps on steroids and will make your woman's teeth rattle. If you do get yourself one of these, get a power socket one as they are more powerful. It's an optional extra, the prices of a good one are absolutely absurd. It is about as helpful as killing a mouse with a shotgun because of their power, but they are great fun to use.



The blindfold. Using a blindfold is really great at generating tension. Removing the sense of sight forces the brain to rely more heavily on other senses, making touch, smell, and hearing more intense and sensitive which we obviously we manipulate and use upon her. This can lead to a more immersive and focused experience, helping to filter out everyday distractions or self-consciousness about one's own body, or even help her imagine she's somewhere else with someone else.

The reason why I freely promote her to think of someone else is simply that. It's freeing. I may have sexual ego, but I'm still a realist and want to take her to deep dark places and help her explore her desires and fantasies. If I

need to switch to a stunning blonde surf bro, then so be it. You need to bare in mind, everything that's happening to her, is because of you and she's more than aware of it. You do not need validation.

To begin with I never even considered it as part of the routine, it wasn't until people started bringing them along I started to get suspicious. It turned out, whilst talking to a client, she revealed that there were a few unofficial Facebook groups dedicated to FPH or myself that I didn't know about, or was even allowed inside to see. (That's a story for another time) The Blindfold was actually a product of one of those groups. In time, it was so common I just added it to the routine, and it was a good call.

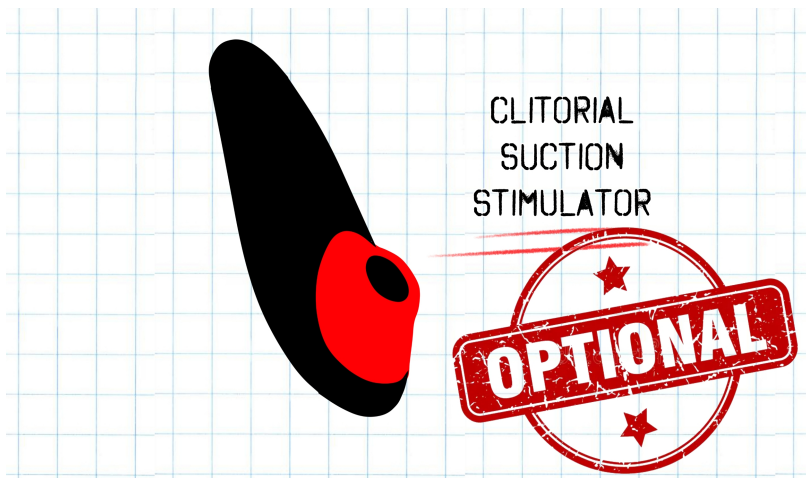


The suction cup dildos are pretty good for riding and grinding, I use them in the same logic as the normal dildo except within the Cow Girl routine. If the Cow Girl routine is expected, the girl will inform you if she wants to try by bringing one. That's not to say it will definitely happen because normally the Thumper will exhaust and satisfy most women but you do get the occasional cock-thirsty bulletproof one.

You don't have to be brutally rigid when choosing one because the woman alone will control what she does with it, her control however, will come from you. (See Cow Girl Chapter) So instead of causing friction we see in the Thumper, we are making a rubbing sensation of the Cervix and upper ceiling instead.

It will need to be long because there will be other limiting factors and preferably at least cock-like and

bendable to it can roll around the ceiling of her pussy. But if she wants huge bulbous ribs, nasty spines and savage spikes, that's totally up to her. It's a very grind heavy routine whereas the Thumper is friction based. A good similar length to the normal dildo is good, maybe 13 inches (most of which won't penetrate but will be needed) with nice tight fit for satisfaction. Any longer though and it's unlikely she'll be able to sit on it properly. An average good girth circumference of approximately of about 12.7 cm (5.0 inches).



This one's a wildcard. Any woman that knows what one of these is and says she doesn't have one might be telling porky pies. It works by applying very fast suction pulses to the clitoris and it's very pleasurable and causes all kinds of amazing things, including clitoral orgasms and squirting. It's basically a mechanical Duck Face that concentrates more on the suction than actual skill.

The device typically has a nozzle or "mouth" that is placed over the clitoris and the circumferential area, but it commonly does not make direct physical contact with the most sensitive part of the clitoris itself. Instead of conventional vibration, an internal mechanism modulates air pressure, creating a rapid, rhythmic cycle of high and low pressure, which feels like a gentle, targeted sucking or

massaging sensation. Obviously, the higher you turn it up, the less gentle it gets.

These are very strong and the results are almost guaranteed. The trick with these is you need to be able to keep it on the clitoris and as stable as possible even though she'll be squirming everywhere. In the routine, it's highly advisable to use these towards the end just to round it up as most of the time these will render the clitoris quite numb afterwards and will break the routine if used earlier.

Most of the time men hate these because they will break any sex session whether FPH focused or otherwise, finding them intimidating or even belittling any sexual value the man has. However, anything this powerful should not be feared, instead, it should be respected and used.

Cock Thirst

Okay, so here's the brutal part for any guy and before we go into the Thumper, we need to explain why it's needed. What we do is mostly during oral, and everything before this is quite shallow and targetted. But it needs a special something that most of us are not equipped for. For most women, cock size isn't important, and I'm sure that's true. But we're not having sex. When she arrives with her chosen tools, you may find she may not even bring a huge rubber dong, it could be a small one, or she might not even want the Thumper at all.

The point is, there's going to be an element that needs to finish it for her, and a lot of the time, it's the proper feeling penetration. Because of the reason the way vaginal canal is shaped, even if we put a whole hand up, wiggle the fingers, it's not got going to cure rhythm problem. Her pussy needs a long sustained friction of varied but mostly intense speed to get rid of her natural cock hunger. It's not necessarily the depth, although in FPH we do spoil them a little, it's the motion that's needed.

Firstly, I'll go into why in FPH we try to create 'Perfect Cock' size. I'll explain in the next chapter how to create the 'perfect cock' size and how to use it effectively, but I'm going to briefly pass you through science – once

you understand why they need it, you'll understand why it's necessary.

Physical Reasons

From her point of view, a lot of this aspect is going to be physical. It doesn't matter at how good or great we've done everything up until now, if we don't scratch that itch she may or may not realise she has, she may leave feeling a little 'unfinished'. So first I'm going to explain the physical aspect.

- The pussy, mainly at the entrance, and throughout, has slow adapting mechanoreceptors. These are in the inner walls, the anterior wall, and congregate in the lower third area. This is why many girls prefer girth over length. Obviously, we're going to really spoil them and give them both. But thicker cock creates insane tension on these receptors, and a longer one stimulates upper ceiling, creating a 'fullness' or 'being completely filled' feeling. The easiest way to convey this to my audience, is that when you have sex with a woman, and it's really nice and tight, it feels great. Every now and then, you'll have sex with a woman that 'isn't so tight', put politely, and it feels loose and gives you that unfulfilled feeling. It's exactly the same for women, just with opposite dynamics. The fullness feeling a woman has will promote an

orgasm, her pussy walls contract. What happens is, if it's a huge cock, her walls contract and 'hug' the cock, and if it's still sliding in and out, it's going to create friction everywhere and all at once, creating further contractions.

- The clitoris has what's called 'crura'. Imagine the clitoris as a flower head, the crura is the stem, collar and bulbs. These extend deep into the pelvic area, normally about three or four inches, often burying deep into anterior fornix, the A-Spot, as we covered. A longer cock especially when girthy, stimulates these bulbs, the anterior fornix and posterior fornix (Just past the cervix) really effectively. These create perfectly crafted rolling orgasms that roll around the back walls feeling a lot deeper than clitoral ones.

- G-Spot stimulation happens easier and less aim is needed. We've covered the G-Spot so many times, you're probably a professional by now. Basically, a large cock provides consistent pressure and friction without all the gymnastics.

- You've read, if fleetingly, I mention that the pussy expands as she gets aroused. Basically when a pussy is hungry or thirsty, it lengthens and balloons which we call 'tenting'. When she's slammed with the Thumper, we calculate with simple maths, just

how far and wide the tenting has taken itself, then we fill it. Her brain when tenting, is registering very high sexual urgency, which is what we silence, tuck in, and put to bed.

Psychological Reasons

By now, you've worked out that FPH is just a giant game of four dimensional sexual chess with the woman. The psychological reasons to big cock hunger are just as ridiculously vital to her as the physical.

- The 'taken' and 'overpowered' fantasy is common among women. Despite the woman feeling like she's being pampered this whole session, make no mistake, she is both taken and overpowered the whole time, which is why it works. But when that huge dildo comes out, she will have a primal feeling of being overwhelmed, and when she realises she's getting that instinct satisfied in a safe painless way, it's something special to watch. This is why the mathematics formula is precise and perfect. She can't control what she feels during the Thumper, her body is just reacting the whole time.
- Confidence feed back loop. This one's important more to the man, but has repercussions that she not only benefits from, they become part of her experience. Basically, you're pleasing her with some serious cock, even if it's not your own. What

happens is, psychologically seeing the girl submit in such a way makes the man feel overpowered and proud, pleased with himself, if you will. This will come through in the way he performs and equally, his actions. This might make him go faster and harder. This is something she quite obviously benefits from when done safely. Never underestimate the arousal that comes from a massive ego, on both sides.

- Novelty x Intensity. After years with an average selection of sizes, whether her body count is in single digits or through the roof, a dramatic squeeze as it were, is something of a rarity. In most cases, the brain decodes the sudden jump of intensity as extremely sexual.

I don't want you to walk away feeling you're inadequate about your size. I've said a hundred times, this is not sex, whatever I teach you is never going to feel like real cock, it provides psychological benefits and closeness. Plenty of women prioritise oral skill, emotional connection, stamina or clitoral stimulation far above size, which is what FPH is designed for. Some women prefer average because it's better for rougher, longer sessions without getting crippled and soreness, especially when not properly aroused.

What I created feels amazing to women because it artificially creates stretch, deeper pressure on the internal areas, more intense on internal hotspots and triggers powerful primal and psychological buttons, all at the same time. It's not a cock though, and not the only way to be incredible in bed. When you do meet what we call a 'size queen'. It's usually for sensory and instinctive reasons, not just porn told them so, and there's nothing you can about it sadly. If it's a problem, there's millions of other girls out there looking for someone average.

The Thumper

The Thumper stimulates and somewhat cures the need for cock. Although, not a natural substitute, it does provide feelings and sensations no human male can replicate with his own cock. To make the tutorial easier to follow and because the toy used is entirely variable and dependent on the woman's chosen toy, I'll simply refer to it "the/your cock" as a catch all term.

Her Chosen Toy/Cock

In the initial texting and communication stage, you need to inform her that she's going to bring her favourite sex toys along. As a rule, normally women have at least one or two, but if not, you can provide them a shopping list of a few items they need. **The Thumper** is important because as great as FPH is without it, they will never be able to scratch that itch or numb the ache that pussy is feeling. Even if you do all the oral sex right, you've made her orgasm numerous times, her pussy is still going to be in a state that is begging and thirsty for cock penetration.

As said before, it's likely she has a tool for this at home, but it may not be suitable. If she has a Rampant Rabbit or something similar, ironically, given the name, it's

unsuitable for what we need it for. Of course she can bring it along for use in the oral stage, but we need something a lot more “normal” for this one.

We need a toy that looks like a real cock as much as possible and as long as possible. We need to calculate the pussy depth and have enough length to hold it in a full five-finger palm grip with some left over for the barrier. It needs to have a little give in it, so not solid, but not flaccid either. You don't want a rigid solid plastic rocket, you need a long fleshy cock, silicone is normally a good choice. You don't want anything that has any unnatural anomalies on it, like points, hard ridges, spikes, really high veins and ribs, ect, because this will hurt at the speeds you'll be reaching. Girth-wise you need it comfortably tight. Aside from hygiene issues, this is why the woman brings her own, she knows what she likes and if not, we can give her pointers.

You Have a Cock

So you have your cock in your hand. To get to this point you need at least an hour to two hours of FPH behind you. Her pussy needs to be aching for this, so thirsty, her insides will have expanded and she's so fired up you will actually see her pussy give your cock a blowjob the first time you penetrate her.

Position

Flip her on to knees and get her to drop her face as close to the bed as possible. If she needs a bunch of pillows to bury her face into then stack them up a let her bury herself and brace.

Estimation.

Place your cock on her pussy and tease her entrance a little, circling the entrance with a little pressure and you'll notice her hips start rocking. If they don't then do it a little more. They will, that's not her doing that, it's her pussy. Right now she's in the most primal position both in mind and body humanly possible, and we are going to play with it a little longer. The first couple of minutes are going to be a relief for her, but for us, we doing some maths and set up. This requires a simple formula.

Depth + Barrier + Grip + Surplus

- Depth: Her Vaginal depth. If she wants to know this after calculated. Believe me, she doesn't. So keep it to yourself the best you can. It's like a dick pic, if they want one, they don't.
- Barrier: Her protection against knuckles and slippage. We want this as smooth and as painless as possible.
- Grip: You need a full five finger and thumb grip for control. This is vital, if you slip, it could be painful. You need full control.

- Surplus: Always good to have extra in case she wants it deeper and more intense. You add extra in very small half an inch amounts. Trust me, half an inch is the difference between an orgasm and her hiding in the toilet.

Slowly, and I mean really slowly, push your cock into her pussy and let her savour it. Her vaginal entrance will absolutely love it and eat it up. Push it in good and slow and stop when you hit the top, then slowly rock your cock left and right so the head gives the top of her pussy a good rub. Now as she soaks and bathes in the relief of that, give her a few moments to tighten up and squirm, let her pussy suck on it a little. While she's doing that, you should have a good amount of cock left on the outside. Open your fingers and place a finger either side of your cock, then place your palm down between her ass cheeks. This is your barrier. Move your other hand down your cock so it's touching your other hand (the barrier). This creates protection for her, the barrier prevents her from getting punched and thumped accidentally, because this will eventually get fast and hard. This way, you'll only hurt yourself, and that puts a safer spin on the dynamic.

Also, you've manually set a guard at how deep and long your cock is, right now, your cock is the most perfect fit her pussy has ever had. If she wants it deeper, she will inform you, don't fear. As always, this will take great control on your behalf, but it's worth it.

Stage 1

Slowly, pull your cock out, wait a few moments, she will wonder what the fuck you're playing at, then repeat, rub it at the pussy, slip it in, do one long perfect slide to your barrier, rock it quickly this time, then slow out, repeat, however, each time, make the rocking motion faster.

After five or six times, continue as before, but this time, rock it up and down. All this will be under a minute or so to us, but for her, this as an absolute lifetime.

Stage 2

Merge everything in Stage one, except you're not going to pull out your cock each time, you're going to leave it in creating a smooth slow motion. Hold this routine and prepare for stage 3, because we need to this seamlessly. What we are doing is warming her up and teasing her, yet warming up your arm muscles and joints also.

Stage 3

Pull you cock to the end with it's head just inside her entrance. With your guard still in place, your going to give her two or three inches then return to start and repeat, but you're going to do this 50% faster. Every now and then, but totally randomly, at the same speed, push your cock in right down to your guard, rock it randomly, then return, randomise these motions for a little while.

Stage 4

On an outward stroke, lift your cock upwards so on the next stroke, you're going to nosedive and hit her G-Spot. Hold at the G-Spot, rock it furiously then return. Basically, we are preparing and letting her pussy know she's about to be fed properly. On each return, angle your cock in a different direction each time and hit a different pussy wall. At this point, you're still going quite slow. Randomise all of the above, whilst now and then dowsing her pussy in baby-oil. The baby-oil thing is important but not for the reason you think it is. For Stage 5 we need her lubed. However, if you stop or lube just before, she'll know something is coming. We need her so accustomed to being dowsed in oil, that every time it happens, she thinks nothing of it. Carry this on for a few minutes. You're still going slow, so if you're comfortable releasing your guard feel free to do so. Use this hand to rub the baby-oil into her back, play with her clitoris and tease her ass a little, keep your cock at a smooth and at a stable speed.

Stage 5

Get comfortable and brace. Cover her ass and pussy in oil, put your guard in place and rest your guard arm on her back applying a little pressure. She's going to think something is coming, so hold position, keep your slow random cock in and out motion for a few more minutes. Let her slip into a false sense of security. When your ready, change motion to the original long and deep motion, but increase your speed. Slam your cock hand into the guard

and back to starting point and do this continuously quite fast. She will be loving this so keep it continuous and even. After a few minutes, mix all previous stages into this one and randomise. You'll need to keep the fast and deep motion going more than than you do the others, so front load that action as your primary to keep her screaming.

Stage 6

By this time she may have orgasmed, maybe not. Pull out, flip her over, and eat her pussy, kiss her, eat her pussy some more, use your fingers and other toys. We need to assault her senses. If she hasn't cum yet, she would have by now. Just put her back on her knees, and continue the cock torture making sure your barrier is in place. Increase speed another 50% and just let her pussy soak up all that friction. If she's into anal and brought a butt-plug, now's a good time to put that in, because the plug will push the back wall of her pussy onto your cock adding a new layer of friction. After a few minutes, throw her over and eat her pussy, let your arms recover, then return her to her knees some more. Every time you do this, make it quick and random, you don't want to give her time to recover for a second. This why you're here, so let her have it. If she's still hungry for more, then move on to the Cow Girl.

When to stop.

She will absolutely know when she is done, she will ask you to stop. When she gives the word, slowly pull out,

roll her onto her back, and slowly and delicately eat her pussy. If she wants you to stop completely, she will say so, just lift yourself up, lay next to her and let her cuddle into you. When she's ready, you can suggest the Maidens Bath.

Position Variable

There is of course a pretty decent position variable. Mostly for the agile though and you do have to get the angles right. If she lays on her back and gets her ankles somewhere near her head, then she's in for a good one. The issue however, is when she hits orgasm you need to get out the fuck of dodge quick because you will lose teeth. If her feet are behind her head completely, then maybe you can do it. Just be more aware that all the angles will be a little different because her body folds in the centre. Realistically, you wouldn't think it would make a difference, since there's no physical distortion to pelvic area, but you know women, they like to be different. I would say try with caution.

I'm sure she'll love it.

The Cow Girl

The Cow Girl is an optional extra and does require the girl brings a nice big dildo with a suction cup at the base. This also gives you a little time to recoup and recover. The Cow Girl is where you reverse the roles and she becomes your slave. She isn't really, but because you're in the dominant role, that's how it looks to her. It's not quite BDSM as normies can love this too, but you can get a little rough if that's what she's into.

You need a smooth hard surface that's flat, a table top, a chest of draws, something that's flat that she can get on top of. In a dry bath is a cool way to do it if you're in a posh hotel or lodge of some kind. Idealistically, a large piece of wood or something that you can stick a suction cup to on the ground is great, but carrying a lump of wood into a Travel Lodge may get you a few odd looks.

Her Chosen Toy/ the Cock

Again, you want something long and not too damaging. You don't have to be too precise on this one because we will not be reaching the speeds we hit at the Thumper, but at the very least, it should be cock-like and comfortable.

Attach the cock to your chosen surface and surround it with pillows or a duvet so all you see is the cock sticking out. Without doing this, she won't last too long without grinding her knees into dust. If she turns up with knee pads then you've got a long night ahead of you as that's a sign of a true professional on your own level.

Once done, tell her we're going to play a game. She has to kneel on the pillows (or squat if she's an athlete), then slip the cock inside her. Let her ride it a little, cover her entire body in oil, kiss her and lay it on thick. Play with her breasts and nipples and let her grind away.

The game is, you're going to either be in front of her kissing her playing with clitoris or behind her playing with her ass, it's her choice. If she wants both, put her butt-plug back in (if she even took it out) and you can work from the front. You'll only stimulate her while she's grinding fast. But you're going to be a right bastard here, you're going to move the goal posts every few minutes forcing her to go faster and faster. You can give her ass some playful slaps, pull at her hair, really kiss her well, but keep that stimulation going and make her work for it.

Playfully tell her that you're going to stop if she doesn't speed up or hit it harder. Keep this going as long as she can take it but I promise you, even if she hit an orgasm a hundred times before, you'll get a few more out of her from this.

Why it Works?

It's a script flipper. You're still working within the rules and confines of FPH but you're being dominant and she's now the slave. Women tend to avoid riding men because of how they look from a really low angle and confidence in their own riding ability. We remove those concerns because we are on her eye level, and she's not riding to satisfy us, she's fucking to satisfy herself. She's free to just enjoy the action.

Variations

The Cow Girl was something I added to the system later, so this has more room various spins and takes. If she's feeling really brave she can ride the dildo anally and play by the same rules which is a whole new sensation complexly. You can attach it to a wall and get her to a vertical grind. You can do it in the bath and let the taps or shower run; there are many different ways you can take this but the standard way is the way I like to run with it.

It's vitally important that you follow her cues on this one. Just because she's asked you to slap her ass, it does not mean you can donkey punch her or start knocking out teeth. You need to stay calm and focused. The Cow Girl is her going off the rails and sometimes the girls need this to re-establish some of her personality and some dominance to her own body. You've 'owned' her body and

mind all night, this allows her to bring herself back into order as it were.

If after this, she's still not done, and in rare cases, it can happen. We've somewhat broken the chain of FPH at this point, because she's re-established control of her body. From this, you can do anything previous to this, in any order and really let her have it. She will soon tire, I promise you. She's had her FPH and she's clearly enjoying herself, so just run with it – but for Christ's sake, don't fuck her.

Don't give in now. Even if she begs.

Maidens Bath

This one although not inherently sexual can often feel it. This may be the final stage and this is the icing the cake. At this moment she will be physically and mentally burned out, and we need to pamper her just a little bit more to bring her back down and start recovery. Some women, not all, but some respond to the Maidens Bath very well whereas others may not want you near them at all. You'll just need to go with the flow and not take it personally.

The Maidens Bath isn't a sexual move at all, more of a gesture that blends warmth, psychology, sensory comfort, and emotional attunement into a single act. Logically, as a man, we don't have to do this at all, however, we are putting the final touches on our sexual pampering cake. We have just spent hours putting her through the sexual gauntlet of pleasure, it's now time to bring her back down properly. It's not about cleaning her, although psychologically to her there will be some of that going on. It's about communicating safety and respect, appreciation, and connection when her emotions and vulnerability will be although heightened, but at near exhaustion.

At this stage, if she's agreed to the bath, this will be her last physically intimate moment with you. Her

neurochemistry enters a state that makes her unusually open to comfort, reassurance, and gentle, grounding contact. Helping her bathe afterward, provided she welcomes it and finds it comforting, can serve as an extension of intimacy that anchors both partners in warmth and trust. Some women may not wish to do this through fear of further attachment or may just want to be left the fuck alone. There's nothing wrong with it, but don't force the issue, just leave her alone and sort herself out.

After what you've just put her through, her body will release a mix of hormones, particularly oxytocin and endorphins, which create feelings of closeness and softness but can also leave a person sensitive or emotionally exposed. It's often described as reassurance that the affection isn't just ending because the man is done with her, it more so closes the loop so she doesn't feel used, even though technically, the whole session is her using you. Others, it's a time to be held, soothed and grounded.

If in the contact phase at the beginning you have done your job properly, she knows this is a possibility. She has agreed to at the time but that was before you ran the orgasm train over her. So while she's laying there trying her best just to recover, offer her the Maidens Bath. If she agrees then you're good to go. If she refuses, offer to run her a bath anyway but make it clear you'll leave her alone. This will show that you are on her level at least emotionally and not just temporarily attached. It reinforces the idea that

intimacy is not transactional or isolated but part of a deeper bond.

The gesture has meaning, honouring very small but coercive truth: women often remember how they were cared for afterwards over than the session itself, even if the intensity was brutally high and more vivid. Bathing her you're steeping into compassion that always complements the passion itself, making it a more rounded experience. In a holistic way, you are showing she has value, more cherished than desired physically and that she needs protection and you're happy to tend to her. This shift takes the passion and sexual tension she has held the whole session to you, so you can craft it into a more nurturing and emotionally intelligent one.

Asking softly whether she would like a bath, whether she wants company or privacy, allows her to feel in control during a moment of heightened sensitivity. If she welcomes your presence, you can help her transition into a warm and soothing environment. Preparing warm towels, and a comfortable space reflects foresight and thoughtfulness. Your actions say, without words, "I want you to feel cared for," which counteracts any vulnerability or emotional fragility that may surface after intimacy.

When helping her bathe, take it just as slow as everything before and reinforce the emotional grounding.

Helping her with her hair, washing her back and shoulders can help with a peaceful closeness.

Remember, ever since our first text, we have been creating mental and physical stimulation, whether subtle or heavy and full on, we are shifting that dynamic back to a more balanced one. We need to allow her body and mind to regulate normally and just relax without expectation.

There is no pressure for conversation or for silence; the pace is entirely hers.

The Psychology

The psychological benefits are layered.

- There is the release of stress and physical tension that warm water and gentle touch naturally provide.
- There is emotional regulation: the brain steadies itself when it receives sensory signals of warmth, security, and affection.
- There is bonding. Humans form stronger attachments through repeated patterns of care, and post-intimacy nurturing is one of the most powerful opportunities for this pattern to take shape.

Another good aspect is it may deepen secure attachment if it's say a friend or girlfriend, even a wife.

Experiencing consistent, tender aftercare will cause her to associate you with safety and emotional reliability.

Physically though, the bathing will soothe her muscles and lower her cortisol, which is a stress hormone. It can also help with self-esteem, and rest, and if she's staying, she will find sleep easier and deeper.

When the bath ends, simply wrap her in a warm towel and offer her a drink, help her get dressed for bed if she needs it. Often, what follows is a natural quiet closeness. Cuddling, lying together, sharing soft conversation, or even sitting quietly side by side can all deepen the sense that you are not merely partners in passion but partners in tenderness. Try not to blow it at this point, she's had the ultimate princess treatment and if you try anything now it will shatter the illusion. The more you do this easier it gets I promise you, and it's a tough sell for any man. But as a guy that's done it many, many times, it comes with a form of satisfaction.

Wrapping Up

Once you get to grips with the mind-set and the technical skills, including the functions of the routine, you'll soon be crafting amazing sessions and doing it with absolute ease. It's vital that any knowledge that you pick up from me is not abused or misused. Women are not objects, but they are the often the target of our desire as you are to them. FPH is not a sex replacement, it's an addition and thus should be treated as so.

So, she's burned out.

The urge to have sex with this woman will be absolutely intense at this moment. If you want to have sex with her when she wakes up in the morning, or meet up another time, then obviously go for it. You cannot do it now. This is her moment. The sexual tension between the two of you is insane right now, probably 80% of what she's feeling is mostly released sexual tension or at least fuelling it. The trick to fucking the next morning is very simple and primal.

Firstly, you can't match what you just did to her, her pussy needs recovery time. Secondly, you've just spent a few hours bonding and creating connection. That won't

vanish overnight, that will hold for quite a while. Your sex the next day will mean something more than just a one night stand. It has the benefits of a good bond yet none of the trashiness of just a fuck. If you do fuck the next morning, just do it your way and make it personal, be yourself, no tricks or psychology.

You may find because of what happened the night before, you're more than likely going to blow your load too soon, it's totally understandable. Simply set your alarm an hour before you wake her, whack one out in the bathroom and reset your system and you'll do fine. She'll enjoy it regardless and that's both hers and your reward. There is a deep psychology behind you two having sex the next morning, why it happens and why it's so good, but I won't ruin it. Personally, it's not something I do, but I've been at this years at this point. But I won't judge you if you're both consenting to it the next day.

Don't do it with just anyone, just the one(s) you really had a connection with. You'll find that when co-rumination sets it later, she'll reveal all about the night, but nothing about the morning, she'll keep that for herself.

But not always ;o)

My Personal Words

I'm not going to sit here and tell you every session was fun. Escorting, in a way, ruined my life. It changed the way my friends interacted with me, female friends are either intrigued, intimidated or disgusted, sometimes in equal measure. The guys just think you're a big bag of gimmicks and going to steal their girlfriends.

When you get a girlfriend, they think you're wonderful and are a great catch until they find out how you got that way. One-night stands burn out and are exhausted before you've even got your cock out. Some girls find me a challenge and others find me repulsive. I can't go on social media any more because I get tagged in magazine articles or a video appears from my debut on TV. It was a valuable experience in the respect that I learned how to deal with and operate around the opposite sex. And before you ask, yes, I paid all the debt off in just two years.

It's definitely a double edged sword I regret on bad days and smile on good ones. I'm handing my knowledge down to those that want to learn what it is that makes most women happy, if somewhat temporary and fleeting. If I can teach you everything I know without you having to go through how I got there, then it's a win.

Recently, someone was searching for me on Facebook, a podcast interview. It happens now and then, an article or something appearing. I don't expect it all to go away, but I wanted to put something into words, something official that I can say that if it's not written here, then it means nothing. If I give away everything I know to every guy that wants to read and learn it, then I'll no longer stand out, we'll all be the same.

If you follow your gut and do your homework, you do get to meet fun and lovely people and get to have a great time. But once you're in it, it never goes away. I had some fun times and met some great genuine people. Ironically though, they are the ones that you'll never hear about or even from. They are the ones that keep their sex lives to themselves.

It hits you with music more. Women like music in the background. When I hear Starship's 'Nothings gonna stop us now', I think of the girl that beat me and broke the system, Every time you hear Kate Bush's 'Running Up that Hill', you think of a Netflix show. When I hear it, I have memories of someone I could've almost loved if we had met another place and another time.

We get memory gifts too.

I can't complain though, I did meet someone after and we got married and that lasted for a while, giving me many good memories. I've made peace with the fact I'm

not good in relationships, I'm more recreational than anything long term. Even if you learn everything in this book, you get the psychology down and you start working miracles like the water flows, never underestimate women. They have a power over us that is as unfathomable as it indecipherable.

Every person hits you in a way that's very unique because you learn to choose with discernment. Before that, a text is a person you never knew existed. After, its a real person you connected with, you know their most intimate secrets and their naughtiest desires, thoughts that are hidden behind fragile masks in their daily lives. Honestly, I'm not special. I learned everything I know from public sources, science, biology, videos, research papers, all you have to do is look. Maybe some of you know things I don't, please email me, I'm always looking for new things.

But do you know what makes it all worse?

I've only ever had proper sex with seven girls, but the way women see me, it may as well be seven thousand. It was a woman that started it, a different woman that ended it, and me making choices, both good and bad, winging it in-between. But for now, who knows. Being single again, I'm open to anything.

Am I perfect?

No!

Am I proud of myself?

No!

Do I regret it?

Absolutely not.