

Learning Orgasm

Betty Dodson's Sex Coaching

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This Handbook is for:
Individuals
Sex therapists
Sex educators
Clinical psychologists
Massage therapists
Marriage counselors
High school and college students
Medical students
College and university sexuality classes
Women's organizations
Women's studies courses
Women's health clinics
Professional Sex Coaches

The purpose of this handbook is to help women of all ages to enjoy sex more completely. *The Betty Dodson Sex Coaching Method* will enable any woman committed to sexual pleasure to develop basic skills that will facilitate her orgasm. With this straight-forward guide she can explore self-stimulation in the privacy of her own bedroom. From beginner to postmenopausal, Dr. Dodson's step-by-step process will show each woman how to develop and refine her practice of masturbation. She will learn how to gradually build higher levels of sexual excitement and have fuller orgasms more consistently or for the first time. Once she learns what she likes, she can share this information with a partner.

Each section incorporates the following:
Written guidance about the topic.
Recommended exercises.

A Self-Loving Play in Four Acts:

One for the "clitty"

Two for the show

Three to get ready

Four to go

Making a Commitment to Sexual Pleasure

Congratulations! You have just taken the first step in owning your sexuality. How many times have you been told by a well-meaning friend, a lover or your therapist to masturbate and learn to have an orgasm? But how do you go about performing an activity that you've been taught to avoid or one that causes guilt feelings? Maybe you've tried stimulating your genitals and nothing much happened so you quit. Perhaps you've experienced a small response but have no idea how to increase the sensation. Now you can claim your sexuality and generate your own orgasmic pleasures.

While these skills will not replace therapy, they can speed up the process. It has been clinically proven that ongoing experiences of orgasm improves our health and adds a critical dimension to a woman's self-esteem. Sexual fulfillment alone or with a partner often provides a sense of wholeness and feelings of happiness. Be sure to include my books *Sex for One* and *Orgasms for Two* as resource material. Also access the extensive information on my website: www.bettydoson.com.

What is Sex Coaching?

Betty Dodson's method of hands-on sex coaching grew out of the workshops she created for women in the seventies. The Bodysex Groups began with each woman sharing how she felt about her body and her orgasm. Then the women took turns viewing their genitals in a mirror one at a time while Betty sat alongside each woman showing her the unique form of her vulva. As the other women watched they all saw a range of vulva styles that reassured them that our unique form was valid. The second day was a group masturbation celebration that lasted two or more hours as they heard and observed the diversity of women's orgasmic responses. Publicity about the Bodysex Groups shocked many, others were titillated, but it greatly informed those who took part in this bold experiment. The workshops gave Betty 25 years of unique fieldwork which was the basis of her Ph.D in sexology in 1992.

Today Betty works with individual women, a workshop for one. Similar to a personal trainer, she observes, and refines each clients masturbation skills. She also encourages her clients to go beyond their current boundaries of tolerating pleasurable sensations. Now you can be your own Sex Coach and learn these skills at home with this Handbook and DVD or VHS video. Any man who is interested in improving his own sexual skills and orgasm can change the pronouns "she" and "her" to "his and "him" and join in. Just remember— the first rule of pleasure is not to be so goal oriented that you forget to enjoy yourself.

Be Your Own Sex Coach

Take control of your sexual pleasure by becoming responsible for knowing how to create your own orgasms. First, let's get rid of some of the old moralistic garbage. Touching yourself is not a sin otherwise the Creator would have made our arms shorter. As an adult, you no longer need to look to your partner to give you all of your orgasms. It's nice when it happens but don't hold your breath while waiting for the next one to magically appear. It's time to grow up and take charge of your own orgasms.

A Sexual Bill of Rights:

I deserve sexual pleasure.

I can have as many orgasms as I want.

I am responsible for knowing how to create my orgasms.

I release my shame and other people's judgments about masturbation

I make a commitment to practice these sexual skills.

Exercise: Let's Begin

1. Read the sexual Bill of Rights several times.
2. Dare yourself to say them out LOUD!
3. Say them again with more conviction.
4. Write a short essay about you sexlife

As you proceed, you may discover an internal argument – your head says one thing and your body wants another. To manage this conflict, tell yourself: "Do it!" Say it as many times as necessary. As you move through this Handbook simply observe the feelings that come up. They are not right or wrong, good or bad...they are just feelings. Release your judgments. Never wait for the spirit to move you or expect to feel physical desire before having sex with yourself. It's similar to going to the gym: it's consistently difficult to get there, but once you succeed, the benefits are always worth it. "Do it!" Do it because it feels good! Do it because it's fun! Do it because it's healthy!

If you find you are struggling with pleasure anxiety, the fear of having too much of a good thing, we all have it. Avoiding sexual pleasure or pulling away when it feels really good is the result of repression. One way to practice tolerating intense sensations is to jump into a cold shower. The thought is overwhelming, but the actual experience is exhilarating. Moments after the initial shock, your body tingles from increased circulation and you feel more alive.

One for the Clitty

Your clitoris is the star of the show. Despite ample evidence that the clitoris with approximately 8 thousand nerve endings is your primary sex organ, many believe that a woman should be able to orgasm from vaginal intercourse alone. In spite of the fact that the majority of women cannot orgasm vaginally, the controversy of vaginal vs. clitoral orgasm continues to this day. Even vaginal orgasms depend upon some form of indirect stimulation of the clitoris. To end this controversy we can simply combine some form of direct clitoral stimulation during vaginal penetration throughout masturbation and partnersex. Now let out a big sigh of relief.

After four decades of observing women's orgasms, I have seen an endless variety of sexual responses. The experience of orgasm can be quite subtle with a minimum of outward signs and sounds. Or it can be very dramatic and vocal with a multitude of differences in between. While there is no law that says every woman must have an orgasm every time she has partnersex, if she isn't coming some of the time, sharing sex with another person will eventually become a tiresome routine. Why does something as fundamental as sexual satisfaction continue to elude so many women or become such a long confusing process to learn? I believe the answer lies between the repression of female masturbation, not being taught sexual skills and the mistaken notion that falling in love will automatically include a good sexlife. Sexuality is like any other skill; it must be learned and then practiced.

Your Body is the Cast

Loving Your Body: As long as we are bombarded with images of the current ideal female body in ads, TV and movies, most of us will suffer some degree of body loathing. Throughout my thirty-plus years of encouraging women to love their bodies, I have often failed to accept my own. The degree to which many of us are able to love our bodies usually depends upon losing weight or changing something about our physical appearance we don't like. When we think we look good, we deserve to have sexual pleasure. Otherwise we don't. That's so unfair it's time to fight back!

Focus on your health not your weight. Start exercising, eating whole foods, eliminating refined sugars, drinking plenty of clean water and having regular elimination. Reduce stress by improving your orgasms and creating time to enjoy your sexlife. Keep moving your body with some form of exercise that feels good. Try different kinds of workouts. Change them when you get bored and keep your body entertained. In spite of America's obsession with being thin and young, we can support one another to love our bodies just the way they are at every age.

Exercise: Loving Your Body

1. Write how you feel about your body.
2. Look into a mirror and find things about your body you DO like.
3. Write down what you like. Focus on these attributes not on your flaws.
 4. In soft candle light, dance nude in front of a full length mirror.
 5. Masturbate in front of the mirror to create a sexual image of yourself.
 6. Massage your entire body with oil as you watch in the mirror.
 7. Get a professional massage on a regular basis.
 8. Try hot tubs, saunas, steam rooms and mud baths.
 9. Go to a nude beach or health club to see other women's natural bodies.

Start with #1 through #4. The rest do at your own pace.

Two for the Show

The Vulva Show: You are now going to perform a one-woman show for yourself. No costume will be necessary, just a few props and special lighting. You will want to repeat this process on a regular basis, at least once a month to stay in touch with the source of your pleasure. Later on, you might want to perform a Vulva Show for your lover— an audience of one. Or eventually perform for a group of your girlfriends if you're feeling exhibitionistic. For now, concentrate on your private Vulva Show as you lay another cornerstone in the foundation of owning your sexuality.

Staging and Props

Set aside at least an hour in a warm private room. Turn the phone off. Empty your mind of things you need to do and gather the following props.

Mirror: Your vulva show will require a make-up mirror that stands alone with at least an 8 inch mirror surface. Use the regular side first. Later on you can flip it over and use the magnifying side for a detailed close-up.

Spot Light: A gooseneck desk lamp is best or another light source that can be aimed between your legs. Good lighting is essential.

Massage Oil: I recommend unscented and sugar-free massage oil. Or a cold pressed oil such as sesame, avocado, canola etc. Avoid face creams and lotions.

A Towel: Since you will be using oil, it's a good idea to sit on a towel.

The Curtain Opens

You are center stage exploring the form and function of your divine vulva sitting on a towel leaning against a pillow supported by the wall or a couch. Adjust the mirror between your legs so you have a good view of your entire genital area. As you turn on the bright light, take a deep breath and smile as you begin to oil your vulva. Allow yourself to be caught up in the moment of appreciation for the beauty and design of your sex organ. Bask in a profound sense of wonder acknowledging the source of birth and sexual pleasure. The simple process of viewing and admiring your genitals will transform your sexlife, first with yourself and then your partner. Imagine going through life without a visual image of your face or body. Well, this is no different than going through a sexlife without an image of your sex organ. Drum roll please!

Vulva Mirror Exploration

Outer and Inner Lips: Some outer lips are full like little pillows while others are nearly flat. Open the outer lips (labia) covered with pubic hair to explore your vulva's internal design called "the vestibule." Inside your inner lips lies your urethra and vaginal entrance. Some inner lips are like petals that extend well beyond the outer lips. Others are quite small. Many women have concerns over dangling and uneven inner lips, skin tags, coloration or texture of their labia. Put to rest all your imaginary deformities and claim your vulva pride!

Locating Your Clitoris: Open your outer lips. The shaft of the clitoris begins just below your pubic hair. The clitoral shaft can be fat or thin, short ($\frac{1}{2}$ inch) or long (1 and $\frac{1}{2}$). At the end of the shaft is the clitoral glans covered with a hood that is analogous to a man's foreskin. Pull the clitoral hood back and expose the glans that will appear as a small seed pearl or a slightly larger jewel. Size is not an issue here. Small or large, your clitoris still has 8,000 nerve endings dedicated solely to your sexual pleasure. The glans is just the tip of your clitoral iceberg. The clitoral legs, bulbs and urethral sponge rest deep inside your body and it's all erectile tissue.

Urethral and Vaginal Opening: See if you can locate your urethra within the recessed area called the vestibule. Gently explore the area until you find a tiny opening. Next, locate the entrance to your vagina. It's not a hole but rather a cluster of small folds that will part when entered by your finger.

Touching Your Clitoris: Adding more massage oil, touch the tip of your clitoral glans. Some are extremely sensitive and others are waiting to be awakened. Vary the pressure and stay a few moments. Try two fingers on either side of the shaft moving up and down just to enjoy the pleasant sensation. Next put a finger on the right side of your clitoris and make circular motions. Try the other side. Now using all four fingers, circle the entire clitoral area. Go faster and then slower. No expectations please! Simply enjoy the sensations and repeat the ones that feel best. Spend at least 5 minutes doing this.

Vulva Style: Arrange your genital flower in a manner you find pleasing. Work your fingers out to the very edge of your outer lips in order to expose the entire form. Make analogies to shapes in nature like a flower or a shell or a piece of fruit like a fig or a peach. See architectural styles like Renaissance for the elaborate drapery of long inner lips, or the fluted lines of Art Deco or the simplicity of Danish Modern with no frills. Pretend you are posing for a pussy portrait as you try out different looks. Later on actually take a photo. Refer to page 111 in *Sex for One* to see my drawings of the various shapes and designs of fifteen different vulvas.

Exercise: Vulva Massage

1. Cover the palms of your hands with oil and begin to massage your vulva.
2. Take long strokes with both hands while observing yourself in the mirror.
3. Enjoy the pleasurable sensations as you press, knead and stroke your vulva.
 4. Move your hands softly and then more firmly.
 5. Stay with this until you feel a degree of comfort. Maybe even pleasure.
6. As you watch your reflection, imagine selling the movie rights to your Vulva Show.
 7. Rejoice! You now have a tactile and visual image of your sex organ.
 8. Repeat your vulva massage in the mirror at least once a month.

Naming Your Vulva: What do you want to call your sex organ? Vulva, Clitoris, Pussy, Cunt, or a more personal nickname? The most commonly used term, "vagina," is incorrect. The vagina is the birth canal and leaves out the clitoris which is the center of women's sexual pleasure and orgasm. Notice how the word "vagina" is totally acceptable, but "clitoris" is often censored. This limits the image of partnersex to a penis inside a vagina. Some women use the names of goddesses. Since my mother named me Betty Ann I call my vulva, "Clitty Ann." One friend calls her vulva "Sweetie Pie: and another refers to hers as "Madam."

Vulva Grooming: There are many styles for pubic hair from au-natural to elaborate designs. Shaving, waxing, trimming, shaping and coloring your pubes can be part of your vulva grooming. The Bikini Wax cleans up the sides. The Brazilian leaves a bit of hair at the top while the rest is nude. Or you can go completely nude. You can shape your pubic hair into a diamond or a heart. Some women get genital jewelry, rings pierced in the inner lips or on top of the hood to celebrate Pussy Power. Pubic hair can also be bleached blond or turned a bright punky color. It's all in good fun so make your own pubic fashion statement.

Reclaiming Your Vulva: Many women believe that their dangling inner lips are ugly or that they've been stretched from childhood masturbation. Feeling genitally deformed is a serious handicap to enjoying partnersex. We feel ashamed and avoid receiving oralsex. Now that you have removed the fig leaf of sexual repression, you can begin to appreciate the beauty, form and function of your divine vulva. Check out my Genital Art Gallery at www.bettydodson.com. Women and men send photos of their genitals with an essay that describes the relationship they are currently having with their sex organ. To celebrate reclaiming your vulva, send a photograph and a short essay anonymously to my inspirational Genital Art Gallery.

Exercise: Mirror, Mirror on the Floor Clitty's the One I Adore!

1. Was any part of the vulva exploration uncomfortable?
 2. Which architectural style or flower are you?
 3. Say something positive about your vulva.
 4. Promise you will never abandon Her again.
 5. Make a date with Her for a selfloving session.
 6. Wash your vulva lovingly with tender care.
 7. Hug Her every night before you go to sleep.
 8. Trim and shape your public hair.
 9. Have a friend or lover take a photograph of your vulva.
 10. Take several poses; natural, outer and inner lips parted and clitty exposed.
 11. Turn the photo into a valentine for a lover.
 12. Wear a photo of your vulva in a locket around your neck.
- Start with #1 through #7. The rest do at your own pace.

The PC Muscle

Many women today understand the importance of doing Kegel exercises to restore vaginal muscles after giving birth. A strong PC muscle can also shorten delivery time. PC is short for pubococcygeus, which is also referred to as the pelvic floor or vaginal muscle. A toned PC muscle insures overall genital health, bladder control, helps to regulate bowels and increases pleasure with orgasms.

Locating the PC Muscle: Take a deep breath and consciously relax your vagina. Take another deep breath and relax the entire pelvic floor. Now focus on the muscle that stops the flow of urine. Squeeze and release it. Do not bear down. Lift up and release, lift and release. You will feel the contractions in your clitoris, vagina and anus. Next oil your middle finger and very slowly press your finger inside your vagina. Squeeze the muscle again. You will feel the vaginal barrel gripping your finger softly or firmly depending on the strength of the muscle. Bring you finger out and observe your vaginal secretions. Remember, we all have mucous inside our vaginas that changes according to diet and where we are in our menstrual cycle. Now bring your finger up to your nose. Inhale your scent. This is no different than checking your breath or sniffing an armpit. A vaginal scent and taste test will allow you to feel more secure during partnersex, especially when it comes to receiving oral sex.

Exercise: PC Muscle or Kegels

1. Look in the mirror as you lift up to tighten your PC muscle.
 2. Watch your entire genital area move when you contract the PC muscle.
 3. Insert a finger into your vagina. Contract and feel the muscle tighten.
 4. Consciously use your PC muscle during masturbation.
 5. Circle your finger inside your vaginal barrel and withdraw it slowly.
 6. Observe the amount and texture of your vaginal secretion.
 7. Now inhale your scent – (No one is looking – do it!).
 8. Taste your vaginal juices. (Don't be afraid – do it!).
 9. Repeat the taste and scent check for one entire menstrual cycle.
 10. Do your PC repetitions every night in bed for a month.
 11. Do your PC repetitions while watching television.
- Start with #1 through #5. Do the rest at your own pace.

Betty's Vaginal Barbell: I designed this vaginal exerciser to double as an excellent pleasure device. Once inserted it offers resistance while you work the PC muscle against it. Made of highly polished stainless steel, the 6 ¾ inch bar has a ball on either end, one smaller than the other. It weighs nearly a pound and will stay in place once inside your vagina. You can do your PC repetitions with or without the Barbell, however using it will produce results more quickly.

Using the Barbell with the PC Muscle: Oil the Barbell and place the larger ball at the vaginal opening. Before penetrating, relax the vaginal muscle and take a deep breath. With the Barbell resting at the vaginal opening, squeeze and release the PC muscle on the ball. Observe the sensation. If you're doing penetration for the first time or it feels uncomfortable due to menopause, use the smaller ball. As you enter your vagina slowly, an inch at a time, pause to squeeze and release the muscle. Before going deeper, take another breath and relax your vagina. Imagine your vaginal muscle is sucking the Barbell inside. Once the Barbell is fully inserted, you can let go. If you used the smaller ball, you'll need to support the other end. Hold a mirror so you can see how much the Barbell moves as you squeeze and release it. With practice, your vagina will become a strong muscle instead of an unexplored passive space. Use your PC muscle during masturbation to enhance your orgasms.

Massage Oil: Any food grade oil is better than relying totally on your own vaginal lubrication. My favorite is an unscented massage oil that's available on my website. Many women take pride in believing their vaginal juices are sufficient; a man gets hard and a woman gets wet, right? Wrong. Just as a man needs blood pumped into his penis to get erect, we need blood going into our clitoris to be aroused. This often requires direct clitoral stimulation. Using your vaginal juices or saliva for clitoral stimulation has limitations because either one can be thin and dry out too quickly. Although you feel wet, do yourself a favor and use a food grade soy or coconut oil or a scent free massage oil for all kinds of genital touching including vaginal and anal penetration with your fingers, Barbell or dildos.

Water based Lubrications: If you are using condoms for partnersex then you must use some kind of water based lube. Oil will eventually break down the latex in condoms. There are many water based lubes available. One of the better ones is Liquid Silk. Please don't make the mistake of using a water based lube for genital or body massage and masturbation. Over time they become sticky even after you have added more. A good massage oil is far more sensual.

Three to Get Ready

Choosing a vibrator: There is nothing wrong with using your fingers. But I promise you, a vibrator will make your self-loving session last longer and allow you to go deeper into the experience if used correctly. Vibrators come in all sizes and colors and they are either battery-operated or electric plug-ins. Ideally you would invest in several for sexual variety. A good small battery vibrator is the Water Dancer. It's not much bigger than a lipstick and travels easily. Of the wand type electric vibrators, I like the Magic Wand. The Acuvibe is also excellent and it's rechargeable which means it can be used without a cord. The Passionette oscillates back and forth gently which makes it less intense, nearly silent and much smaller than the wands. The gun shaped vibrators have a coil that vibrates at a faster speed unlike the wands that have a motor. You can visit my sex shop at bettydodson.com to order my favorite vibrators, the Barbell, other sex toys, books and videos.

Choosing a dildo: I recommend my Barbell as a beginning dildo. Later on might want to collect several dildos of varying sizes for your different sexual moods. Or you can make a veggie dildo. Wash a large carrot or zucchini. With a zucchini leave a little peel on one end to serve as your handle. Using a vegetable peeler, carve it down gradually trying it on for size from small to large, thin to thick until you've found Mr. Right. Some women have carved dildos out of pillar candles.

Sexual Desire: Don't wait until you feel the desire to practice masturbation skills. You'll be in the mood after you spend a few minutes stimulating your clitoris. Treat sexual pleasures the same as exercising or going to your health club. Just do it.

Sexual Arousal: Sexual excitement does not go in a straight line to orgasm. You will be coming up nicely when suddenly the pleasurable sensation will drift. Nothing is wrong. You just need to change your rhythm or clitoral stimulation until you catch the next wave of pleasure.

Focusing your mind: You can pay attention to what you are feeling in your body, listen to your breathing or chose some music with a good beat and follow the rhythm. Your mind will naturally wander off. Each time bring it back to your body and pleasurable sensations. Instead of running the grocery list, think of something sexual that you enjoyed and embellish on the details. More about fantasy later.

Four to Go

Read through this next section at least twice before doing it. The five basic body elements for orgasm are: 1. Breathing, 2. Pelvic rocking, 3. Vaginal penetration, 4. PC muscle contractions and 5. Clitoral stimulation. Coordinating all five elements will seem a bit complex at first, but similar to mastering a new dance step, it will become automatic when your body learns the moves. At that point you can forget all of these techniques and individualize the process to make it your own.

Props: Have your vibrator(s), the Barbell and massage oil. I'll be referring to the Barbell throughout this section but you can also use a veggie dildo carved down to the size of a fat finger. A large dildo leaves no room for the vaginal muscle to contract. It's nice to have soft lighting or candles and music of your choice. You might want to have a glass of water handy. Choose a soft fabric or washcloth and a towel to lie on. Get a clock so you can time the exercises the first few times you do them.

Staging: Lie down on your back with your legs bent, knees up, and your feet flat on the bed or floor. Make sure you are completely comfortable. Make adjustments with the pillows or by shifting your position. Take a few deep breaths and let go of any remaining tension before the curtain goes up.

Breathing: Place your hands on your stomach and allow it to go soft. Love your belly. Take a series of deep breaths. Most women hold their breath during sexual excitement so be sure to breathe! Getting oxygen into the blood stream is essential for clitoral engorgement, so inhale through your nose and exhale through your mouth. If your nose is stopped up, breathe through your mouth. Practice letting out sounds of pleasure on the exhale starting with an audible sigh. When you get closer to orgasm, mouth breathing is best. Take 2 minutes to breathe.

Pelvic Rocking: Gentle rocking to strong pelvic thrusting motions are part of the primal sexual dance. Begin with soft movements that are perpetual motion. When things heat up and you're getting more excited, the movement will naturally become more dramatic. Avoid tensing up and holding your body rigid. Move your pelvis like Elvis. Roll your hips. Loosen up. Stretch. Smile. As your hips rock forward and back the muscles in your body flex and release similar to an athlete in motion. Spend at least 2 minutes moving to the music of your choice.

Slow Penetration: Oil the Vaginal Barbell (or veggie dildo) before penetrating your vagina. Rest the ball at the vaginal opening. Using your breathe, squeeze and release the PC muscle as you penetrate slowly an inch at a time. Observe the different sensations. See your vagina as a strong muscle gradually sucking the Barbell inside. Once you have full penetration, release the Barbell and leave it in place. Do a couple of repetitions of ten by squeezing your PC muscle rhythmically. Later on you can move the Barbell in and out. Angle it up toward the ceiling of your vagina and press firmly. Or gently press it against the cervix. If you discover that penetration is painful or a distraction, leave it for now. Spend 2 or 3 minutes doing slow penetration.

Coordinating Breathe, Pelvic Movements and the PC Muscle: As your pelvis moves forward, exhale and squeeze the PC. Drop back on the inhale relaxing the PC muscle. Repeat this while breathing out loud. If reversing it feels better, do it. There is no one "right" way as long as you breathe, rock and squeeze. At first this seems complicated like learning to drive a car. But the moves will soon become automatic. As you reach higher levels of sexual arousal your breathing will be similar to walking briskly or jogging. Let your jaw drop and have your mouth slightly open. Allow sound to come out on the exhale. Spend 3 minutes or as long as it takes to coordinate breathing, pelvic rocking and PC muscle contracting.

Clitoral Stimulation: The idea is to start with gentle clitoral contact and slowly build up to more intense sensations. With or without the Barbell resting inside your vagina, start with your oiled fingers. Release any expectations of what you "should" feel. Just observe what is happening without passing judgment. When you desire more clitoral sensation, add your vibrator. Ideally you could experiment with several kinds of vibrators before choosing your favorite. In a private session, my client starts with her finger, than goes to a battery vibrator, next she uses the Passionette and finally the Magic Wand. With the switch on low, place the Magic Wand on top of a folded washcloth. As you vibrate remove a layer at a time. Take up to thirty minutes or longer. Some clients have spent two hours or more masturbating.

Orgasm: Let go of all expectations of what you think an orgasm "should" be like. Pay attention to the feelings happening in your body. *Release any pressure to have an orgasm.* Wanting it to happen or wondering if it's about to happen will derail your orgasm. It's perfectly okay if you don't have an orgasm the first few times out. Learning to masturbate to orgasm can happen quickly or take up to several months. Patience and practice will eventually produce positive results.

Exercise: The Grand Finale

1. Spend several moments breathing deeply.
2. Continue breathing as you rock your pelvis rhythmically.
3. Oil the Barbell and rest the larger ball just at the opening of your vagina.
3. Start pumping your PC muscle as you slowly suck the Barbell inside.
4. Oil your fingers and add clitoral stimulation with pelvic rocking.
5. After a few minutes add a battery-operated vibrator.
6. When the good sensation diminishes, go to an electric vibrator.
7. If you use the Passionette add more massage oil frequently.
7. If you use the Magic Wand put it on top of a folded washcloth.
9. Gradually remove the layers to increase sexual pleasure.
10. End with one layer or use the Magic Wand directly.
11. Don't think about orgasm. Focus on your body's sensations.
12. When a good feeling drifts, look for the next wave of pleasure.
13. As the feelings get more intense keep breathing.
14. If you feel a burning sensation, back off your clitoris for a moment.
15. Stop when your body gets tired.

If you didn't have an orgasm on your first try, it's not a problem. Give yourself some time to awaken your sleeping clitoris. Simply repeat the entire process until you do succeed. Don't give up! Enjoy the good feelings with or without an orgasm. Make a commitment to practice masturbation at least once a week.

Encore: Take a Bow!

Multiple or Serial Orgasms: There's more to come! Right after your first orgasm, instead of stopping, lighten up and continue vibrating, moving and breathing. Within a few moments your clitoral hypersensitivity will pass. Enjoy the contractions and lively aftershocks of pleasure. Or go on and have a second or third orgasm. This is your chance to deepen the experience of sexual pleasure. Stay with it and keep going. Just remember that each orgasm will have some kind of build-up. They do not happen one after another automatically. That's why calling them serial orgasms makes more sense than multiple orgasms. If you are happy with one orgasm that's fine. Or if you prefer having 5 or 6 that's fine too. Be your own Cheerleader and allow yourself to wallow in excesses of joyful orgasmic sensations.

The Critics' Rave Reviews

Your Self-sexuality Play has become a successful long running production! Confusion about orgasm is a thing of the past. You feel confident and informed when it comes to sexual pleasure. You know that using a vibrator with skill makes getting there as good as having the orgasm itself. You continue to deepen the experience of pleasure by vibrating after you've had your first orgasm. You know how to sustain the aftershocks of pleasure with delicious contractions and shivers. Instead of imitating the average man's sexual response with a rapid ascent to climax, you know that a woman's response can go on and on until she's physically exhausted. You now have many choices when it comes to expressing your sexuality. Life is good.

Taking Your Show on the Road

Partnersex: Now that you have mastered sex for one you can share your new sexual self-knowledge with a lover. Your intimate relationship with your vulva has given oralsex a new dimension of pleasure. You no longer worry about how you look, smell or taste. When it comes to intercourse, you or your partner can add your preferred kind of clitoral stimulation with fingers or a vibrator of your choice. You can take charge of your own clitoral stimulation leaving your partner free to concentrate on penetration skills to maximize your mutual pleasures.

Partnersex Positions for direct clitoral stimulation: My latest book, *Orgasms for Two* has a lot of information on how to include different forms of clitoral stimulation during partnersex. It also includes my drawings that show positions for using fingers, the small battery vibrator or the electric vibrator. The wand vibrators pose a bit of a problem due to their size and long handles. A small battery vibrator or the Passionette are both small and easier to use with a partner. The best approach is to be creative and experiment with man on top, woman on top, several side positions and my personal favorite, doggie style in the knee/chest position.

Taking Control of Your Own Clitoral Stimulation: If you are partnered with a man who is threatened by your vibrator, you can diffuse his fear by using the vibrator on him for massage. Let him know he doesn't have to worry about you falling in love with a machine. After all, the vibrator can't show affection, take you out to dinner or help pay the bills. If your partner insists upon doing your clitoris, gently tell him that you'd like to do your own clitoris.

That way he can pay attention to his own pleasure during penetration. Explain that his working so hard to give you an orgasm puts pressure on you to perform instead of enjoying what you're feeling.

Women's Experiences with Orgasm: Holding a fixed image of what an orgasm SHOULD be like will cause you to miss the sexual sensations taking place in your body. If you deny the existence of small orgasms, you will be unable to increase their intensity. I have seen a client's body go through the autonomic orgasm reflex and insist that nothing happened. One woman was convinced she'd never had an orgasm because she didn't fall asleep afterward like her husband did. She had no idea that many women feel energized after enjoying an orgasm. Do not compare your sexual response to that of men and expect to climb steadily to a climax in 5 or 10 minutes. Most of us need to take thirty minutes to an hour to experience sexual satisfaction. One common complaint for many women is getting right in front of an orgasm and not being able to go over the edge. *There is no edge.* The solution is to keep going. Don't stop. Continue to look for what feels good. In many cases, a client was able to orgasm because I kept her vibrating long after she wanted to stop.

Common Misuse of the Magic Wand: The biggest problem is rushing the process by putting the electric vibrator directly on your clitoris without any warm up. It's the very same thing we object to in a partner. Layering a washcloth will allow you to build up pleasure sensations gradually. Another problem is bearing down with the vibrator to increase sensations. A more affective approach would be to slow down, focus on your breathing and work your PC muscle.

Dildo Use: Adding vaginal penetration will often intensify sexual sensations with clitoral stimulation. Especially when you are using the PC muscle to squeeze the dildo as it's pulled out and to completely relax the muscle as it moves back inside your vagina. Owning different sized dildos made from wood, steel, glass, or silicone is fun and adds variety to your sexlife. After the first orgasm when you are still turned on, you might like the sensation of a larger dildo filling your vagina completely.

The G-Spot and Female Ejaculation: This sexual response has confused many women. There is no "spot" inside the vagina that will produce an orgasm. Pressing up into the ceiling of the vagina pushes against the floor of the urinary tract. A spongy erectile tissue surrounding the urinary tract protects it from friction during intercourse. Inside this sponge is a cluster of small prostate-like glands. Through strong finger or dildo pressure on the vaginal

ceiling, some women expel fluid with or without having an orgasm. A small percentage of women can orgasm and ejaculate from vigorous vaginal thrusting with a finger, dildo or penis. Most ejaculating women want clitoral stimulation at the same time. Women who prefer a combination of clitoral stimulation and vaginal penetration without ejaculating are in the majority.

Some people adore the idea of a woman “ejaculating” because they believe it’s proof she’s come really big. There are now many X-rated videos that feature wet gushing orgasms that may or may not be authentic. If you naturally emit fluid during orgasm, relax and enjoy it. There is nothing wrong with you. If you want to learn how to female ejaculate, there are books and videos to instruct you. If you want to stop leaving a wet spot, do not bear down with your PC muscle and do your Kegels.

Developing Sexual Fantasies: Fanaticizing is at the heart of the creative process. Thinking about something sexual is one of the best ways to focus your mind on sex. A hot fantasy will enhance your sexual build-up. Create a fantasy repertoire by mining hot memories from your past. Get inspired by reading erotic books or watching X-rated videos. Whether you enjoy Romance novels or raunchy porn, it doesn’t matter. It’s your mind so get rid of the moral censors. Don’t hesitate to bring out a rape scene, an elaborate bondage scenario or your favorite football team for a fantasy gang bang. Embrace whatever turns you on or gets you hot.

Sounds of Sexual Pleasure: The range of women’s sexual sounds vary from total silence to screaming ala some X-rated videos. If you are a screamer, you could be blocking the flow of blood in your throat. Try bringing the sound down toward your belly by making ape-like sounds. If you are the silent type, practice letting out sound when you exhale. This also helps to release your jaw muscle and keep it from locking into a determined clamp that can inhibit breathing. Practice saying a few words to encourage yourself, and later, to guide a lover. Listen to yourself breathing. You’ll have no idea what you sound like when you are actually having an orgasm. It’s fun to use a tape recorder during a few masturbation sessions and play it back.

Choosing a Physical Workout: Given all the different forms of exercise, choosing one will depend upon your age and physical health. The most basic exercise is walking or “power walking.” Also using the stairs and breathing deeply is great. Sports like tennis, golf, bicycle riding and swimming provide exercise that’s also pleasurable. Young healthy bodies will enjoy jogging or aerobics with fast repetitions. There is a variety of workouts available in

classes, health clubs, and on videos including aerobics, weight training, Piladies, Yoga, and Tai Chi. Caring for a home and raising a child is also a physical workout especially when it's done with a degree of consciousness. Put signs around the house that say, "Breathe Deeply."

Sexual Health for Postmenopausal Women: Although the medical establishment and pharmaceutical companies have turned menopause into an illness that must be treated, it's a natural transition we all go through. Most women's passage through menopause is quite easy. Others experience discomfort with hot flashes and night sweats that will eventually pass. Some women achieve relief after taking the herb black cohosh twice a day for a month. The thinning of the vaginal lining also occurs naturally as hormone levels drop after menopause. Even using some kind of additional lubrication, vaginal penetration with a finger, dildo or penis causes discomfort or pain. That's when we usually see our doctors and most of them prescribe synthetic hormones.

We now know that the pharmaceutical companies have promoted synthetic hormones under false claims. They do not prevent heart attacks or osteoporosis and there is the risk of serious side effects. Synthetic hormones are branded, patented and marketed as unique creations by modifying the molecular structure. Unlike branded drugs, bio-identical hormones cannot be patented. They are made from the soy bean plant and have the same molecular structure naturally occurring in our bodies making them more easily absorbed. Vaginal applications of plant based estrogen are effective and considered safe because little of the hormone is absorbed into the bloodstream. They require a doctor's prescription and are sold through compounding pharmacies like The Women's International Pharmacy, 800-279-5708. Take control of your hormone therapy by gathering information, talking with your women friends and working in partnership with your health care provider. One book I recommend reading is *The Truth About Hormone Replacement* available from womenshealthnetwork.org.

Each decade brings about sexual changes for us all. While the stimulation and intensity of orgasm varies over a lifetime, our sex lives do not have to end as we grow older unless we chose to stop. That's a personal choice each of us makes. As long as we stay in touch with our primary sex organ, the clitoris, enjoying sexual pleasure and orgasm continues. Sex is the life force and it's with us to the very end. My Sex Coaching has helped countless women to more fully enjoy their sexuality. Now that you've mastered the basic skills in this Handbook and developed your own unique style of orgasm, share the good news with one of your close friends. Orgasmic women unite!

How to Have an Orgasm

by Claire Cavanah

Science tells us that orgasms are the involuntary muscle spasms that come with the release of sexual tension. This stark definition does not even hint at the variety of orgasmic experiences available to the willing pleasure seeker. With a little persistence and a lot of openness, each of us can tap into our own orgasmic potential.

Orgasms range in intensity from a sweet ripple of pleasure around the genitals to a roaring, curling wave of energy through the entire body. Every orgasm is a duet of tension and relaxation: a combination of striving and letting go, of making it happen and letting happen.

Many women have trouble achieving orgasm, or are unsure whether they have orgasms. If you have never had an orgasm, or want to experience stronger orgasms, here are a few suggestions to get you started.

1. *Get to know your genitals!* Looking at and developing an appreciation of one's own pussy can help liberate us from sexual shame. To identify an orgasm, get to know those muscles! Flex your PC muscles by pretending to stop the flow of urine. You are tightening and releasing the same muscles that involuntarily contract and release when you come.
2. *Prioritize your own self-pleasure.* Set aside time to masturbate on a regular basis. No one can do this for you! Masturbating teaches us how we like to be touched and what gets our juices flowing, whether it leads to orgasm or not. Practicing getting aroused is the surest way to learn techniques that can help break new sexual ground, both alone and with a partner. Masturbating builds sexual confidence.
3. *Relax.* Overall relaxation helps in the beginning--you are looking to build up sexual tension, so set aside the tensions of daily life. Banish thoughts about the dishes in the sink or how your mutual funds tanked last year. Take a warm bath, or do whatever you need to do to feel completely at ease. This will help you be present in your body and attentive to its responses.
4. *Try masturbating at different times of the day.* If you try coming only at night, after a long, stressful day and two stiff drinks, you are less likely to get to know the nuances of your desires.
5. *Get turned on!* Explore your erotic mind by reading sexy fiction, watching explicit movies or writing a fantasy of your own. Ask yourself, "What makes me wet?" Revel and indulge in the answer.
6. *Experiment.* Try rubbing your clit using different motions: stop and start, left and right, around the clock. Pay attention to what feels good and do more of that.
7. *Breathe.* Take deep breaths so you can move the sexual energy throughout your body. You can also help further your arousal by breathing deeply, rather than holding your breath as you get closer to coming.
8. *Add a vibrator.* Sometimes a vibrator can carry on where a tired hand or tongue cannot. The steady buzz of a good vibrator on or around the clitoris can solve one common problem--insufficient clitoral stimulation. The Hitachi Magic Wand and Waterdancer Vibe are two top recommendations.