

HOW TO HAVE A NO-HANDS ORGASM pdf

1: how do you get a orgasm without using your hands? | Yahoo Answers

Well, the good news is that the hands-free orgasm isn't just a 'knack' that some people have and others don't - like rolling your tongue or being double-jointed. It also doesn't have to be a product of hypnosis or sheer force of will.

This time i was wearing a condom in readiness , i collected perhaps an egg cup full which i drank down with relish. Now , this IS the trick , i placed my vibrator on the wax plug and kept it in position while my sphincter was doing its damndest to expel the plug , i kept this up until orgasm was complete and another taste of my own juice , this time twice as much , literally a mouthfull. It has taken me 30 years but well WELL worth it. It takes a lot of action for me to orgasm. I need to be worn down so I am overpowered, at that point I can have an orgasm. Anal orgasms have been the most powerful, I cum without touching myself At one point, whilst sat on the plate, just the right position directed the vibration through my arse, perineum, lower abdomen and slightly into my penis. I had been fucking myself with a cucumber for at least an hour and my arm was tired, so I lay on my side and kind of curl up a little, thrusting my ass on to the cucumber while holding it still with my hand, in and out, in and out thrusting my hips and butt back to receive my imaginary lover , then I feel it, it builds ever so slowly and I keep fucking, till I explode stream after stream, like the cucumber was pumping it out of me, I was overjoyed as I had already given up cumming from my ass long before. I insert that large end and when I find prostate, I sit up a little on the bed. Then I just wiggle it back and forth on my prostate until I cum. It started with exploring enemas, which led to some prostate stimulation - something I had ignored for many years. After reading about the great fun so many Zity members were having, I began to put more focus on prostate stimulation and even bought a nice plug designed for the purpose. I think I was over doing it at first, as the pleasurable sensations were offset somewhat by the discomfort factor - but I soon figured out how much pressure and motion created better results. What I am finding now is that my prostate is more responsive to and easier to stimulate. Last night before falling asleep I was able to get some very pleasurable results just laying on my side, bending one leg slightly higher than the other, and alternating between squeezing my thighs and whatever they call that butt clenching exercise. I was producing some moderate nectar completely hands free - other using a finger to collect the resulting beads of precum I was producing. I will definitely be adding a box of Kleenex to my night stand in the hopes of being able to duplicate this feat. That results in a huge orgasm since my prostate has been so worked up and primed. To actually go all the way to a full orgasm without touching my dick, would take some time. I am not sure if I could be successful. I most definitely can milk my prostate which feels amazing since I can do it and not cum. And finally, I am not sure if a pure prostate orgasm without penile stimulation would be as powerful for me as one where I combine prostate and penis stimulation. The two together result in such pleasure. Orgasm in surround sound! But there may be a rainy day where I will give it a try just to experience it at least once. I use a fucking machine almost level to the bed. I lay on my back with legs up as im being fucked by my machine i speed up slowly to about spm. I squeeze just below the head of my cock and hold it until i feel the orgasm coming. Its totally different feeling than a normal orgasm. I squeeze my ass just hard enough for the feeling to build to orgasm. Dildo size is key. For along time i used a larger dildo and pushed out while being fucked by my machine Dont compare to the real deal. A smaller 8 in long by 1. Ounce i figured it out it got easier and easier. Four full cum hands free orgasms before i gave my asshole a break. Regular orgasms are such a let down. Added benifit is you cum but you can go multiples. As many times as your butthole and prostate can take. I used to be confused about weather i was having anal prostate orgasms or just enhanced regular orgasms Assgasms are mindblowing and there is no way to confuse the two I have read that the goal in finding the correct dildo diameter is for it to be wide enough to provide a good amount of stimulation through stretching, but also for it to be narrow enough to allow the anal muscles more room to repeatedly contract to a greater degree during the orgasm. An inch and a half diameter, as you have come to prefer, sounds about right. Despite that, I keep trying. I come fantastically from stimulation such as this-quite intense! Can change the angle and depth easily, bear down more or less, lots of easily manipulated variables. Kind of a workout for the hand and wrist after a while but pretty reliable at least for me Anyone else try this sort of thing. Love all the ideas, keep them cuming. Proly

the best for me is on my back, legs up, and with rapid short strokes. For videos of me and my solo play sessions, visit here: I squat onto the dildo and take it slowly into my ass. Then I ride it the faster i go the larger my erection gets. I also squeeze my anus the faster I ride it this make my penis tingle and I feel like cumming. I keep riding it until I finally cum it feels amazing. Are there any toys you are fond of? I am curious and looking for a current partner. First the enema was administered on a massage table in the typical lying on my side with one knee bent to my chest. After taking 2 quarts and expelling it, I once again lay on the table but this time she had me move all the way to the bottom so my legs were hanging off the end and my penis was accessible. She positioned herself between them and gently went to work on me. First she spread a little lube and then she slowly worked her finger around then into my anus. She did this for quite a while slowly entering and withdrawing until she had two fingers deep in my rectum. Then she slowly starting to massage my prostate and the feeling was incredible. With her other hand she massaged my testicles, rolling them gently in her palm. After about 30 minutes of having my prostate massaged, I could take no more and had the most wonderful hands free orgasm in my life. I think I came buckets from that and the sensations were overwhelming. All in all one of the most memorable anal experiences I have ever had.

2: Gay No Hands Orgasm Porn Videos & Sex Movies | www.enganchecubano.com

If that is true and woman have the better orgasm of the sexes, then a hand free orgasm for a woman, must really be great. The only down side to this (guys) is the mess. Because it's hands free, your hands are not needed, and there for, not at the ready to catch said mess.

Click here to get it. Many of us get locked into using the same old methods to orgasm, but most people can come in multiple ways. One exciting way women are getting off is without using their hands at all. While this tutorial video is quite distressing, it will teach you how to make your man scream with pleasure and become sexually addicted to you. Yes, hands free orgasms are possible for many women, and can even be done with no one the wiser. Learn how you can become orgasmic on your daily commute or while waiting in line at the grocery store with the following methods. True Hands Free Orgasms For the purists out there, an orgasm without hands means absolutely no physical stimulation, and this is quite a challenge. Thinking Yourself Off This might sound a little crazy, but some people are actually able to bring themselves to orgasm simply by thinking about it. The process involves getting comfortable and focusing on your breath as you fantasize. If you want to access them and give your man back-arching, toe-curling, screaming orgasms that will keep him sexually obsessed with you, then you can learn these secret sex techniques in my private and discreet newsletter. Note that these types of orgasms may not feel genitally-centered. If this is a little too hokey for you, you might prefer.. Sleep Orgasms Some women discover the ability to have an orgasm while they sleep quite by accident learn more about accidental orgasms. They wake up after an orgasm or ejaculating. This is quite normal with boys going through puberty, but women can do it, too! But if this is something new to you, you can try to kickstart it by encouraging sexy dreams. Discover how to have wild, arousing sex dreams. This is a type of sound track that combines two tones to create the illusion of a third tone. The tones have low frequencies, which create a type of vibration. Just listening to this type of sound can give men erections. Some people report a pause in sensation, after which they are surprised with an orgasm. Like thinking off, the orgasms that result from binaural beats are often less genital-centered. You can find various samples of binaural beats on Youtube, and sites that offer ASMR audio often provide orgasm tracks, too. Your mileage will vary, of course. Erotic Hypnosis If you believe in hypnosis, then you might want to consider another use for it: Hypnosis generally requires a practitioner who will put you under and lead you to your goal. You can search for someone who is a reputable hypnotist who specializes in erotic hypnosis. However, thanks to technology, you can also find erotic hypnosis videos on Youtube to lead you to a hands free orgasm. Erotic Meditation Regular meditation leaves you feeling more relaxed and focused while erotic meditation may give you an orgasm without hands! Check it out here to learn how. Otherwise, you can follow along to an erotic meditation CD or video. This media presents to you an erotic idea, such as a sexy beach. As arousal increases, you may find yourself having an intense orgasm. Most of them require you to be open to suggestion and led through a thought process. Soft music or sounds are common. Voices help you to relax. For you, a different method of orgasm without hands might be best. It can be a fun challenge to try out these methods for orgasms without hands if you typically use your hands. You might not orgasm at first, but you might also find that your body responds to more types of stimulation than you typically get. Many stumble across it as girls during bath or shower time. The pressure from the water feels divine when running over your clitoris. A handheld shower head allows you to continue the tradition when you move away from baths. Masturbation has plenty of benefits, too. Find out what those benefits are. Panty Vibrators Although you need to use your hands to control most sex toys, panty vibrators are a specific type of toy designed to be worn and used hands-free. Some of them have a single button that you need to push before inserting them into your underwear or the panties that specifically come with the toy , but some come with remote controls. This means you can pass it off to your lover and let him take control of your stimulation. Wanna know what other sex toys are great for couples? Grinding Grinding against anything â€” a teddy bear, a pillow, the banister of a chair or even a bike seat â€” can feel pretty good. In fact, this is one reason why dry humping is so awesome. More on that here. Clenching and relaxing your thigh muscles gets blood pumping to the area and can stimulate your clitoris, too. Another

option is to contract and relax your PC muscles, the same muscles used to cut off your flow of pee, to bring pleasure and orgasms. Flexing these muscles is actually a type of exercise â€” Kegel exercise â€” and it can make them stronger to help with incontinence issues. Learn more about kegel exercises. There are even toys which rely on the power of pressure to turn on, so the tighter you squeeze, the more intense the sensation will be. There are some limitations to this method, however. You may not necessarily get the pressure or motion that you need to get off. Prefer the traditional method with your hands? Learn how to use a vibrator for intense orgasms in this post. A Few Parting Thoughts Switching things up in the bedroom is great. In fact, variety is the spice of life and might even be necessary when it comes to having a satisfying sex life in a long-term relationship. However, focusing on orgasm as your ultimate goal might actually make it harder to orgasm. Are you having a hard time with your orgasm? Find out 15 reasons you might not be able to orgasm. His fingers might be able to better reach your G-spot than your own psst you can learn how to finger your G-spot here , and he might have the magic touch when it comes to clitoral stimulation. Men can enjoy them, too, and you and your man might get a kick out of exploring some of these methods together! Have your man read this post if he wants to learn to make you orgasm. Try something new and have fun. Blow Job Tutorial Video I put together this in-depth, step-by-step instructional video that will teach you how to make your man sexually addicted to you and only you. It contains a number of oral sex techniques that will give your man full-body, shaking orgasms. You can watch it by clicking here.

3: HAVE YOU EVER HAD AN ORGASM WITHOUT USING EITHER HAND? | JackinWorld

Orgasms can be mysterious, mind-blowing, lengthy, elusive or “as we just learned” hands-free.. One man attended a “how to have a genderless orgasm” workshop in lieu of his art history class.

Share Tweet Pin It Did you know that you can achieve an earth-shattering hands-free orgasm using the power of your mind? Well, read on to find out how. Orgasms can be so many things: The term seems like an oxymoron, but a lot of people swear by it. What is a hands-free orgasm? A hands-free orgasm is a kind of erotic hypnosis, which uses guided meditation specifically created to relax the mind and turn on that pleasure-point, that switch, in your subconscious. As a result, you can orgasm with just your mind, without any touching at all. This is because we all know that sex is tactile and highly physical. However, HFO banks on the premise that sex also has a psychological element, and that you have to be in the mood for sex and have no distractions to reach the peak of pleasure. It operates in the same way as traditional hypnotherapy, in which you subject your mind to the power of suggestion by relaxing your thoughts and allowing them to focus on images suggested by the hypnosis. Simply put, HFO is meant to get you off just by stimulating your brain and your imagination, mimicking the psychological sensations of actually having sex, or at least masturbating. Accidental orgasms “ 7 awesome ways to make the accidental happen] How does hands-free orgasm work? With the help of guided meditation, you relax physically and mentally. Then, you empty out your mind from all the stress and pressures of life, leaving your mind empty and prepared for aural stimulations produced by the hypnosis. They are all characterized by one thing: Many men and women swear by being able to achieve a hands-free orgasm with simply the help of guided meditation and erotic hypnosis. Many get into it initially because it is a curious experience, so much more different than the passive, voyeuristic role you play in traditional pornography. If you are going to watch videos, you will find that there are many erotic hypnosis videos for every preference. These go from foot fetishes to anime porn to submissions and even to tentacle porn. How do you do it? Though there are many kinds of videos and approaches to erotic hypnotism that cause hands-free orgasms, they basically have the same idea and process, which we will tackle one by one below: Like with actual sex and other meditation practices, you have to find a quiet, comfortable, private spot where there are no distractions. This should allow you to focus on your erotic meditation and how your mind and body react to the stimulation. The 15 sexy benefits of masturbation] 2 Breathe deeply. Take deep, abdominal breaths to expand your belly and allow your lungs to expand as well, taking in more oxygen and energizing your blood flow. Inhale through your nose and imagine your lungs as a balloon. Fill them with oxygen as you inhale, letting your body wash you over with relaxation, and then breathe out your stresses. This will also help stimulate your blood flow to your crotch. It may help to do a few Kegel exercises as well in order to be in touch with your sexual center and slowly build passion. If you are watching a YouTube video or some other erotic hypnotism clip, let the words and imagery penetrate your subconscious. This is also the perfect time to think dirty thoughts and imagine yourself doing dirty deeds. How to talk dirty in bed and fantasize the right way] 4 Meditate. Summon all your hottest, raunchiest fantasies and let them bring you to heightened sexual pleasure. With enough practice, you can do this without any difficulty. As long as you keep your mind open and free from any distractions, you are more likely to receive the suggestions and the stimuli from erotic hypnosis videos or from your own meditations. The idea here is to put yourself in a trance-like state when your mind is open and can therefore translate or reflect this openness throughout your body, making you wholly open to the suggestions and sensations of the erotic hypnosis. Throughout the whole process, remember to keep your focus. One of the biggest problems many face, especially when they are new to meditation, is trying to focus without overthinking. So you have to try to think of one thought at a time and not allow other thoughts to come in and distract you. Direct your thoughts on what you are feeling, the sensations that are slowly building up, or whatever it is that you are feeling in the moment. Just concentrate on the pleasure. Once you have this down pat, you will find it easy to get off with just the power of your mind going in an erotic, hypnotic spiral. For anyone wanting to explore their sexuality, be in touch with their sexual center, or just simply try out a different kind of orgasm, then hands-free orgasm is definitely for you. It allows

HOW TO HAVE A NO-HANDS ORGASM pdf

you to relax and open yourself up to all the sexual possibilities as you let your mind control your body and bring you to greater carnal heightsâ€”all by yourself, and with no hands! The art of edging: While anyone can definitely try it out, it still takes a lot of practice to rein in your mind and let it direct your sexual core to the point of orgasm. The tips above can help you get started, so why not give yourself a little private time and try it out? Liked what you just read?

4: How to have a "no hands" orgasm | www.enganchecubano.com

Watch No Hands Orgasm porn videos for free, here on www.enganchecubano.com Discover the growing collection of high quality Most Relevant XXX movies and clips. No other sex tube is more popular and features more No Hands Orgasm scenes than Pornhub!

A lot of guys have masturbated or usually masturbate while lying face-down and rubbing against a pillow or mattress. Also, a lot of people male and female have discovered the pleasures of moving water from a hot-tub or Jacuzzi jet be careful! I crossed my legs and trapped my penis between them. Then I just gently moved one foot back and forth. That movement caused enough pressure that I had an orgasm I put it between my legs and just left it there but had to keep "tickling" Elmo. Although that got really annoying, it felt great. Your abdominal muscles get involved, so the orgasm is more intense. I would take a few pillows, set them on the floor, embrace them, and start rocking and bouncing and rubbing against them, imagining it was a girl. When the orgasm came, my muscles would be a little fatigued, and it just felt better. When you start ejaculating, it gets to be a bit of a hassle! While taking a bath, I would run the warm water full-blast. Then I would stick my erect penis under the water and keep it there. Boy, that felt good!. After a while my penis would start throbbing and become so sensitive I had to remove it from the water. I went into the shower, lay on my back, and turned the water so it was hitting my penis right below the head. In about 10 minutes I had an orgasm. I still use that method. I have achieved this totally only once but gotten very close four or five other times. I let my mind form its own erotic image and I focus on that image without moving. My body begins to develop waves of tingling sensations that increase slightly with each wave. My heart and breathing rate begins to race uncontrollably, along with a ringing and the pounding of my heart in my ear. This gradually subsides, although I remain highly excited! The funny part is I think she enjoys it as much as I do. It was supposed to feel like a real woman. When I lubricated my penis and popped the false hymen, entered the pocket, and turned on the vibrating nubs, it had me ejaculating for hours on end. After three days of non-stop usage I tore the thing up. I was moving back and forth, trying to simulate sexual intercourse, while hugging a pillow. It took a while I proceeded very slowly, but it was well worth the wait. We were down on the mat, in a hold, and within minutes I had this buildup of feeling. Before I knew it I ejaculated. What an embarrassing situation, getting up and trying to hide this big wet spot right in the middle of my trunks. But it was great! It felt really good. One Saturday when I was alone, I went to the laundry room and put some clothes in to wash. When it started to spin I unzipped and put my penis against the washing machine. It was warm from the hot water, and the vibration was awesome! I ejaculated with my hands on the washing machine and not on my penis. My mom thanked me for washing the clothes. The vibrations through the stiff seats always gave me an erection, but once this low vibration continued for about half a minute, and I was so horny I climaxed right on the bus. It was an hour trip home, so I was kind of uncomfortable during the rest of the ride! I am very easily aroused and ejaculate without much provocation. An example would be if I am with a girl and just rubbing her hand or something of that nature. It was like having sex, with the same motions and all. Still, humping the bed is fun to try. Needless to say I got really good at climbing ropes. It had something to do with contracting and releasing my abs and pelvic muscles. Then around 7th grade, after I had discovered masturbation, I had a semi-dry ejaculation while I was doing crunches or leg lifts. If I let the books rest against my crotch the vibration on my clitoris gives me an orgasm. Some of the other girls do it too â€” a cool way to pass the minute bus ride. I was surrounded by very "nice" girls in tight clothing. I had recently switched to boxers, and when I moved around it excited me. So when I fantasized about the girls and moved my leg slightly, I had an orgasm and ejaculated in my pants. I then went to the bathroom. It was one of those back massagers with what looks like a big ball on the end. I placed the ball on the underside of my penis, turned on the vibrator, and ejaculated within 30 seconds. I was about 18 years old. It was a little embarrassing. I got excited since it was new to me, and I ejaculated in my pants. That is, make motions similar to intercourse. The stimulation, even through our clothes, was enough to give us orgasms. My normal masturbation technique is face-down with no hands, anyway! The gentle vibrations and warm air rushing out is enough to get any woman worked up! I orgasmed

just as it was time to stand and sing the last hymn. All it takes is a vivid imagination and a little nipple tweaking. A girl was showing me her breasts, and I got so hot I ejaculated in my pants. Also, a few times I have ejaculated in my pants while making out in a car when I thought I was going to get some. It has never happened since. And had I masturbated normally she would have gotten angry. But I was horny and had a raging erection. When she was asleep, lying on my side next to her back, I used my abdominal muscles to alternately harden and relax my penis so the underside slid up and down slightly against the inside of my pajamas. My pajamas were dry by morning, so she was none the wiser. I was worried at first but I guess I was really turned on by her beautiful body. A condom in a pillow, a baggie with warm spaghetti, watermelons, vibrators, a fur collar ruined it by the way, and squatting and putting my lubricated penis between my ankles are just a few of the ways. Most of these require using my hands to a certain extent – for example, holding the watermelon – but not the old standby fist. And I need that since I masturbate several times each day. It was wonderful to orgasm right in front of him without his knowing. During that time I would also do jumping jacks naked, and my swinging penis hitting my stomach and legs would make me orgasm, too. I usually lie on top of a pillow, which I put between my legs. I squeeze and pump my pelvis against the pillow, thus rubbing my clitoris. At the same time I clutch another pillow to my chest. Not surprisingly, during sexual intercourse I prefer to mount and hold a man in the same manner, because of my long-standing masturbatory practice. The sensation the water caused would make me ejaculate hands free! As a boy I would get under the bathtub faucet in such a way that the water would pour down onto my genitals with enough force to feel great, and to make me climax after a while. I believe I first discovered the concept of sexual sensation from a water jet in a swimming pool, around age 6 or 7, although I cannot really remember this happening. Ever since then I use my hand like everyone else – still usually twice a day. Thanks for reminding me of this pleasant childhood memory. I like to rub against the shower curtain, or let the water in the shower hit the head of my penis. One time I had sex with a pumpkin. This makes the seat vibrate, and if I keep on doing this I might have an orgasm. She then danced naked for me, and it was such an incredible sight that I orgasmed instantly, complete with ejaculation, without touching my penis. I have no idea how it happens, but I have no reason to complain. Orgasms produced without mechanical stimulation are always very powerful, both physically and mentally. I just leaned my erection up against the snow-blower handle and revved the engine at the appropriate time! It made cleaning the driveway very rewarding – but it was something else to hide the facial expression! I did this only a few times. One night we put Vaseline on our penises and, lay side by side, and rubbed the sensitive spot on our penises together by moving our hips up and down. The more we rubbed, the better it felt and we ejaculated at the same time. This was my most memorable "guys night out."

5: Secrets Of A Hands-Free Orgasm - Hot Octopuss

The Hands-Free Orgasm: It's Real We're all about orgasms, so when we heard there s a chance you can have an O by using your mind, well we were all over it.

I was looking around the articlebase articles and going through some of the more sexual articles and I noticed some were very popular. This article is mostly for men, but I heard it was also possible for woman. If that is true and woman have the better orgasm of the sexes, then a hand free orgasm for a woman, must really be great. The only down side to this guys is the mess. One of the prerequisites for this is an openmind and a better than average imagination, plus patience helps. You have to have a good to excellent imagination, because that is all you are relying on. You should be alone and completely undistracted, Remember, you are using your imagination, so concentration is essential. This article is probably not applicable to those with ADD. Also, if you have a favorite fanyasy, a really good fantasy, use it. I just want you to consider the obvious. The stonger the fantasy, the better the chances. Lay back and run with your fantasy, run deep, but not so deep you lose yourself. Pin point the exact pleasure area and never let up on how that area feels. Concentrate on the feel good area and think of how good it feels and thinking about how good it feels should increase that feeling and that feeling that just made you feel good, should increase even more and on and on. Keep building and building and notice how your fantasy relates to the increased feelings. Wow, that thought really increased that feeling, so dwell on that. How the increase of pleasure, increased that pleasure even more. Look for and concentrate on that near orgasam feeling and draw on that. If you keep builing and concentrate on the right areas, you will be there soon enough. You may have used this technique as a mode of amusment to yourself. Happy hands free adventures!

6: Male G-Spot: Uncommon Guide To Prostate Massage + Pleasure

Yes, hands free orgasms are possible for many women, and can even be done with no one the wiser. Learn how you can become orgasmic on your daily commute or while waiting in line at the grocery store with the following methods.

Why am I seeing this page? We have blocked access to Solotouch for German surfers. Why did you block access? The government of Germany has accused Solotouch of virtual child sexual abuse and immoral acts. We are abhorred by these accusations. We have strict and detailed rules in place for our story content for the sole purpose of protecting children. Solotouch is a sexual health site that allows users to share experiences of their sexual discoveries and development. Most people discover masturbation long before they have reached the legal age in their area. We believe that adults have the right to openly discuss the experiences of their sexual development with other adults. This includes the written word. Solotouch is owned by a US corporation and is hosted in the United States. We believe that discussion of healthy sexual acts is beneficial for the both the authors and readers. We do not allow discussion of deviant or abusive behavior and we have set strict rules to only allow content which is sexually healthy and considered normal for the vast majority of people. What exactly did the German government take issue with? Story examples cited by German government documentation: Child sexual abuse - This story was written by an adult discussing a memory from their own teenage years. It refers to 2 teenagers watching each other masturbate, both willing participants. Moral deviancy - This story involves 2 adult step-siblings non-blood relatives who had sexual contact after the age of 18. The sexual acts they engaged in were normal and non-deviant. We will not be bullied or further insulted by the German government and apologize if you are affected. If you are a premium member, please notify us and your membership will be canceled and refunded. Become involved in your government and express your dismay with the lack of free speech in your country Feel free to enjoy our other sites that celebrate healthy sexuality:

7: Tips for achieving a Hands Free Orgasm : ShibbySays

*By Googling "hands-free orgasm videos," you can have access to a wide array of clips, from hypnotic swirls to actual pseudo-pornographic images *and even some explicit anime*. They are all characterized by one thing: a soothing, smooth, sensual voice in the background that seemingly lulls you with soft-spoken commands and vivid imagery.*

The prostate is a gland that is located right between the bladder and the rectum. What you need to know is that the male g-spot is one of the most sensitive places on the human body. There are a ton of nerves there, and given the fact that the prostate is extremely connected to the sexual response, the orgasm that comes from prostate massage and stimulation can be incredible. The key is to simply make sure that the area in question is clean before doing any exploration. To be extra safe, put down a towel before you start having some fun. Just because you are worried about the mess does not mean you cannot enjoy prostate stimulation. Getting Prepped Before you start exploring the male g-spot, take a moment to make sure that you are prepared. This takes more time and effort than simply sitting or lying down for a quick masturbation session, but in general, it is worth it. Get a towel to lay down on the bed, and make sure that you have gloves and personal lubricant available close by. Fingernails can scratch and even tear delicate skin. You should also urinate before do anything with your male g-spot. Prostate massage can make you feel as if you need to urinate, and it is best to take care of that before you get started. The feeling to urinate is natural as the prostate is snugged up against the bladder. Locating the Prostate Locating the prostate is the first step when you start looking for the male G-spot. Whether you are looking to give someone a great prostate experience or you are looking for the prostate on your own body, the process is the same. Lie down on your back, and stuff a few pillows under your lower back. Spread your legs, bend them at the knee and make sure that the genitals from the penis all the way back to the anus are exposed to the air. This gives you plenty of room to work with. Start by gently massaging the sphincter the tight ring of muscle around the anus and the perineum the firm area between the anus and the testicles. This helps relax the muscles, and it makes penetration much, much easier. Put on a pair of vinyl, latex or nitrile gloves. Not only is this safer sex, it can also prevent scratching or tearing if your fingernails are a little on the long side. Also the use of gloves makes penetration a lot easier. Coat your pointer finger with lube. In general, when you are dealing with anal play, you want more lube than you think you need. Most people say that there is simply no such thing as too much lube when you are playing with the prostate and the anus! Use the lube on your finger to gently massage the sphincter. Do not push, and do not shove! Remember that you have all of the time in the world, and that rushing is not going to help you at all. One thing that can help is to push out as if you are having a bowel movement. This opens up the sphincter muscles. For the person receiving this type of stimulation for the first time, just relax. Breathe deeply and do your best not to clench up. Clenching around something entering the anus can be pleasurable but it can make it more difficult when you are searching out the male g-spot for the first time. As the sphincter opens up under the stimulation, ease your finger inside. Do not be surprised if you feel as if you need to defecate or urinate. That is normal, and if you already emptied yourself earlier, you are probably fine. If you are simply doing some self-exploration, this can be a little awkward, but it is entirely possible. Simply make sure that the back of your hand is pointed towards the ceiling, and that your forefinger is curled back towards your head. You do not have to penetrate very deeply to locate the male g-spot at all. On most people, the male g-spot is located just 2 inches into the rectum, towards the front of the body. Some men report feelings of intense pleasure as soon as the male g-spot is touched, while other men state that when the prostate is touched only lightly, they have an urge to urinate. Many men become instantly erect when the prostate is stimulated for a short period of time. Experiment with just this for a while. This is great foreplay, and at this point, the penis can be manually stimulated as well. Some purists think that prostate stimulation should be done with no contact to the genitals at all, but the truth is that if you feel good, you should do it! Some people love a light and constant pressure against their prostate as they stroke themselves to completion, while others prefer to have the prostate pressed over and over again. You may try these motions, or you may simply like to stroke the prostate gently at first and then more firmly. Some people really like to hit the prostate hard, but in general, you will not be interested

in that the first few times you try it. **Genital-Free Orgasm** The holy grail for many people who experiment with prostate play is the genital-free orgasm. This means that orgasm can be achieved without touching the penis or testicles at all. They state that this orgasm is significantly more powerful, more exciting and more intense than anything that you can do with with the penis. As a matter of fact, it varies from person to person. Some find that a hands-free orgasm is wonderful, but too intense and labor intensive to want to bother with every time. Others make hands-free prostate orgasms a way of life. Most people, with enough effort, can achieve it. Some people can do it quite quickly, and others take more time. When you are thinking about trying for a genital-free orgasm, first remember that orgasms do not always involve ejaculation. A prostate orgasm may cause ejaculation, but more often, it involves waves of sensation that travel both in towards the core of the body and out towards the arms and legs. There are a few ways to achieve orgasm without involving the genitals, but as always, it is important to find the right method and position for you. Check the end of the article for toys that are designed to stimulate the prostate; going hands-free usually involves a toy of some sort as the toys offer a steadier and firmer pressure than hands or fingers. Some find that they can achieve a genital-free orgasm best on their back, while others feel that being on their side and contracting their sphincter around a toy works best. Still others like to rock the toy into their bodies, hitting the prostate with every motion. Having a prostate-only orgasm requires time and effort, and if it is a goal, do not give up! However, also remember that you are not a failure if you cannot achieve it. Prostate stimulation is fun however you do it, and there is no wrong way to do it at all! For example, have the recipient get on their hands and knees on the bed, with their knees spread. In this position, someone who is fingering them will be pressing their finger down towards the bed. This can be a fairly comfortable hand position, especially if the prostate play is designed to last for an extended period of time. Another position is taken straight from the medical books. Have the recipient bend over something like a table or the bed. Ask them to stand with their toes touching and their heels apart. This position makes it much more difficult for the recipient to clench their anus against the initial penetration, and the support of the bed or table gives them something to hold on to. As mentioned above, some people, especially ones who find the sensations too intense, find that they do much better if the prostate is stimulated while they are on their side. This can be an awkward position if hands are involved, so this is why toys are so very handy. Some men are just not comfortable being penetrated anally whether they are doing it themselves or letting a partner do it. Even if you are not interested in penetration, you can still enjoy the pleasure of male g-spot stimulation. This is not as intense as direct prostate play, but it can still be quite fun! Simply apply a little bit of lube to your forefinger and your middle finger and press and stroke the perineum. Start by touching the area lightly and then increase your force. It is relatively easily to access the prostate from this angle, and soon enough, you will start to feel the waves of pleasure wash over you. The best positions for this include spread out on the back or on all fours. Also be aware of the fact that this does press on the bladder, so that sudden need urinate is likely nothing to worry about. Some people use perineum stimulation to get ready for prostate stimulation, while others choose to just stick with it. The choice is up to you! **Getting Toys Involved** Getting started with male g-spot stimulation usually begins with the fingers. However, prostate toys are specially designed to be perfectly fitted to your anatomy, and they can hit your prostate in a way that your fingers or the fingers of a partner simply cannot. When it comes to prostate stimulation, Aneros is a company that basically has the last word on the topic, and we review them over here. All of the toys listed are going to help you get the kind of prostate stimulation that you need, but if you want a quick and snappy review of the some of the best toys for the job, look below. **Njoy Fun Wand** njoy fun wand The Njoy Fun Wand is not necessarily a toy for beginners, but it is absolutely a fantastic toy for anyone who is interested in prostate stimulation and the male g-spot. The length means that it can be suited to any anatomy, and the slickness of the metal makes for easy insertion and smooth motion. You can experiment with each of the bumps in the wand as you try to hit your male g-spot perfectly, and it can be a great toy to share with a partner. **Aneros Helix Syn** aneros helix syn In our Aneros review , we have the Aneros Helix Syn listed as the perfect beginner toy, and there are lots of reasons why. The size of this toy is fairly modest, making for easy insertion, and the toy itself has a silicone coating, meaning that it has a little bit of give to it. Aneros toys are all designed for pure prostate pleasure, and this one is no different. The P-tab, the arm that has a circular ball

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dotted in red, is designed to snug up against the perineum, while the curled arm is designed to allow you to grip it. Helix Classic aneros helix classic The Helix Classic is known as the working horse of the Aneros line. It is the device which has given many, many people their first male g-spot orgasm, and many people swear by it. This is another device that is suited to the absolute anal beginner, but as mentioned in many reviews, it is made of very firm plastic.

8: This hypnosis video promises hands-free orgasms, and by god, it kind of works | Rooster Magazine

One of the more popular 'anyone can do it' ways is via electrostimulation (estim) via the use of a TENS unit. It works for both men and women.

By Steve [Steve is a software developer and JackinWorld reader. He has a wonderful and understanding wife and a teenage daughter. Some guys can have a couple in a row, if they keep it up right through the refractory period. But, for the most part, we have to wait a while and start over. In fact, it turns out that men, too, can have multiple successive orgasms. The key is to have an orgasm without ejaculation. This seems like a completely foreign idea: But actually, they are not. Men can have orgasms without ejaculating. These are called "dry" or "non-ejaculatory" orgasms. I am not referring to having an ejaculatory orgasm where in the last second you stop the semen from coming out. I mean orgasms in which there is no ejaculatory reflex at all. Not only can men have successive non-ejaculatory orgasms, but those orgasms can be extremely intense – more intense than your good old ejaculatory orgasm. Some men may remember or look forward to a certain time when they had "the most intense orgasm of my life. I literally screamed from pleasure. Non-ejaculatory orgasms commonly have an intensity in that range. I know this for sure because I do it regularly. In my case, these multiple orgasms are normally solo, although my wife and I also sometimes incorporate them into our love-making. But perhaps the most amazing thing is that I stimulate myself to have these orgasms without even touching myself. I have learned a technique where, through a certain kind of breathing and vocalization called the Key Sound , I can bring myself into a multi-orgasmic state. I am at my desk typing on my computer. This particular horniness arises as a warm erotic sensation, starting in the feeling of my butt against my chair and rising up into my chest. That warm feeling is called a "pleasure wave. I start to get more excited and move to a recliner. The feeling becomes more and more intense, with pleasure waves rolling over my body. Then, wham, I have my first orgasm. Some part of my body contracts in pleasure, I let out an involuntary moan, and I feel the unmistakable sense of climax. I do some more breathing, and wham – another orgasm. I start continually moaning and kind of squirming in the recliner and stiffening and grasping as I have orgasm after orgasm. They range over and involve my whole body. I can somewhat control where they are focused. They usually involve contractions in my pelvic-floor muscles the ones that support your genitals, prostate, bladder, and rectum. Particularly strong are anal orgasms, where my whole rectum clenches down in intense pleasure, and even stronger are prostate orgasms, where the muscles surrounding my prostate contract but with no ejaculation. The prostate orgasms feel like an overwhelming pleasure at the bottom of my body. My penis cycles in and out of erection, from straining full and leaking to soft, with orgasms happening regardless. My legs flail out as I stiffen with orgasm, or they hook under the footrest for something to push against. I moan, get flushed, salivate, and have all the usual secondary sexual effects. This goes on for a half-hour, with the orgasms varying in intensity, some getting into the "screaming" range. Afterward, I feel a lasting glow, for 24 hours or more. One is that we can have orgasms without ejaculating. The other is that, additionally, we can bring ourselves to orgasms "hands free," without any physical stimulation. In my case, I learned them together, but I am not sure that is necessary. Let me take a quick detour to mention a possible path to non-ejaculatory orgasms using physical stimulation the first of the breakthroughs without the second. The key to "dry" orgasms is sexual stimulation that does not involve the penis. Anal Pleasure describes ways to have anal orgasms, both with and without a partner. Note, this is not gay! Pleasure is pleasure, and we all deserve it, wherever in our body we find it and whatever our sexuality. It turns out that our anal canal, with its access to our prostate and rectum, is overloaded with erogenous nerves, and orgasms there are very intense. Start after you are aroused enough to produce some pre-ejaculate. Not every male is able to produce pre-ejaculate fluid. When you first emit a small droplet of pre-ejaculate, do not wipe or smear it around. Instead, keep it balanced on the head of your penis and concentrate on growing it into a big pearly bead. Stare at it and use gentle motions to avoid disturbing it, rather than heavy stroking. Learn to recognize the sensation of pre-ejaculate welling up from deep inside. As you become successful, pre-ejaculate will dribble down the side of your penis. Again, do not disturb it; rather, continue and concentrate on producing more pre-ejaculate. If you are

especially aroused, you may even get an actual spurt. The sensation of emitting each droplet is like a mini-orgasm. If you feel an impending orgasm, back off for a few moments. When you finally climax, the pleasure will be indescribable. This technique is especially good when you give yourself the "green light" to climax after a few very close near-orgasm experiences, or after hovering continuously on the brink for as many seconds as you can stand. Extended Sexual Orgasm by Gary Bauer. This excellent book is founded on physiological and psychological studies of human sexual response. It was the first place I learned the idea of doing Kegel exercises pelvic-floor exercises to augment my sexual response. The book also gives instructions on erection exercises involving a towel. It was also the first place I learned about "edging," the practice of hovering on the brink of ejaculation without going over. More important, it was also the first place I learned about two key things. One, our prostate a walnut-size gland that produces a major component of semen is an intensely erotic spot – some call it the "male G-spot" – and can be stimulated either from inside our butt, or from a spot between our scrotum and anus the perineum. Second, there is a mental component to receiving pleasure. The most significant thing that keeps people from going to increasingly higher arousal levels is what Bauer calls "resistances. It is easy to learn to meditate these away, and the book describes how. The ideas in the book led me to my "most intense ejaculatory orgasm ever. Believe me, that felt incredible. I strongly recommend that book. My next step toward multiple orgasm: A few years ago I went through a JackinWorld phase. It also made my love life with my wife even better as we explored some of the techniques. It was on JackinWorld that I first saw the word "edging. For the heck of it one day, I did a web search on "edging. I visited a site called aneros. The Aneros site is open only to those 18 and older. The other sites mentioned in this article are open to all. The Aneros is a prostate stimulator, and it is an absolutely incredible invention. It was designed by urologists doctors of your urinary and ejaculatory systems , incorporating ancient ideas from Asia. The Aneros is a hard piece of plastic that goes in your rectum. The bend of the Aneros inside you positions it against your prostate. The end that sticks out of your butt has a piece that rests against your perineum your external prostate stimulation spot , so it gets your prostate from two angles, inside and out. Here is the miraculous part: If you relax deeply and squeeze your butt the slightest amount, eventually your anus will start quivering like what would happen to your arm if you held a weight for a long time. That quivering vibrates the Aneros, which in turn directs the vibrations to your prostate and anal canal. That feels really good. With training, this leads to increasing pleasure, and eventually, intense non-ejaculatory anal and prostatic orgasms. On the Aneros site is a forum – an incredible thing,with thousands of men discussing how to use the Aneros. Men differ on how quickly they learn to use it. Some men learn right away. More commonly, men struggle with it until they slowly but surely learn how to have pleasure that way, eventually leading to super-orgasms. Do not buy the Aneros if you expect to have instant non-ejaculatory orgasms. You need to train your body, which can take from days or weeks to months or more. The latest designs of the Aneros shorten the process.

9: No hands-free orgasms

This video if used correctly can induce an REM-like state, alongside an experience of a hands-free orgasm. Please comment and get in touch with us if you have questions.

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