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## Introduction

In this guide you're going to be learning about one the most powerful, most sensitive, most satisfying and most pleasurable points in the female body...

The G-Spot.

Now what's particularly interesting about the G-Spot is that this point is also one of the most misunderstood points in the female body.

And if you've ever done any research into it you'll find that everyone has got their own opinion of it...

Some claim that it causes squirting orgasms...

Some claim that it does nothing...

And some claim that it doesn't even exist.

Well, when you follow the instructions in this guide, here is what you definitely will discover...

- 1) That the G-Spot really does exist (because you'll get shown specific steps on how to find and identify it)
- 2) That when stimulated correctly it can substantially increase sexual pleasure for almost any woman

What you should also know about this guide is that what's going to be shared with you is very unique, special and particular.

See, there is actually a lot of information already "out there" about the G-Spot... The only problem is that most of it is misleading and incorrect.

Of all the information out there, it's probably accurate to say that only about 5% of it is true when it comes to the G-Spot.

And what this means is that if you've ever tried out any advice you've previously read about on the G-Spot – it probably didn't work well for you.

Or in the least... it probably produced nowhere near the true potential that correctly stimulating the G-Spot has.

So what this guide will do is it will cut through all the B.S. out there and provide **ONLY** the specific techniques and methods for stimulation of the G-Spot that actually work.

And as you read these techniques it's important that you *apply them precisely as they're described* for the specific reason that if you deviate from how they're described here – they're much less likely to work.

Now once you've got the techniques to work and you're giving your lover exceptional pleasure through effective G-Spot stimulation, feel free to start experimenting with difference stimulation styles and methods, but for starters... Stick to doing everything how it's described here.

If you do that, you'll shortly find that you'll give your lover such intense and such powerful orgasms that she'll be wondering what the heck it is you're doing that's so different, and she'll want nothing but more and more pleasure from you.

That's the promise for this guide...

It's a big promise, but if you follow the instructions inside – those are the kind of results you'll get.

## What Is The G-Spot?

In the simplest terms possible... The G-Spot is an area of sensitive tissue found inside the vagina and, although its size varies from woman to woman, it's normally about the size of a bean.

Officially it's full name is the Gräfenberg Spot (named after the scientific founder) and technically it's part of the female prostate.

Now we can get very technical and debate all sorts of scientific theories and evidence about the G-Spot, but that's really not the point of this guide...

The point of this guide is to show you how to find and stimulate the G-Spot in a way that gives a woman exceptional sexual pleasure.

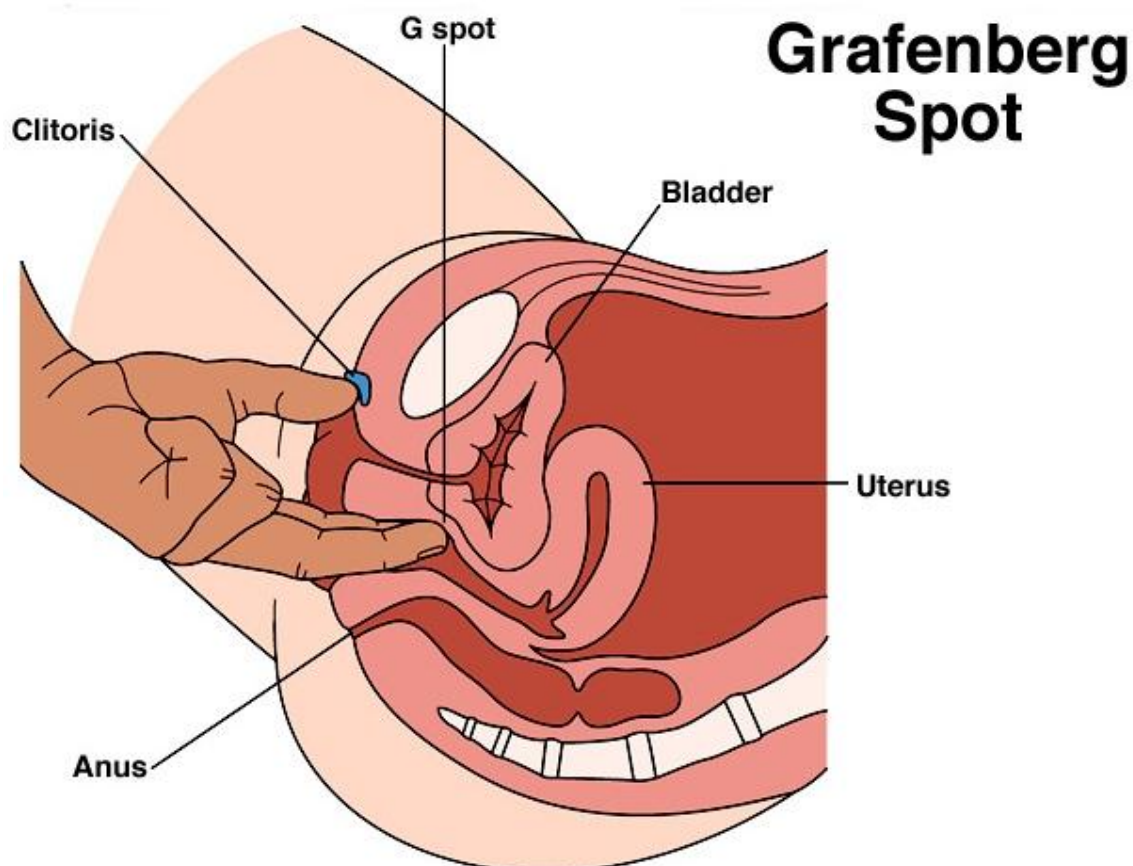
And all you really need to know *about* the G-Spot is that it's a pleasure point, which when stimulated correctly, can give a woman intense orgasms.

What's much *more* important is knowing how to find it and how to effectively stimulate it...

## How To Locate The G-Spot

The G-Spot is found roughly 2-3 inches inside and on the roof of the vagina.

On the diagram below you can see roughly where the G-Spot is found...



*Image source = [http://chan4chan.com/archive/3876/The\\_Grafenberg\\_Spot](http://chan4chan.com/archive/3876/The_Grafenberg_Spot)*

Before trying to stimulate the G-Spot it is recommend you first focus on identifying it.

The diagram about shows one of the most effective ways for doing that, but here's the recommended process in full detail.

Firstly, make sure that your partner is fully aroused and is lubricated enough for you to enter your finger(s).

Then to identify the G-Spot enter either your middle finger, or both index and middle finger into the Vagina with your palm facing up towards the Clitoris.

Then, slowly slide your finger(s) along the roof of the vagina until eventually you come across a tough spongy area about the size of the bean.

This is the G-Spot.

When you do come into contact with the G-Spot it should be obvious to you, because it will feel very different to the surrounding area and it also protrudes slightly.

If you have any problems identifying it, then be sure to reread this section so that you fully understand how to accurately identify it.



## Stimulating The G-Spot

Now that you know the fundamentals; what the G-Spot is and how to identify it...

We can now move on to methods for effectively stimulating the G-Spot.

When it comes to stimulating the G-Spot there are 3 main methods...

- 1) Stimulation with fingers
- 2) Stimulation during sex
- 3) Stimulation with sex toys

Read on to learn all about these different approaches...

## **Stimulating The G-Spot With Fingers**

Stimulating with fingers is a *very* effective way to stimulate the G-Spot.

The reason it is so powerful is because with your fingers you have the dexterity and feeling to be 100% sure that you're directly stimulating the G-Spot.

However, in order to perform effective stimulation with your fingers you need to be able to accurately locate and identify the G-Spot.

If you're still not sure of how to do this, re-read the section on "How To Locate The G-Spot".

OK – so once you know where the G-Spot is, the next step is to fully arouse your partner.

The G-Spot is a very sensitive part of a woman's body, therefore this isn't something you can jump to immediately.

Heading for the G-Spot too early in the arousal process can cause stimulation to be ineffective – so before you do anything, make sure your partner is aroused and ready for more intense stimulation and pleasure.

Once your partner is fully aroused enter either your middle finger or your index and middle finger into her vagina with your palm facing upwards towards her Clitoris.

Move your finger(s) along the top of the vagina until you identify the G-Spot.

Once you've identified the G-Spot now you can begin stimulating with your fingers...

### G-Spot Finger Stimulation Methods

There are a number of different methods you can use to stimulate the G-Spot with your fingers.

The best thing to do is experiment with all the different methods recommended here and carefully watch your partner's reactions as you perform the different methods.

Since every woman is different, different women will prefer different stimulation methods, therefore there isn't one method that always works better than others.

Here are some of the different methods worth testing...

- Rubbing the G-Spot in a circular motion
- Rubbing the G-Spot side to side
- Rubbing the G-Spot back and forth
- Rubbing the G-Spot very slowly
- Rubbing the G-Spot very fast
- Rubbing the G-Spot very firmly
- Rubbing the G-Spot very lightly
- Pressing hard on the G-Spot
- Circling the whole of the G-Spot
- Focussing all your stimulation on the centre

Now as you'll probably have noticed some of the above methods can be used together in combination and varied greatly.

For example, you could rub in circular motion, very slowly and very firmly...

Or you could rub back and forth, very fast and very light...

There are many different ways you can combine all of these different methods.

And each one of these methods you should try out for at least a short period of time to see if you get a good reaction from your partner.

Overall this means just with the above information you have probably several hours' worth of different G-Spot stimulation approaches you could use for giving your lover pleasure.

### Adding Oral Sex

One great addition you can make to all the above stimulation is to give your lover oral stimulation at the same time.

In particular, it is very powerful to focus on stimulating her Clitoris with your tongue.

To be clear the Clitoris is found just above the entrance to the Vagina and just underneath where the Vagina lips meet at the top of the Vagina.

Typically the Clitoris is about half an inch in diameter, however, this too varies in size from woman to woman.

For your reference, here's another copy of the diagram shown earlier to help you identify the Clitoris...

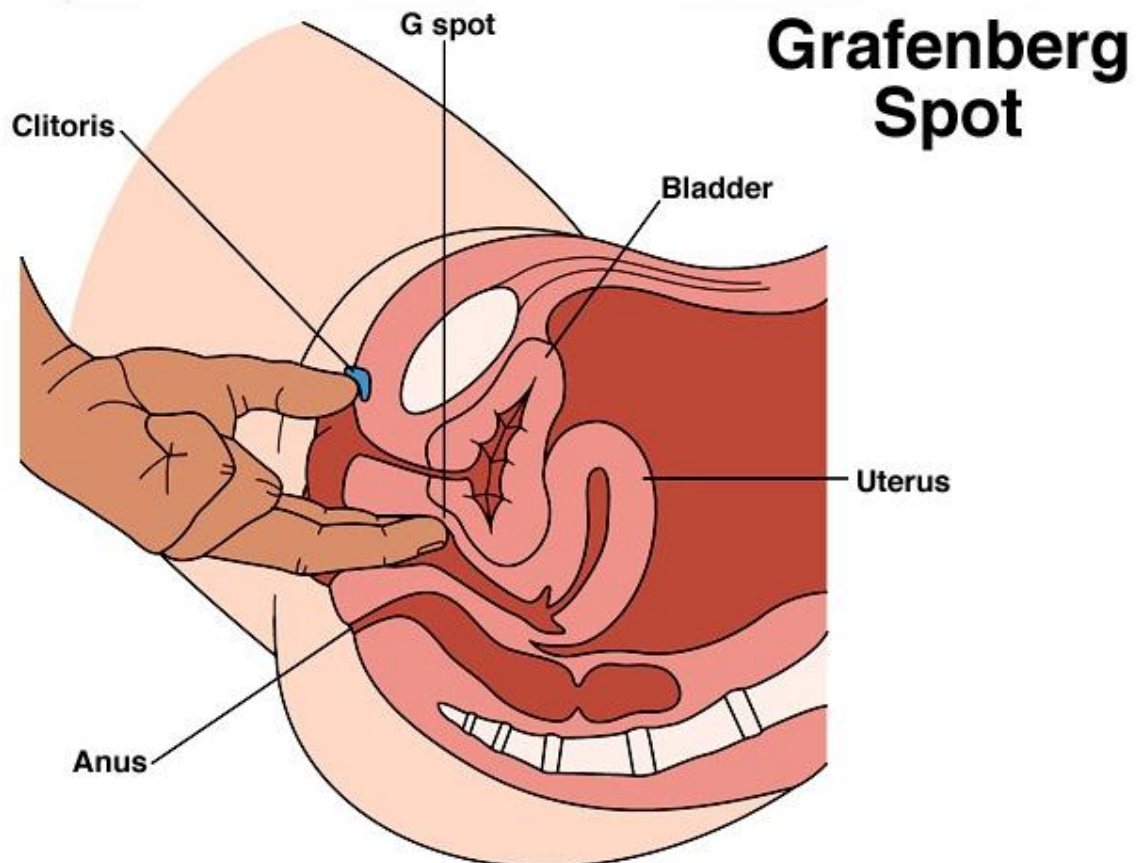


Image source = [http://chan4chan.com/archive/3876/The\\_Grafenberg\\_Spot](http://chan4chan.com/archive/3876/The_Grafenberg_Spot)

When it comes to stimulating the Clitoris with your tongue there are a number of ways to do it.

For starters you can actually apply all the variations you can when it comes to stimulating the G-Spot.

So when it comes to stimulating her Clitoris try out the following...

- Rubbing the Clitoris in a circular motion
- Rubbing the Clitoris side to side
- Rubbing the Clitoris back and forth
- Rubbing the Clitoris very slowly
- Rubbing the Clitoris very fast
- Rubbing the Clitoris very firmly
- Rubbing the Clitoris very lightly
- Pressing hard on the Clitoris
- Circling the whole of the Clitoris
- Focussing all your stimulation on the centre

An additional technique that can be very pleasurable too is to suck lightly on the Clitoris...

However, one thing that you need to bear in mind when stimulating the Clitoris is that it is a very sensitive pleasure point – much more sensitive than a woman's G-Spot, so be careful when stimulating it.

Now when you add in oral stimulation along with finger stimulation of the G-Spot you have even more ways in which you can give your lover pleasure and there are many, many different combinations in which you can now stimulate both the Clitoris and G-Spot simultaneously.

Be sure to try as many different variations as possible, because when you do find a variation that is really pleasurable for your partner...

This can lead to some very powerful orgasms, because pleasure is being experience through *two* very sensitive areas of her body.

### Adding A Second Hand

The final variation you can use when stimulating the G-Spot with your fingers is to stimulate her Clitoris with your thumb (as shown in the earlier diagram) or with your other hand.

This approach is very similar to adding oral sex, with the obvious difference that instead of using your tongue and mouth you use your thumb or other hand.

When using this approach it is recommended again that you experiment with different styles as described earlier.

Overall you've now got a wide multitude of different methods for stimulating the G-Spot with your fingers...

And remember – the key is to experiment with many different styles, because out of all the different approaches there will be a small amount that your partner finds exceptionally pleasurable and cause her to keep wanting more and more from you.

## Stimulating The G-Spot During Sex

Another great way to stimulate the G-Spot is during sex itself.

The advantage of using this approach is that sex is often much more intimate than using your fingers and oral sex.

And although some of the stimulation accuracy may be lost because this approach is less precise, this is more than made up for given the fact that sex itself is already very pleasurable to many women and so if you add effective G-Spot stimulation on top of that – she'll begin to *crave* more sex from you.

So... how do you effectively stimulate the G-Spot during sex?

Well, the key to this lies in choosing sex positions that force the penis to stimulate the G-Spot through the angle of her hips and the entry angle of the penis.

To help explain this, let's walk through some positions that are very effective for stimulating the G-Spot.

Please note that if for some reason you think you may not be able to carry out any of these positions, then still please read everything, because many of the concepts you can take and apply to other positions or use in more basic form in simpler positions.

## Doggy Style



Image source = [http://www.sexinfo101.com/sp\\_doggystyle.shtml](http://www.sexinfo101.com/sp_doggystyle.shtml)

As shown above, the way Doggy Style works is your partner places herself on her knees and elbows and you place your knees in between her and enter the vagina from behind.

The reason that Doggy Style is a great position for stimulating the G-Spot is because in this position the bottom of your penis automatically ends up stimulating her G-Spot, because of the way this position combines her hip angle with penis entry angle.

Now, here's an **advanced tip** to increase the effectiveness of Doggy Style even more...

When in this position, get your partner to arch her back.

What this does is it pushes her G-Spot into the penis even more so that every time you thrust you'll stimulate the G-Spot with greater intensity.

It's a subtle change, but it can make a *big* difference.



## Arm Chair



Image source = [http://www.sexinfo101.com/sp\\_armchair.shtml](http://www.sexinfo101.com/sp_armchair.shtml)

Another great position for stimulating the G-Spot is called the “Arm Chair”.

The easiest way to get this position is for you to lie on your back and have her get on top of you and have you enter her. Then once you’re in slowly place her legs over your shoulders while allowing her time to support herself by placing her hands behind her. Now you’re in position.

The reason this position works so well is because her leaning back forces her G-Spot onto the top of your penis.

Therefore when you thrust in and out you’ll stimulate her G-Spot with great intensity.

If this position looks difficult, then don’t worry, it’s much easier to pull off than it looks – and if done right, it’s an incredibly pleasurable one.

However, if you feel like this still isn’t something you can do, then a simpler version is to use cowgirl (shown below) but instead have your partner focus on leaning back instead of forwards.



Image source = [http://www.sexinfo101.com/sp\\_cowgirl.shtml](http://www.sexinfo101.com/sp_cowgirl.shtml)

## Arch



Image source = [http://www.sexinfo101.com/sp\\_arch.shtml](http://www.sexinfo101.com/sp_arch.shtml)

The Arch position is when you partner faces upwards and lifts her pelvis off the floor with the support of her legs and you enter her from the kneeling position.

The easiest way to set this position up is to transition to it from the missionary position (where she lies down facing upwards with you facing her and your legs in between hers) whereby you lift her hips up which then means she supports herself with her feet.

The reason this position is great for stimulating the G-Spot is again because of the angle of her hips and the angle the penis enters the Vagina. In this particular her position her arching her back forces her G-Spot powerfully onto the penis, meaning that every time you thrust you place a lot of pressure on the G-Spot.

### Downstroke



Image source = <http://www.sexinfo101.com/downstroke.shtml>

The Downstroke position is when your partner is elevated on something (i.e. a bed) while you stand, then you enter her while lifting up her hips.

Yet again, the reason this position works is because it forces her hips to be angled in such a way that when you thrust the penis automatically stimulates her G-Spot.

### The Pattern To Spot

Having read through and looked at some of the recommended positions for stimulating the G-Spot hopefully you will have noticed a pattern emerging...

Each of these positions angles the hips in some way that causes the G-Spot to be forced into contact with the penis.

There are 10s, possibly 100s more positions that will have the same effect, but hopefully by looking at the above positions you'll be able to understand the key concept behind what it takes to effectively stimulate the G-Spot during sex and therefore you should be able to create your own positions that have the same effect.

In fact, even the simplest of sex positions can often be slightly tweaked to increase G-Spot stimulation...

For example the Cowgirl position (where the woman is on top) can be changed to increase G-Spot stimulation if you encourage your partner to lean back.

In the Missionary position (where she lies on her back facing you with you facing her and your legs in between hers) you can increase G-Spot stimulation by placing a hard cushion underneath her hips, therefore changing the angle of entry.

The best thing to do is to start by using some of the positions recommended here – then, once you've seen how much pleasure these positions can give a woman, try using the overall understanding of how the G-Spot is stimulated during sex to create some of your own positions.

## Stimulating The G-Spot With Sex Toys

The use of sex toys can be a very effective way to stimulate the G-Spot, especially when you use sex toys that have been designed specifically for that purpose.

The advantage of the sex toys I'm going to talk about here is that some of them can do things that men physically cannot (such as vibrate very, very rapidly) providing a unique type of stimulation.

The disadvantage of these sex toys (besides the cost of purchasing them) is that they're less intimate than sex.

Also, you must be careful not to let your partner start seeing sex toys as her *only* way of experiencing orgasm.

Sex toys should be seen as something fun and something to add variety to sex – not something that replaces her need for you!

So be sure that if / when you use them, you do so with this understanding.

You may not have to verbally say what's been mentioned above, but this should be clearly communicated through how you introduce the use of sex toys. For example, one way to do this is to give your lover an orgasm yourself first during sex – then give her an orgasm with a sex toy – and then return to pleasuring her through sex with you.

OK, with that said, let's talk about some sex toys...

## Shaped Dildos



Shaped dildos are dildos specifically designed to ensure effective G-Spot stimulation.

As you can probably tell by the design, the reason these are great for stimulating the G-Spot is because they have the curve built in.

Unlike in the sex positions section of this guide where you had to make sure your partner's hips were angle correctly ensure proper stimulation, the curved end of these types of dildos makes stimulation possible from many more different positions.

## Shaped Vibrators



These are very similar to the shaped dildos in the sense that they are uniquely shaped to ensure strong stimulation to the G-Spot.

The added benefit of this sex toy is that the vibrations add more stimulation and often vibration at the kind of speed that's not humanly possible to deliver manually.

This can be very pleasurable for her.

These types of vibrators comes in many different shapes and forms, from simple like the one shown above to many more complex and intricate designs such as ribbed and softly spiked.

### Couple's Vibrators



This is a great type of sex toy because it allows you to have sex with your partner while it's being used.

The way this vibrator works is you insert the narrower arm inside of your partner, turn on the vibrations and let her get used to the sensation.

Then once she's used to the feeling you can enter her too while the vibrator is still running.

This way you both get to enjoy the sex toy.

## Rampant Rabbit



The Rampant Rabbit is a particular brand of sex toy and is well known for how pleasurable many women find it.

What many women particularly like about this toy is that it can stimulate both the Clitoris and G-Spot at the same time (much like we talked about in the section on “Stimulating The G-Spot With Your Fingers”).

Now since this stimulation is done through vibration, it means that it’s a very different sensation to what a man can produce and is therefore another great way to add variety in the bedroom.

## A Final Note On The Use Of Sex Toys

Like I mentioned earlier, when it comes to using sex toys it’s important they’re not seen as a replacement for yourself, but rather as something you do to add variety and make sense more fun between you and your partner.

One great way to therefore use sex toys is for *you* to take control of them during sex.

When you do this make sure you introduce them slowly and treat using them just as you would regular sex... meaning don’t rush into using them.

Take your time to arouse your partner, enjoy some great foreplay, then when she’s really horny or even after you’ve had a bit of sex, slowly introduce the use of a toy so that it’s all done as part of the same intimate atmosphere and not some cold mechanical tool designed solely to stimulate her effectively.



If you use sex toys like this you'll find they can be a great asset for you, help you give your lover intense G-Spot pleasure and also get her to love having sex with you even more.

## In Closing

In this guide you've discovered a wide selection of different methods for stimulating the G-Spot.

The best thing to do now is to immediately begin experimenting with many of these different methods.

As soon as you do your partner will start wondering what the heck you've changed that's making her feel so amazing.

...She may even begin to experience types of orgasms she's never before experienced before in her life.

...Or maybe she'll begin experiencing the orgasms she's used to experiencing with 10x more intensity.

Either way – when you master the power of giving a woman intense G-Spot pleasure she will begin to LOVE having sex with you.

...And want it all the time because it makes her feel so good.

...And of course you can feel great knowing that *you* are the man that's making her feel this way.

So go implement some of the methods you've just learned as soon as you can and if you ever want some more ways to give your lover G-Spot pleasure just come back and look for some more inspiration in this guide as often as you like.

## More Advanced Sexual Techniques

As it turns out, the G-Spot orgasm is actually only one of **9** different types of orgasm that a woman can experience.

...And although the G-Spot orgasm is an *intensely* pleasurable type of orgasm for women... There are many more...

And each of these other types of orgasm can help you give your partner even more satisfaction and further increase her desire to have sex with you.

Author Jack Grave has created a video that talks in much more detail about these orgasms and provides a step-by-step walkthrough on how to give ANY woman an intense multiple orgasm.

To watch this video for free, just click the image below...

