

# ORAL INTIMACY

YOUR WORKSHOP TRAINING & OVERVIEW



*Welcome to a world of pleasure through giving your man head!!!!* - Yes! that is correct! Oral sex, the giving of it is NOT just

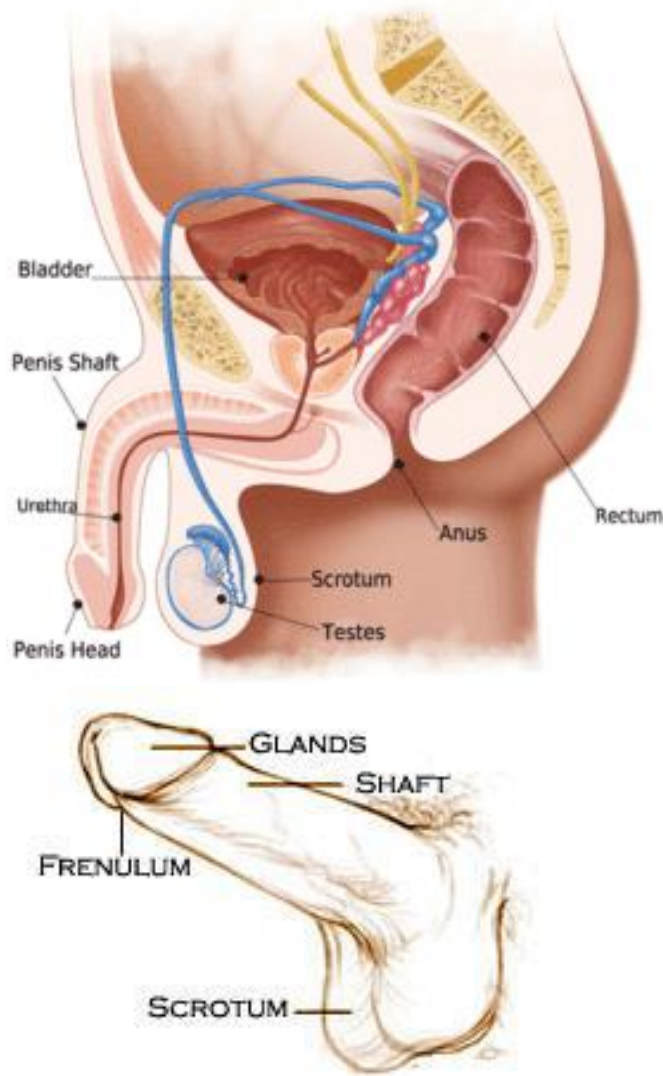
for your partner's pleasure but for your pleasure. And if you are not enjoying yourself and getting turned on then you are doing it wrong or at very least for the wrong reasons. It is our goal to share with you all the benefits of oral sex, the joy of giving head and how you can take a gift and make it for yourself more than for your partner.

A turned on, hungry for cum woman is a woman that knows her desire and pleasure. She understands that by going down on her man that she is feeding herself and increasing her "feel good" hormones as well as gaining connection and connecting to her feminine power. She is not afraid to go after what she wants and asking for it too!!! She is also a woman who understands the vulnerability of her man in this moment as well as herself.

Oral sex is not a lower level or "lesser kind" of sex. Many feel that blow jobs don't even count as sex but, in all actuality blow jobs are a very deep, intimate and vulnerable form of sex. We hope to share with you in this PDF and in class why we feel this way about oral sex and all is joy as well as how to make it better, make you crave it and how to have some of the best moments with your lover and truly enjoy playing with his luscious cock!!!!

*Now Let's Get Down There and Explore!*

# COCK ANATOMY



**The whole penis (not accounting for foreskin if present) is usually estimated to have around 4,000 sensory nerve endings. The average length of an erect penis is 5-6inches and the blood flow to the penis increases by 10 x's during arousal.**

Shaft: The biggest part of the penis but also the area with the fewest nerve endings.

Glans: The head of the penis has the most nerve endings and is thus most comparable to the clitoris in the female anatomy. The highest concentration is around the outer ridge and is most pronounced in uncircumcised males.

Frenulum: The frenulum is the junction point on the underside of the penis between the glans and shaft. This 1 inch area is considered to be the most sensitive part of the penis.

Foreskin: Has an inner and outer layer. Outer foreskin layer contains nerve endings that respond to gentle touching during early stages of arousal. The nerves of the inner and outer foreskin contribute to penile stimulation. These receptors are stimulated by stretching, or when foreskin rolls over surface of glans during intercourse.

### **12 Functions of Foreskin**

1. To cover and bond with the synechia so as to permit the development of mucosal surface of the glans and inner foreskin
2. To protect the infant's glans from feces and ammonia in diapers
3. To protect the glans penis from friction and abrasion throughout life
4. To keep the glans moisturized and soft with emollient oils
5. To lubricate the glans
6. To coat the glans with a waxy protective substance
7. To provide sufficient skin to cover an erection by unfolding
8. To provide an aid to masturbation and foreplay
9. To serve as an aid to penetration
10. To reduce friction and chafing during intercourse
11. To serve as erogenous tissue because of its rich supply of erogenous receptors
12. To contact and stimulate the G-spot of the female partner

Scrotum & Testicles: The scrotum, which protects and regulates the temperature of the testicles and can be one of the most sensitive parts of the male anatomy. Treating this area too roughly can cause intense pain and nausea, as nerve endings do all the way up the stomach. Testicles main functions are to produce sperm and testosterone.

Perineum: Refers to area between scrotum and anus. You can use fingers to stroke or provide pressure to this area to intensify sensation.

Prostate: Walnut-sized, semen storing gland located at the root of the penis. Often described as 'the male G-spot'. Stimulating it can create powerful orgasms and has been linked to improved prostate health.

## **WHAT'S IN SEMEN**

Semen is the bodily fluid released from the penis during ejaculation. The average ejaculation is 2-5ml and contains 40-600 million sperm depending on length of time the ejaculation lasts and the volume of the ejaculation. Sperm that

Semen is only one percent sperm; the rest is composed of 200 separate proteins, as well as vitamins and minerals including vitamin C, calcium, citric acid, magnesium, potassium, vitamin B12, zinc, etc. Amounts of each vitamin vary depending on age and health of the man. Each ejaculation is less than 1 calorie.

# Nutrition Facts

Serving Size 1 Load (3.4 ml or 3/4 tsp)

Servings Per Container Unlimited

Amount Per Serving

**Calories** 0.7      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 6mg      **0.009%**

Saturated Fat 0mg      **0%**

**Cholesterol** 3mg      **1%**

**Sodium** 10.2mg      **0.425%**

**Total Carbohydrate** 11mg      **0%**

Dietary Fiber 0mg      **0%**

**Protein** 171mg      **0.3%**

Magnesium 0.09% • Zinc 3%

Calcium 0.09% • Copper 3%

Contains trace amounts of Vitamin B12

\*Percent Daily Values are based on a 2,000 calorie diet.

## WHAT'S IN SALIVA

Outside of mother's milk saliva is our first source of nourishment when we are born. The more we use our tongues the more saliva that is created and the more nourishment we receive as infants. This concept remains the same when we are engaging in oral sex and the use of our tongues.

Not surprising saliva is 98% water but the other 2% is a combination of mucus, enzymes (amalyse, lysozymes, lingual lipase), electrolytes (sodium, potassium, calcium, etc.), antifungal, anti-chlamydial, antiviral, and antibacterial properties. Also, saliva consists of trace amounts of a painkiller called Opiorphin that is stronger than morphine.

## VULNERABILITY OF A BJ - WHO IS REALLY IN CONTROL

Vulnerability.

In today's world we are taught to fear vulnerability and we are taught that it is the woman who is the vulnerable one.

With oral sex, the vulnerable one is the one receiving. It is a place of surrender and great vulnerability. Blow jobs are loved by men for many reasons, and one that many men do not fully understand so they cannot always articulate well is that through oral sex they feel accepted. This is why men want women to swallow. This is also why men want to cum on our skin. There is something primal about these acts that are also deeply surrendering and accepting of self through another. Think about it, when we allow a man to go down on us we are the one open to him. Vulnerable to him. We are the ones that are being seen, physically, emotionally, orgasmically. This part of us that we don't show to the world we are now sharing up close and personal with him. When our man accepts us, devours us, craves us and enjoys pleasing us, how do we as women feel?

It is the same for men. Perhaps even more so because men have a tougher time across the board being present, conscious and in a state of feeling. Men are raised to ignore and shut down aspects of themselves, but through oral sex they tap into these areas. And when a woman is devouring their cock, asking for more, accepting it deeply into her mouth and they can see this and look into her eyes, they do feel powerful, but they also feel vulnerable, loved, accepted.

## HEALTH BENEFITS FOR WOMEN

**Saliva** during oral sex can aid in the process of digestion, weight loss, restore teeth/gums, and cleanse the esophagus. Due to the antibacterial properties and can impede sexually transmitted infections.

**Semen** is primarily protein and thus has a multitude of benefits for women:

- **Natural anti-depressant:** Studies have shown that semen will elevate mood and decrease suicidal thoughts if allowed to be absorbed into the blood stream
- **Reduces Anxiety:** Boosts anti-anxiety hormones like oxytocin, serotonin, and progesterone
- **Improves sleep:** Contains melatonin which is a sleep-inducing agent
- **Improves energy:** Due to a multitude of proteins produced in semen
- **Increased memory:** Presence of zinc helps improve memory and cognitive functioning
- **Prevents morning sickness:** Studies have shown if the same semen that created the pregnancy is consumed morning sickness rates decrease
- **Slows down physical aging process: (see below section)**
- **Reduces pain:** Presence of Opiorphin
- **Protects a pregnancy:** When taken oral the female's immune system will acclimate to semen, which helps her body not view fetus as "foreign body".
- **Increases sex-drive:** Due to the presence of testosterone
- **Anti-inflammatory:** Oxytocin, progesterone, testosterone and cortisol act as anti-inflammatories
- **Prevents Cancers:** Attributed to various proteins but particularly selenium and TGF-beta
- **Increases lifespan:** Spermidine is longevity agent in semen

#### **Oral Sex Overall:**

- Attracts blood flow which nourishes teeth, gums, hair, facial muscles and tendons
- Enlarges breasts due to stimulating hormones and milk glands in the women
- Decreases breast cancer because of stimulation of the thyroid gland. When this gland is stimulated in excessiveness then the risk of contracting breast cancer decreases.
- Promotes deep abdominal breathing and increased use of diaphragmatic muscles
- Increases lubrication because of the neurological connections between a woman's mouth and pussy

## **WHY MEN WANT TO CUM**

**It's In His Mind!** – Because of the way we have all been raised this one effects both men and women. We have all been programmed to believe that men NEED to cum or they will get blue balls or it will cause some horrible negative health issue. The truth is yes they may experience "blue balls" which is the same sensation that we women feel when we have been brought close to orgasm or climax and then never allowed to tip over. That throbbing ache followed up with a discomfort that causes grumpiness. Over a long period of time yes this can have effects on the body and psyche, but if only happening now and again it has no further effects than the above. A man DOES NOT NEED or HAVE to ejaculate every time. Matter a

fact as he ages a man needs to be aware of the actual nutrient loss he has from each ejaculate and what it is doing to his entire body and mind.

**Stress Release!** – This may be even bigger than believing that he needs to or he will blow up. Many men if not all men at some point in their lives use sex and ejaculation for stress release. We women do the same but the thing to consider here is do you the woman of the man who is using your sex as a stress release getting your fill of orgasm and are you feeling connected and alive from the experience or are you feeling used and like he just used your vagina or mouth as his Prozac.

**Dominance and Control** – All men do love the power they feel when they cum. It makes them feel masculine and strong. They love seeing a woman taking them in any way. And they love the fact that she is vulnerable and at least appearing to surrender to him. Some men though have a need to “make their mark” and they will let you know that this is the driving force of them cumming. But some men want to be taken and dominated so that they can let go of everything and just relax into an orgasm and thus ejaculation. Dominance and control is a part of healthy sexing and unhealthy sexing, its truly all in the relationship and the mindset.

**Connection and Vulnerability**- Then you have some men who only want to cum to show their desire to open up and be truly vulnerable with their woman. They have a desire for connection and do not always need to cum, but instead build up to perfect moments of cumming and sharing themselves and their orgasm and ejaculate at these times. This is more on the lines of the feminine based energy where a woman is willing to fully allow herself to be seen by her lover and taken in and to greater heights. This ONLY happens with vulnerability, authenticity and surrender.

## What Happens When He Cum's- And the Power of Choice

- It takes men over the age of 35, eight days to recover the vital essence and chi lost in one single ejaculation. It takes men under the age of 35, four days to recover, and that's if they are in good health.
- 20% of male semen is composed of cerebrospinal fluid. Frequent ejaculation thus causes a chronic drain of the vital fluids that the brain and spine require to function properly. The resulting deficiency of cerebrospinal fluid can cause increasingly common conditions such as premature senility, inability to concentrate, chronic depression, loss of sexual drive, and a host of other related symptoms.” - Daniel P. Reid – The Tao of Health, Sex and Longevity
- With the regular practice of practical, easy and effective Tantric techniques, it is possible for men to orgasm without ejaculating, thereby allowing them to become multi-orgasmic and vitally enriched from their sexuality, rather than depleted.
- According to masters and Johnson, the medical definition of premature ejaculation is: When a man ejaculates before his partner orgasms, more than 50% of the time.



- Alfred Kinsey found that 75% of men ejaculate within the first 2 minutes of penetration in over half of their sexual encounters.
- Recent self reported surveys report 75% of men ejaculate within 10 minutes of penetration.
- According to the Mayo Clinic, the average time of penetration is between 2-10 minutes.
- If you don't believe the above, we challenge you to time the actual period of penetration to ejaculation over several love-making sessions and see for yourself what your average is.
- According to Mayo clinic, continued lack of ejaculatory control may cause one or both partners to feel sexually dissatisfied and may lead to sexual tension and discord in the relationship.
- Interpersonal dynamics strongly contribute to sexual function, and premature ejaculation can be caused by lack of communication between partners, hurt feelings, unresolved conflicts, and lack of emotional intimacy.
- William Reich theorizes; premature ejaculation may be the consequence of a stasis of sexual energy in the pelvic musculature, which prevents diffusion of such energy to other parts of the body.

## Orgasm Vs. Ejaculation

Did you know orgasms and ejaculation are two completely separate things?

You can orgasm without ejaculating, and you can ejaculate without orgasm.

You've likely experienced both of these things, but thought they were both a fluke.

Well, to be honest, they are not flukes, they exist and if you learn how to control your ejaculation, you can experience several orgasms during 1 session of sex.

We've been taught by culture, by friends, by TV, by movies, that if a man "came" sex was over.

I am telling that this is NOT the case! You can Master Your Ejaculation and surrender to a far more powerful even full body orgasm that can change your perspective on life, sex and human potential.

## Holdback Vs. Recycling

It is commonly known among athletes and martial artists that avoiding sex before a competition or event is a vital contributor towards success, since the expelling of the sexual energy results in a depletion of strength, fortitude, and concentration. This naturally raises the question, "If I never expel the semen, will my strength and stamina grow even more?"

In non-western medical traditions such as Ayurveda, Chinese or Tibetan medicine, it is widely known that retention of semen is a source of health, strength, vitality, and general well-being. The drain of energy that is felt after orgasm has a solid scientific basis. Moreover, the easily



observable effect of the woman absorbing semen, becoming lively, energetic and happy, is evidence of the energy transmitted.

"The semen is a viscid albuminous fluid, alkaline in reaction, which is very rich in calcium and phosphorus, also in lecithin, cholesterol, albumen, nucleoproteins, iron, vitamin E, etc. In the ejaculation of the normal man, about 226 million spermatozoa are given off; these are rich in phosphorized fats (lecithin), cholesterol (the parent-source of sex hormones), nucleoproteins and iron. An ounce of semen is considered to be equal in value to sixty ounces of blood, of which it constitutes an extract of some of its most valuable constituents, as far as its vitalizing power is concerned. Dr. Frederick McCann remarks on this point, "From what has been stated it must be admitted that the spermatic fluid does possess potentialities justifying the belief of ancient writers concerning its vital properties."

The semen contains substances of high physiological value, especially in relation to the nutrition of the brain and nervous system. If resorption of semen through the wall of the female genital tract has a vitalizing effect on the female organism, the same should be the case in the body of the male in which it is formed and conserved. And conversely, loss of semen must deprive the organism of vitality and valuable substances necessary for the nutrition of nervous tissue, such as lecithin, which has been used therapeutically with great success for the cure of neurasthenia resulting from sexual excess." - Raymond W. Bernard MD

In Tibetan medicine, it is said that seven drops of the vital essence of food are required to produce one drop of the vital essence of blood. And it takes one cup of the vital essence of blood to produce one drop of the vital essence of semen. This underscores its value and the time it takes to produce it in the body. Moreover, the Tibetan scriptures state that by retention and transformation of the vital essence of semen, the tingle or vital essence invigorates the body and the mind. This is the basic foundation of the thousand year history of Tibetan Buddhism, and the fundamental source of the huge number of highly effective people who flowered from the tradition, like the Dalai Lamas, Milarepa, Tsong Khapa, and many more.

**In other traditions around the world, some of the most remarkable people in history were devoted to the preservation of their semen: people like Shakespeare, Thoreau, Gandhi, Buddha, Pythagoras, Hippocrates, Galen, Aristotle, Beethoven, and others.**

## WHY WOMEN DON'T SWALLOW

### “Good Girls Don’t Swallow” –

Women have been brainwashed by many different sources (society, media, family, religion, etc.) to believe that performing oral sex is ‘dirty’ and ‘degrading’. These beliefs are often ingrained from a young age and are not exclusive to simply oral sex but usually sex in general. Most women carry around years of sexual shame and beliefs that can weigh heavy on their psyches. Due to many of the myths about oral sex women have preconceived notions of oral sex being dirty. Also with the feminist movement also came a wave of women that believed performing oral sex was degrading due to the vulnerable and sometimes ‘submissive’ positioning. This has led to the idea that if you are performing oral sex that you are not respecting yourself.

Really the most respectful thing we can do for ourselves is to honor our desires and our sexuality. Oral sex often can make women feel empowered and connected to her partner. With the numerous health benefit’s oral sex is a fun and sexy way to improve health.

## FUNKY SPUNK? – WHY WOMEN WON’T SWALLOW OR WANT TO GIVE ORAL

Sweet? Salty? Fishy? Let’s face it gentlemen if you are not taking care of your health internally and externally then your woman isn’t going to want your semen in her mouth. Diet plays a huge role in the taste of your ejaculate and so with a few dietary changes you can improve your chances of your woman wanting to swallow. The more beer, red meat, coffee, cigarettes, and greasy foods you are consuming the more sharp/bitter your ejaculate will taste. Natural fruits and vegetables (especially pineapple) create sweeter tasting semen. This is why Vegetarians semen usually is the best tasting. These diet changes are good for both your body and your sex life!

TABLE

9.3

Factors Affecting Taste of Ejaculate

Taste	Source of Taste
Bitter	Coffee, alcohol, cigarettes, and marijuana (can also be due to urinary or prostate infections).
Sharp	Red meats, greasy foods, dairy products, chocolate, asparagus, broccoli, or spinach.
Moderate	Having none of the bitter factors and only one or two factors from the Sharp group.
Mild	A vegetarian diet. Fruit (especially pineapple and apples), parsley, celery, spearmint, and peppermint.
Sweet	Naturally fermented beverages or someone who is diabetic or borderline diabetic.

SOURCE: Hamilton (2002).

## SAFETY. BOUNDARIES & CONVERSATION

### Warning, Warning, Warning!

If you are giving oral sex and you are not aware that your partner is about to cum then it can be a shock when you get a mouthful of semen. If the woman is not used to giving head, has a sensitive gag reflex, or is in a position that makes swallowing harder than the immediate bodily reaction will be to expel the fluid as soon as it hits the mouth. This is where the importance of communicating comes in during the process of oral sex. By simply letting your woman know that you are about to cum then you can make it easier for her to be prepared to accept all your delicious juices.

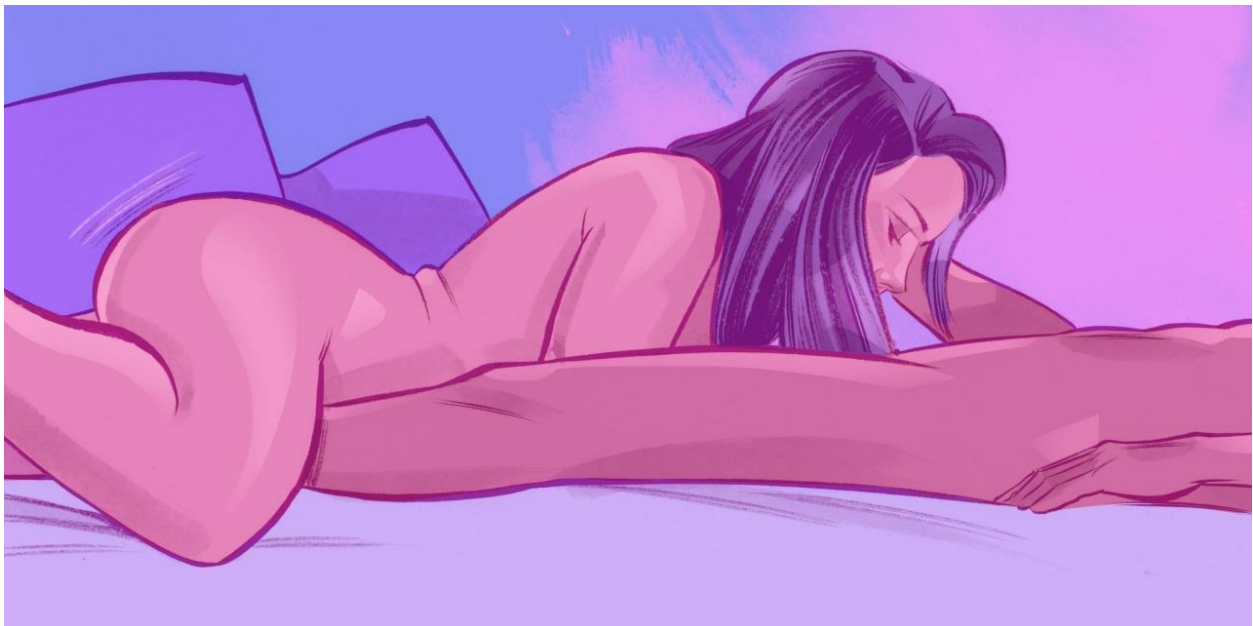
Knowing your partner is important. Meaning discussing what his turns are or not. Men have many phobias around getting head. It is important to be sensitive to their fear of teeth or having their head over stroked until it becomes too sensitive and hurts.

It is also important to share with him what your likes and dislikes are.

Some women love having their man hold his cock. Some don't. Some want him to pull their head or hair during the process, while other women don't want to be touched. Having the conversation and setting the boundaries needed for each of your highest turn on is most important plus each of your safety and comfort.

- Discuss boundaries- likes/dislikes before you get started – For both parties
- Confirm if the man is going to share when he is close or not
- Have a safe sign (hand gesture) for deep throating – respect this gesture ALWAYS!!!  
– taking a cock in deeply can be difficult and scary. Take it slow and have a safety gesture. Words won't help you here.
- Use clear, close ended check -ins with your man. (Would you like me to suck harder?  
– would you like me to move slower, faster?)
- Never surprise your man with anal stimulation during a BJ without his previous consent!

## POSITIONS BEST FOR GIVING HEAD



Easiest Position- This position allows the woman full control. It is not one of the best for deep throat though but easy to move to side thigh position (see next picture) which makes deep throat much easier and many women prefer. This position is a great position for a relaxed blow job that keeps it focused on the man receiving.



Side Hip Position – This angle allows the woman to have great control, the man to see well and the woman the ability to take him in farther than with him laying on his back. Easy to change positions from here.



Most Popular Position- Easy for deep throating and female control. Easy eye contact. Allows man to feel powerful in his vulnerability.





ADVANCED POSITION- IMPORTANT TO MAKE USE OF HANDS IN THIS POSITION TO HELP CONTROL AIR FLOW AND DIRECTION OF COCK. A LITTLE BIT DIFFICULT FOR DEEP THROAT. GREAT FOR VISUAL STIMULATION FOR MAN AND HIM PLAYING WITH YOUR CLIT.

## CAN EVERY WOMAN DEEP THROAT?

NO! – NOT EVERY WOMAN CAN DEEP THROAT.

AND WOMEN WHO CAN DEEP THROAT ONE MAN MAY NOT BE ABLE TO DEEP THROAT ANOTHER MAN. IT DEPENDS ON THE SHAPE, Girth, ANGLE OF HIS COCK AND HER ABILITY TO EXPAND HER MOUTH, HOLD AIR AND MOVE PAST HER GAG REFLEX. TO HELP YOU WITH YOUR GAG REFLEX WE ARE SHARING THIS BIT OF INFORMATION FROM BAD GIRLS BIBLE.

### THE ENEMY: YOUR GAG REFLEX

**The most important aspect of learning how to deep throat your boyfriend or husband without gagging is getting your gag reflex, also known as your**



**pharyngeal reflex under control.** While this isn't an issue for the roughly **37%** of women who are fortunate enough to not have a gag reflex., if you do have a gag reflex, then this section will teach you how to get it under control.

**Once you get it under control, deep throating becomes ridiculously easy. Your gag reflex is usually gets triggered when something touches the back of your throat, roof of your mouth, tonsils or even the back of your tongue causing a spasm-like sensation or reflex contraction**

**Getting your gag reflex under control is a simple case of desensitizing it. Desensitizing it means that you'll be "training" the back of your throat and tonsils to stop causing you to gag anytime something touches the, i.e. your man's dick. The process of desensitizing your gag reflex takes time and effort, and there is no other way around this. Just follow the below steps to start desensitizing your gag reflex.**

- 1. You'll be using either a finger or the handle of a toothbrush or a dildo or something phallic shaped. Just make sure that it's clean and sterile first. And also make sure that it wouldn't damage your throat or get stuck in it.**
- 2. Place it into your mouth and slowly edge towards the back of your throat.**
- 3. Eventually, it will trigger your gag reflex as it reaches the back of your throat. When this happens, consciously try to suppress your gag reflex hold it there.**
- 4. You now need to maintain your breathing through your nose while at the same time concentrating on relaxing your throat. Sometimes this is easy and sometimes this can be quite difficult. The key is to keep trying, even if you do find yourself accidentally gagging now and then.**
- 5. Hold your finger/dildo/toothbrush steady at the back of your throat for up to 10 seconds. Don't try to move it in or out.**
- 6. Try doing this two to three times every day for a week. You'll find that towards the end of the week, it will get a lot easier, and your gag reflex won't be as sensitive compared to when you started.**
- 7. Your gag reflex will become less and less sensitive over the coming weeks as you continue practicing. Once you notice this, then it's time to take it a step further. Every once in a while, try slowly moving your finger/toothbrush/dildo in and out of your mouth so that it's repeatedly brushing off your gag reflex.**
- 8. The first few times you try this, your gag reflex will be heavily stimulated making you feel like throwing up. But it's important to try your best to stay calm, keep breathing and relax even if your throat is in spasms!**
- 9. After a few weeks of this, you will have eventually worn down the sensitivity of your gag reflex to the point where you are quite**

comfortable taking a dildo deep into and out of your throat without convulsing, gagging or coughing excessively.  
10. Now you need to try it with your man!

This is the most effective way to get your gag reflex under your control. While there have been studies done showing that other methods work for getting your gag reflex under control like using acupuncture [3][4][5], wearing ear plugs, applying pressure to the palm of your hand[7], using nitrous oxide (aka laughing gas)[8], and even using ketamine[9], the above strategy doesn't require you to do anything during the act, allowing you to focus entirely on your technique. After all, since when is it sexy to wear ear plugs or perform acupuncture on yourself before deep throating your man?

## MYTHS ABOUT BJ'S



## The 9 Biggest Misconceptions About Blow Jobs

*Everyone has questions about blow jobs, so I called up Dr. Benjamin Brucker, an assistant professor of urology at NYU Langone Medical Center in New York, to help me myth-bust the biggest misconceptions about blow jobs.*

The myth: There's such a thing as too much spit.

The truth: **Every guy has preferences on just how wet things get during oral, but don't worry if you feel like you're drooling everywhere. That's part of what feels makes this whole thing feel good, so if you're slobbering all over it, don't worry. Just get into it. The only thing you can do wrong during a blow job is stop and apologize about your saliva.**

The myth: You need to get the whole penis in your mouth.

The truth: **Again, different strokes for different folks, but deep-throating a penis is not the only way to get a guy to orgasm. The most sensitive area is the head of the penis, especially at the base of the underside, so stimulating that area with your mouth and tongue is most important. You can put your fist (or just wrap a few fingers) around the penis to stop you from taking too much in your mouth, then run your hand along it and suck like you're eating the best freeze pop ever.**

The myth: You can't get STIs from blow jobs.

The truth: **"Many of the diseases that can be transmitted from vaginal or anal intercourse can be transmitted from oral intercourse as well," says Dr. Brucker. "No matter what you're doing with someone's genitals, something can be transmitted." Although a variety of factors can affect how likely a disease is to be transmitted, Dr. Brucker recommends you treat all forms of sex with caution and practice them safely — that means condoms. This is why flavored condoms exist, you guys.**

The myth: Spitting is safer than swallowing.

The truth: **Depending on the disease(s) in question, spitting instead of swallowing might lessen your chances of infection but it isn't foolproof. "If you brushed your teeth before getting intimate with someone, if there's a small cut, there is a potential for transmission of fluids through the skin or through the mucosa of the mouth," says Dr. Brucker. "So even if semen is not swallowed, for example, it certainly can increase the chance of transmission of diseases."**

The myth: It's all about his penis, not the balls.

The truth: **From the most basic of standpoints, no, it's not as if you *need* to do anything with a man's testicles to get him to orgasm much the same way you don't *need* to have your breasts stimulated during sex. Please, for the love of all that is holy, don't neglect the balls. Suck on them, lick them, massage them, just don't squeeze them or give them an Indian burn.**

The myth: All guys want to ejaculate in your mouth.

The truth: **Your partner should be giving you a heads up before he climaxes anyway, but it's still a blow job if he melts in your hand and not in your mouth. There are plenty of other places we can ejaculate and equally enjoy doing it. Anywhere is fine as long as you don't aim it up at us.**

The myth: You're going to injure his penis.

The truth: **Everyone hears urban legends of blow jobs gone wrong because of braces or lockjaw or even just someone who doesn't know what to do with their teeth. Realistically, though, you're not going to wind up putting your partner in the hospital just because of inexperience. "A penis is an organ, and there is skin. You can end up fracturing the skin and causing a puncture, but usually it is not something that would cause trauma," says Dr. Brucker. "Maybe you could get tenderness, but it is not something that we come across in the ER. Certainly, like anything, it can be too much and cause skin irritation, but most of the time it is not an issue."**

The myth: HPV can't be transmitted orally.

The truth: **Technically, this one is still up for debate, but its possible to contract HPV in the mouth and throat, which can lead to throat cancers. Dr. Brucker says there isn't enough conclusive research yet to say whether HPV is actually transmitted from genitals to mouths via oral sex, but it's best to practice safe oral sex to reduce the risk of HPV transmission.**

The myth: You have to give blow jobs while you're on your period.

The truth: **Never do anything you don't want to do. For one thing, you can totally have vaginal sex on your period if you and your partner want to. Some guys even prefer it because of the extra lubrication. But if he doesn't want do**

that and you don't want to give him the blow job he's asking for, you never ever have to give it. There are plenty of sexual alternatives to mouths and vaginas (anal sex, his own hand).

Original Article by Cosmo Frank

## THE POWER OF THE SEXY GAG

Gagging is never fun or sexy. Plain and simple. It does not feel good and it is not a turn on to feel like you are going to throw up on your partner in any fashion and it can cause anxiety inside a woman when our breath is taken away and we feel like we may pass out even. But here are some facts about gagging.

- Gagging creates more saliva
- Gagging saliva has different hormones and nutrients in it and when blended with semen creates a health tonic for the woman. ( Applied to face or swallowed) – Read White Tigress for full explanation and break down
- 2 out of 3 men find a woman gagging on their cock a turn on and an ego boost
- 2 out of 3 men never want a woman to do something she does not want
- 2 out of 3 men may not always like a woman gagging but love the feeling of their cock being taken in deep into the throat.
- You can do sensation training to help reduce your gag reflex

## ANCIENT WHITE TIGRESS SEX SECRETS: FACIALS

Ancient Taoist women, known as White Tigresses, knew hundreds of years ago the importance of oral sex. Actually it was seen as the most important part of their practice and growth as a White Tigress. They knew the benefits of oral sex and its ability to not only keep us in optimum health but also keep us looking physically youthful. One of these practices is what we in modern times refer to as '**Facials**'. Yes, having your man's semen on your face is one of the best ways to keep you looking young.

“After the fresh and warm semen is spread over the face, especially the nose, forehead, and oily areas, it dries and then closes the pores. This drying effect is like an astringent reaction that will tighten and shrink wrinkles, feed skin cells, and leave the skin feeling

light, clean, and smooth... Applying semen to the face is the physical practice, and absorption falls into the transformational practice.”

-Excerpt from “Sexual Teachings of the White Tigress”

#### Skin Care Benefits:

- Regenerates cell tissues
- Reduces age spots
- Tightens skin/Reduces wrinkles
- Adds youthful glow

In order to engage in this practice it is important to have good communication with your partner. Everyone should know where the precious fluid is going to be directed in order to make full use of the nutrients. When your man cums then spread the fluid over your face, nose, and even neck for it to begin to work on tightening and clearing your pores. Leave it on your skin for about 20mins in order for your skin to absorb all the nutrients and then wash it off.... Or add a little excitement to your day and keep it there until your evening/morning skin care routine.

## DEEPENING INTIMACY & PLAY

Oral sex is a vulnerable act for all involved but with this vulnerability also comes a chance to deepen intimacy in the relationship. Communicating what you want and need during the process is a vital foundation to build intimacy. Do you need things fast, slower, softer, harder? Communicating is imperative as well as letting your partner know when you are enjoying something in the moment. The little moans, looks, and touches speak volumes to help you see a deeper side of your partner. Eye contact during these intimate moments will help to build a greater energetic connection.

Deepening the intimacy doesn't have to be boring. Make sure you are adding a bit of play and newness occasionally to your oral sex. This is a time when you should be enjoying your partner. Laugh, joke, make noise, and be messy. Here are some suggestions to help increase the playfulness:

- Try performing oral sex in a position that you haven't tried
- Bring new sensation in by sucking on a peppermint or spearmint prior to performing oral sex
- Taking away one of your partners senses with a blindfold or tying of hands can increase the other senses and provide some excitement
- Bring music into the environment and 'dance' with his cock. Make your movements match the music and allow yourself to become entirely engrossed in the process
- Draw out the process with sensual touches and teasing. Don't go straight for the climax.

## STROKES OF PERFECTION

### Common Techniques:

- Biting- The lingam is held and **gently** bitten along the side
- Kissing- The lingam is licked and kissed as if it were the lips of her beloved
- Pressing- The lingam is brought into the mouth and withdrawn, back and forth.
- Rotating- The lingam is brought into the mouth and licked and sucked as the mouth is rotated.
- Rubbing- The lingam is rubbed all over with tongue and lips
- Stroking- The lingam is held only part way into the mouth as the hand moves back and forth over the shaft
- Sucking- The lingam is brought halfway into the mouth and then sucked firmly as it is withdrawn
- Swallowing- The lingam is drawn in as far as comfortable. The lips are extended forward to embrace more of the lingam, and the lingam is slowly drawn outward.

### Alternative Techniques

1. One hand on his lingam slides towards your mouth as your mouth slides down on the lingam
2. One hand on his lingam slides away from your mouth as your mouth slides down on the lingam
3. Take only the head of the lingam into your mouth and shake your head from side to side
4. Cradle and massage your partners testicles as you pleasure his lingam
5. Occasionally suck on your partner's scrotum while you stroke him with you hand
6. Have your partner stand up while you pleasure him. Also, place your hands on the back of his buttocks to pull him towards you.
7. Suck on the tip of your partners lingam while you stroke the shaft of his lingam with your hand
8. For triple stimulation, place the tip of your partner's lingam in your mouth while you stroke his shaft with one hand and massage his testicles with your other hand
9. Guide your partner in and out of your mouth as you nod your head in a "yes" fashion
10. Alternately drink hot tea and suck on ice cubes in between orally pleasing your partner
11. A little clove oil can be rubbed under the ridge of the head of your partner's lingam. It slightly desensitizes the area that could otherwise cause premature ejaculation



# LIVE DEMO OVERVIEW

## 1) Tip Tease

- a. Slowly lick the tip of cock then move down the shaft.
- b. Use your breath to tease
- c. Gently tease his testicles with your fingers and if you want your tongue
- d. Move your tongue from base of shaft upward to tip again/ circle the head a few times with your tongue/ Make eye connection and don't be afraid to be playful, smile, giggle.

## 2) Tip In Mouth

- a. Kiss the tip and head, lip play like your kissing
- b. Gentle slow love- making play on the just the head and sweet spot

## 3) Getting The Shaft

- a. Take 3-4 inches of cock into your mouth
- b. Slow thrusts blended with tongue swirls
- c. tongue swirls looping cock in a clockwise motion coming up bottom of shaft to head.
- d. flick the sweet spot just above the circumcision line.
- e. repeat above 2- 4 times - follow your desire

## 4) Cock Lifts

- a. after flicking head with tongue use your hand to support and hold cock while you move tongue down bottom of shaft and circle testicles.
- b. Tickle testicles with tongue and breath.
- c. optional- gentle nipping on thighs and upward toward arteries along pelvic bone

## 5) Hand Stimulation

- a. create a cock ring with your fingers on your non-dominate hand
- b. gently grasp shaft with dominant hand
- c. stimulate head of cock with tongue, breath and then take into mouth.

## 6) Find Your Rhythm

- a. cock ring
- b. twisting hand - slow/fast
- c. up/down shaft 3- 5 times (pay attention to where your fingers are landing)
- d. sweet spot stroke - with the up and down movement you can bring your thumb over his sweet spot and have it teasing while your mouth is on the head
- e. Find your dance between mouth and hand

## 7) Deep Throat

- a. Position is most important - be aware as to where you are feel tension, discomfort or pleasure
- b. use your hands to help
- c. ONLY take in what you can
- d. Don't be afraid to gauge.
- e. remember to breathe- through your nose -tiny gasps of air can come with each stroke too
- f. remember that you are in control, take your time
- g. push to the back of throat, relax. take him in a little bit further. You may feel a pop sensation. You can get a little air in this moment.
- e. gentle thrusting/ find your speed and depth for each stroke
- f. Holding the cock in your throat or as far back as you can be very pleasurable too.

## 8) Coming Off Cock & Self Check In

- a. come off the cock with a few strokes of the mouth ( you may use your hand too)
- b. Move to hand only strokes for 3- 5 strokes.
- c. Swallow, breathe, check in with how you are feeling, desiring now.
- d. make eye contact

## 9) Where we going? - Communication

- a. know where you are and what you want.
- b. Ask for or suggest what you desire.
- c. Ask what he wants... where we going?

- facial
- fuck
- cum in mouth

## 10) Taking His Seed In

- a. to prepare for him to cum in your mouth, gent comfortable. Tension is NOT good.
- b. take his cock into your mouth, stroke him, tease him, do a few deeper thrusts.
- c. know your man's speed - does he need slow strokes or fast? stay consistent
- d. be prepared for the sensation of his cock growing, throbbing, his uncontrolled thrusting and desire to push deeper into your mouth.
- e. Be prepared for the salty or sweet flavor and texture of his semen as he cums. The angle and location you hold his cock as he is cumming will help your gauge reflex and set you up for what you are going to do with his seed.
- f. Swallow, spit, hold and drip - if you swallow wait for him to be done cumming, then gather some saliva and swallow all at once. Some women prefer to swish it around in their mouths. If this turns you on then try it.

Spit - Never take him and then directly spit his cum out, it will make him feel extremely insecure. Even if his cum taste horrible be respectful and compassionate about it. Hold it for a moment in your mouth then wipe your mouth and let it go in your hand. You can use it for a facial or just wipe your hand on a cloth.

Hold & Drip- If you want you can hold it in your mouth and kiss on his cock directly following him cumming and even tease gently and as you do this you can allow it to drip down over his cock. He most likely wont notice more than the warmth and then you can clean him up as you share what your feeling or whatever you desire to say after this event to each other.

## FOLLOW UP WITH YOUR TEACHER'S

We hope that you enjoyed the workshop and get tons of oral pleasure out of the tips and education that you received. We encourage you to reach out for further guidance in your love-making practice and sexuality through more of our classes, workshops, events and private coaching.

You may connect with Kendal at [tantrictransformation@gmail.com](mailto:tantrictransformation@gmail.com)

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