

# ***How to Finger a Woman and Have Her Coming Back for More***

## **The Zen of Giving a Woman a Hot Hand Job.**

*As a public service, the publisher of the Guide To Getting It On! Has provided Chapter 13 – for free. It is from—5th edition. Illustrations are by Dærick Gröss S..( I have taken the liberty of editing Chapter 13 and adding a few of my own insights. – Sheela Montgomery)*

*The Guide to Getting it On is a bit bawdy and is full of helpful sex information presented with fun and frivolity. Every couple should keep a copy next to their bed. [Get your copy of Guide to Getting It On HERE.](#)*



The Prince is fingering a very happy Princess  
while the Dwarfs are away in the forest!

*"Rubbing lightly is what I do when I masturbate, so I like it even more when my boyfriend does it. I love it when he runs his fingers along my inner lips, up and down. I also love my genitals to be rubbed and tickled when I wear jeans or corduroy. I can come from that kind of stimulation." female age 23*

Some men take the term "fingering" or "finger fucking" (pardon the graphic language) quite literally. That is why I prefer the term "hand job". They think that a woman's idea of a good time is having a man cram his fingers up her

vagina and pump her with it like it was his penis. Or they attack a woman's clitoris as if it were a broken doorbell button, believing that the harder and faster they push it the closer she will get to the big "O." But the only big "O" she is likely to experience is a big "OUCH!".

The truth is, a hand job (fingering) is not something a man does to a woman, but something he does for and with a woman. It's all of him—his smile, kiss, laughter, strength, and tenderness focused in the ends of his fingers for the purpose of pleasuring her.

You will find this information helpful, especially if you leave your jackhammer behind and are willing to do things with your fingers that maybe you've never done before.

It is important to note none of the information found here will make any difference if the woman isn't turned-on, or if she won't give you feedback and let you know how you are doing. In that case, there isn't you can do with your fingers that will put a smile on her face and between her legs.

A more romantic name for fingering a woman or giving her a hand job and one that makes sense of what you are trying to achieve would be "Serenading Your Sweetheart's Clitoris." The last thing you want to do is to have your fingers doing a bony imitation of your penis screwing her vagina. Use your fingers to do for her things your penis can't.

### **Backseat Groping**

There are several kinds of fingering and ways to give a woman a hand job. One encompasses the hot-and-heavy kind groping that's an extension of making out. It's when a man gets his hand between a woman's legs because there are all kinds of passionate groping, kissing and drooling going on. And in the heat of the moment she allows his hand to touch her down there. This is not what this is about.

What it is about is learning how to please a woman with your fingertips. It's not something you do in the dark or while under the influence of alcohol or drugs. Rather it is like learning to play a musical instrument. At first, it requires lights, the ability to see, looking closely, and paying close attention to details, practice and lots of feedback. And when things are just right, and if she's finally gotten comfortable with your eyes staring at her private places, you might just end up giving her incredible amounts of pleasure.

## Altered Process, Altered Goals

The first thing to do is to banish the goal of her achieving an orgasm. She'll have one if she has one: maybe you'll help her have one, maybe not.

With the kind of fingering and hand job techniques here, the idea is to help her walk along the edge of some intense and sweet sensations for longer than she may have experienced before. It's something she might do when she pleasures herself, but not ever done with a man. While an orgasm at the end of the journey is a worthy goal, sometimes it can get in the way.

What you are asked to do is to stop trying to get her to have an "Oh-my-God-I'm-Coming!" type of orgasm. The experience you are going for is different and is not a fast blast to orgasm, which men often enjoy, but sometimes leaves a woman unsatisfied.

The good news is, once you learn how to pleasure a woman with your fingertips, it might make what you do with your penis all the more satisfying for both of you.

NOTE: You might find inconsistencies in this chapter. Some of the top researchers in the world are still trying to make sense of the relationship between what's happening between a woman's legs and the feelings in her mind. Please forgive The Guide if it trips up when it is trying to make mechanical that which has so many mental and emotional components and variables.

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For information on mentally and emotionally turning on a woman check out [Seduction for Guys in Relationships](#).



[Learn to Make Her Horny](#)

A woman will naturally open herself up physically to the man who mentally and emotionally arouses her...She can't help it...It's how she's wired.

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## Coaching, Patience & Practice

*"I had to learn how to touch her clit... I can remember being clumsy about it early on. She'd have to stop me—I was going too fast, going too hard. I can remember her saying, 'You're in the wrong place.' 'Well, show me where. I mean physically, show me. Rub so I can see*

*it. OK, now I understand.' Over time, I've learned where the places are. I can find them in the dark now. But early on I couldn't.... She would take my hand, or my finger, and she would put it right exactly where it was supposed to be, and she'd move it the way she wanted me to move it, and she would apply pressure to the back of my fingers, the amount of pressure she wanted, until I got the hang of it, and then she would take her hand away. If I got out of sync or something, she'd put her hand back and show me until I got it right. A few weeks later I might need some re-education, so she'd show me again." —From Sex: An Oral History, by Harry Maurer, Viking, (1994).*

First, try to learn how to do your sweetheart in the same way that she does herself, assuming she does herself. Start by making an agreement with her that she will provide lots of coaching and patience, and you will provide an eager willingness to learn.

Also take heart in knowing that hands that are used to throwing a baseball, digging with a shovel, or torqueing down engine bolts tend to get frustrated when it comes to finessing a woman's genitals; and that's only part of it.

There's the additional challenge of knowing when to speed up, slow down, press softer or harder, or stay your course. It will require patience and lots of practice.

### **Differences in Attitude**

*"I've seen a couple of guys masturbate. I can't believe how rough they are with themselves!" Female age 26*

The reason why this woman can't believe how "rough" guys are with their genital is because she would never dream of finessing her genitals in that way. For example men squeeze or shake their penis when they finish peeing. Thinking he can do the same thing with a woman's clitoris is a serious mistake.

### **Try a Little Tenderness**

*"When women moan or gasp, it encourages me to press harder or faster on the clit. Always with poor results." male age 41*

When it comes to touching a woman's clitoris, always err on the side of tenderness. Assume that softer is better. Press just hard enough to move the skin back and forth over the shaft of the clitoris, assuming you can find the shaft of the clitoris. And don't even get near the naked glans or tip of the clitoris until you've paid your respects to her inner thighs, larger lips and

mons pubis. The clitoris is best avoided until you see signs that the woman is sexually aroused or she tells you she wants more direct stimulation.



If you put your fingertip under the hood of the clitoris and on its glans or tip, you will want to be sure that you have ***put lots of lube on it first***. The tip of the clitoris is often more sensitive than *any single part of the penis*. You don't want the rough skin of your fingers rubbing across it. This is why you want to gently push and pull on the clitoral hood and labia (lips) rather than touching the glans directly. It depends on the woman and on how sexually aroused she is (More on massaging the clitoris to follow).

There are other kinds of genital massage where your lover may want you to be more vigorous. You'll learn as you go.

### **Showing Instead of Telling**

Be aware that a woman's understanding of her own sexuality is sometimes on a body awareness level and she may not have the words. Getting frustrated and yelling "Just tell me" will do no good. She probably would if she could, but it's like asking someone to tell you the meaning of life. She may simply have to show you by putting her own hands over yours and

guiding your fingers as they go. Or she might say, "Keep trying different ways—I'll let you know when it feels right" or "Maybe my clit wouldn't be so shy if you didn't press quite so hard..." or "Try it here."

Also keep in mind that a woman might say "harder" when she actually means faster, or vice versa. And never make the mistake of thinking that if a little pressure feels good, a lot of pressure will feel even better. Or reason that if slow feels good, fast will feel better. This kind of thinking does not work when you've got your fingers between your lover's legs. If faster is what she wants at the moment, work on establishing signals that will let you know. Mix-ups will happen. It can get really frustrated. But it's not like anybody is going to die or lose their job because you confused harder with faster. After all, you have your hands between a woman's legs. Remember that and be happy.

### **Intrigue along the Inseam**

In matters of love and sex, it never hurts for a guy to give his fingers a sense of humor. Fingertips that tease and dance will find an especially warm welcome. Gently running your fingertips up and down a woman's inner thigh is zillion times more enticing than shoving your middle finger up her crotch. When she's ready to have your fingers inside of her, she will let you know in no uncertain terms, and even then it's sometimes wise to hold back and tease and play some more until she is begging for you to put your fingers in or she reaches down and grabs your hand and pushes your fingers in or in some cases she may insert her own fingers so you can keep finessing her clitoris.

### **Instruments of Pleasure or Weapons of Mass Destruction?**

Make sure there are no rough edges on your fingernails. Get yourself a pair of nail clippers and a fingernail file. Keep your fingernails smooth and clean. Try to pry out any grease or dark gunk that's under them. And if your hands are rough, put hand lotion on them a couple of times a day. You wouldn't want sandpaper wrapped around your penis and she doesn't what sandpaper rubbing her down there either.

### **Zen Boot Camp—Learning Her Style**

*"It's not a dish of salted peanuts down there, don't just grab and hope for the best. It's very sensitive. Even the slightest movement can produce a reaction, good or bad." Female age 45*

OK, so you're going to learn how to pleasure her in the same way she pleases herself..... But what if she doesn't masturbate? You can either skip this part, ask her to learn how and try again in a few days or you go onto the next section. Or you may want to learn the fine art together.

When a woman masturbates, she often rests her wrist on her lower abdomen just above the pubic bone. Try to do the same, since it will influence the way your fingers feel on her vulva.



Lie next to her and reach your arm over her body until your fingers are touching her crotch. This allows your fingers to approach her vulva in the same way that her own fingers do. Or try sitting like the couple in the illustration above. Don't try to "masturbate" her while sitting between her legs and facing her vulva. This is a great position to use for the kind of genital massage that's discussed later, but it's not particularly effective if you are trying to imitate the way she touches herself.

Here are some observations and tips for learning how to do a woman the way she does herself.

—Dry fingers on a dry clitoris do not make for the best of times. Don't start touching a woman's vulva near the tip of her clitoris. Try to bring lubrication up from bottom part of her vaginal opening, where the lips make a "U." Try dragging the fluid up your fingertips, or use saliva or lube. This assumes that you have spent the time and effort to arouse her in the first place.

—Ask if your partner uses extra lubrication when she masturbates, such as saliva, baby oil, petroleum jelly (Vaseline®), KY, Astroglide® or Liquid

Silk®. If she's Italian or Greek, she might even use olive oil. (Olive oil is OK, honest.) Never be shy about using extra lubrication, especially if you'll be at it for long periods of time.

—When men try to masturbate a woman, they often use all finger action and no wrist action. When a woman pleasures herself she might incorporate her wrist into the motion, even if only one finger is actually touching her vulva. This can be a subtle but significant detail, so pay close attention and it requires practice to get right. (If you think your tongue wants to fall off during oral sex, wait until you try to do that giggling wrist-finger thing for 20 minutes or more. There are reasons why women use vibrators.)

—Find out if your sweetheart has a favorite side of her clitoris or labia that she likes to stimulate. Many women like the 1:00 o'clock or 11:00 o'clock position with 12: o'clock being the center of the clitoris. Be sure to follow her lead.

—Some women will want you to pull back the hood of the clitoris. This will allow for much higher levels of stimulation and usually a lighter touch. But if you do it before she's sufficiently aroused, or if she's got a super-sensitive clitoris, this can be a fingering felony and get you banned from ever touching her pleasure button again.

—An excellent way to learn more about pleasuring your partner is to rest your fingers over hers while she is masturbating and pleasuring herself. Then do the reverse, with her placing her fingers on top of yours, acting as a guide. A woman shouldn't hesitate to take a man's fingers and put them exactly on those parts of her body where she likes to be touched. Most men will appreciate the assist, and after about the 500th time, they will probably remember how to do it in just the right way.

—Another advantage of having your arm resting across your partner's body is that it allows you to feel how her body is responding. This is important, because as a woman becomes more aroused she may need you to stimulate her in a different way. Or it might be a cue to keep stimulating her in exactly the same way. Being able to read her body's signals is essential.

—When self pleasuring, some women direct the stimulation to just one spot. Others might stimulate themselves in a more global way, tugging and pulling on the surface of the entire vulva. Plenty of women use a circular motion when rubbing their clitoral area, while others move their finger side-to-side, or up and down like when plucking at a guitar string. Practice enough with her and you might figure out exactly how to do it. She, of course, will assume it's all very simple and has no idea why you don't get it.

—Novelty is *not good*. Try to achieve a steady tempo and rhythm with your fingers. For many women consistency is more important than technique. Also having a steady tempo and rhythm gives you a reference point to work from for when she says "faster" or "slower". While one woman might want you to maintain the same rhythm and hand motion from start to stop, another might need a variety of sensations because she quickly gets accustomed to the same finger motion and it loses its desired effect.

—Ask if your partner likes to put something inside her vagina (such as a toy, dildo or fingers) when she masturbates. Some women like the sensation of fullness while others like to stimulate the inside of their vagina or even the g-spot. And some women like something in or pressing against their anus, especially as they get closer to climaxing. The added anal sensation can send them over the edge into orgasm. You're trying to duplicate everything she does when she masturbates, and it's not going to work if she forgets to tell you, or is embarrassed to tell you, about the dildo she uses or that little vibrating butt plug that she can't get off without. Let her know you want to learn exactly what she needs, no matter what it is.

—Try to use the fingers on your writing hand for working her clitoris, unless they are cramping and approaching paralysis. Finessing a woman's clitoris usually requires a fair amount of fine motor skill.

### **It's Time for Genital Massage**

Giving a woman the kind of genital massage that is described here differs from trying to "get her off by hand" in a number of ways. You will be stimulating her into a high level of arousal and then keep her there for a while.

By using specific finger movements on her clitoris, you should be able to help her stay near her peak of pleasure for several minutes or more (or until she can't stand being on the edge anymore and needs the release of climax). This will require finding the right spots around her clitoris (remember the 1:00 o'clock or 11:00 o'clock positions mentioned earlier or the spot she indicates is best) to keep your fingertip on.

### **What's in It for a Partner: Game boy for Grown-Ups?**

Aside from the satisfaction of being able to truly delight your partner for long periods of time. Think of it as an orgasm that goes on for several minutes rather than seconds (20 to 40 minutes or longer is not unusual). You may have the experience of seeing her genitals open, swell up, brighten, contract and pulse. And not just once, when properly stimulated

many women enjoy a series of mini-climaxes that builds up to an intense full body, and sometimes ejaculating, orgasm. In addition to the visual and perhaps auditory feedback, you'll also be receiving sensory feedback from the tip of your finger that's on her clitoris. And if you place a finger of your free hand on her perineum or against her anus (press as if taking her pulse) you may be able to feel her orgasmic contractions while you work her clitoris with your other hand. Eventually, you might be able to tell from the feeling in your fingers against her clitoris and her perineum where she needs it to be. As you get in tune with her body, sometimes you will be able to help her reach different levels of sensation as you change the length of your finger strokes by just a little, or by changing the speed, pressure and direction of your strokes.

### **Getting Started with Genital Massage**

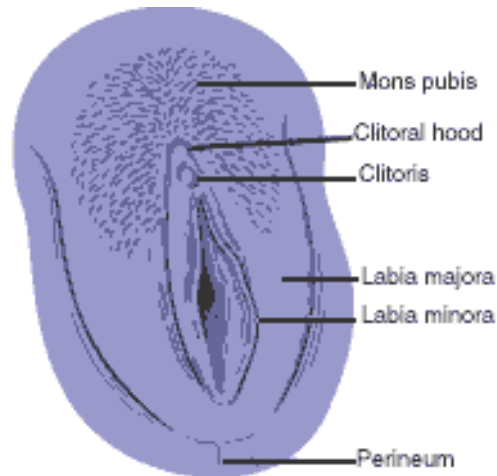
The woman should be lying on her back. Her partner sits between her legs, facing her with her vulva in front of him, or he sits to one side of her, with one of her open legs across his lap. The point is for him to have good access to her vulva with both hands, and to have a good view so he can see the changes that are occurring in her vulva as she becomes more aroused.

You might start by caressing her inner thighs to help her relax and to build excitement. This seems like a contradiction, but the more relaxed a woman feels, the more sexually excited her body can become. The type of relaxation she needs is the reduction of the stress tension often seen in someone's neck, shoulders, and low back muscles. This is why starting out with massaging these muscles can make her pleasure experience so much better later on. Getting rid of her stress tension (the bad kind of muscle tension) paves the way for building up her sexual pleasure tension (the good kind of muscle tension).

This is a good time to start talking to each other, because you will need a lot of that in order to learn where and how to touch her. This simply won't work without the woman's input. Likewise, you will want to tell her exactly what you are going to do before you do it. Starting out with massaging her neck and shoulders, then moving down her back also makes the transition from body massage to sexual massage flow naturally. Talking about how you are doing on massaging her neck and body is easy and as you keep exchanging information, by the time you are ready to start caressing her thighs you both will be comfortable talking. So when you are about to put

the lubrication on her clitoris you will have gotten good at sharing information. And yes, use lubrication—lots of lubrication.

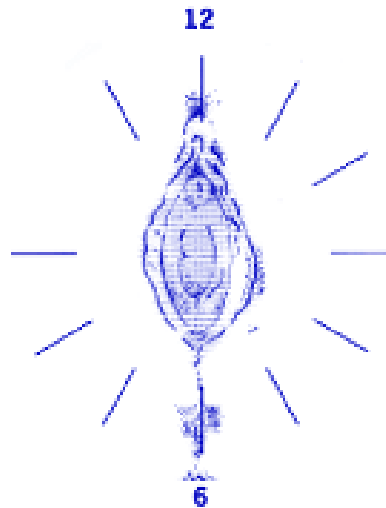
No matter how wet your partner is or gets, use and reuse lots of lubrication. The clitoris massaging aficionados from *The Welcomed Consensus* who are referenced at the end of this information still recommend old-fashioned KY in the tube, and/or Vaseline on the clitoris itself. They haven't found anything better.



Put at least a tablespoon or two of lubrication on your fingers and start at her perineum. This is the area between her vulva and bum hole. Pull your fingers and the glob of lube up from there, through her labia, all the way up into the pubic hair area on her mons pubis. Re-lube and do this again. It's fine to not directly touch her clitoris just yet. Avoiding it can be part of the build-up of sexual tension.

Make sure she tells you how the lube feels as you are applying it. She should especially tell you about anything you are doing *that feels good*.

## Clitoris Clocks—Finding Her Mark



Close your eyes and imagine a clock--the old-fashioned type that has a big hand, a little hand, and maybe even a cuckoo bird at the top. Mentally place the clock face over the tip of her clitoris. This will give you a map for finding any special spot or spots, potential clitoral control centers.

Also, look at her entire vulva. Look at how the inner lips are sitting, their color, and observe the opening of her vagina. The landscape of her vulva will be changing as you find the right spots to massage. Visual cues will be both helpful and kind of amazing. Make sure you have good lighting so you can see the sometimes subtle changes. People think nothing of a penis swelling when it is aroused, but we seldom think of a woman's vulva as changing. (Why not take before and after pictures with your digital camera?)

Next, put a glob of lube on the tip of your index finger. Tell her you are going to lube her clitoris. Depending on your inclination and her anatomy, you might pull the hood of her clitoris back with the fingers of your other (non-lubing) hand or you might simply push into the space between the hood and the glans with your finger tip (see the illustration below).

Gently circle the glans of her clitoris with the lubricated finger.

Ask her to tell you what it feels like.

Ask if she wants you to press harder or more lightly.

Try gently rubbing each spot around her clitoris and see if it does anything for her. Make sure you notice what her clitoris feels like on your fingertip. How does it respond when you touch the different spots? How does the rest of her vulva respond? This might sound strange, but does it make her anus contract? Use the tip of one or two fingers of your other hand to press

against her perineum and feel for involuntary muscle contractions. Observe as much as you can. This means not only to look, but feel, and listen. Look for physical changes in her vulva, her breasts, her nipples, and the expressions on her face and the tension in her neck. Look for muscle contractions of her belly, vaginal opening, anus, buttocks, legs and her toes. Feel for contractions and tension with your finger tips. Listen to her breathing and notice any changes, small gasps and moans.

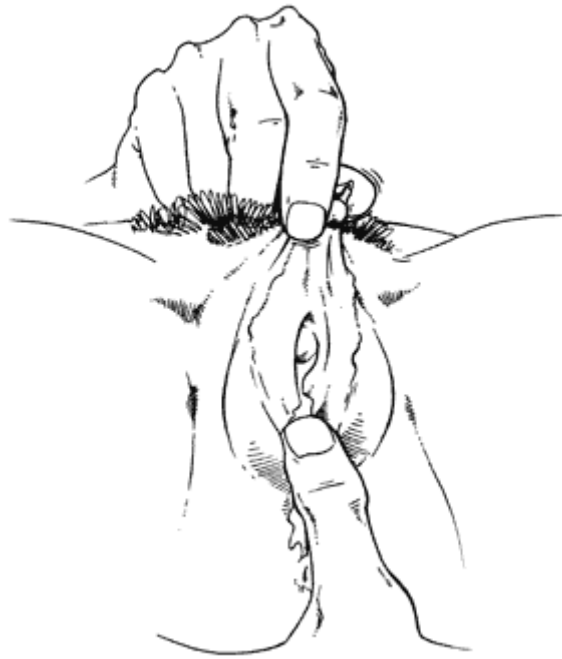


Reaching under the hood of the glans of her clitoris.

This is one form of stimulation that might work for some women. For others, it will be too much or too little.

1. She needs to feel very aroused first.
2. Be sure there is a thick layer of lube between your finger and her clitoris.
3. Make very light, gentle movements.
4. Give each other lots of feedback, to find what spot or spots feels best and how to move the finger tip over it.
5. Re-lube or add water to keep surface slick (petroleum jelly is good here because it never dries out and stays slippery)

The opening of her vagina may become round if her vulva is engorged enough.



Similar to illustration above, but clitoris stimulation is by the hand above while the hand below puts pressure on the lower part of the vaginal opening and the perineum area.

Use thumb pressure from below, or you might try using your entire hand against her perineum area at the same time that you are massaging her clitoris.

(See "The Welcomed Consensus" in the RESOURCES section at the end of this chapter for videos on this.)

### **Her Johnny-on-the Puss Reporter**

What you are trying to do is to find spots that generate nice feelings when you stroke your fingertip across them. For instance, you might try a linear (up and down) motion, as if you are flicking a tiny light switch on and off. If you find any spots that she says feel good, experiment with the pressure and the length of the "on-off" motion.

Look at the rest of her vulva while you are doing this and describe for her what you are seeing. Have the inner lips gotten darker, fuller or brighter? Is the opening of her vagina getting wider or rounder? Has it started to open up? Are things contracting down there? She can't see what you can, so be sure to tell her if she would like to know. It is important you tell her how

beautiful her vulva is to you and how much you enjoy looking at it (she may blush when you tell her this).

### **Fist or Thumb on the Lower Part of Her Vaginal Opening**

To help ground her vulva (to help her feel connected), you might try pressing the thumb or the palm of your other hand onto the lower part of her vaginal opening or on her perineum. This helps some women to feel a sense of solidness or comfort.

Remember, you are providing comforting pressure to the outside of her genitals. You are not the little Dutch Boy sticking his finger in a dike.

### **Anticipation vs. Dread**

If it stops being fun for the two of you, or if it starts to feel uncomfortable or overwhelming, stop!

If you go beyond what feels good, her body will tense up the next time, and that's exactly what you don't want to have happen. If this is something the two of you are going to keep doing, then she needs to look forward to it. Anticipation is an amazing thing. It can work for you or it can work against you.

### **What about the G-spot?**

With all of the media hype and sex-store attention about G-spot stimulation, some readers will be thinking, "Why waste so much time with my finger on her clit when I could be stimulating her G-spot?" And just where the G-spot might be often varies, depending on what you read about it.

Mercifully, one of the world's top researchers in women's sexual anatomy has provided readers of *The Guide* with an answer to these burning questions. The following is from Claire Yang, M.D., a neurophysiologist and researcher in the Department of Urology at the University of Washington:

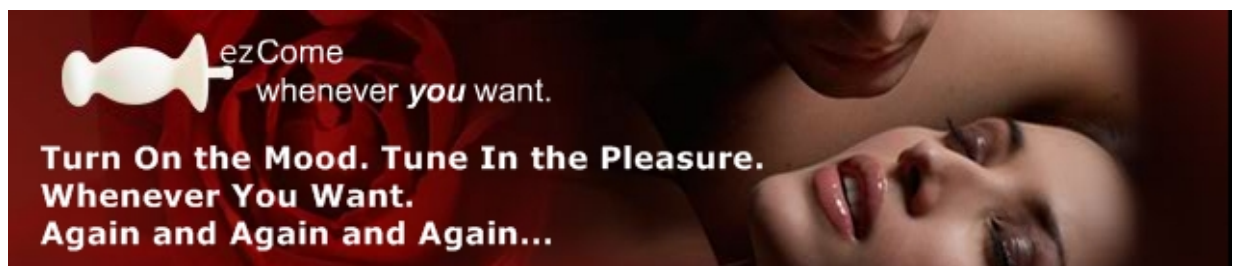
*"I think that because the sexual response is so closely linked to emotions, the experience of pleasure, and in particular sexual pleasure, it is not going to be tied directly to anatomical structure, even during sexual arousal. For instance, why do women not feel sexual stimulation when those same areas that you describe are being examined during a gynecology exam? The bottom line is: the entire genital area has nerves (as does the entire body), and in the context of sexual arousal, the processing of the messages is what makes the experience, not just the manual stimulation. I think the*

*cortical processing of sexual stimulation by the female brain is extremely variable, and to pin down a particular area (or situation) that is universally arousing is not possible at this time. That is why the concept of the G-spot has not gained universal acceptance. That is why the pursuit of a female sexual-arousal drug has been elusive. That is why the female sexual response will remain a mystery for a little while longer."*

While the next part of this chapter describes techniques for stimulating the inside of a woman's vagina, it does so only in the name of exploration, and because some women find it enjoyable. Plenty of others don't like it.

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Research by sexologist Dr. Stifler clearly demonstrates the relationship between a woman's pelvic muscle development and her ability to orgasm this includes her awareness and sensitivity to G-spot stimulation and vaginal orgasms. His research showed women who exercise their vagina muscles using the ezCOME (easy Clinical Pelvic Muscle Exerciser) became "super orgasmic". [Click Here to learn more about becoming "super orgasmic"](#).



[Become Super Orgasmic](#)

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Don't expect sexual pleasure to have rules and to be universal, which is what some of the women's magazines and the burgeoning home-sex-toy party circuit wants you to believe. Does every woman need to be slightly anorexic, have a \$90 G-spot vibrator, and glow like a Tostitos after having visited a tanning saloon for the two-hundredth time?

### **Fingers inside Her Vagina**

You never want to surprise a woman's vagina by suddenly shoving an entire finger into her. A more satisfying approach is to ease your finger in, one joint at a time, and then only after she's spreading her legs and arching her hips into your caressing fingertips or indicating in some other way she is ready and wanting.

Once you get the signal that she wants your finger inside of her, slide in only as far as the first joint. Before you go any farther, make sensuous circles inside her vagina, gently pushing the tissue this way and that to awaken her vaginal awareness. After a while, if she gives you a cue to increase the stimulation, glide your finger in a little farther until you reach the middle knuckle. Stop and play some more. At that point, she might want it to go all the way in, or maybe she'll prefer the added fullness of a second finger. Two fingers are preferred by most women and using two fingers (usually the index and middle fingers) is less tiring. She might want you to do an in-out motion with your fingers, or maybe she'll want you to stimulate the roof of her vagina (g-spot and cul-de-seac). Maybe she will want you to jiggle your hand or pull upward, so the fingertip part stays inside her vagina and inner knuckle part pulls up against the shaft of her clitoris. The use of two fingers here allows you to place a finger on either side of the clitoral shaft during this maneuver.

If you have been stimulating her clitoris with good results and her genitals are puffed up and swollen, you might want to keep pleasuring her clitoris with one finger while exploring her vagina with a finger from your other hand. Think of using both hands as if you were playing a guitar. If the two of you give each other lots of feedback, you will soon discover what does and doesn't work.

Who knows where the fun spots will be, or if they will be. Think of it as a most excellent treasure hunt, one you will hopefully do time and again.

## If Old-Fashioned Fingering Is What She Wants



The text in the next couple of sections refers to parts of this illustration. Author Jay Wiseman noticed that when lesbians feel each other up, they almost always use two fingers—not one or three. Wiseman asked a number of women about this, and most replied that two fingers simply feel better. Some of this Guide's women readers said they enjoy one finger, three fingers, an entire fist or a big toe, but most *agreed that two fingers is a fine number*. The number of fingers a woman wants inside her will also depend upon her level of arousal and sometimes upon her menstrual status.

You might consider wearing latex gloves when spending long periods of time with your fingers inside a woman's vagina. The smooth latex surface sometimes feels nice for the woman and helps to keep your fingers from stinging when they marinate in vaginal fluids, which are fairly acidic. On the

other hand some women find latex irritating. Try putting a dab of water-based lube inside each fingertip of the glove and see if it makes any difference for you or her. (If you use any kind of latex DO NOT use mineral oil or petroleum jelly for lube as it will dissolve the latex material. When using latex, gloves, condoms, etc., only use water based lubes).

### **Finishing Off—Calling it Quits or Having Intercourse?**

When the two of you have decided to call it a day (or a night), the man might try putting two fingers inside the vagina and applying pressure to help "wring out" some of the engorged blood. The reason for this is that the feeling of engorgement can be uncomfortable and linger for several hours after stimulation has ended. Orgasm often relieves this pressure so all that may be needed is for the woman to have another orgasm or two using whatever means works best for her (self stimulation, vibrator, cunnilingus, etc.). He might also put a towel over the woman's vulva and apply light pressure with his fist. Experiment with this to see if it is helpful. On the other hand, if you transition into intercourse, the extra engorgement might feel extra nice for both of you. Especially if the woman does not have particularly strong vaginal muscles and the extra engorgement can compensate for a loose vagina and weak pelvic muscles. On the other hand if she does have well developed vagina muscles, flexing them repeatedly will most likely "wring out" some of the engorged blood while also allowing her to orgasm repeatedly. If she does this during intercourse her partner will also enjoy some very pleasurable gripping of his penis or what is known as the "[Velvet Grip Technique](#)".

### **Isn't She Supposed To Scream with Delight?**

Actually, no. Some women, who are totally relaxed and receiving maximum sexual pleasure, zone out and go into a trance. While they certainly might moan or smile; hip-bucking and screaming aren't usually part of the experience, although it can be, especially during an intense orgasm. Unless of course you are watching an over-acted porn flick. With some women, you might need to give the neighbors ear plugs, but keeping a pillow close by for her to scream into is usually sufficient. There is no correlation whatsoever between decimals and delight.

### **Other Kinds of Vulva and Vagina Massage or Hand Jobs**

If what's been described in this chapter seems too involved or doesn't seem spontaneous enough, there are plenty of other things to try. Here are some things to consider:

—When massaging different parts of a woman's genitals, apply just enough pressure to move the skin back and forth over the tissue that's under it. Press harder if she asks.

—Finding a man's urethra (pee hole) is not a particularly taxing exercise; however finding a woman's can take a bit of work. Why would you want to? Because there is a little dome of tissue that surrounds a woman's urinary opening. Some women enjoy it when you stimulate this area. Ask and experiment.

—Think of the vagina as a tube that's about four inches long. Once a woman is sexually aroused, start at the rim (opening) of the vagina. Put pressure on each part of the tissue as your fingers (use two for best results) eventually makes a complete circle. She needs to give you feedback about any spots that she might want you to revisit. Then move your fingertips a little deeper inside and do the same thing all over again. Keep repeating this until you have done her whole vagina. It helps to be extra thorough about exploring the first third of the vagina, because that's a part that can be most sensitive to touch. Pay special attention to the upper half of her vagina between 9:00 and 3:00. A number of women report pleasurable responses in this part of the vagina.

—Some women feel a certain dull but enjoyable sensitivity around the base or deepest part of the vagina (this is the cul-de-sac), a full finger deep. This part of the vagina might be more sensitive to pressure than touch. Be careful about bumping into the cervix as this can cause discomfort.

—A woman's cervix can usually be found in the upper rear part of her vagina. It is easily felt if she is on all fours or brings her legs to her chest. The cervix feels like a little dome of tissue that's fun to run your fingers around. It may also have a small cleft in the middle, like your chin. Some women may enjoy it if you carefully stimulate the area surrounding the cervix. Others won't. Cervical sensitivity can vary with a woman's menstrual cycle; massaging it may release some blood if she is close to her period.

—Place your free hand over the lower part of your lover's abdomen. Experiment by applying different kinds of pressure with your top hand while you are exploring inside her vagina with the fingers from your other hand.

—The perineum is the groin's version of a demilitarized zone that separates the anus from the vagina. Push into the surface with your fingertips and see what she says. She may enjoy this more when she is close to climaxing.

—The ring of the anus contains a multitude of nerve endings. Women and men who don't have aesthetic problems with anal stimulation might enjoy an exploration of their rectal area. You may find that one part of the anus is more sensitive than others. Putting a well lubricated finger on or in her anus into her vagina without a thorough washing to avoid bacterial nasty infections.

—Place a well-lubricated hand between the woman's legs with your fingertips resting below her vulva but not touching her anus. Pull the hand all the way up to her belly, with your fingertips gently separating her labia with each stroke. Then do the same thing with your other hand, alternating strokes.

—While lying next to your partner, rest your arm across her body with your fingers on her vulva. Separate her labia with your first and third fingers and stroke between her inner lips with your middle finger, bringing lubrication up from the bottom of her vaginal opening. If she isn't already wet, lubricate your finger with saliva or even better some store-bought lube such as Astroglide®. Also, some women like to have their vulvas tapped with fingers, and some even like to be lightly slapped on the genitals. Be sure to ask, first and experiment.



—Some women enjoy being touched from behind, when they are lying on their stomach or are on all fours or while they are leaning over something. You can reach between your lover's legs from behind. This changes the angle that your hand and fingers make with her genitals.



—While being touched from behind, and on all fours you can use your thumb to stimulate her anus or even insert it. It can be quite exciting for her at the moment of orgasm and it allows you to feel her orgasmic contractions in her vagina and her anus. And remember to avoid contacting the vagina with the finger used with the anus.



—A woman's pubic bone can be a fine perch for a tired hand whose fingers are playing with the lips and folds below.

### **Massaging the Mons**

The mons pubis is the fleshy mound at the top of the vulva just above where the lips begin to open. It usually has hair on it, or at least it did right after puberty. It's easy to ignore the mons and head straight for the clitoris,

yet some women masturbate by putting moderate fingertip pressure on the mons and making a circular or back-and-forth motion with it. Some women enjoy it when a partner kneads the mons or taps on it with his fingertips.

If you are looking for amplification of sensation, you might try pulling up on the mons with the fingers of one hand while gently tugging on the inner lips with the fingers of the other.

### **The Lip Part of Erotic Massage**

Women's genitals have two sets of lips—the inner lips and outer lips. The inner lips attach to the glans of the clitoris. In erotic massage, much time is spent with the inner and outer lips.

After lubing the area up, you might begin with one of the larger outer lips. Put your thumb and forefinger around the lucky lip, clasp it at the base where it attaches to your partner's crotch. Then run your fingers or fingertip from the lower to upper part of the lip, as though you were tracing one side of a parenthesis. Repeat this as long as your partner finds it to be enjoyable.



Another form of genital massage is done by holding a lubricated lip between your thumb and forefinger. While squeezing just a little, pull your fingers straight away from the woman's body. Your fingers will end up in the air an inch or two above her body, as though you had pulled them off the edge of a sheet of paper.

### **Dry Humping vs. Fingering**

There's no reason why a woman shouldn't lube up a favorite part of her lover's body and rub against it with her vulva. This is known as dry humping but it is not really dry as it includes the use of lube. It has more to do with

not having anything penetrate the vagina. Women often discover it during puberty when she first discovered the pleasurable feelings that come from pressing up against and humping a pillow, bedding or her teddy bear.

Some women like to do this on a man's back, thigh or hip. (There are women who think the penis would be more useful if it had been mounted on the front of man's thigh instead of between his legs. There is a special dildo harness that mounts a dildo on the thigh, achieving this very feat in an amusing way.)

Some women enjoy using the head of a sweetheart's penis for masturbating. This can be an invigorating experience for both partners. Even if the male doesn't ejaculate, unwanted sex germs can be passed on, or the woman can get pregnant from such activity. You can greatly diminish these risks if the man is wearing a rubber that is well-lubricated.

If getting pregnant or sex germs aren't a consideration, some women like to use a man's ejaculate as a lubricant to masturbate with. This might be fun to do when he comes first. She might add some saliva or her own lube.

### **The Extra-Sensitive Clitoris**

Some women have a clitoris that is super-sensitive to touch. Even the most sensitive of lovers would feel at odds with it. This kind of clitoris is not particularly forgiving. Make sure the woman is highly aroused before your fingers go near her clit, and be mindful of how quickly it can go from being too sensitive to totally numbing out. Also, try to become a master of indirect stimulation, e.g. is it better if you caress her crotch when she's wearing blue jeans or underwear than when she's naked?

## Agony vs. Ecstasy



We recently had to take a friend to the emergency room. From another part of the ER there was a young man who was moaning in excruciating pain. He would pepper his moans with an occasional "Oh God." If you had changed contexts and heard these exact moans coming from a bedroom window, you would have smiled in envy; sure the man was at the height of sexual ecstasy.

How is it that extreme pain and extreme sexual pleasure can sound identical? They certainly don't feel the same, not for most of us anyway. It seems that the sounds we make when our bodies are spinning out of control are similar, whether we are spinning toward ecstasy or agony. Keep in mind that it may be difficult for a partner to know when you are feeling pleasure as opposed to pain. It's up to you to help your partner learn the difference.

### **What Did You Discover?**

It will take time to explore a woman's genitals. Maybe you will find one special place to focus on, or maybe ten. You might want to stimulate these spots while having intercourse or during oral sex.

Experiment with different positions that will help you take advantage of what you have discovered. Or try stimulating an outer spot with your tongue while using your fingers to reach a spot that's deeper inside. The sensations won't necessarily pack the kick of a mule, but the overall effect can be pleasing.

## **Contradiction—Aquatic Sex Is Dry Sex**

Many couples find it sensual to grope and fondle each other in the shower or bathtub. However, water washes away natural lubrication and soap can cause irritation. For a non-intercourse grope in the tub, keep a plastic squeeze bottle of vegetable oil or oil-based lube next to the tub. Stand and lube the outside of your dry genitals with oil, then ease your way into the water. This will help keep your genitals slick and slippery during aquatic hand play. For intercourse while submerged, try a silicone-based lube. Here are two advancements in hydro technology that have helped take the fingers out of aquatic frolicking:



**Hand-Held Shower Head**—If you don't have one of these gadgets, consider getting one. It shouldn't take more than fifteen minutes to install, unless your plumbing is really rusty. Hop in the shower with your sweetheart and try out the various settings. Keep in mind that when you hold the shower head point-blank against the skin it causes the water to bubble somewhat

like the jet on a hot tub. This might feel good. Don't point a focused jet of water directly into a vagina, as it might force air inside the body, which can be dangerous.

Some men enjoy the feeling of the spray against the side of the scrotum. This might be one of those sexual experiences where the line between pleasure and pain is a fine but pleasant one.

Different brands of hand-held shower heads create different kinds of spray.

Powerjets in the Hot Tub—Check with your hot-tub repair person about fitting an extension hose on one of the massage jets so you can direct the flow where you want. Tell him it is for your grandfather's hydrotherapy. Cut the air to the jets so it won't get into the vagina. Also, there are waterproof vibrators. These have only one conceivable purpose, yet the box shows a woman in a tub using the point of the vibrator against the side of her neck!

### **Winding Down**

*"The first time I felt a woman's vagina was with my first love. We were taking things very slowly, and when I would ask if I could go down her pants, the answer was no. I respected her wishes and we always did something else, usually making out. One day she finally told me I could proceed below the waistline. It was warm and wet and very soft. The wetness of her vagina was the most exciting feeling I'd ever had." Male age 25*

For some men, putting their fingers between a woman's legs is a moment of pure magic. There's the woman's warmth, the softness of her, the texture of her pubic hair and the smoothness of her lips, the folds of her flesh, the feel of her wetness, and how her body sometimes tenses and squirms.

While you are considering new ways to pleasure your partner's genitals, keep in mind that there are other parts of a woman's body where touch produces intense sensation. One reader reports that his lover has an area on the small of her back that is so erotically charged that her knees nearly buckle when he caresses it. He once nearly caused her to orgasm in the middle of a busy hardware store by caressing this part of her back. Another reader is so sensitive to having her fingers touched that getting a manicure feels like a sexual experience. And sometimes, sensation happens purely by accident, like when you have been stroking those special spots on her body, playfully caressing her thighs and tugging on her inner lips, and suddenly, one just sneaks up on her. You weren't trying to give her an orgasm; you were just kicking back, letting your fingers play and enjoy themselves.

Some women readers have intimated that their lovers do the same thing each and every time they make love. It never hurts to experiment with new ways to touch your partner, both with your fingers and with your heart.

A simple way to change things up is to flip her over. For example if you normally start your love making with both of you lying on your backs, flip her over on her stomach and instead of kissing her on the mouth and moving down to her breasts, begin by kissing her on the back of her neck and moving down kissing along her back spine back down to her bottom then down to her knees and back up again and then roll her over and begin kissing her face. Small changes like this can have an incredible effect.

### **Reader's Advice on Playing with Their Vulvas**

*"I would first tell him to approach slowly. Having someone just dive straight towards where they think my clitoris is becomes overwhelming. I like to be teased, I like a slow and sensual working up to where they think my clitoris is. If they are totally in the wrong area (just because it's hard doesn't mean it's my clit!) I have no qualms about giving directions." Female age 22*

*"Wait until I'm really turned on and I'm practically shoving your hand down my pants. Then, gently play around and see what I respond to. Once you've found my spot, start out slowly with only a little pressure. Don't focus exclusively on the spot, because that gets annoying, and it makes me less sensitive. As I get more turned on (which you can tell through body language like hip thrusting and my vocalizations), increase the speed but not the pressure." Female age 22*

*"There's no point in approaching my vulva and clit unless I'm aroused. Touching me there is not the way to arouse me." female age 23*

*"Always get your fingers wet before touching where there isn't thick hair. Never, ever touch my clit dry. It hurts! Go ahead and play with my pubic hair. I keep it trimmed, but it means that every time you brush it, it sends a ripple of sensation through me. When I start arching up towards you, slip your finger just inside my outer lips and press gently, with a little circling motion. If I spread my legs more, please touch me! You should probably re-wet your fingers, either at my vagina (if I'm wet enough), or with some lube, or with your own saliva. I love being teased. Run your fingers along the edge of the inner lips, with just a little pressure. When I start moving against your fingers, caress my clit. Just barely touch me, that feels best. Again, that finger has to be very, very wet. In a very short while I'll be calling your name and God's!" Female age 20*

*"The key word is GENTLE. At least in the beginning. Caress the pubic hair, then you could slightly penetrate with a finger near the vaginal opening. Gently move your hand forward till you find the clitoris. Never directly stimulate the clitoris, it's way too sensitive. Instead position your finger(s) on top of the hood and gently manipulate it side to side. Be sure no matter what you are doing that there is plenty of lubrication, either from my natural supply or from a bottle." Female age 35*

*"Before you even think about coming near me with your fingers, please make sure that they are smooth. Long nails aren't fun, neither are sandpaper hands. I know that many men are very rough with their own members, but I do not need that. You'd be surprised what the lightest touch can accomplish. There is no need to "grind" your fingers into me. And please, when you find a pace that has me moaning, don't decide to switch to a different pace. That gets annoying." Female age 20*

### **Reader's Advice on Fingers in Their Vaginas**

*"I like a finger in there, but please, don't dig for China." Female age 48*

*"I like it if he inserts one finger until the opening relaxes, then adds a second finger. When I begin to breathe faster, he should start flexing his fingers." Female age 32*

*"When I am sufficiently wet, I enjoy two fingers. I like it when he puts them in gradually and 'fucks' me with them gently. But no fingernails and no rushing!" Female age 35*

*"Start with one finger, then go up from there. To find the G-spot, put your thumb over my clitoris, then insert your first finger into my vagina and feel for the rough spot on the upper wall. Rub this spot!!!" Female age 26*

*"I don't necessarily care for fingers in my vagina. I'd rather have a penis in there." Female age 43*

*"I like him to rub the entrance of my vagina in a circular fashion, but don't like a finger all of the way inside." Female age 30*

*"I like to wait until I can't stand it and beg him to put his fingers inside of me." Female age 25*

As you can see each woman has her own preference. Listen and learn hers and honor it.

## Recommended Resources

An excellent resource on erotic massage is [www.erospirit.org](http://www.erospirit.org). This site is dedicated to different ways of stimulating and massaging people's genitals and rear ends. It is not porn, but there is full nudity. You can get a month's subscription for \$10-\$15, and it is WELL worth it if you want to learn about erotic massage. It has many streaming videos on giving hand jobs and vulva and penis massage. The information it shows will lead you and your partner to many happy and intense orgasmic experiences.

Here's a fingering resource that the author of The Guide found fascinating, but a female reviewer hated (to put it mildly). She didn't say this but watching a woman getting a hand job and experiencing it are two different things. Experiencing something is so much more enlightening than merely observing it.

This series appears to have been made by a group of mostly humorless and probably former hippies, consisting of five or six women and one man. Even their name is a bit unusual: "The Welcomed Consensus." They have devoted years to learning how to stimulate the clitoris, seemingly with the one man's finger. Their website is [www.Welcomed.com](http://www.Welcomed.com). The series is called the D.O. Collection (Deliberate Orgasm). In the first DVD, the members appear to be wearing uniforms from the original Star Trek. The fourth tape has the stiffest, slowest and perhaps most awkward introduction of any how-to video in history. And if a bikini shaver ever got close to these women's' abundant mountains of au natural crotch hair, its bearings would cease in horror. When one of the women said, "Can you move your finger up just a hair?" the possibilities boggled the mind.

What the author (Paul) found fascinating was purely anatomical—how these women's vulvas changed with arousal, and how they pulsed for twenty minutes at a time. He thought it showed something that might be highly instructive. The finger-under-the-clitoral-hood illustration from earlier in this guide shows what The Welcomed Consensus does.

The female reviewer, who is a Ph.D. in all things sexual, said there was nothing here that a woman who pleasures herself wouldn't know, and that the woman who is on the screen looked like a display object. She felt it was judgmental, implying that this was the only way to have a truly good orgasm. She believed that some women would find the stimulation to be way too much, while others wouldn't find it to be enough. She feared that men who watched it would think this was the only way to touch a woman's genitals, and if they did, she feared their wives or girlfriends would be

awfully bored. It should be pointed out the female reviewer formed her opinion by observation only and did not personally give the techniques a try. If boredom was her only concern, this could be easily overcome by reading a steamy romance novel or magazine while getting her clitoris massaged.

As mentioned the dynamics of physical arousal of a woman are complex and include an emotional and psychological dimension that is beyond the scope of mechanical instructions about sexual technique no matter how good. Before a man can get under a woman's hood (literally) he needs to get into her head. [Seduction for Guys in Relationships](#) is an excellent resource for the man who wants to know how to get his honey horny on a regular basis and have her itching to get him the sack with her. What good is having the mechanical skills to drive her wild with pleasure if she is not emotionally or mentally driven to get naked with you. [Seduction for Guys in Relationships](#) shows a man how to seduce his sweetheart into wanting sex as much, or nearly as much, as he does.

It is also worthwhile to note even good sex skills and seduction skills are not always enough to guarantee a woman satisfying sexual experience. Women who are interested in doing their part to insure their sexual health and a satisfying sex life should take a look at the [ezCOME](#) pelvic exerciser. Women who regularly exercise their pelvic muscles enjoy many health benefits besides the ability to become "super orgasmic". Also the [ezCOME](#) includes a diet reported to naturally increase a woman's libido and orgasmic potential. What is interesting is the [orgasm diet](#) is not a "fad" diet and uses sensible food choices and supplements to maximize a woman's natural sex drive.

And of course if you are looking for a down-to-earth sex book that will bring a smile, a blush of crimson, or a moment of awe get a copy of [The Guide to Getting It On](#).