

## **Ways For Women To Promote Sexual Pleasure**

### **The G Spot**

Ernest Gräfenberg first created this term in 1950. This G spot area is a bean-shaped, erectile tissue that is located behind the pubic bone, in an area a one-third to one-half the way up inside the vagina on the anterior wall (the one closest to a woman's stomach). It's significance is reported as an erogenous zone that when stimulated leads to strong sexual arousal and powerful orgasms.

Research has found that only a certain percentage of women possess a significant sized G spot and, therefore, only these women will be able to experience a strong response to stimulation of the area. Because of the hidden nature of this area, no visual exam can confirm its presence; a woman can only rely on her personal experience.

The tissue surrounding this area (which includes the *Skene's glands* or the female *Para urethral glands* – the female counterpart to the male's prostate gland) also includes the section of the clitoris that reaches up inside the vagina and which swells with blood during sexual arousal. (Some skeptics believe the G spot is actually a group of glands and ducts that surround the urethra.) While some still debate the G spot's existence, there is a lot of anecdotal evidence that the nerves in the G spot area do produce an orgasm that is different to an orgasm from clitoral stimulation.

### **Advice for Stronger Orgasms**

#### **Seek Contact With Your Erogenous Spots**

Many women find that when they are on top and rub their clitoris on their partner's pubic bone, it produces a powerful stimulation.

#### **Lying On Your Back**

Another preferable position is to lie on your back, using a pillow under your butt to elevate the vagina into a more receptive position.

#### **Kegel Exercisers**

Exercising the vaginal muscles with Kegel exercise devices is beneficial, (Kegel exercisers can be easily found on the Internet). The muscles you stimulate are the same ones you use to stop yourself from peeing midstream. The Kegel toning exercises teach you to contract these muscles (aside from peeing) in order to strengthen their effectiveness during sexual activity.

#### **Develop Your Abilities**

Develop your abilities at erotic foreplay. If necessary, rent instructive DVDs (or porno's) to learn effective stimulating oral and hand techniques.

#### **Testosterone Levels**

Check for low testosterone levels, it's proven to boost sex drive. (See **Your Amazing Brain** Section: *Tips for Retaining Sex Drive* – end of page: Testosterone Improves Women's Sex Lives.) Statistics show the *one in three* women don't reach orgasm!

#### **Leading Men**

Learn to lead men (they like it) by either telling your partner what turns you on or by moaning when he performs it.

## **Masturbate**

Along similar lines, experts say the best way to develop your orgasms is to regularly masturbate. Besides feeling good, it reduces stress.

## **Work Stress**

Work stress does contribute to undermining your sex drive. Here's another reason for you to reduce stress by masturbating and develop a love of pleasurable stimulation.

## **The Bottom Line**

Masturbate to develop a love of pleasurable stimulation. If you can't handle stimulating yourself, you're less likely to respond to your partner.

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**Sources: Wikipedia** (<http://en.wikipedia.org>) **What is G spot?** *EduSex* 29 November 2007  
([www.edusex.net](http://www.edusex.net))