



**ENERGY  
Sexuality**  
*Mastering Energy For The Best Sex Of Your Life!*

# Most Common G-Spot Questions

And their answers...

Broad  
ligament

Cervix

Vagina

Uterus

Fallopian tube

Ovary

made with  
*Beacon*

# Congratulations!

You're about to learn "everything you wanted to know" about the g-spot!

In a moment you'll get answers to the most common questions people have about the g-spot. In a few minutes, you'll know more than 80 percent of the people in the world about this key to women's pleasure.

Dr. Leonard McGill

Founder/Director:

<http://www.energysexuality.com>



# What exactly is the G-spot?

The g-spot is a bit of erectile tissue. (Just like the tissue that allows for erections in men!) It's usually shaped like a cylinder and is two to three inches long.

This tissue surrounds a tube running from the bladder to a tiny opening below the clitoris.

The "spot" becomes filled with fluid during sexual activity or

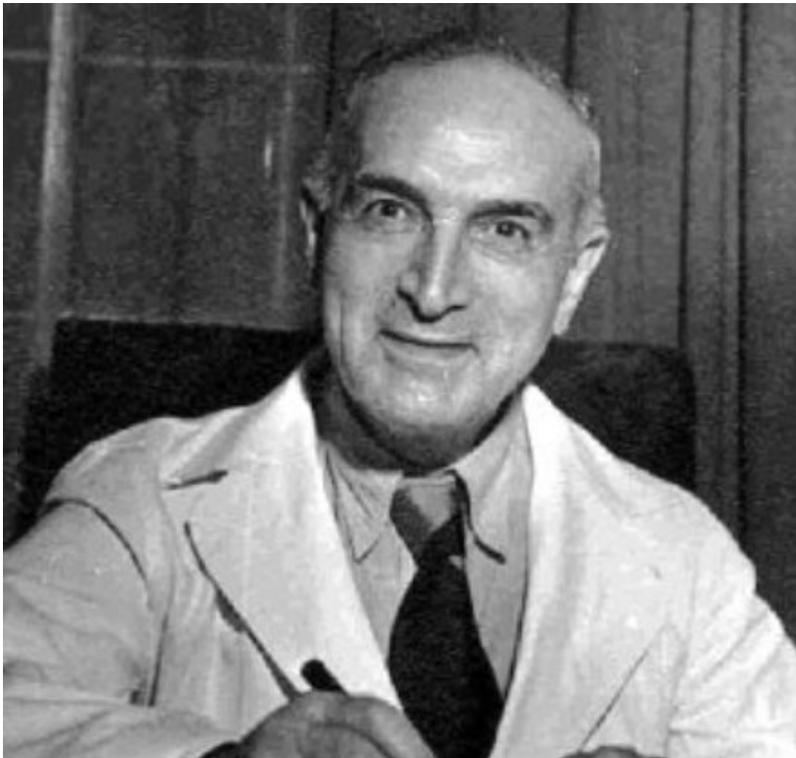
massage. Small tubules (tiny fluid-filled tubes embedded in the spot) open, passing fluid from the surrounding blood supply into the erectile tissue, filling it.

In general, the more stimulated the g-spot becomes, the more fluid builds up. When a woman has an orgasm (or in some women, when they get highly stimulated), fluid from the spot is forced out of the urethral opening.

Adapted from: Women's Anatomy of Arousal, by Sheri Winston, (2010) Mango Garden Press, Kingston, NY 12402

# Why is it called the G-spot?

It's named after Dr. Grafenberg, who studied this part of a woman's anatomy.



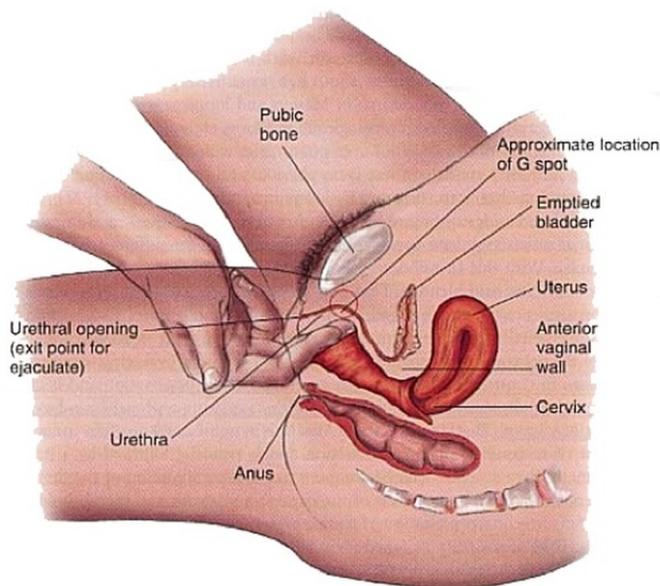
# Where is it located?

It's located on the roof of the vagina, usually about an inch or two inside the vaginal opening, though this varies from woman to woman. From the outside, it's usually located under the woman's clitoral hood, on the interior side of the mons pubis (the pubic bone).

In other words, you can imagine that the g-spot is right underneath the woman's clitoral hood, running in the same direction, but under the mons pubis. (As opposed the clitoral hood, which sits on the mons.)

# How do you find the g-spot?

If using fingers, insert your well-lubricated index finger into the vagina. Your hand should be turned up, so your palm and the pad of your finger is aimed up toward the ceiling.



Keeping your finger parallel with the floor, push the full length of your finger up into the

roof of the vagina. On most women, the g-spot will feel a bit rough compared to the surrounding smooth tissue. Some describe it as a "corduroy" feeling, with little ridges. Here is a rather raw photo of one (I have no idea how this was shot, but I imagine this woman wasn't ready for sex for awhile):



The g-spot varies in size, but generally is about two to three inches in length. It's usually longer than it is wide. On the sides, the ridged tissue stops, and meets smooth, velvety tissue, which makes up the side walls of the vagina.

If you push your finger past the g-spot, you'll find more velvety, smooth tissue in back of it.

# How do you stimulate it?

It's hard to stimulate the g-spot with your penis during intercourse. To do this you need to "aim" the penis up into the roof of the woman's vagina. The best way to do this is to have the woman lie on her back with a pillow under her pelvis. The back edge of the pillow should be level with the center of the woman's tailbone.

With this placement, the pelvis is rocked forward and up, toward the ceiling. The man can then push the woman's knees back toward her chest, and once he enters, should try to rub the head of his penis against the roof of his lover's vagina as he strokes in and out.

Alternatively, he can use a free hand around

the base of his penis, pulling his penis up into the g-spot as he thrusts in and out. He should do small thrusts, and really concentrate on dragging the head of his penis from the back of the g-spot toward the front opening of the vagina.

Fingers work better than penises when stimulating the g-spot. The classic move is to insert one finger, usually the index, middle or third finger, into the vaginal opening, and then use a "come here" motion to move the tip of the finger from the back of the g-spot to the front. After several minutes, as a woman becomes wetter and more excited, the person giving the massage should slip another finger in, using two fingers to massage.



The key is to go slowly and gently at first, and to encourage the woman to let you know if you should stroke harder, softer, faster or slower.

For a FREE guide to giving your lover squirting g-spot orgasms click here:

<https://www.dropbox.com/s/klk8vwit0ivd7bp/squirt%2...>

The best sex toy I've found to stimulate the g-spot BY FAR is the nJoy "Fun Wand," a stainless steel dildo shaped with the perfect curve for g-spot stimulation. The heavy weight and perfect curve of this sex toy makes it easy to use and extremely effective. Note: in the photo below, the left side of the Fun Wand is for anal play, the right for g-spot stimulation.



Slip the Fun Wand in (use lots of lubrication), and start pulling and pushing. You'll feel the head of the dildo bump into the g-spot as you pull it forward. Be gentle, and ask your partner if she'd like more or less pressure as the head of the dildo bumps into her g-spot. I've found this sex toy and this use of it produces g-spot orgasms easily and consistently.

Another, classic sex toy for g-spot stimulation is the Crystal Wand. It works well and has been the gold standard for g-spot stimulation for years, but in my opinion and experience the Fun Wand is a major improvement.

Note: Vibration isn't as important as pressure

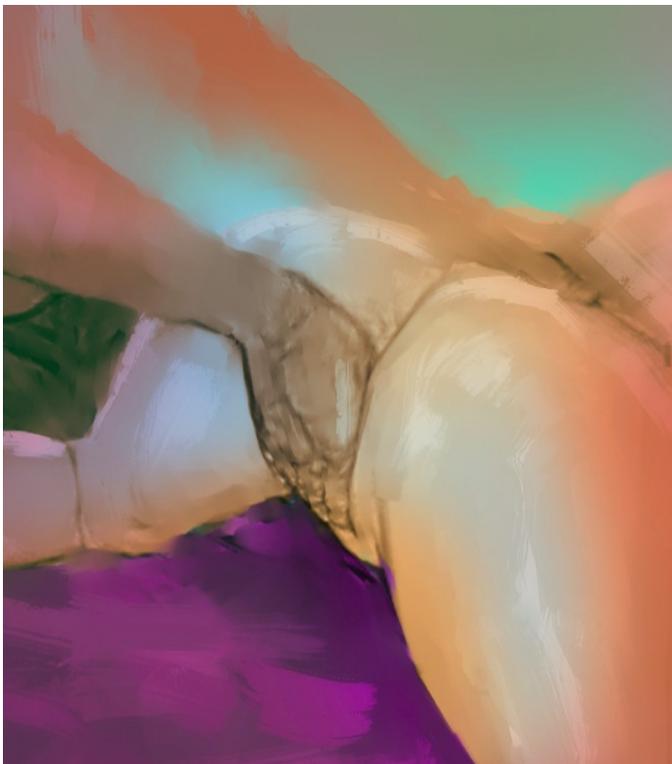
# What are some good positions to stimulate it?

The woman lies on her back. The man kneels sits by her right hip if right-handed; left hip if left handed.



Alternatively, the man sits behind the woman, propped up by the bed's headboard. The woman leans back into the man's chest and rests. The man reaches around the woman's torso, between her stomach and right/left leg (depending on his dominant hand) and massages the g-spot.

And for something completely different: The woman gets on all fours in the doggie-style



position. The man positions himself by her left hip if right-handed. He then slips his well-lubricated right thumb into the vagina so its pad rests against the g-spot. He can then

move his thumb up and down in a piston-like motion to excite the spot.

Another variation: the woman rolls on her side in the fetal position. The man positions himself behind her. He brings her top leg up toward her chest and straightens her bottom leg. He then uses his very well-lubricated thumb to enter her vaginal opening from behind, massaging the g-spot with the pad of his thumb.

# What shouldn't you do when playing with the g-spot?

*Don't play with dirty fingers or long fingernails.*

The person doing the massage should trim their nails short and make sure they don't have any hang nails.



***Don't play without lots of outside lubrication. Don't rely on a woman's natural lubrication only.***

You must use a lot of lubrication, either coconut oil or one of the many personal lubricants on the market (Astroglide is inexpensive and works well).



***Whatever you do, don't just put your fingers, penis or sex toy in the vagina and start massaging the g-spot without adequate foreplay.***

The woman should be pleased with lots of foreplay before attempting to play with her g-

spot. It's erectile tissue, and it doesn't get erect unless the woman is sexually stimulated.

***Don't play without putting towels under the woman's pelvis, unless you like wet sheets.***

You should put towels under the woman's pelvis, as she may get very wet.

***Don't have the attitude that you're going to "make" your partner orgasm.***

Take your time, be gentle and ask for feedback, and you and your partner should enjoy a great experience. As a general rule, do a minimum of 45 minutes of foreplay (erotic massage, cunnilingus, breast massage) before massaging the g-spot.



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## Master The G-Spot!

For more information, click below to receive a FREE copy of "The Vaginal Massage Playbook." It gives step by step instructions on how to stimulate the g-spot during a vaginal massage.

Get your FREE fully-illustrated guide to giving your lovers squirting g-spot orgasms **HERE!**