

Appendix A

How to Have a Vaginal Orgasm

99.99% of the Time

Using the Side-by-Side

(Face-to-Face) Position

“I use the side-by-side (face-to-face) position. Neither partner is totally dominant and both probably attain their maximum pleasure. I think that because the woman is able to move quite freely, she is able to control the pressure on her clitoral area and help herself to achieve orgasm.”

“The side-by-side position definitely helped our sexual relationship. I would maybe orgasm 40% of the time with other positions, but the side-by-side position guarantees me orgasm 100% of the time!”

— Comments from survey respondents

My husband and I strongly recommend this position. We believe the side-by-side position is the most satisfying for both partners. It will very likely become your favorite position. It allows freedom for either partner to set the pace of the thrusting rhythm, and enables deepest penetration. Also, it is extremely comfortable, makes sex almost effortless, and leaves the hands free to fondle and caress one another. And the big plus is, it virtually guarantees that the woman will achieve orgasm.

The simplest way to achieve this position is to first get into the man-on-top position, wherein both partners are face-to-face, with the woman on her back (commonly known as the missionary position).

Once in the missionary position, the woman, keeping the man's body between her legs and the penis within the vagina, carefully rolls him onto his side. Both partners will then be on their sides, face-to-face. I recommend rolling the man to the left, but I am not sure if this varies for left- and right-handed people (I am right-handed).



The first few times, you try this you will have to be a bit careful, because the penis may slip out of the vagina. But within a few tries, you should become good at it.

In the roll-to-the-left position (described above), when properly positioned, the woman's left thigh will be under the man's side, at about waist level (and the knee-to-thigh area of her left leg will be positioned under the man's waist to chest area).

Once in this position, the woman's right hand is free to do whatever, especially to pull the man's buttocks in tightly to her as her passion increases, or to twiddle her partner's nipples intermittently. (She can also free her left hand, and by crossing it over her right, can twiddle both of her partner's nipples simultaneously, thereby exciting him and helping to assure that he maintains his erection.)

Instead of keeping his legs straight, the man may find it more comfortable to draw his knee(s) up closer to his partner's buttocks, almost as if he is making a seat for her.

During prolonged intercourse, either partner can temporarily stop their thrusting to reduce sexual tension, thereby maintaining prolongation. (**See the “Tap Me” Secret to Prolonging Intercourse in Appendix B.**)

Most importantly, in this position, the woman's clitoris is pressed up against the man's body and she can maintain even closer contact by pulling the man's buttocks in toward her.

Although it is probably somewhat of an individual matter, I recommend that when the woman is ready to go for her orgasm, she should “grind” away for a while and then totally relax the pressure against her clitoris by loosening up and temporarily remaining inactive for 10-15 seconds. During the woman's momentary inactivity, if the man uses a very short, rapid, vibrating-type stroke, he will send the woman to Cloud Nine. (*More precisely, while the woman is momentarily resting and remaining motionless, with the penis deep within the vagina, the man should press his pubic area tightly against the woman's clitoral area and then jiggle rapidly. This will give the woman mini-orgasms. These jiggling movements do not involve any actual thrusting of the penis. It's more of a vibrating action against the woman's clitoris.*) You simply must try this technique. You'll be praising it forever.

The woman's sex organs need this respite from thrusting to rejuvenate, and varying the tempo through this relaxed type of movement is important for achieving multiple orgasms. It not only helps to relax things in between orgasms, but it may also be helpful in building up to the first orgasm as well.

*The woman must take responsibility for her own orgasm and should abandon any inhibitions she may have about thrusting wildly, **with pressure**, against her partner's body. Go for it like there's no tomorrow.*

And don't be timid about relaxing for a moment or two after orgasm and going for another. You'll be surprised at your capacity

in this gratifying position and will very likely find that you will often be able to achieve multiple orgasms. And the man benefits, too, because it lengthens the time of his copulatory pleasure.

In the side-by-side position, both bodies are relatively close to one another, which adds to the feeling of intimacy. However, when the woman is seeking orgasm and still has trouble achieving it, she should position herself so that *his body is at 12 o'clock* and *hers is at 9 o'clock*. This position applies even greater stimulatory pressure to the clitoris, which some women may need. (In the 9 and 12 o'clock position, both partners are still lying on their sides, face-to-face.)

If your partner is circumcised—until he restores—you may find it necessary for him to remain motionless, that is, *he should not thrust his penis when you are actively working toward your orgasm*, for two reasons: 1) his thrusting is likely to pull his body away from yours, taking pressure off your clitoral mound, 2) the movement of his coronal ridge “hook” may work to lessen your excitement and may inhibit your ability to achieve orgasm.

For maximum comfort, from time to time, it may be necessary for the woman to roll her partner somewhat back into the missionary position in order to reposition her left leg back into place, approximately at his waistline.

It is also nice to roll back into the missionary position periodically to let the man take up most of the work, and for a momentary change of pace. But when you want to bring yourself to orgasm (again?), roll him back on his side to bring about more direct clitoral stimulation against his body.

You're really missing out if you don't give this position a try. We sometimes get set in our ways, but if you are having trouble achieving vaginal orgasm every time, or multiple vaginal orgasms, I strongly suggest this position. Once you start using it, I think you will use it all the time.

One further note: Although it's not an essential piece of equipment, we think that sex (and sleep) is always better on a waterbed. We prefer the original, full-flotation type mattress.

Land and Sky Quality Sleep (which I have no financial affiliation with) sells a superior basic mattress for a very reasonable price, along with everything else you need to get set up. Visit www.landandsky.com. Be sure to not overfill your mattress. You should be able to sink into it somewhat. If the mattress feels too firm, and you're rolling around on top, it's too full. Also, I recommend a zip-around mattress enclosure to temper motion somewhat. For a mattress pad, use a European featherbed or a down-filled comforter. For maximum comfort, I recommend all-cotton sheets and natural fiber blankets. Also, wear all-natural sleeping clothes. Poly/cotton blends and synthetic fibers will cause you to toss and turn all night and during prolonged intercourse, can give you sheet burns.

You won't believe the vast superiority natural fibers will make in your sexual and sleeping comfort.

Important: This Appendix focused on the woman's pleasure. Tips on maximizing the man's copulatory pleasure should be reviewed at pages 227-230.

