**G-Spot 101 and Female Ejaculation**

**4 Easy Steps for G-spot Exploration**

1. **Create a safe space for exploration.**
   Give yourself time to find the G-spot. Schedule an hour on your calendar, or dedicate your day-off to finding it. Turn off the phone ringer, lock the door, put the cat in the bathroom – whatever you need to make sure you won’t get distracted.

2. **Get turned on.**
   During arousal, the spongy G-spot tissue swells with fluid. This makes it easier to find because you can feel the difference with your fingers and the area will be more sensitive to pressure. Grab a vibrator, your favorite sexy movie, or indulge in a hot fantasy. If you can, have an orgasm or two before you go looking for your G-spot.

3. **Start looking.**
   Try to locate your G-spot with your fingers first. You can feel for the texture since it will feel ridgy and different than the rest of the vagina. Once your fingers are inside the vagina make sure they curve towards the belly button.

4. **How you know you’ve found it.**
   You’ll know when you hit the G-spot by the distinctive sensation it creates. A lot of people say it feels sensitive or like they have to pee. If you feel that “I have to pee” sensation you’re in the right place. Remember, you aren’t feeling for something on the vaginal wall, the urethral sponge is behind it, so you’ll need to press firmly. Try various degrees of pressure and a range of motions.

**5 Steps to Female Ejaculation**

1. **Empty bladder.**
   A lot of women don’t ejaculate because the only sensation similar to ejaculation is urinating. If your bladder is empty, you won’t have to worry about peeing in your bed. If you’re still worried about peeing, then do whatever you need to make it okay for you to pee (just in case)—grab some towels, put plastic sheets on your bed or get comfy in the bathroom. You can put a few towels on the floor or try out the bathtub!

2. **High Level Arousal/Stimulate G-spot.**
   Work yourself into a high state of arousal. If you’re really turned on, it’s easier to find your g-spot, and you’re more likely to ejaculate. Be prepared to spend some time exploring and getting used to new sensations. Try adding or taking away clitoral stimulation.

3. **Trust Your Body.**
   Surf that "something is going to happen" feeling. If you’re aroused, stimulating your G-spot, and feel a sensation similar to the need to pee, continue with the stimulation, relax, and enjoy all the intense sensations.

4. **Relax PC/Bear Down.**
   Try your best to relax or push out with your PC muscles. This is how practicing your Kegel exercises helps you learn to ejaculate. Use your PC muscles to try to push out the ejaculate.

5. **Let Go.**
   Sex involves our minds as well as our bodies. Learning to relax and let go emotionally can help the ejaculation process. Try deep breathing, moaning, making noise, and screaming.
Some great products for G-spot stimulation and PC muscle exercises.

Resources

Books
The Good Vibrations Guide to the G-Spot by Anne Semans and Cathy Winks
Female Ejaculation and the G-Spot by Deborah Sundahl
The Smart Girls Guide to the G-Spot by Violet Blue
The G-Spot and Other Discoveries about Human Sexuality by Alice Kahn Ladas, Beverly Whipple and John D. Perry

Web Resources
www.gspotcenter.com
www.sexuality.org/l/sex/gspotfaq.html

Fictional Porn Featuring Female ejaculation
Edge Play
Pornograflix
Evil Pink
Please Don’t Stop

Videos—Guides
G Marks the Spot - Carol Queen, Ph.D. stars in this entertaining guide!
How to Female Ejaculate - Fanny Fatale, aka Deborah Sundahl, hosts an evening of exploration in this video!