
Simple ten step quest for the holy grail

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Back in June, I talked about ejaculation; specifically, I brought up the phenomenon of female ejaculation. For many years, it was thought that only men were capable of ejaculation; female ejaculation was dismissed as a myth and many of the women who could do it ended up having surgery or therapy in an attempt to "fix" it — people thought that it was urine. But in 1980, the medical community finally discovered and began to study female ejaculation.

Female ejaculatory fluid is as thin as water, it’s usually clear or milky and generally doesn’t have the look, smell or taste of urine. Some researchers believe that the fluid is produced by the Skene’s gland (located behind the G-spot, if present), which is thought to be the female equivalent of the prostate gland. But, thus far, much of the research on female ejaculation does not give any serious data about the origin or composition of the fluid expelled.

It has been estimated that 10 per cent of women do ejaculate during sex or masturbation, but all women may be capable of ejaculation. It is possible that many women have not been able to experience ejaculation because, for female ejaculation to occur, certain conditions must be met. Psychologically and emotionally you must be comfortable with your body and open to the experience; physically, you must be aroused and relaxed.

It’s easier to be relaxed and open to an experience when you know what to expect and have some idea of what you should be doing. So, for those women out there wondering how the heck they’re supposed to try ejaculating, I give you the rough guide to achieving female ejaculation:

Step 1: Wash your hands and trim your fingernails. If you have an assistant, make sure that they wash their hands and trim and clean their nails too. You might also want to go pee before you start — just to give you a little peace of mind.

Step 2: Lay down a towel and keep a tissue box close by, sometimes quite a lot of fluid can be released and you’ll likely feel more relaxed knowing that you’re not going to make a mess or end up sleeping on a wet mattress

Step 3: Grab a bottle of lube and make sure your (or your assistant’s) arms and hands are limber and ready.

Step 4: Start slowly. Play around a little, do the things that you normally do as foreplay: look at some porn, read some erotica, think of your favourite fantasy, etc.

Step 5: Get your clit stimulated. Try rubbing it with a drop of lube on your finger or get your assistant to use their tongue. For some women clitoral stimulation is enough to get them to ejaculate but for others, and often when it’s your first time, a little something extra may be needed.

Step 6: Find your G-spot, if you’ve got one. This is where an assistant or a sex toy would be very handy; it can be a tricky spot to stimulate by yourself. Slide your G-spot toy, or have your assistant slip two fingers, into your vagina. About two inches in, there is a little enlarged button of flesh with a different texture than the rest of the vagina — that’s what we usually consider to be the G-spot; it lies along your urethra and directly behind your clit. As this area is stimulated it will enlarge, making it easier to rub. But don’t ignore your clit; you’ll want to keep both areas stimulated if you can. If you don’t have a G-spot, or don’t like it stimulated, don’t fret — it’s not required for female ejaculation, but it can help.

Step 7: If things are going well, you’ll start to feel like you need to pee. Don’t panic. You’re not going to pee, the muscles in your pelvis are cutting off the flow from your bladder.

Step 8: Let go and relax. You might be unconsciously clenching against that "need to pee" feeling, so you need to consciously relax. If you’ve got an “assistant,” let them know what you’re feeling so that they can help remind you to relax. Once you relax, the fluid will be able to flow out when you orgasm — with practice you’ll even be able to push it out harder and faster.

Step 9: Right after ejaculating once, you could go ahead and try for another, or you could take a rest and talk with your assistant about what you two just achieved — if you’re alone, take a moment to congratulate yourself — you’re a gusher!

Step 10: Then you can clean up. Boring, but it rounds out my steps quite nicely.

Don’t stress out if this isn’t working for you; trying too hard and being stressed out is not going to help. Just relax and enjoy your orgasm: even if you didn’t ejaculate this time, you can always try again another time.