

***Make Her
Squirt and Master***

EVERY INCH OF HER BODY

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Make Her Squirt Effortlessly - Manish Yadav

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Source - <https://recklesslove.com/blog/wp-content/uploads/2019/06/Woman-squirt.jpg>

In this step-by-step blueprint I am about to show you how you can give any woman the most insane orgasm of her life. The explosive female ultimate climax. The holy grail of orgasms: The legendary Squirting Orgasm.

Make her explode like never before and have her soak the bed with a sensation of unbelievable intense pleasure that she'll remember for the rest of her life.

What is it and what does it mean “Squirting”?

Female ejaculation or “Squirting” is a rarity that bestows 1 in 10 women, but recent studies are indicating that almost every girl or woman can squirt “with the right technique, amount, and type of penetration”.

“It comes sometimes depending on the position and how excited I am. It’s just too much, you can feel it coming”.

One of my female subscribers says “At the time, my boyfriend and I were amazed. It was weird, I did not know what it was or had never heard of it.”

“My bed got soaked, and the downpour came after a different orgasm. In addition, it continued.”

“The sensation is similar to what I feel with multiple orgasms. I’ve researched ejaculation and I understood that I could enjoy sex without shame.”

According to Wikipedia, Squirting or Gushing is the colloquial term for female ejaculation and it’s characterized as an expulsion of uid from or near the vagina during or before an orgasm.

Sex and relationship specialist Cátia Damasceno explains that the act, which means to squirt, can happen in two ways: literally squirting, or wetting the surface where the woman it is.

There are plenty of peer-reviewed articles about female ejaculation. Usually called “Squirting” or “Gushing”.

In 2010, a paper published in the Journal of Sex Research said: “Women can ejaculate, and that the female prostatic uid discharged through the urethra is a component of female sexual uids that contribute to erotic pleasure.”

Subsequent studies aimed to nd out what this uid is comprised of, with one concluding that there are two types of female ejaculation:

The real female ejaculation is the release of a very scanty, thick, and whitish uid from the female prostate.

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While Squirting is the expulsion of a diluted uid from the urinary bladder.

Is sex better when Squirting? (or Are Orgasms Better when Squirting?)

There are articles now being shared around suggesting that squirting orgasms were somehow better, more powerful, more emphatic, even more emotional.

It's exciting to learn how to make your partner/s orgasms wet and wild (right?).

Being able to make your girl squirt is as rewarding to you than it is for her.

"In conversations among men, making a woman squirt is a point of pride – it means you got the woman to the ultimate climax", says Myles, in an interview with metro.co.uk

Cosmopolitan interviewed 3 different squirting women to find out how they felt about it:

Woman A: "It felt amazing! When I squirted, I got this warm, excited feeling that made me arch my back and squeeze every muscle in my body."

Woman B: "I didn't even know it was happening until the sheets were soaked underneath me. I was under the impression squirting only happens during orgasm, but for me, it did not. I was certainly feeling pleasure but it wasn't anything out of the norm, pleasure-wise."

Woman C: "Right before I felt like my body temperature rose from between my legs to my stomach and legs. Then I felt a soft tremor on the inside of my thighs and the urge to pee, like a need for release. When I orgasmed, my legs shook a bit and I felt a warm liquid (thicker than urine) come out."

On hellocollege, several women were interviewed about how they really felt when squirting:

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“...as long as the surface is OK to squirt on, I really enjoy squirting and find it very pleasurable. I’ll often squirt right as I’m coming, it’s part of the orgasm for me.”

“ I feel very sexy and powerful when squirting.”

But listen to this...

Women are seeking for Female Ejaculation Videos on Porn Sites.

The search for videos containing the squirting phenomenon (the term used to describe female ejaculation), has increased over the past seven years, according to Pornhub, one of the largest porn platforms on the web.

The big news? The study shows that there are 44% more chances of the term being sought by women than by men on the site.

According to published statistics, there is a 7% increase in the chance that a searching person is between 18 and 24 years old.

Second is users with 25 to 34 years, who have 4% more chance to watch videos of this type.

So women themselves are seeking information about this. If you and your partner can talk about this sex will get better.

How to Make a Woman Squirt (Step by Step Tutorial)

Step 0: The setup

These are really important things to have in mind if you want to make any woman squirt.

It's important that she is relaxed. Squirting can be embarrassing for her if this is her first time.

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No interruptions and no rush. Silence the phones. Nobody is coming soon and you don't have to go anywhere in a short time.

Zero pressure on her. So don't tell her "I'm going to make you squirt" because it just won't happen.

Make sure your hands are clean and your ngernails trimmed because you are going to touch a very sensitive part of her.

Since the sensation when Squirting is similar to when she wants to pee, it's better if she pees before getting into it. Otherwise, she may be confused about it and will distract her.

Once you are sure these conditions are met, move on to the next step.



Source - <https://hips.hearstapps.com/>

Step 1: Foreplay before Squirt.

Foreplay is paramount. It isn't just one of the stepping stones to sex, it's necessary for great sex.

Focus on kissing her, nibbling her earlobes, run your hands through her scalp, neck, shoulders...

Then move to touch her breasts, ass, other non genital parts before going right in.

The objective is to turn her on, seduce her mentally and start to make her wet.

You can also try to tell her to close her eyes and relax into her fantasy world.

Ask her to visualize how is she positioned. Where does her body sit in relation to yours? How do you move together? What are you doing?

It should only take a moment to get a picture in her mind's eye.

When she is done, ask her to open her eyes and come back to you.

This is a small visualization technique that will relax her mind which is key to experiencing great sex.

Having normal sex is entirely different from making a woman squirt. That's the reason why initial preparation makes a lot of sense.

It is just like any sports person visualizes or meditates before the match begins just to keep himself calm and relaxed.

In our case, she needs to visualize the sexual pleasure and the thrill she would experience while squirting.

Doing this visualization not only sets her in the right and positive frame of mind. But it also ensures that when the actual action begins she'll squirt because that's what she imagined.

Step 2: Stimulate her clitoris

Once she is turned on and you both are connected, it's time to stimulate her clitoris.

Use your fingers or a vibrator to slowly rub the clit. The objective is to make the blood rush to this area and start stimulating the G-spot.

Tip: Using lube will make it feel more pleasurable.

Start slow and gradually speed up as you feel she starts to get into the mood and gets wet.

Step 3: Finding The G Spot And Fingering - The Key to Making a Woman Squirt.

As per badgirls bible.com The G spot is a key player in female ejaculation and making her squirt.

So making sure you have the right spot is extremely important. The problem is that the G spot is a bit elusive...

Ask a woman to tell you exactly where it is and you still might not be able to find it.

That doesn't mean that it's impossible to find it, it just takes some knowledge and a little bit of work.

As Emily Morse, host of the podcast "Sex with Emily" says: "If you know the right way to go about looking for the G-spot, your girl will enjoy the hunt".

Hot Pro Tip: "The G-spot is composed of tissue that swells when it becomes aroused. If she is already turned on, it will be much easier for you to find it and go about pleasing her" - Morse says.

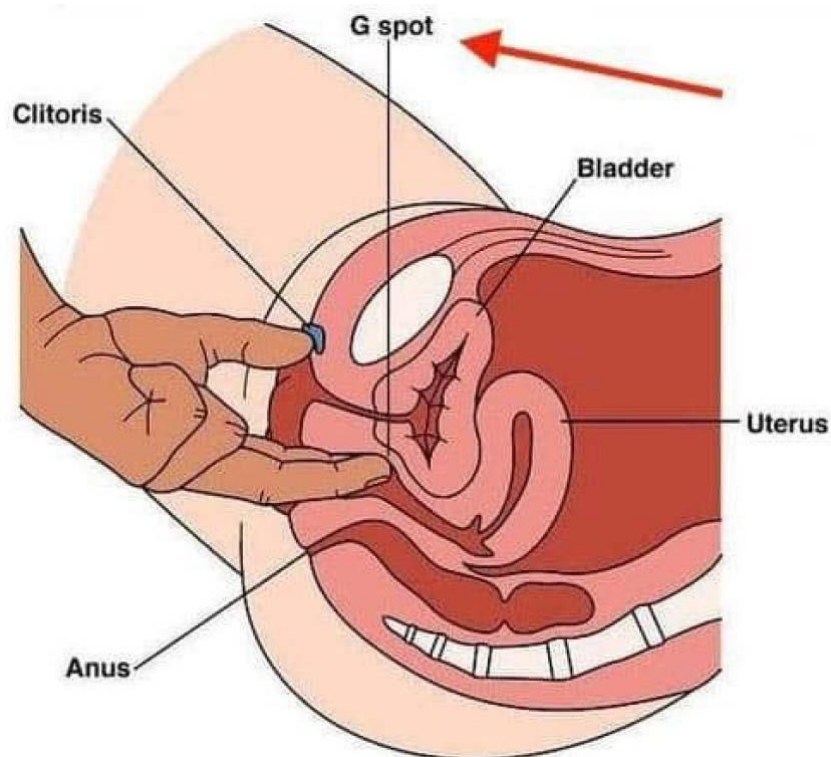
So let's find it, shall we?

Follow these steps to find the G-Spot and make her squirt:

Insert your finger into her vagina with your palm facing up (she has to be on her back). You're going to probe around her front vaginal wall for the G Spot (the "top side").

The G-Spot will be located between two and three finger joints up on the front vaginal wall (around 2 - 3 inches).

It will feel rough or spongy.



The G-spot is composed of tissue that swells when it becomes aroused. If she is already turned on, it will be much easier for you to find it and go about pleasing her.

Found it? Great, let's continue.

Step 4: Stimulate the G-Spot the Right Way to Make Her Squirt

Once you've discovered this heavenly treasure, it's time to stimulate it.

Apply small bits of pressure to the G spot.

It responds to pressure, not to touch, so applying just the right amount is important to the success of this adventure.

Take note of the sensations that your partner feels as you explore this area.

Is she feeling the urge to urinate when you put pressure on the area?

If so, that's actually good news. It means you have probably found the G spot.

Encourage her to embrace these sensations, even though they might be new and strange to her.

She has already gone to the bathroom before you got started, so she can relax in the knowledge that she isn't going to urinate (remember point 5 of the setup?)

Note: If she is not feeling comfortable with this... abort. You cannot force this out. It's better to continue with regular sex and try another time.

Now, the important part.

Make slow, circular, and rm movements with your nger on the G spot. Move your nger slowly in a come hither-type motion.

Use your nger to rmly "tap" the spot repeatedly.

Notice how the G spot changes as you stimulate it. Does it get bigger? Harder? More pronounced?

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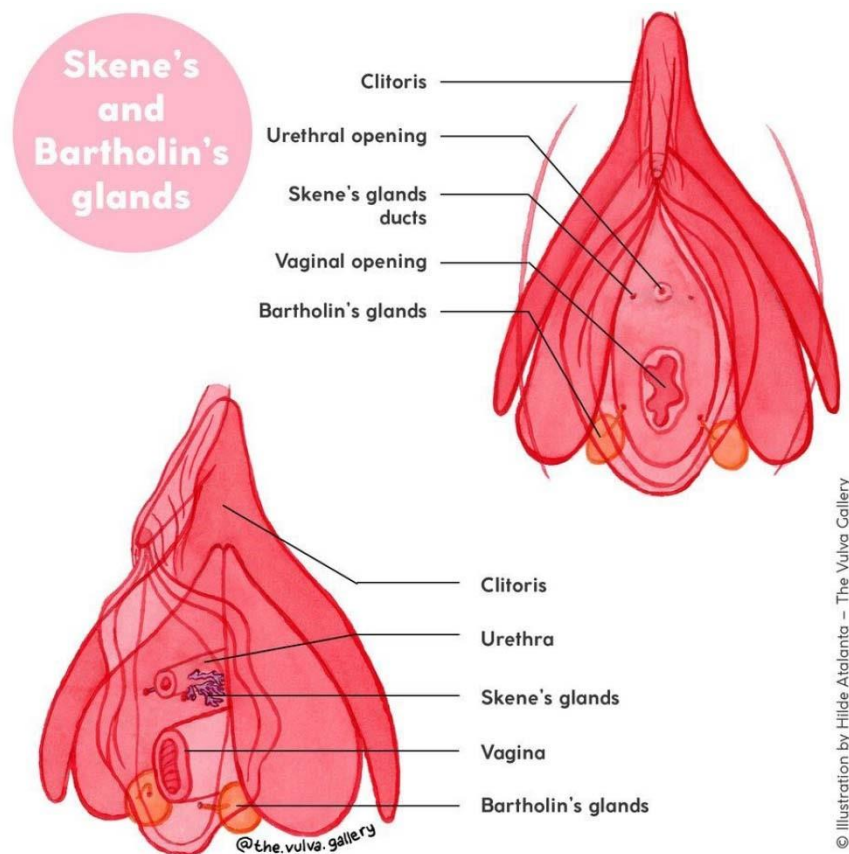
These are all good signs that she is coming hard and ready to squirt.

As you stimulate more and she gets more turned on, the urge and sensation of needing to pee may increase.

This is normal and is actually just the body responding to the ejaculation process (which remember... it's new to her and may be confusing!)

She may also feel waves of pleasure shooting down her legs.

You're on the right track.



Source - https://images.squarespace-cdn.com/content/v1/5827266db3db2b0f3d2971de/1586761549623-IGO8QUQL0Q8W43K5QU6L/ke17ZwdGBToddI8pDm48kLPswmMOqQZ9-Q6KHLjvbpZ7gQa3H78H3Y0txjaiv_0fDoOvxcdMmMKkDsyUqMSsMWxHk725yiiHCCLfrh8O1z5QPOohDlalel jMHgDF5C VIOqpeNL cJ80NK65_fv7S1UT cpTqfU-ZE sztPyQL xhSSK-PhJjRDD FQG0l3_ZnmWi1 QjT9 byXZM3 ISxo3y 1NRptg/Skene%27s+ Glands+ %E2%80%93+ Two+perspectives+ %28s%29.jpg

Step 5: Let the Skene's Glands Fill Up (Where the Squirting Fluid is)

These glands are sometimes called the “female prostate” because they’re homologous with the prostate gland in men (which is from where the semen comes from BTW).

The Skene's glands are located on the upper wall of the vagina. Some say that they are even part of the G-Spot.

When she starts to feel aroused, the Skene's glands will start to fill up.

Continuing with the comparison between the prostate and Skene's Glands, the more turned on you are, the more you are going to cum.

Well, it kind of works the same way for her.

If you try to make her squirt without a lot of foreplay and G-Spot stimulation, then her Skene's Glands aren't going to have time to swell and fill up with the fluid she is going to squirt later on.

So, again, the more aroused, the more turned on and horny she is, the better.

Step 6: Make Her Squirt (Actually SHE Squirts)

This step needs to come later on in the process when she is extremely turned on.

She should be so turned on that she is dying to climax. So much that she might just want you to change over to your normal method of giving her an orgasm.

The G Spot you have been continuously stimulating should feel very swollen and/or firm to the touch (different to when you first started).

If all three of these things are happening, she's ready to squirt.

Now comes her part. It's up to her to try it out.

In order to ejaculate she should push out with her PC muscles right at the moment when she is reaching climax.

Tip: Finding the PC muscles is easy. It works both for men and women. When you are going to pee, try to stop it. The muscles you are using to stop the pee are the PC muscles.

If she successfully ejaculates, she might feel like she's peeing, but she won't be.

The timing on this needs to be just right. If she pushes too early or too late she won't ejaculate.

It might take several tries before she gets the timing right. And that is okay.

Keep in mind that most women are ashamed of a squirting orgasm, so you must work on making her comfortable and safe around you.

If you seduce her at mental level. This is going to be fun!

Once you get the hang of it, it will become like second nature and you won't have to do as much thinking.

Now Let's Learn About 3 Key Sex Positions to Make a Woman Squirt.

The idea behind these best sex positions to squirt is to try to stimulate her G-Spot the way we showed you before in the How to Make Any Woman Squirt Guide.

These positions are the best because they facilitate hitting the G-Spot.



Source - <https://hips.hearstapps.com/>

1. Legs Over Shoulders Position to Make Her Squirt.

In this position, the woman should lay down on her back with the man on top as if they were going to have sex in the missionary position.

Instead of keeping her legs straight out or open to the sides, she puts her legs over your shoulders or her feet on your chest. This allows for very deep penetration.

You can prop her butt up slightly to get just the right angle to hit the G spot or you can place a pillow or two under her so that her pelvis is slightly lifted.

Play around with this until you get the angle just right. The idea is to do with your penis the same that you were doing with your finger in step 4 of the how to make her Squirt Guide.

In this position, the woman has access to her clitoris and can take advantage of this to help her orgasm.

But remember, she should be concentrating mainly on the G spot sensations, especially if she generally has only clitoral orgasms.



Source - <https://hips.hearstapps.com/>

2. Cowgirl Position to Make Her Climax And Squirt.

This is a fantastic and sexy position for G-Spot stimulation because it allows the woman to have some control over how her G spot is being stimulated.

In this position, the man lays on his back or leans propped up against a few pillows.

The woman straddles him on top (hence the name cowgirl!).

She can rock back and forth and control the speed, pressure, and type of attention her G spot is receiving.

She can also adjust and control the angle of your entry.

Tip: This is a great learning tool for you as well.

The cowgirl position is a fantastic position to try if you're just starting to add sexual intercourse to your G-Spot and female ejaculation exploration.

By observing how she moves on you, you can learn important information about how to control your stimulation when you're in a position that gives you more control.



Source - <https://www.kinkly.com/>

3. Face to Face Seated Position To Make Her Squirt.

In this position, you can try a number of different methods, but the one that seems to work best is with the woman seated on a tall stool and the man standing facing her.

Adjustments can be made for height differences here, but you should be standing and her vaginal opening should be at the perfect angle so that you can comfortably enter her without stooping down or lifting yourself up on your toes.

Many couples love this sex move because it allows you to be face to face and look into each other's eyes.

It will also help you to assess her reactions to what you're doing without having to come right out and ask her.

It will be written all over her face.

This position allows for very deep penetration, so go slowly and take note of what feels good for her and what doesn't.

How to Make a Woman Squirt or Ejaculate With Sex Toys

Another fun technique that can bring excitement and variety into your exploration of female ejaculation is using sex toys.

Remember, using a sex toy to make her squirt can bring tons of fun for both of you if you approach it with the right attitude.

Keep in mind that just because you're using a sex toy doesn't mean that you don't have to do any work.

Bonus Steps To Make Her Squirt With The Help of a Sex Toy.

Step 1:

You should already be well versed in the location of her G spot by now (otherwise, please read all about it here), but the addition of a sex toy might throw you off a bit since you can't feel around for it with your own fingers.

Don't be afraid to ask her for guidance and continually check-in to make sure you're on the right track.

Step 2:

Slather your new toy with a toy-friendly lubricant and gently slide it inside your partner's vagina about two inches in.

Begin to slowly explore the vaginal wall by moving the toy forward pressing up against the front vaginal wall in a circular motion.

Step 3:

Then use the same techniques that you use when fingering your partner. If she likes a firm tapping motion from your finger, try that with the sex toy.

Step 4:

From here, follow the same directions used in fingering. Patiently stimulate her G spot and watch her become more and more excited.

When she is ready to climax or squirt, she should attempt to push out the ejaculate at just the right moment, just as described in the sixth step of the How To Make a Woman Squirt guide.

Step 5:

Note that in some ways using a sex toy is just like using your finger, except that the toy can do a lot of the work for you.

This gives you the added advantage of being able to stimulate other areas of her body at the same time.

Tip: Sex toys will also allow your partner to do a lot of exploring of her newly discovered G spot and female prostate on her own.

Step 6:

This should help both of you in achieving female ejaculation because the more familiar she is with her body and the sensations that accompany G spot orgasms and ejaculation, the more she will be able to control and manipulate her bodily functions.

Pro Tips on Making Her Squirt in a Nutshell.

1. It's really important that she is relaxed. Squirting can be embarrassing if this is her first time.
2. There has to be no interruptions and no rush. Silence the phones. Nobody is coming soon and you don't have to go anywhere in a short time.
3. Zero pressure on her. So don't tell her "I'm going to make you squirt" because it just won't happen.
4. Make sure your hands are clean and your fingernails trimmed because you are going to touch a very sensitive part of her.
5. Since the sensation when Squirting is similar to when she wants to pee, it's better if she pees before getting into it. Otherwise, she may be confused about it and will distract her.
6. Foreplay is paramount. In fact, the longer the foreplay, the better the chances to make her squirt.
7. Once she is turned on by the foreplay, start stimulating her clitoris.
8. The G-Spot is composed of tissue that swells when she is aroused. If she is turned on it will be much easier to find it (that's why foreplay is so important)

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9. Find where her G-Spot is and how to stimulate it. Remember it's on the upper side and about 2 - 3 inches in. It will feel rough or spongy.
10. Stimulate the G-Spot applying small bits of pressure, it will get bigger if you do it right.
11. She may feel the need to pee when you are stimulating the G-Spot. Encourage her to embrace these sensations.
12. Keep stimulating it giving it time for the Skene's Glands to fill up.
13. When the G-Spot becomes very swollen and it's time to Squirt.
14. Encourage her to push it out using the PC muscles.

Can Every Woman Squirt?

This is one of the most controversial aspects of squirting.

The other one is “what is the squirting uid?” and they are both kind of related.

Although there are several studies about these two questions, they are not yet conclusive.

In an interview with re nery29.com, Myisha Battle, a certi ed sex coach in San Francisco, says that they can — with the right technique, amount, and type of penetration. "When it comes to female ejaculation, practice makes perfect", Battle says.

"Focus stimulation there moving back and forth over the ridges, and as you do, this tissue will get hard and easier to feel." You might feel a combination of an orgasmic rush and having to pee, she says.

This research suggests that the liquid comes from the Skene’s Glands which are located “behind” the G-Spot in the upper wall of the vagina, near the urethra (and that’s why the feeling of ejaculation can be confused with the feeling of peeing)

The Skene’s Glands are called the female prostate.

So, in theory, if you are able to nd and stimulate the G-Spot in the right way, plus giving it time for the Skene’s Glands to ll up, and she actually tries to expel the liquid without feeling embarrassed because she is confusing it with the need to pee, then yes...

Every woman should be able to squirt.

Final Touch - What is the Squirting Fluid/Liquid?

According to Medical News Today, there are two different types of female ejaculate:

Squirting uid: This uid is usually colorless and odorless, and it occurs in large quantities.

Ejaculate uid: This type more closely resembles male semen. It is typically thick and appears milky.

Analysis has shown that the uid contains prostatic acid phosphatase (PSA). PSA is an enzyme present in male semen that helps sperm motility.

"PSA, produced in men by the prostate gland, is more commonly associated with male ejaculate", said Thomson at New Scientist, "where its presence helps sperm to swim. In females, says Salama, PSA is produced mainly by the Skene glands".

Science Alert mentions a study which was made trying to figure out what the Squirting liquid/ uid is:

"The participants were asked to submit a urine sample, and then their pelvis was scanned via an ultrasound machine to make sure there was nothing remaining in their bladders".

The women were left to either masturbate in the lab or have sex with a partner until they were just about to climax. This gave the researchers enough time to get their ultrasound machines at the ready.

The expelled uid was collected in sample bags.

One last scan was taken of their pelvises afterward to get a view of the bladder.

Oddly enough, even though the women had emptied their bladders before the big event, the scan taken just before they climaxed revealed that the

bladders been completely refilled again, for no other reason than the women had been sexually stimulated.

The scan after the climax - and ejaculation - occurred and showed that the volunteers' bladders were once again clear. The team published their results in *The Journal of Sexual Medicine*."

When comparing both samples (the urine taken before the study and the ejaculation after the climax), and in 2 women the sample was identical.

But in the remaining 5 women, it was different, the PSA mentioned earlier was present in small amounts in these volunteers' ejaculated urine.

So when females ejaculate during an orgasm, they either release plain old urine, or urine that's been diluted by fluids from the female prostate gland claims ScienceAlert.

Conclusion

Making a woman squirt is a thrilling experience.

If you haven't been able to make her squirt and ejaculate yet, neither you nor your partner should feel frustrated, upset, or deterred.

This is something that takes time and patience.

It's important not to give up. All of these techniques and experiences are aimed at improving your sexual life.

If squirting or ejaculating is in the cards for you, it will happen at some point with you and your partner's dedication.

You are now armed with everything you need to make female ejaculation a part of your sexual repertoire.

This will be an exciting journey that you'll take with your partner that will be sure to bring you closer, both emotionally and sexually.

Enjoy the ride to make her squirt and take her to the orgasm land.

One of the most common mistakes that couples make in their sexual relationships is being too goal-oriented and not pleasure-oriented enough.

Make this journey of exploration about increasing pleasure, not the outcome.

The techniques you have learned are sure to open you up to new sexual worlds.

You just have to have the right approach and mindset.

Good luck and have fun!

Before you leave, I have something special for you if you loved reading this detailed guide on how to make a woman squirt you'll also love this [VIDEO Presentation Here.](#)