

Quiver Quickies

**9 ORAL SEX
FANTASIES
THAT WILL MAKE
HER SCREAM**

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CONTENTS

Introduction:

This Is Not the “Same Ole” Oral Sex Book

**But First, Basic Female Anatomy:
You’ve Got to Know Her Parts**

YOUR CUNNILINGUS FANTASIES COME TRUE

Rhythm and Flow Cunnilingus

The Handyman’s Special

Wild and a Little Rough Cunnilingus

Pay-to-Play Cunnilingus

Full-Service Cunnilingus

Waterside Cunnilingus

Bonus Cunnilingus

The Cunnilingus Train

French Cunnilingus



Introduction: This Is Not the “Same Ole” Oral Sex Book

No sex technique says “I love you” quite the way that cunnilingus does.

Oral adoration of her most intimate parts is one of the greatest gifts you can give a woman. Like every gift that will be cherished, it must be right for the recipient and offered from the giver’s heart. A few aimless licks in the hopes of getting something in return will not be considered the gift of cunnilingus here!

Regardless of your position on cunnilingus, most women love it and some can’t climax without it. Cunnilingus is sex, and a beautiful form of sex at that. Unlike intercourse, you get to taste, smell, and touch your partner all in the same moment. Like driving a stick shift, cunnilingus is a learned skill; you can learn it, and you can be very, very good at it. I will show you how.

Other books may teach you different tongue and mouth moves, as I do here. My book does more than that! I have created special scenarios that turn cunnilingus into a sex event.

If you’ve always wanted to be the kind of man who has the power to psychologically arouse your partner and the technical skills to bring her to orgasm, this book is for you. You will get so much from performing cunnilingus, including:

- Increased confidence in your skills as a lover
- Sexual satisfaction (hers and yours)
- Being in your masculine power
- Newly inspired sense of sexual adventure and creativity
- Being more in tune with her sexual response cycle

And my promise to both you and your lover is this: The relationship will feel new and exciting again.

Each scenario is exciting and creative *and* will help you master cunnilingus. I’ve organized them into categories, and you’ll find one that suits every erotic mood. In addition, Sex Facts are sprinkled throughout the book and are sure to add to your sexual knowledge. Within the scenarios, you’ll find easy segments: Perfect the Move highlights the special techniques used. The Scenario sets up the creative fantasy that turns this act of cunnilingus into a sex event. Last-Minute Preparations gives you all the little preparatory details. The Technique gives you step-by-step directions from first touch to her orgasm.

And finally, *The Sexpert Says* gives you useful information based on my own experience, observations as a sexologist, and confessions from clients. The notes here will help you understand how to be playful and sexually adventurous with your woman and give you a snapshot of female sexuality, with some insights into male sexuality, too.

There is a cunnilingus scenario here for every mood, from playful to soul mate-connecting. If you try one and don't like it, try another ... and another ... and another. Adapt, change, and modify to make it your own. What compares to the warmth of your breath, the wet sucking of your mouth, the firmness of your tongue?

I sincerely hope that my book will give you the tools and inspiration for rocking her erotic world and becoming more expressive and adventurous with her. And I hope that you learn more about your own sexuality and experience the confidence and personal power from a licking well done.

Wishing you a healthy and happy sex life!

xoxox,
Dr. Sonia

But First, Basic Female Anatomy: You've Got to Know Her Parts

You can't drive her crazy if you don't know where her buttons are, right? Here are some terms to get you started:

The Vulva

A politically and anatomically correct name, the vulva is the whole package of the female genitalia.

- Mons or mons veneris (Latin for *mound of Venus*): This soft spot on top of the pubic bone is sensitive to the touch and nice for arousal, but stimulation there generally won't take her to climax.
- Labia majora (large outer lips): The labia majora is a somewhat sensitive area that overlays and protects the more delicate inner layer of the vulva. These outer lips are covered with pubic hair (that many women wax or shave). Many women find that removing the hair increases sensitivity to touch.
- Labia minora (smaller inner lips): These more sensitive lips swell and change color when a woman becomes aroused. They are more slender in size than the outer lips, though they sometimes extend down past them.

The Clitoris

Some of the slang terms for the little pink stalk sometimes compared to the penis include the little girl in the boat, the bean, the magic button, the flower, and the pearl, among others. It is the only organ on either the male or the female body designed solely for pleasure. The clitoris has 8,000 nerve endings and operates within network of 15,000 nerve endings that service the entire pelvic region. Knowing this, it would be nearly impossible to have an orgasm that is not clitoral in nature.

- The clitoral hood: This little outgrowth or overgrowth of skin covers and protects the clitoral glans. When a woman becomes aroused, the glans protrudes from the hood, though in some women, just barely.
- The clitoral glans or shaft: When people refer to the clitoris, they are usually talking about the clitoral glans. The vast system of nerves connecting the clitoris to the vagina all end in the glans. What a potent little piece of genital property that is!
- The crura (a.k.a. wings): Located to the right and left of the urethra, they run back to the pubic bone. The internal portion of the clitoris, these two sections are shaped like Vs, connecting to the clitoris at the point of the V.
- The vestibular or clitoral bulbs: A string of bulb-shaped aggregations of erectile

tissue, the clitoral bulbs extend down beneath the labia minora. When a woman is aroused, they fill with blood, making the vulva swell.

- Front commissure: A very sensitive and often overlooked area above the base of the clitoral shaft, just below where the labia majoras meet.
- The fourchette: The bottom edges of the lips beneath the vaginal entrance, neighboring the perineum.

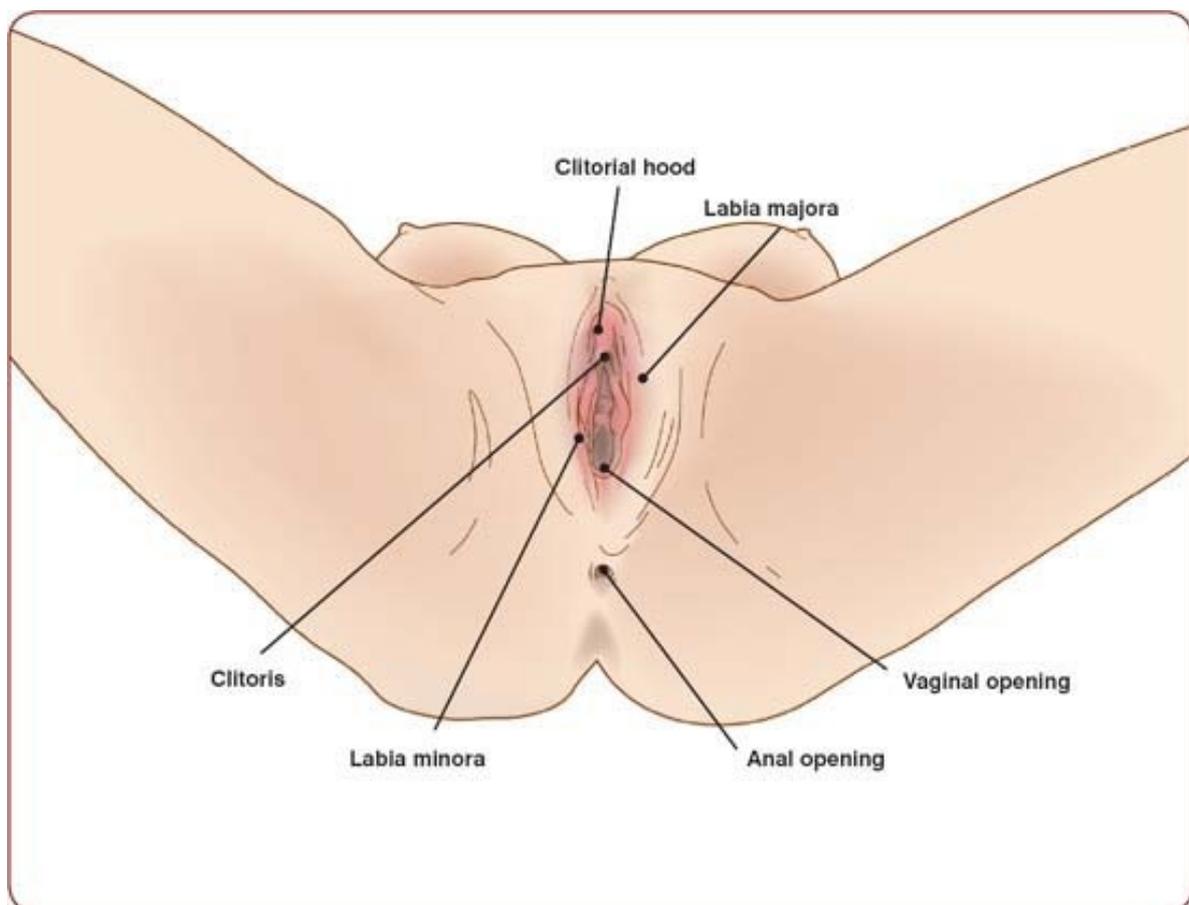
The Vagina

The vagina is the elastic, muscular canal connecting the uterus to the outside of a woman's body. Babies come out of it. Penises go into it. When a woman is aroused, her vagina expands in width and length and produces lubrication, though additional lube may be needed if she is on some medications that may dry the vagina or is postmenopausal.



SEX FACT

The term *cunnilingus* comes from the Latin word for vulva (*cunnus*) and tongue (*lingua*). A person who performs cunnilingus may be referred to as a "cunnilinguist."



The Cervix

The narrow end of the uterus that connects it with the top of the vagina is the cervix. It feels hard to the touch and expands with arousal and orgasm. Women who have cervical orgasms report an intense physical and emotional release.

G-Spot

The much-hyped G-spot is a spongy, walnut-sized mass of tissue approximately 1 to 3 inches (2.5 to 7.5 cm) up on the back wall of the vagina. You can feel it by inserting two fingers into a woman's vagina and making the come hither gesture. Some women have intense G-spot orgasms; other women claim they can't even find theirs.

The Urethra

Urine exits a woman's body through her urethral opening. A small mass of erectile tissue above and on either side of that opening is very sensitive to erotic stimulation. Known as the U-spot, it is relatively undiscovered territory for some women (and the men who lick them).

Bartholin's Gland

Located slightly below and to the left and right of the vaginal opening, the Bartholin's gland secretes small quantities of lubrication when a woman is aroused.

Skene's Glands

Located behind the rear wall of the vagina and around the lower end of the urethra, Skene's glands swell with blood during arousal.

Anus

The exit for the colon, the anus is also very rich in nerve endings. Some women enjoy having their anus stimulated with a finger, tongue, anal dildo, or penis. Both men and women have a sphincter muscle that controls opening and closing the anus and that also contracts at the point of orgasm.



SEX FACT

Don't compare your girl's vulva to ones that you see in *Penthouse*, *Playboy*, or pornography. Many of the women featured in these magazines go through surgery to make themselves look picture perfect.

Pubococcygeal (or PC) Muscle

This is a hammock-like muscle stretching across the floor of the vagina from pubic bone to tailbone; it controls urine flow and contracts during orgasm. If she—and you, because men have it, too—exercises that muscle, it will become stronger, enhancing sexual pleasure and intensifying orgasm for both of you. With a strong PC muscle, she will be able to “grip” your penis, and even pull it in and out of her vagina.

Doing Kegel exercises builds that muscle. For women, regular Kegels keep the vagina

toned after childbirth and postmenopause. Kegel exercises to strengthen the PC muscle are essential for every woman and man. Doing them is the absolute bottom line requirement for good sex. Not only does a strong PC make your orgasm more likely and more intense, it also facilitates multiple and extended orgasms. So do them!

For Her: How to Find Your (and His) PC Muscle

Locate your PC by stopping and starting the flow of urine. Once you have located the muscle, begin with a short Kegel sequence.

Contract the muscle 20 times at approximately one squeeze per second. Exhale gently as you tighten only the muscles around your genitals (which includes the anus), not the muscles in your buttocks. Don't bear down when you release. Simply let go. Do two sets twice a day. Gradually build up to two sets of 75 per day.

Then add a long Kegel sequence.

Hold the muscle contraction for a count of three. Relax between contractions. Work up to holding for 10 seconds, then relaxing for 10 seconds. Again, start with two sets of 20 each and build up to 75.

Once you are doing 300 repetitions a day of the combined short and long sequences, you will be ready to add the push-out.

After relaxing the contraction, push down and out gently, as if you were having a bowel movement with your PC muscle. Repeat gently. No bearing down.

Now create Kegel sequences that combine long and short sequences with push-outs. After a month of daily repetitions of 300, you should have a well-developed PC muscle. You can keep it that way simply by doing sets of 150 several times a week.

A Variation for Her: The Kegel Crunch Vary your Kegel routine by doing them while exercising. For example, do Kegels as you perform pelvic crunches. Contract your PC as you pull in your stomach muscles. Release both at the same time.

A Variation for Him: Add Weight

As your PC muscle grows stronger, you can perform your exercises with first a damp handkerchief, then a face cloth, and finally a hand towel draped over your penis.

HER SEXUAL RESPONSE CYCLE

There are general stages of arousal common to all of us, yet specific to each of us. Paying attention to her sexual response cycle and flowing with her moods is the art of love-making and what will make you the best lover she has ever had. Women's moods are so intricate that this could be a lifelong practice with the same woman.

Noted Female erogenous Zones

- Clitoris
- Cervix
- Vagina
- Anus
- Neck
- Ears
- Breasts
- Nipples
- Thighs
- Back
- Lips
- Hips
- Stomach
- Buttocks
- Shoulders
- Hands
- Collarbone
- Feet
- Backs of the knees
- Lower back torso
- Armpits

Signs of Early Arousal

- Heart rate increases and her blood pressure rises
- Body muscles tense
- The vagina begins to lubricate

- Nipples and clitoris swell as they become engorged with blood

Approach

At this stage you want to psychologically and physically engage the female form. The scenarios in this book are a creative way for you to initiate this phase. Approach her with the intention of authentic appreciation, reflecting back her own beauty. Long, slow strokes and gradual builds are generally desirable at this initial stage. Initiate physical contact with:

- Soft kisses
- Relaxed eye contact
- Light touches

As She Becomes More Aroused

- Breathing deepens, and she may moan or gasp
- Muscle tension increases, toes may curl, and spasms might show on the feet, face, and hands
- She sweats
- As the vagina swells with blood, the genitals appear darker
- The clitoris becomes larger
- Her breasts may even increase in size to become more full
- Her body flushes with a red tone

Approach

- Incorporate a rhythm
- Establish patterns and sets
- Apply pressure
- Increase pace



SEX FACT

On average, a woman needs twenty minutes of direct clitoral stimulation to have an orgasm. The average guy needs two to five minutes of stimulation to the head of the penis via thrusting in intercourse or manual masturbation. Not fair, huh?

- Direct contact to clitoris and surrounding erogenous spots
- Sucking works well to direct energy
- Create gaps or moments of no stimulation
- Be present watching and listening to what she likes

- Hold on to her as she approaches orgasm

During Orgasm

- She has muscle contractions and loses control. Depending on the intensity, she may have between three and fifteen contractions occurring at 0.8-second intervals. She may also experience contractions in other parts of her body such as the sphincter
- Her body may become rigid at the highest point of orgasm
- Some women ejaculate fluid
- Sex flush becomes brighter and more noticeable

Approach

Some people use cunnilingus as the appetizer, others the entrée. Women do not need to repeat the entire cycle to orgasm again. Once they are in the orgasm phase, they are highly orgasmic.

- Be grounded and steady, holding her in place
- Maintain contact to her clitoris and stimulating areas
- Apply pressure or sucking to the clitoris combined with light tongue strokes, which intensify orgasm

After the Last Orgasm

The refractory phase is an important part of the oral experience. Interrupting this phase would be the same as cutting any of the other phases short.

- The clitoris and nipples become very sensitive
- “Sex flush” disappears
- Increased amounts of oxytocin, the “cuddle hormone,” are released into the body

Approach

How long should you stay in this phase? Ideally, until she breaks free from your embrace, but twenty minutes is a safe amount of time.

- Slow down direct stimulation to erogenous zones to a stop
- Be present with her
- Hold and caress her
- Celebrate her



SEX FACT

Any place can be an erogenous zone. Sex researcher Alfred Kinsey found that some women could reach orgasm by having their earlobes nibbled or eyebrows stroked.



Your Cunnilingus Fantasies Come True

Some of these scenarios could also fit into other categories, but they are assembled here because they take you out of your everyday world and into the sexual fantasy where she might be anyone from an expert ballroom dancer to a queen.

- **Rhythm and Flow Cunnilingus,**
Dance her off her feet—and give her an oral experience that’s better than a dance trophy.
- **The Handyman’s Special,**
Maybe you are not the greatest handyman, but you can be her DIY hero as long as you carry a vibe in your tool belt and have a talented tongue.

- **Wild and a Little Rough Cunnilingus,**
Dress like a mountain man and go down on her in the woods.
- **Pay-to-Play Cunnilingus,**
Turn her into a call girl—with you her only client.
- **Full-Service Cunnilingus,**
Become a butler and give your employer what she wants.
- **Waterside Cunnilingus,**
This one is an outdoor adventure fantasy. You might get wet, but she stays dry.
- **Bonus Cunnilingus,**
Fulfill her fantasy of sex at the office. Get under her desk and service her.
- **The Cunnilingus Train,**
Another sexual adventure. Get on a train, even if it's a subway or commuter train, and have a sexual experience worthy of the Orient Express.
- **French Cunnilingus,**
Create a Parisian fantasy in your bedroom.

RHYTHM AND FLOW CUNNILINGUS

Why do women seem to love dancing more than men do? Dancing gives women permission to express our sexuality in a socially acceptable way. It's an erotic and liberating expression of our strong feminine energies.

Put the music on and give her rhythm and flow all the way to the bed. This particular dance ends with your face in between her legs.

Perfect the Move

- Take dance lessons together, preferably something sexy like salsa, merengue, or, your best bet, tango. The tango is, in fact, the dance of seduction and will give an added dimension to your sex life as well as make you look good on the dance floor.

The Rhythm and Flow Scenario

She has asked and asked and now the time has come to take her out dancing. (Or have a dance date at home.) You had taken several dance classes, but it wasn't until now that you remember your instructor professing that every move you make on the floor is about sex and seduction.

Last-Minute Preparations

Whether you're going out or dancing at home, dress up in whatever makes you both feel sexy. One of those flirty skirts that go up mid twirl is hot, especially if you are at home and wearing no panties.

Look at her and think "sex."

As you dance, hold her so close that she can feel the warmth of your breath. Nuzzle her neck. Brush your lips across hers.

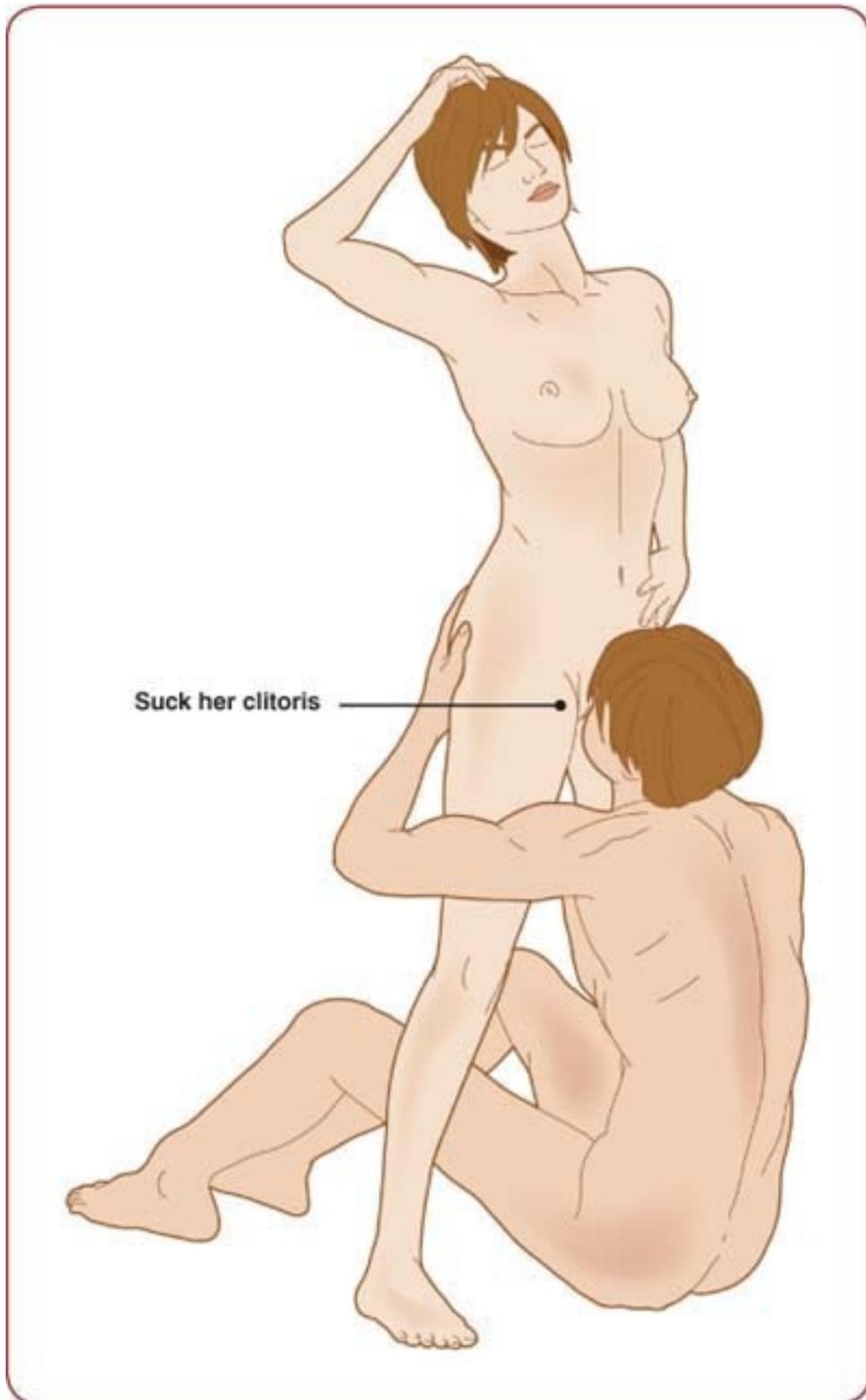
Hold her for an extra beat, breathing in sync with her and gazing into her eyes, before releasing her for a twirl.

Swing down to her waist and breathe warm breaths on her mons just before removing her panties.

The Rhythm and Flow Technique

- Rub your body down the front of hers in time to the music. Pull her in close and do a pelvic thrust, then release her and slowly sink to your knees in front of her. Reach your hand up her skirt and caress her vulva.
- Gently spread her legs.

- Without touching her vulva with your hands, lick her from the bottom of her slit to the top.
- Reach both hands out over her butt cheeks and pull her in close to your face. Inhale deeply and sigh happily.
- Lightly suck her clitoris. Now twirl your tongue round and round it in time with the music.
- Run your tongue up and down the shaft of her clitoris. When you lick up, you lift her clitoral hood where the little pearl, or clitoral glans, is located. This upstroke is especially thrilling.
- When she starts to whimper, put your mouth around her clitoris and suck her to orgasm.



 *The Sexpert Says*

Both men and women like to feel desired and will often go to great lengths for sexual validation. Rhythm and Flow Cunnilingus is a highly validating sex act. Using the dance as foreplay, you connect with her body and soul before lowering your mouth to her vulva, leaving her feeling desired and ravished all at once.

THE HANDYMAN'S SPECIAL

Handymen are sexy. Women love to be taken care of in many different ways. A man who can fix what's broken around the house is a powerful man. Ask for her household to-do list. Shop for any needed supplies.

Do those household repairs sans shirt. Let her see you sweat a little while you're working. When you're finished with that work, pull down her panties and show her the expert job you do at cunnilingus, too.

Perfect the Move

- If she doesn't already own one, purchase a Hitachi Magic Wand. They are sold in regular stores as massagers. Test the Magic Wand against your own sensitive parts, including your inner wrist, inner thighs, and, of course, genitals. Get a feel for its power. This is not a tool most women use on high, directly on their clits. Usually they cover the clit with the labia majora or outer lips, still enjoying the good vibrations.
- Work it around until you gain respect for this machine—and how fast it can do what it does.

The Handyman's Special Scenario

This Saturday, tell your lady that you're taking care of her to-do list (or at least getting started on it) while she runs errands. Let her see you shirtless and working before she heads out the door. When she comes back, let her "catch" you still working, all sweaty and hot.

Now pull that Magic Wand out of your tool belt and offer to "work" on her.

Last-Minute Preparations

Take a shower and put on your tool belt while she's still home. Clean up your mess as you go. (A handyman who cleans after himself—now *that* is really sexy!)

After you've brandished your big tool, the Magic Wand, take her into the bedroom. Remove her bottoms but leave on her panties. Lay her across the bed so that her legs are off the mattress and her hips come to the edge.

The Handyman's Special Technique

- Move her panties aside and gently breeze your moist tongue over her clitoris. This is a delightful start and contrast to what is to come.
- Get down on your knees, turn the vibe on low speed, and run it over her right and left

labia (still covered by panties).

- Kiss her buttocks and thighs as you continue the slow massage.
- When she's very aroused, turn off the vibe, pull off her panties, and bury your face in her pussy.
- With the tip of your tongue, trace the outline of her inner lips. Flick it rapidly up and down her clitoral shaft and across the tip.
- Separate her lips, completely exposing her, and run a flat wet tongue over her clitoris.
- Switch gears and switch the vibe back on low, holding it against her labia.
- Insert two fingers into her vagina and do the come here motion, accessing her G-spot.
- Move the vibrator up to her nipples as you lick and suck her clitoris until she comes.



SEX FACT

Your tongue could never perform like a vibrator, nor would you ever want it to. (I will bet even Gene Simmons, "the tongue" of the rock group Kiss, has a vibrator in his tool belt.) Starting with tongue and alternating with vibe gives her a full range of sensations and brings her more quickly to orgasm.



The Sexpert Says

Taking care of your woman—whether it's working around the house or working your mouth on her clitoris—will improve your sex life. Translated, you will get more sex and probably more of the kind of sex you want. Women relax and feel sexier when things are done for them. Why do you think that couples report that they have more sex on vacation? Maid service.