

UNLEASH YOUR SEXUAL SUPERPOWERS

A PORN STAR'S GUIDE TO SEXUAL MASTERY



**LIFESTYLE
ENTREPRENEURS
P R E S S**

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TABLE OF CONTENTS

Foreword	v
Acknowledgements	vii
Introduction	ix
Chapter 01: Why Is this Information so Valuable?	1
Chapter 02: Decisions and Actions	5
Chapter 03: Eating Pussy	13
Chapter 04: Interlude #1	33
Chapter 05: Proper Fucking Techniques	37
Chapter 06: Interlude #2	57
Chapter 07: Anal Sex	61
Chapter 08: Interlude #3	83
Chapter 09: Penis Exercises	89
Chapter 10: Supplements for Peak Performance	95
Chapter 11: Threesomes	103
Chapter 12: Interlude #4	109
Chapter 13: The Four Types of Pussies	113
Chapter 14: Condoms	125
Chapter 15: Interlude #5	135
Chapter 16: TOYS	139
Chapter 17: Conquering Performance Anxiety	145
Chapter 18: Interlude #6	161
Chapter 19: Tips for Lasting Longer	165
About the Author	179

FOREWORD

My name is Mitch Hartwell, professionally known as “Erik Everhard”. For the last 20 years, I’ve been part of a grand experiment, the kind that could only be done in a strange sort of laboratory. My lab was the world of sexually explicit adult films, also known as pornography, or just “porno.” You see, it’s an experiment that you wouldn’t be able to undertake under any other circumstances except within the confines of this particular arena. Now, what I am about to say isn’t meant to brag, but merely to demonstrate the point: I’ve slept with approximately 4,000 women, plus or minus 500. Tell me one instance where you would be able to sleep with so many women without a condom and still be alive? I can’t really think of any. That volume of sexual partners just isn’t generally a reality for most normal people, nor should it be.

Everybody is looking for something completely different out of sex and relationships. Some people are looking to play the field, some are looking to explore their sexuality, and others are simply looking to find one person they can love and settle down with. However, from all of my sexual trysts, there was a lot of learning because I’ve always approached this job with my eyes wide open. I’ve approached it from the viewpoint of learning.

THIS IS THE DEFINITIVE LEARNING GROUND FOR SEXUALITY.

Talking heads on TV like to give sexual advice to people all the time: how to have better sex, what you should do to please your partners,

UNLEASH YOUR SEXUAL SUPERPOWERS

how you should perform, and on, and on, and on ... and what the fuck do they know? They've barely done any fucking. Most of these self-professed gurus actually know very little about sex outside of what they've studied in the classroom, as if library knowledge was the de facto secret to magically pleasing a woman. They like to get on stage, have a big TEDx talk about how to increase pleasure and the things that you can do to better your sex life when, in reality, they seem to have very little PRACTICAL experience in these areas, where they claim to be "experts." If I'm going in for a heart operation, I want the guy who's performed 10,000 heart operations, not the one who read 10,000 books on how to do one. Nor would you want to hire a carpenter to build your house when he only learned how to hammer a nail just yesterday.

The only way you learn about sex is by doing it. Human sexuality ain't in a book and it's not on TV; it's in a person. To get to the core of it you need to be fucking some people. Not only must you be doing that, but you must be paying attention to each and every different individual, finding out what works, with whom, and why. And I have ... for 20 years. So, within this manual I've taken everything that I've ever learned about sexuality and codified it into knowledge that could only be discovered in a crazy experiment, and that experiment is now one of which you too can reap the rewards.

Enjoy,

Erik Everhard

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I would like to thank my mom for her love, understanding and tolerance for all these years, my father for his wisdom, genetic gifts and sharp mind he bestowed upon me, and all my lovers throughout the years who were all instrumental in creating who I am today. Without them, none of this would have been possible. Thank you.

And a special thanks to my editors Bill, Lauren, and Christie for helping bring this vision to light. Your time, effort, and proficient use of commas will never be forgotten.

INTRODUCTION

WHERE IT ALL BEGAN

I still remember that day like it was yesterday. It was a sunny day in April, and I had just booked a time to go meet with this porno company in Vancouver. They had finally relented and said I could “stop by” and would at least take a look at me and see if maybe I had what it took to do porno. Mind you, this process had not been easy. I had first come across their ad in a newspaper about seven months earlier.

I was a student at a massage therapy school downtown, and on lunch breaks we would usually all reconvene in the cafeteria. To pass the time, often I would just scan through one of the local papers—the type that had all the social events in the city, band listings, etc. Generally, there were not too many items of interest, but it made the lunch a little more enjoyable. One day, I was looking through the paper and I came across this ad. It had to be about four inches by four inches—a pretty sizable ad—and it stated that they were looking for women and couples to participate in porno movies.

Now the previous year, I had been in a relationship with this beautiful girl named Debbie. She and I would sometimes watch porno movies together to spice things up. Of course, like any girl you’re dating would, she used to pump up my ego and would say things like, “You have a big dick. You could do porno movies too.” I always used to brush aside the suggestion with one of those, “Aww, thanks babe,” sort of responses. I mean, any girl that is into you is going to tell you that 1) you have a big dick, and 2) you’re good in bed (even if you suck). So, frankly I didn’t really give her compliments any real importance.

But now, I'm staring at this ad ... and suddenly I'm thinking to myself, *Damn! How cool would that be?* and then I'm thinking, *Well, Debbie always said you'd be good at that.* So, with all the excitement a 20-year-old boy could muster under those circumstances, I raced to the phone after school and called the number.

To my dismay (and certainly my understanding after 20 years of seeing guys fail), they weren't exactly eager for me to do a porno. In fact, they pretty much hung up on me when they found out I was a single dude calling about the ad. Crushed and feeling the sting of the rejection, I quietly went back to my studies and didn't give it any more thought.

Approximately seven months passed by, and once again I'm sitting in the break room eating my lunch and flipping through the paper, when ... Bam! There's that fucking ad again! Now my head started turning, and inside I was scolding myself for not having really followed up on it the first time after the initial phone call. This time, it was going to be different. I was not going to take no for an answer.

So, I called ... and I called ... and then I called some more. Finally, one day, I got a different guy on the phone who didn't hang up on me. I told him that, "I want to do some movies." He thinks a little, and finally, in a semi-relenting tone decides, "Well, how about you come down here and we'll take some Polaroid's of you and see if you've got what it takes?"

I was stunned – shocked, overjoyed, freaked out, and, well, stunned actually. I was literally shaking with excitement; I mean it's not like I was going to do an actual porno, but at least maybe someday they could get me a job or something. At least it was better than all the times I had been hung up on. So, on the appointed day, I made my way down to East Vancouver where they had their studio.

Now mind you, this was a pretty seedy area of town. Close by, they had the "hooker stroll," and up a further couple of blocks was where all the junkies would hang out and shoot up drugs. Quite a pleasant atmosphere ... But I was full of testosterone and I didn't care. This was my chance to get my foot in the door, take some Polaroids, and maybe one day get my chance. At the end of the day, I really didn't think about

any of this as a career. I just thought it was exciting and that it would make a good story. It's like when you think about being 85 years old and you're in the old folk's home in a wheelchair. You want to be the dude with the best stories there ... At least that was always my thinking. Collect some good stories. I might be in an extra-large pair of Depends undergarments, but at least I'd have some cool stories to tell over the poker table.

When I arrived to the location, I ascended the steps up the outside of the building to the second floor. There was a large metal door marking the entrance to the studio. My heart was beating fast, and I was full of nervous energy, but I fought through it and knocked on the door. After a short time, a man came to the door and opened it, and then spoke the few concise words that would alter the course of my life. "Hey," he asked, "Are you Mitch?" I answered in a nervous sort of way: "Yes." Then, suddenly, he turned to me and said, "Can you fuck a girl for us right now?"

I was speechless for a moment. It was like time stood still right then and there. But, after only a short pause, all I was able to get out of my mouth was a weak: "Yep, I guess so."

He led me into their studio, which was pretty gritty and grimy—even by porno standards—but these guys were amateurs, and they were making their money off shooting crazy, "way-out-there" types of porn scenes. Hell! What I did for them was probably some of the most vanilla stuff they ever shot. In the time I worked for them I saw them shoot gang bangs, and they would do crazy videos with catheters. They would do needle-play sewing pussies shut. Hell, I even saw the owner shit on a girl in a small kiddie pool once.

However, on this day, the concept was to be a hidden-camera type of movie. The basic plot-premise was this: I was a guy with a hidden camera with my buddies secretly watching while I banged the chick without her knowledge. Throughout the scene I was supposed to be mugging for the hidden camera, giving the thumbs up to my buddies watching. The day was April 17, 1998. You never forget the first day you got paid to fuck.

As I was led through the studio, I met the actress. She was a rather attractive girl in a sleazy B-grade stripper kind of way. In fact, she was a stripper in Vancouver — not a feature act or anything like that, just one of the house girls. But she had a great body and was probably about the same age as me at the time, or maybe slightly older.

Somehow the porno gods had conspired to give me my big break that day. I was only supposed to come in to take some Polaroids and go home. But, by some weird stroke of luck, this chick had decided to pop by their studio that day. She had done a few scenes for them before and was just hanging out there shooting the shit with them. But now since I had arrived, they thought, “Why not try the kid out with this actress since they are both here?”

I remember being nervous at the time — that’s part of why I understand male psychology so well. I’ve lived through it all, and I understand what it takes to overcome it. Actually, I was more nervous about experiencing something new. I had never done a sex scene in front of people or on camera, for that fact. This was all new to me. We got on set and the director gave me a couple things that he wanted to happen in the scene, and that was it. Now, it was “go time”.

From that early age, I somehow understood what needed to happen for my body to operate properly. We started kissing. I went down and started eating her pussy, and everything else was suddenly blocked out of my mind. It wasn’t a conscious act at the time. I didn’t really understand the significance of it like I do now, but the act of just being present and fully committing to what I was doing suddenly blocked out all the distractions from my mind. My dick got hard. I was 21 years old, for God’s sake. The wind could blow, and I’d get a hard-on, but it was reassuring to see it working, which gave me further confidence to just let go and enjoy the moment.

We fucked in many different positions while all the while I was looking back at the “hidden” camera, and sometimes give my buddies behind it the “thumbs up” when the girl supposedly wasn’t looking. After around 20 to 25 minutes of fucking, the director came back into the room and asked if it was possible maybe in the next ten minutes

or so to produce a cum shot. I didn't really think much about it. I was like, "Sure!" I proceeded to have sex with the girl for about a minute, pulled out, and came all over her. In my head I was thinking, "Well, this is a story I can tell the grandkids about!"

I got cleaned up, organized my things, and was ready to leave. Suddenly, the owner plopped some cash into my hands. I was stunned! They were going to pay me for this as well? Now granted, it wasn't a lot of money at the time, but it was more than I was making at my security job, and it was a lot more fun. I said goodbye to the girl, shook everyone's hand, and left. As I left the studio that day, part of me was thinking how cool an experience that was and that I'll have to tell my buddies about it at some point. I went back home and proceeded to study for my exams, easing my way back to real life and into the tasks that needed to be done.

Three days went by, and I was sitting in my bedroom when my pager went off. It was a number I didn't recognize, but I called it back regardless. You never know which one of your friends might be calling from a strange number. I dialed the number and a man picked up. It was the owner of the porno studio. He asked if I could stop by and "... do that again."

It was about a year later that I learned that I was the only guy who had been successful out of all the guys who had ever auditioned for that company.

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CHAPTER ONE

WHY IS THIS INFORMATION SO VALUABLE?

Ok, so you are wondering why this information is so valuable, and why you should care, right?

Well, over the years, the number one complaint I've heard from my girl "friends" is that they never get fucked properly, and that basically every lay after me has been a disappointment. They would complain incessantly about the guys they would go on dates with, the guys they would meet at the bar, the guys they would take home from Tinder. The complaints were always about the same things, "He doesn't know how to eat pussy at all," or "I had to fake it just so he would stop," and "We started fucking, and the motherfucker came in one minute!" On and on, this was the theme, and I started to realize that these weren't isolated cases.

In fact, many of my actress co-workers would, at times, lament how tough it was out there in the "civilian world". They complained that so many guys had no clue what they were doing, and no real tangible skills in the bedroom. A couple of my lovers mentioned over and over that I needed to teach guys my skill set. "Can't you just teach my boyfriend how to eat pussy like you?" Or, "At least give him some pointers?"

That was the moment that planted the seed for what you are reading now. I started really looking into what I was doing, and not only WHAT I was doing, but WHY I was doing it. After all, I had developed techniques that I would use time after time on set, and new things that I discovered all of the time. You never stop learning when it comes

to sex. Every time I think I've seen it all, I am shocked and stunned to see something new that I never thought existed or was possible. It's literally endless.

Now, I don't pretend to be some infallible guy. Lord knows my personality has probably driven more women up the wall than most. However, they did stick around until I truly drove them crazy, and there is a lot of wisdom in that. The fact of the matter — guys — is that you can get away with a hell of a lot in your relationships if your woman is getting fucked really well. You'd be shocked that you can really gloss over a lot of your inadequacies if your sexual abilities are on point.

Now I'm not saying that, as men, we shouldn't be working on all aspects of ourselves, but I've often noticed a woman's ability to tolerate a guy with excellent bedroom skills. Over and over, I've been told by women that skilled men are actually like an oasis in the desert: a needle in a haystack; a rare unicorn that they envision, but rarely get to meet. I don't claim to be an expert on a lot of things, especially when it comes to women and relationships. I'm not the most fun, the smartest, the best dressed, the best looking, the most driven, etc. What I do understand, though, is how to properly fuck the hell out of a girl so that she'll overlook a lot of my horrendous qualities because, at the end of the day, it's kind of what we're all out there looking for.

We want love; we want affection. But mixed up in there as well is WE WANT TO GET FUCKED. It's part of who we are as a species. It's part of our DNA. And even on a spiritual level, it's one of the defining things that connects us to others. Part of relating and being related to happens in the bedroom. It's where we all lay it out on the line.

I used to always joke about missing out on being the elusive six-foot stud (since girls always tend to like tall guys), but within that joke, I'd always say, "At least we're all equal horizontal." And, there is a lot of truth there: No matter how much money you make, your status, all your fucking friends on Instagram — it's when you're in bed that your real truth comes out. It's a truth that can't be faked. You either are capable of delivering a world-class lay, or you're not. No amount of money or power will fix that. Only by understanding the principles

of what works for women, paying attention, and honing your craft in the bedroom will you be able to transcend mediocrity.

I just had a call yesterday with an ex-lover of mine. She was vacationing in the South of France with this powerful hedge-fund guy worth millions. She was so frustrated for multiple reasons, but mainly over the fact that the guy didn't even last two minutes in bed with her. Two minutes! And she has countless stories like these: every guy falling well short of the mark, and them not actually doing any work to change and improve the situation. Later, she'll probably go cheat on them, and they will be dumbfounded as to why.

As guys, our whole existence for competing, for building businesses, for one-upping each other, is really just a race to have an opportunity for the best possible pussy. To sow our seeds and propagate our genetics. All of the bullshit, and it is bullshit that we do all day, every day, is just to increase our chances of getting laid. So, we go through all this effort, and it's like suddenly we made it to game seven of the Stanley Cup final. There she is naked in the bed, and now it's all up to us. And from that point, it really is ALL UP TO YOU. Are you going to, metaphorically speaking, be "raising the cup," or are you going to choke and be left to wonder what could have been? Will you be sitting on the sidelines instead, dejected over the fact that you lost the game, that you choked under pressure, that you weren't good enough?

This manual is a no-nonsense, no-bullshit compilation of all the ideas, techniques, experiences, and thoughts I've had regarding sex, sexuality, spirituality, and life after nearly 20 years in the pornography business. It is based on objective data I've witnessed and been privy to see and experience throughout this one, long, human experiment. One that has allowed me the privilege to experience and obtain knowledge that would just be unobtainable in the "real" world. It has allowed me to try numerous techniques, find out truly what really works on "most" women, and test theories over and over.

I hope you find this to be a valuable collection of material, and that it enables you all the ability to unleash your own personal sexual superpowers.

CHAPTER TWO

DECISIONS AND ACTIONS

One of the major philosophies that I espouse to clients and friends is the main tenet that girls are in control of certain acts of sexuality and guys are in charge of others. I've noticed in speaking with a lot of young guys (and old), that they all seem to idealize the idea of fucking a porno girl. They somehow have this fantasy that it's going to magically be the best sex of their life, and it's going to top every civilian lay out there that they've ever had. And then they ask me my opinion, and I say "They're all the same."

"What are you talking about?" They react almost in disbelief, like, "How could you even conceive of putting the two alongside each other on the same pedestal?" In their minds, clearly the porn star **MUST** be better. "After all, **SHE'S A PORN STAR**. She's going to fuck the hell out of me and do a bunch of crazy shit..." And that's where I tell them that they've got the whole concept backwards.

You see, the problem is that they have bought into this construct of MTV and movies and ideas that the mainstream media have fed male culture, which is all fucking wrong. And it's wrong because Hollywood sells you a big fucking lie. Only in Hollywood does the girl make the first move and suddenly discover that she loves the nice, shy guy who sat at the back of the class. And Hollywood also lies to you in what your role as a man is when it comes to sex. They have portrayed the image that somehow women are these mythical unicorns that are going to go all "basic instinct" on you, tie you up, and ride your cock until you

blow your load at the peak of ecstasy. And of course these girls will, of their own free will, do the dirtiest things in the bedroom without you asking or even prompting them ... blah, blah, blah.

Reality check — that’s science fiction. The fact of the matter is that EVERY sexual encounter can be of that level assuming that the woman is even slightly open-minded. But, the driver of the entire interaction needs to be you. You can’t just sit there and be a backseat passenger to the whole event.

I recently had a chat with a young man who asked my advice. He was 23 and trying to pick up and fuck exclusively married women. I asked him why? His response was merely that they made his ego feel good and that in his mind, the sex was better since they were — again in his mind — more “aggressive.” This is the same fallacy that people have around porn stars. Instead of creating the amazing sex and leading it, you want to lie there like a dead fish and expect that this girl is going to do all this crazy shit to you without you really being an active participant in the whole endeavor. The only girl that is going to do that for you is a paid escort. She is doing her JOB, and her JOB, that she is being PAID handsomely by you, is to do exactly that. If you are not paying her, you need to create the excitement, you need to lead the interaction, you need to make her so horny that she’s willing to explore whatever kinky shit your mind can make up.

Now, that being said, some girls are naturally more open to exploring things than others, but I’ve known plenty of “normal” civilian girls that are down to partake in threesomes, anal sex, and all sorts of debauched things. On the flip side, I’ve also known many a porn starlet who is extremely vanilla when it comes to sex outside of work. In fact, some of them can’t stand doing anything at home that remotely resembles what they have to do on set.

So, I’m going to propose an experiment, and unless your name is Leonardo DiCaprio or some other multi-millionaire famous actor, I know exactly how the experiment will turn out. Suppose for a second that we send you and a girlfriend to the local bar in your city. Someplace where there is a good-looking crowd of people, lots of sexy ambiance,

the kind of place you'd like to be out on a Friday night. Now, you're going to be all dressed up, looking good, and ready for a good night. As well, we are going to take a very attractive lady with us to help conduct this experiment so that we can measure the results. The difference is in this experiment we are not merely going to be going to a bar, but instead, we are going to go into the bar, and you are going to yell loudly to the patrons of the establishment... "Who wants to fuck me tonight?"

So, we send in the girl first. She opens the door to the bar, strolls on in looking as good as she possibly can, takes a nice seat at the bar, and screams with all her might, "Who here wants to fuck me tonight?" — and do you know what's going to happen? I'll tell you exactly what's going to happen. Every man with a functioning penis and at least one testicle is going to be waving their hands in the air. Their boners are literally going to be pointed farther north than Alaska. In fact, at this point, the only guys not climbing over the bar chairs with saliva dripping from their chins and rapey, tunnel-vision eyes, are going to be the gay guys in the bar. They'll just be admiring her shoes.

So, after that tour de force, you are ready. You're thinking, "Damn, I look good! They all want me. I'm the man!" And you proceed to open the bar doors. You see all the beautiful girls in their mini-skirts and dolled-up faces, and you proudly belt out at the top of your lungs... "Who here wants to fuck me tonight?" And then it happens... the most amazing thing... it's the sound of... crickets. Absolute fucking crickets! Crickets down the block; crickets from the attic; crickets from the streets... absolute fucking crickets.

You see, no girl is going to have their hand up. No saliva-spitting females are going to be running up to you trying to rip your clothes off. There will be no lady-boners trying to chase you down. In fact, there will be pure silence (except for the crickets), and the only hands being raised are going to be from the gay guys in the bar. In fact, they might be running over to rip your clothes off at that point.

So, you see, here we come to learn a few valuable lessons about how the sexes differ when it comes to interacting and relating with one another.

THE GIRL CONTROLS THE DECISION

The fact of the matter is that generally, in most cases, the girl is 100% in charge of the decision. What decision, you may ask? The decision about if any sex is happening tonight or not. That decision is and always has been 100% up to the girl. No matter how good of a seducer you are, how much of a Don Juan, the actual decision to fuck comes exclusively from the girl. Unless she is so repulsive that you are turned off by the mere sight of her, she is in control. And chances are if you've been chatting with her, you definitely don't find her repulsive — that, or you really enjoy torturing yourself. Every day, all day, most women are fighting off the advances of men. That's why if a woman walked into a bar to see who would be interested in fucking her, pretty much all our hands are going up. Sure, guys have their preferences, girls they would want to date or get married to. Perhaps there are specific attributes they exclusively like: blonde hair, big ass, long legs, etc., etc., but when it comes to fucking or a one-night stand, the reality is we aren't too picky.

Testosterone is one of the most powerful drugs out there. I recall reading in a psychology blog how it was even considered to be more difficult to deal with than cocaine. It's that powerful. If it wasn't, we wouldn't be trying to stick our dick in everything that moves half the time. There would be no "chasing" women. Why would we chase? What would compel us to procreate? We'd likely prefer to just sit on the couch with a bag of Cheetos then and watch *Days of our Lives*. Our penises totally override our logical brains and we just want to bang. We are hardwired that way.

If the girl is reasonably good-looking, we are all going for it, every one of us. We could really give a shit about her personality, her job, her social standing — hell, even her name at that point. All we heard was, "She wants to fuck someone," and we are all suddenly pushing to be the first in line. We are the lemmings running off the edge of the cliff, the stampeding buffalos, the running of the bulls. So, from this perspective as guys, we are "all in," we "want to bang." However, the decision as to whether or not that is going to happen is going to be hers.

She's the one that holds the cards in this arena; she's the one that is selecting the "best" genetics in her mind. Because, trust me, all of us in the bar that night want to be the one... and she has to decide who that "one" is going to be.

We are all doing our best to position whichever assets we have to throw into the arena — whether it's wealth, or charm, or good looks, or humor. She will be the one selecting who the lucky guy will be. Or, she might just decide that it's going to be no one and go home with her girlfriends.

Understanding the role that the woman plays in this interaction is key, as it then points the compass the opposite way when it comes to the role of the man in the sexual space.

THE GUY CONTROLS THE ACT

Now, before we get all feminist and equal-rights liberal on me, hear me out. There is a reason why I say that the guy controls the act. Because he does — 100%. As the polar opposite to the woman who is 100% in control of the decision as to whether the two of you will be sleeping together, you, as the man are, 100% in control of that act happening. Don't believe me? Then just imagine for a second that she's in bed with you, she's super horny, she's all over you mauling you like a tiger in heat. Then, her panties come off, you reach down and feel her pussy and it's soaking wet, and she wants you inside of her, and... you can't get it up. Nope. It's not budging. In fact, it's so small and shriveled from anxiety that it's analogous to a tiny worm sticking out of a hole in the ground. You tug on it, and it merely snaps back inside the hole, like a sad, Saturday-morning cartoon — only this is no cartoon, it's your real life.

No matter how much she might want to fuck you, the actual act of fucking is no longer in any way shape or form up to her. She could be trying to blow it better than any Hoover vacuum ever could. Maybe she will try to whisper dirty things in your ear? Or maybe at that point, all she will do is pray to the erection gods that it might happen... and hopefully soon before she gets frustrated, and then depressed thinking

you aren't turned on and/or interested in her, and decides to call a cab and head home.

The ACT is all in your hands. Like how in dancing, if the man cannot lead, the woman cannot dance — except in this case, the woman can't even dance alone. At least in the nightclub, she could dance with some of her girlfriends and enjoy the music. What is she going to do in your bed? Break out the PlayStation for a round of Tetris?

Secondly, we have another issue at hand in which the ACT is completely 100% controlled by the man. Not only does he need to obtain the erection, but then he must MAINTAIN it if the girl is hoping to ride it off into the sunset like Butch Cassidy. The problem is that as soon as our little friend "fires off" (aka ejaculates), the act of sex is pretty much over. Sure, you could do some foreplay or what have you, but if the idea of being penetrated was something she was in the mood for tonight, it's not happening after that. Instead she'll likely spend an inordinate amount of time trying desperately to resuscitate a limp spaghetti noodle. So, again the duration of the sex act is completely controlled by the man. She could be the most voracious, cock-hungry porn star of all time, and if that little guy fires off in five seconds, there is nothing she can do about it. It's like having a thoroughbred race horse that never even gets a chance to get out on to the racetrack. He merely gets out of the gate, takes five strides, and falls lame in the middle of the track, never to even pass the first turn. So, if the man can't get it up, guess what? You're not fucking. If he cums in five seconds, guess what? You're not fucking.

And this is why I said earlier that, within reason, all women are the same. It's from this place of knowing and understanding that the ACT is all up to me, she can relax. Much like dancing where the man leads, this is the same in the bedroom. From this perspective, the woman is like a blank canvas, and it's up to you to "create" the magic that will be the evening.

This perspective shifts your thinking, and you then realize that everything about the interaction is up to you. And yes, this can be a lot of pressure for guys, but hey, so is the Super Bowl or the Stanley Cup

final. It's taking ownership of the fact that it is UP TO YOU! That is key. If the girl isn't turned on, it's UP TO YOU to change that. If the girl isn't getting wet, it's UP TO YOU to change that.

The one positive thing that many men view as negative is the fact that women's emotions change like the wind. However, in this instance, it's a positive. It's possible to change her mood very quickly. One minute she might not be horny at all, but do the right thing and suddenly, now she's in the mood. You, as a man, need to be a leader in this arena. In the moment you can create the "porn star experience" with any woman. They want it. In fact, they are craving it. They are desperately hoping that you are going to take charge, be the man, and fuck them harder and longer than any man before. They are lovely creatures, and I adore them, but they are certainly not angels. They have sexual needs and wants just as a man does, but they tend to express them much differently.

David Deida often speaks about polarities. He notes that to really ignite passion in relationships one of the partners needs to embody the feminine, and one needs to embody the masculine. It's this polarity that causes sexual attraction. Now, if the woman is embodying the masculine essence, this is a different story, but few do. Most would much prefer to be able to settle in to their feminine essence and stay there. So, for all those girls that are in their feminine polarity, the bottom line is they are not going to be the one leading the charge. They might be down to do the dirtiest things you could possibly imagine, but it is going to be your job to take them there, take them to that place.

I remember a porn star from years ago whose name was Annette Schwarz. She was simply fantastic, a hyper-sexual beast of a woman, the type that most men could only fathom actually existed in real life. At one point I used to actually think she might be possessed! Ha, ha! She'd be fucking you, her eyes would roll into the back of her head, and she'd let out this deep growl of a voice that sounded like the devil. "Fuck MEEEEEE!" she'd scream at you. She just really was on the extremes of sexuality, like the Secretariat of the porno industry. There was nothing she couldn't handle; nothing you couldn't throw at her.

UNLEASH YOUR SEXUAL SUPERPOWERS

I remember we would get these amazing scenes out of her, and we were all amazed at her sexual prowess, her voraciousness, her unbridled passion — but it wasn't all her.

And that's the thing ... I've seen her paired with C-grade male talent, and she was, in fact ... average. Maybe even below average on those days. The same insatiable beast that we had seen and witnessed was now more of a little kitten than anything. What had suddenly changed? I mean, she was the same girl after all, wasn't she?

It's that she was only capable of rising to the level of her co-worker. She needed to be driven and taken to those places that she had the capability to go to, and in the bedroom, with any girl, the same rule applies. They are only capable of going as far as you are capable of taking them. Knowing that they are the ones choosing whom they are going to fuck, you need to make sure that you are ready and capable of handling her and taking her to the places she WANTS to go to, should you get the call.

As a man, this is your responsibility. After all, she chose you for a reason.

CHAPTER THREE

EATING PUSSY

If there's one thing that I think every man should work to hone his skills upon, it is the ability to effectively eat pussy. In a lot of ways, it can function as the great equalizer among men. Let's face it, there will always be a guy with a bigger dick, a smarter brain, a nicer car, and more status, yet the ability to consistently get a girl off many times with your tongue does hold a lot a cache value. This is simply because it's often rare that guys have spent the time figuring out how to properly do it. It's one of the things most porno girls in the business will comment on about me time and time again—and this is no accident. I've worked my ass off perfecting what I do, and this took years and years of experimentation.

I still remember the first time I ate pussy. The year was 1992, I believe, and I was on a camping trip with my girlfriend at the time. Now, up until this point we had made out and lightly fooled around, but I had yet to get her panties off. She was a virgin, and therefore wanted to go at a slower pace. I still remember it like it was yesterday.

The thing about the whole event was that from that very moment—the very moment I got her panties off—I simply wanted to devour that thing. I had no real idea what I was doing, except obviously what I had seen in a few porno movies up until then, but I found it absolutely intoxicating. The smell, the texture, the fluids—it all drove me utterly insane! I was hooked like a crack addict to the pipe, and after that, I was obsessed with eating her pussy.

Mind you, I really had no clue what the hell I was doing and was certainly not getting her off. I wasn't aware of what I needed to be doing. I mean, I was licking it, but fuck — a dog licks a bowl of water, too. In no way, shape, or form did that mean that I was doing it properly, nor was I aware of the subtle signals that I was supposed to be keying in on. Later on, with my next girlfriend, I started to have a modicum of success. It was still very hit and miss, but at least there were some successes in there. And frankly, with anything, that's what you have to try to build off of.

I still wasn't 100% sure of what was working, though. Why could I get her off sometimes and not others? What was preventing me from achieving consistency? With the following girlfriends, new obstacles and new learnings started to take place. My consistency was improving, but sometimes I'd meet a girl who would throw me a curveball! Why was what had previously worked on others not working on her? I was forced to step back and analyze things.

When I broke into porno, things really started to ramp up. Here I was being inundated with new pussies all the time, and the fascinating thing was how they would all operate slightly differently, yet the more and more I studied and worked with them, the more I started to see these threads of commonality that actually seemed to run through most of them. Now, with everything in the human race, there are outliers. Christ, there are people born with two heads, people missing parts of their bodies, all sorts of biological and physical differences. But in total, I started to see a thread that ran through about 85% of the population. I worked with each different type that I would come across, trying new styles, new techniques, varying amounts of speed and pressure, testing to see which technique could potentially crack the code.

The amazing thing about the porn industry is that it allows you this playground of experimentation. The girl was going to get paid whether I got her off or not, so there was no pressure on me other than to take advantage of a vast learning opportunity. What I especially found endearing about the actresses is that when we were on set and the cameras weren't rolling, and we'd just be fucking and having fun and playing around, they could just be honest and real. I'm nothing of

significance to them; I'm merely a co-worker. They could give a shit about hurting my feelings or not, which I loved because they would be brutally honest. If you weren't doing something right, they'd be like, "Hey, do this," or "Ouch, that hurts. I don't like that."

So many civilians in relationships tip toe around each other's wants and needs. They walk on eggshells, afraid that if they say something constructive to their partner that they'll be shamed for it, or that their partner will feel they aren't good enough, simply because they don't know exactly what they are doing.

After a couple of years, I really started to find my rhythm. I started to be able to feel exactly what was working, and then I started to notice WHY it was working. It's amazing! If you step back and observe the female and male sex organs, you can see how they are two different versions of exactly the same thing. This realization is extremely helpful to understand. They are not some foreign, alien creatures at all. In fact, the same principles actually end up working on both the sexes. This allows you to look at yourself first to begin to have a deeper understanding of them.

The year was probably around 2010 or so, and I was shooting a movie with this young actress named Missy Stone. Missy was an amazing girl. She was young, cute, and had a sassy personality. The camera seemed to love her, and she had a loyal fan base. We had worked together many times, but that day for some reason we got on the topic of orgasms, and she stated the number of the most that she had had in a single day. The number was pretty high. If I recall correctly, it was around 13 or 15 — something like that. She goaded me, and it became this sick little challenge that she laid out for me: beat the record.

The shoot that day was point-of-view (POV) style, so I was stuck holding the camera, but I was determined. I'd put the camera down at times, get her off a couple times, start filming again, and then get her off some more. The challenge had been issued, and the day became comically fun for the both of us.

At the end of the day, the final count we ended with was 21. I even posted on the back of the video "21 ways to her anus" as a reference to what was contained inside the tape. From that day forth, I nicknamed

her “21.” We always got a great laugh out of it. It’s merely just proof of what’s possible and what some girls are capable of if you dedicate your time and efforts towards learning what works.

YOU HAVE TO LOVE IT

Probably the most important thing that needs to take place is the shift in mindset. You actually have to love eating pussy. If you don’t, really, you’re just wasting their time and yours since you won’t be willing to put in the time and effort that is required. Every girl is different. Some girls you can get off in 30 seconds; some might take 10 minutes. Can you handle the pain in your jaw for that long? Can you handle your tongue getting raw from scraping against the bottom of your teeth to the point that it almost bleeds? Because sometimes that’s what it takes, and you really need to love what you’re doing if you’re going to stick with it.

Sure, you can try and do it “just for them,” but I guarantee that will get old real quick if you yourself are not having the time of your life munching down on that box. That pussy needs to be the goddamn Last Supper to you. It literally better be Jesus himself wrapped up in a nice, tight, little container. If you can’t get to that place, they are going to feel it. It’s no different than when a chick gives you a blowjob and she doesn’t love it. She puts in the bare minimum effort possible. It’s almost like she tries to not make it feel good at all. To make matters worse, she looks like she’s “toughing it out” the whole time, like a child laborer in China, and she’d rather be doing anything else right then except sucking your dick. It’s deflating and takes the fun out of the whole experience.

It’s exactly the same in reverse.

FOLLOW THE CLIT

So, when it comes to the art of eating pussy, there are a few ground rules that I feel are of the utmost importance. This is especially true if you’re actually interested in getting good at it and having a relatively

high success rate across multiple females. Now, why would I say, “relatively high success rate?” Well, put simply, women — much like men — exist across a full spectrum, and you’re not going to be able to satisfy absolutely everyone. There are going to be outliers that are simply impossible to get off, i.e. some women incapable of orgasm, and some that may only orgasm from penetration (I’ve met these before). So, in putting together your toolbox of techniques, understand from the get-go that there will be some ladies that you just can’t satisfy.

Now, as your techniques improve and you put into practice what I’m going to show you, I believe you can bring your average way up to around 85%. This also can be found amongst men in society as well. For example, I would consider myself an outlier in this regard. Most girls are incapable of getting me off with a blowjob without some serious coaching on my part, and even then, some just lack the actual physicality to make it happen. Size of jaw structure, size of lips, and shape of teeth can all affect that ability. Then, on top of all this, you have the deep focus and attention paid to the physical cues that is required. That’s not to say it’s hard by any stretch. I’ve met girls that could get me off in less than five minutes consistently every time, but they were rare — like finding needles in a haystack. The sad truth and reality is that neither sexes actually pay attention to what’s really happening in their partner. Those are the cold hard facts.

Now most of this comes from a lack of being able to hone-in on the “cues” that the body naturally sends to the other partner. These “cues” are your golden ticket. In fact, if you follow them religiously, you’ll find yourself more often than not striking gold where it counts most.

If you’re reading this right now and are a penis owner like myself, you should have a general idea how your junk works... but have you ever actually paid attention to the cues that your body gives off? Have you taken the time to not only notice the physical reactions that your body goes through when you’re cumming, but codify them as well? For example, any woman trying to get me off would amplify her chances 1000% if she paid attention to the biological cues that my body gives off when I’m close to cumming. There are numerous subtle cues that

the body will display that are part of the process of cumming. These things are consistent and will happen every time.

The problem, actually, for a lot of women is they blindly think if they just try to yank your dick off your body that somehow it's magically going to fire off, and for some guys (especially those prone to premature ejaculation), this is actually true. So, in fact, the woman has learned ZERO skills about how to actually get a guy off because she's actually paying attention to fuck all. She's just blindly yanking for all it's worth (which actually fucking hurts like hell).

Aside from audible noises, two things will happen to us guys when we are getting close to orgasm: 1) our testicles will rise up significantly (in fact, with me they actually disappear up inside my body), and 2) the penis will get about 5-10% harder right before you cum. If any woman was paying attention to just these two cues, they would likely be sucking dick for two minutes rather than 20, and in a lost cause at that. So where am I going with all this? Well, as guys we need to follow the woman's cues that we have at our disposal ... and the one cue that she can't fake and will never let you down.

THE CLIT

The clit is our compass. It is our best map of the territory and, like a trusty compass pointing to true north, it shows us the path (i.e. whether we are straying off course and doing some stupid shit). Now you might say, "What does the clit have to do with any of this?" Well, what most guys don't actually pay any attention to when they are eating pussy is the clit. They are just blindly licking shit with no understanding of what they are supposed to be feeling or looking for. They aren't paying any actual attention to the cues that it's giving off. Much like how a skilled massage therapist can feel what's going on in your internal organs through the hypersensitivity they've acquired in their hands, you need to be able to feel what's happening to the clit through obtaining hypersensitivity of the tongue. By utilizing the tongue as your informational tool that is obtaining real-time data

about what's going on with the clit, you then know what the clit is feeling, and the next steps that need to be taken.

The fact of the matter is the clit, much like the penis (it is essentially the same after all), gets hard and obtains an erection. The degree to which it is obtaining or losing its erection becomes your guide as to what you should or should not be doing to her. It really is the ultimate guide that nobody seems to pay the fuck attention to. It will give you all the information you need. That little fleshy nub is like a goddamn polygraph machine down there. If it's not getting hard at all ... your shit ain't working. Change, try another technique, or work another angle. (In the ensuing chapters I'll go through my top three favorite techniques for this.)

If it's getting hard, now you're at least in the game, so pay attention: Is it just sitting at a status quo? Is it getting harder? Is it backing off and getting softer? These cues will be what determine the next three things: speed, force, and technique. Sometimes, slowly increasing the speed will be the catalyst, but again, we need to pay attention through the nerve endings in our tongue to extrapolate whether it's getting harder or not. Generally speaking, when she's cumming, the clit will be very large in relation to how it started off and extremely hard, again in relation to how it started off at the beginning of the session. And the same exact things are measurable if you are changing one of the other two variables such as force or technique. There are times where more pressure and a flatter or pointier tongue is actually what is needed, not more speed. And sometimes, neither one of these variables is actually going to make a difference, and you'll be forced to switch to another technique to get the job done.

As I'm sure you can plainly see, the erection of the clit is something that she CAN'T FAKE! It's there, or it's not. It's white, or it's black. The sun is rising, or it's fucking setting. It blows my mind how many guys fall for the faked orgasm when the signs are right there in front of you as to what's actually going on inside her. Trust me ... she doesn't want to have to fake it. She's not hanging out in your bedroom to practice her thespian skills for a Broadway musical. She would really like the real thing to happen, otherwise she wouldn't be there.

Another useful cue is what's going on INSIDE the pussy. When using the two-finger, upward G-spot-stimulation technique (described in detail later on), you'll notice how the pussy will clamp onto your fingers. Much like the clit enlarging, this clamping and tightness will increase. Now, with some girls, this will be more dramatic than others. I've literally almost felt that a couple girls were going to break my fingers when they've cum before. This is a reflexive act and generally very reliable. (Most girls are simply not putting that much effort into faking for you as you would like to believe.) It's another great tool for judging where you are at in the PROCESS of getting her off.

I look at these cues simply as an intelligent GPS system of sorts, a way of allowing us to navigate the female body, find out where to go, and give her the experiences that she is looking for. Following this female GPS system gets us on the playing field. It takes time to learn to appropriately calibrate your sensations to understand how to follow the subtle cues that are going to emanate from her body, but at least you'll be in the fucking game.

WHY GIRLS LOVE VIBRATORS AND WHAT WE CAN LEARN FROM THEM

Ahhhhh! The almighty vibrator. Every girl's best friend. Her one true love. The one who never gives up. The one who never lets her down. The one who is there for her when she needs him the most! So, why do girls love vibrators so much? More importantly, what lessons can we take away from them?

Well, let's imagine for a second that your girlfriend is about to give you a blowjob. There you are, nice and relaxed, and she starts licking and kissing you everywhere which is cool at first (for about 15 seconds), at which point you really want her to just put it in her mouth and get the show on the road. The more that she doesn't do that, the more your sexual frustration starts to build. There is definitely a limit for sexual tension and foreplay before it spills over into sexual frustration. Now, this is different for everyone, but in my experience, men

have a shorter span where the tension is pleasurable before it starts to become frustration because, like I said, all that kissing and stuff is cool for a little bit, but at some point we want her to get down to the meat and potatoes of the matter.

ENTER THE VIBRATOR

Well, as it happens, girls hate the exact same shit to a great degree. Women love foreplay, but they want GOOD foreplay. They are not interested in seeing you wander around their pussy like a lost puppy with no clue where to go. This is immensely frustrating for the woman. The only thing worse than no foreplay for a woman is bad foreplay. With that being said, here is what we get to learn from the almighty god... the vibrator.

You see, girls love foreplay, kissing, licking, all that shit too, but at some point just randomly licking all around her pussy is going to become pretty fucking annoying to her, and she'll be that girl that pulls you up from doing it and just wants you to put it in. And the only reason she wants your dick inside is so that you'll stop the annoying shit you're doing to her pussy by attempting to badly eat it, which is really just frustrating the shit out of her.

IT'S ABOUT THE CLIT, STUPID

Essentially, yeah, it's all about the clit, stupid. Watch a girl masturbate herself and see what she does. More often than not, she'll be using her hand in a constant, rhythmical motion stimulating her clit. She isn't suddenly rubbing the sides, sticking her fingers inside of herself or stopping abruptly. Her focus will be on constantly stimulating herself in a manner that builds up the sensations in her body.

Notice for a second what you would be doing if you're at home jerking off. Do you keep stroking at a desired rhythmical pace? Or are you suddenly jerking your dick slow, then stopping, then rubbing your balls, then frantically jerking at some super speed, then stopping, then rubbing

the head? NO! You're not doing any of that are you? So why would you expect that anything of that nature is going to feel good for her?

After some teasing and a little foreplay, you need to stop fucking around and get focused. And your focus is the clit. You see, girls love vibrators, but have you ever watched what they do with one? They pretty much staple it to the clit, especially if it's a Hitachi (more on this wonder machine later). They might slowly move the vibrator in light circles to get the best angle, but they are keeping it focused on where it needs to be. They do not deviate; they stay on the clit and so should you.

The clit needs to be your one, general focus — no stopping, no breaks. You see the vibrator NEVER STOPS. This is one of the many keys to eating pussy well. You need to be able to maintain a constant rhythm and never ever stop. I repeat, NEVER EVER STOP! Jaw hurts? Deal with it. Tongue sore? Deal with it. Got a cramp? FUCKING DEAL WITH IT! If you don't have the stamina to eat pussy for 30 minutes straight, build it!!!! But never break what you are doing, especially if you are following all the appropriate cues that her body is giving off. Trust me. I've had some of the worst cramping of my life in my jaw, my hands, my fingers, and the bottom of my tongue has bled from scraping over my teeth repetitively. And guess what? I didn't stop because I knew I was just minutes away from getting her where she wanted to go.

Just like when you're getting close to cumming when a girl is sucking your dick, and then she suddenly decides her jaw hurts, her hand hurts, whatever, and you go from so close ... to suddenly so far away. It's the worst feeling in the world — so don't do it to them.

Suck it up and stay focused. Orgasms are exactly like waves in the ocean. If you do the right things, then the wave slowly builds and starts to pick up steam. Much like a surfer in the water, you need to learn how to ride that wave. If the wave leaves, then you need to build up another one. But the key is being able to ride that wave to the shoreline.

With the orgasm, this is the same principle. You are going to ride that wave, and at the appropriate time get the wave to go over the top, then crash onto the shore. With that, she'll be metaphorically crashing and writhing in a puddle of sweat, ecstasy, and profound appreciation for your efforts.

If you have the appropriate technique for your desired girl, the two elements that are going to take her over the top will be speed and pressure. Both of these need to be monitored, and using your tongue-compass will help to guide you as to the appropriate action. Generally speaking, as you get her extremely close to orgasm, you'll be picking up the pace of one or two of these elements: either you'll start to apply a little more pressure with your tongue, or the speed of your tongue will need to increase. Probably you'll be looking at an increase of about 5-15%, just enough to push her over the edge without causing her to fall off her wave.

Put it into the context of what you'd be experiencing if she was trying to get you off. When you are super-close to cumming, the worst thing she could do is to stop, or to readjust what she is doing. Lord knows I've had many girls that have been doing the absolutely perfect thing to my dick, only to get tired and change their technique at the last second... and boom! Suddenly I'm off that wave and as far away from cumming as I could possibly be.

This is a universal experience for both sexes because, at the end of the day, our equipment spawns from the same pieces. In the womb, we both start out exactly the same. It's only at a certain number of weeks that those same organs from the zygote morph into the penis or the vagina. But they start exactly the same.

Take a real close look at a clit one day. It looks exactly like a miniature penis because that's what it is. It's just been morphed through all that estrogen into what then becomes the vagina. But really look at it. It's got the head of the penis, and it has a little foreskin covering it. All of that is the same. In so many ways, men and women are vastly different, yet we are still very much the same.

THE CROSS-T TECHNIQUE

So now that we've gone into some generalizations about eating pussy, it's time to get down to the nitty gritty of it all. There are a couple of different techniques here that I've tried and tested over the past 20 years,

and as I've stated before, you have to feel out each woman to find out what is clicking and what is not. The techniques in and of themselves are the starting point, but the other key factor is reading the bodily cues that will be given off. This will let you know whether your technique is working effectively and allow you to gauge what you might have to change on the fly to get the desired result.

In fact, earlier today, I was on set with this Russian girl. We were sitting around waiting for the scene to start, so I pulled her panties off and started eating her out. I used the technique I'm about to describe here, and within about three to five minutes, we had blast-off... and she was a relaxed, happy little camper. Once you know what you're doing and can begin to notice the different cues that we previously discussed, getting the girl off can really be that easy.

The technique I employed is what I call the "Cross-T Technique." It's my go-to first line of offense, so to speak. I always start with this, and then adjust depending on the girl and what feedback I'm getting from her clit.

Assuming that you know where the clit is and can locate it with ease, the Cross-T Technique begins with vertical strokes of the tongue. These are not slow, languishing strokes, but rather you should begin licking at medium to above-medium speed. The technique employs rather rapid licking in a vertical fashion (on the clit, remember stay focused), and for about every five vertical strokes, you will give a couple horizontal ones. One of the keys here is never breaking rhythm. Remember, this is not done in a slow, cheesy, romantic fashion. It's done at quite a rapid pace.

Remember those vibrators that all your girlfriends love? Yeah, they love them because they also go at a rapid pace, they never stop, and they stay at a consistent level. That is what we are duplicating, essentially, except rather than a cold heartless machine, we will be using our tongue as the instrument of pleasure.

Now, this doesn't mean you start at breakneck speed because once she's "almost" ready to cum, you might need to have a little horsepower left in the tank to put her over the top. Recall what I spoke about earlier with the wave analogy. We need to build up the wave of pleasure, follow it, and ride it all the way. And there is a likelihood that you'll need to step it up

at the very end ever so much to push her over that final wave. So, you're going to build it up at a decent pace, but it's never mind-numbingly slow.

I've seen some of my porno contemporaries eat pussy, and it's an abysmal failure to watch — like, no wonder some women are just wanting it over with and some dick inside them. As I will be discussing later, your face should be firmly planted against her pussy. At no time should there be any distance.

Often, when you watch a cheesy porno, you'll see the guy licking the pussy with this long, outstretched tongue. This is absolutely the worst thing you could be doing. Usually, this is done this way because the camera wants to be able to see what the actor is doing, but it certainly is in no way shape or form doing anything positive for the girl.

If you've ever watched my movies when I'm eating pussy, unless it's been a big feature movie where they desperately want to see the pussy-eating and I have to do the same, lame, outstretched tongue, my face will be completely buried. In fact, often you will not be able to effectively breathe through your nose as you should be pressed hard enough against her that it will render this next to impossible.

Now that you've got your vertical strokes going, we are going to implement the other facet of the Cross-T Technique — the horizontal strokes. These occasional, horizontal strokes serve a purpose — to change up what her nervous system is feeling, yet never stopping and/or breaking rhythm. This allows you to surround all the sides of the clit to provide maximum stimulation and pleasure.

Never breaking rhythm is key. If you are in any way, shape, or form breaking the rhythm when you're doing this — she's going to be getting close, then back to zero, then close, then back to zero, ad nauseam. Much like if you were getting a blowjob and then she broke stride and decided to lick your balls or wipe her nose, or she gets tired and decides she just wants to jerk you off for a while. This completely breaks your wave and you find yourself starting back from zero waiting for another wave to develop. You want to keep the neurological signals moving forward.

Remember, orgasms come in waves, so the trick is once you're good enough to have a wave starting to come in, you need to know how to

adjust what you're doing at just the right time to be able to ride the wave. And just like in surfing, if you miss the wave, you don't get to surf it and have to wait for another to come around. This is exactly why the horizontal strokes are so important, because they allow for her receptors to never get overwhelmed and shut down from the exact, same, repetitive movement. Yet we go right back within seconds to that initial vertical, repetitive movement so we don't lose the wave.

It's an effective dance that keeps the wave pushing forward without stalling due to overstimulation. It keeps things changing just enough to keep that wave coming forward. In addition to this, that is also the reason why we want to have a little extra horsepower in the tongue if it's needed to finally push her over the top. Once you are feeling the increase in size and hardness of the clit, you will be applying various amounts of pressure in addition to the Cross-T Technique.

Begin with medium to medium-low pressure and start gauging from there. The effect on the clit is what we are looking for to see if our efforts are fruitful. If you are not noticing any response from the clit, you can then begin to slowly increase the pressure, and in addition to this you can slide into some different tongue-placement strategies that we will discuss in the next few pages. From there, again, we will be actively assessing the information that our tongue is receiving from the clit, and determining if we are taking the appropriate course of action.

FLAT-TONGUE TECHNIQUE

As I previously mentioned, there are two different tongue-placement strategies, and both can be applied and tested out during your pussy-eating session to try to effectively determine what is going to enlarge the clit. Now, depending on what the clit is telling you, you can decide which one has the greatest chance of success. I've used both of these to great effect and generally will transition between them during a session — although I predominantly tend to use the Pointed-Tongue Technique versus the Flat-Tongue. Both, however, are quite effective and the choice often comes down to the level of stimulation that the girl is able to handle.

Some women have an overly sensitive clit. I would put them in the minority, but it's not the smallest of minorities. It's probably around 15%. For these women, the pressure needs to be low to medium-low, and often, the flat-tongue since it produces less pressure is the better tool for the job. The clits of these women tend to be so sensitive that too much force or pressure isn't pleasurable but more often painful, simply because it's more akin to an electric shock than anything that would be getting them off. In these instances, the Flat-Tongue is a really good idea, since the wide surface area that is contacting the clit spreads out the pressure and isn't as directional in its force.

I refer to this technique as the "Flat-Tongue Technique" because that is how the tongue, generally speaking, will end up resting on her clit. The key to this, though, is how you position yourself in relation to her pussy. Your entire mouth will be around the pussy, and your tongue working from INSIDE your mouth. Your tongue will be more relaxed, and you will not be trying to bring it to a point. With this technique you will not be sticking out your tongue, and if you are properly positioned, you should not be able to breathe AT ALL with your mouth, therefore, you must constantly be breathing through your nose. Effectively, your mouth will be in some ways suctioned onto her pussy, but your head will be just ever so slightly back so that you do not block your nostrils as this will become your only way of breathing. The ability to be able to breathe through your nose here is critical because, as I've stated before, you CANNOT STOP! Remember, those lovely vibrators never stop, and neither can you. I cannot stress this often enough.

You need to place yourself in a comfortable enough position that you will not be readjusting anything. To do so will break the rhythm and ruin the efforts that you have undertaken up to that point. So, from this pseudo-suctioned mouth position, your tongue will naturally lie flat. From here, though, you are going to be implementing the Cross-T Technique focusing only on the clit and doing so in a rather rapid pace. The tongue will resemble a relaxed, lapping motion, except that it will stay inside of your mouth at all times, maintaining the suction to the pussy helps to maintain this. You should be engaging the front

one-quarter of your tongue but not the tip, and the same vertical mixed with horizontal constant stimulation rules will still apply.

Remember that you shouldn't be able to breathe out of your mouth at all; if you can, you're doing it wrong.

POINTED-TONGUE TECHNIQUE

Now, the other version of the Cross-T Technique involves the use of the pointed-tongue. This is typically the one which I will employ most often, or at least begin with and discover from there if I need to alter my approach. One of the differences in utilizing this method is that you can employ greater pressure and, generally, the highest amount of speed when comparing it to the use of the Flat-Tongue. With this variation, you can produce more force if needed, but it also has more precision when it comes to hitting specific areas of the clit. This can be extremely useful, especially as the clit becomes engorged with blood. I find that the ability to alter and influence what the clit is feeling and your ability to feel it is more pronounced with the usage of the tongue in this manner. That's not to say that you should only rely on this. As I have stated before, depending on the girl's reaction, her physicality and biological makeup, this technique might prove to be overstimulating — though in my personal experience, a great proportion of females will respond favorably to this technique.

Much like a scalpel is to a doctor, so is the Pointed-Tongue to your sexual toolbox. It allows you to pinpoint the areas that you are going to be stimulating, and gives you the ability to zero-in on key areas of the clit that might be bringing you the requisite feedback that you are looking for.

The key to the Pointed-Tongue version is how you are positioning yourself relative to the pussy. Much like when you are utilizing the Flat-Tongue, the positioning of your head and face will be paramount in dictating the outcome and success of this method. You will begin by essentially burying your nose hard into her bush. At this point, your nose should be pressed up against her bush hard enough that you are no longer able to breathe through your nostrils. Not hard enough to

hurt the lady, but definitely hard enough that you should not be able to breathe. Well, if you can't breathe, "What are you supposed to do then?" you might ask. From this point, the mouth will not be suctioned to the pussy, it will be very close of course, but it will not be suctioned, and there will be a small gap there for air. From this place of having the mouth pressed against her but not suctioned will allow you to stick your tongue out in a pointed fashion. So, unlike the previous technique, your tongue will be OUTSIDE your mouth, not inside. This brings with it some added challenges that need to be addressed fully. Since your nose should be suctioned to the top of her bush hard, you shouldn't be able to breathe through your nose at all at this point, so we will need to breathe in and out of our mouths WHILE we are eating pussy. THIS IS KEY! Remember, no breaks, no "coming up for air" — none of that bullshit. You breathe and lick simultaneously. It's highly likely that you'll be drooling quite a bit, since if you are constantly trying to swallow your saliva, you'll be taking a break from what you're doing — which as I've stated before, is akin to blasphemy.

The top of your mouth should be pressed up against the pussy, but the bottom part of your jaw will be free to intake air. This is how you know you've achieved the desired starting position: nose buried, top of mouth pressed hard against, bottom part of mouth open. Once again, from this position, we then employ the Cross-T Technique, only this time with the pointed-tongue. Here we can really make some very specific contact with the clit, employing the nonstop, five, vertical strokes for every one or two horizontal. Generally speaking, from this position versus the Flat-Tongue, we can move the fastest, and produce the most pressure if we need to. This can be especially useful when you've got her right to the edge, as the added speed that this technique can produce is likely to be what is needed to finally push her over the proverbial cliff.

Remember that this will all be determined by following what the clit is telling us at the time, and we will respond accordingly. The beautiful thing about these two different tongue methodologies is that we can seamlessly move between them to work with what her body is telling us at the time. Employing both of these during a session and alternating

between them is something that I will often do, especially the first time I'm having a sexual encounter with someone. But even after that, I find it's an enjoyable change for the girls and — as I've stated before — done right, both types of tongue-usage can be highly effective.

It also allows a greater reset of her nervous system, preventing it from shutting down due to too much of one specific form of stimulation. You don't want to desensitize the nerve endings from too much stimulation. For example, if you were to run your finger on your forearm very lightly and very gently, you'll notice that you really feel the sensations of the touch on your forearm. Actually, it feels pretty good. Now, change up that patterning and rub the same spot vigorously and with an obscene amount of pressure, and you really aren't feeling as much at all. The nerves are just overwhelmed with sensation and shut down.

I've seen this sometimes with girls that are heavy abusers of vibrators, especially when they use them for too long and too often. They find it more difficult to cum without them, as their nervous system has been desensitized because of the overstimulation. This is part of the body's natural protective mechanisms. As you move between these two techniques, you must never break stride. It must be straight from one to another without breaking so that her system doesn't get a chance to calm down and lose the elusive wave of pleasure.

Remember, we want to keep the waves coming. If you're surfing the last thing you want is calm water.

TONGUE-UNDER-CLIT SUCTION TECHNIQUE

In addition to the Cross-T Technique, another tool in the toolbox is the "Tongue-Under-Clit Suction Technique." It's not something that I employ all the time, but it's a unique way of stimulating the clit that I've found many women enjoy. Often, when I do use it, I strategize it more as an initial technique to be used if I want to build up the woman slowly. It's very massage-like in its essence, so it's fun and feels good for the woman, but it's also slow without a definitive finish-line like the Cross-T Technique. This in and of itself is a wholly unique animal.

I have used this to bring girls to orgasm before, but I would not be nearly as reliant on it as the Cross-T Technique. By its very nature, it's quite slow, and the process can be rather physically draining on the jaw and mouth due to what you are doing to create this technique. This works, and is employed especially well, for women who have overly sensitive clits and cannot handle the Cross-T Technique for whatever reason. It's useful in this regard, as it is generally a very slow technique that maximizes the amount of nerve endings being contacted. My empirical evidence has shown this to be a winner when used correctly. However, if a woman doesn't have sensitivity issues, I would not supplant the Cross-T Technique with this. I would simply add this to the repertoire.

To apply this technique, we are going to create a suction "vacuum" with our mouths right around the clit. If you were to put your index finger in your mouth and suck on the tip of it, that is the type of suction vacuum that we are trying to create. The difference is that we are going to create it around the clitoris. Notice how when you do that your tongue will rest under your index finger if you let it. That tongue placement will be exactly the same in regard to the clit. You're almost pulling the clit away from her body just a bit and ever so gently. Remember, our tongue is going UNDER the clit, so there is a sort of vacuum created between the roof of the mouth and the tongue.

Next, we are going to be slowly pulling away on the clit while maintaining the tongue running upwards along the bottom of the clit. Essentially, this is going to be akin to giving a pseudo "blowjob" to the clit. The suction will be maintained at ALL times, so you'll need to be breathing through your nose exclusively. Generally speaking, a slower pace can be maintained because the suction is there, and the increase of that allows more nerve endings of the clit to be massaged all at once, especially since the tongue will be firmly planted against the bottom of the clit.

Now for the most part, it is going to be the tongue that is doing most of the work here, as it's going to be sliding up and down the underside of the clit. It can be a little exhausting to maintain the constant suction for

UNLEASH YOUR SEXUAL SUPERPOWERS

an extremely lengthy period of time, and this technique is much slower because of that. This technique will not work if you can't maintain the suction. Once the clit has been sucked into the mouth and firmly held in place, that's when you can go to work.

You can use this process to get girls off, so it's definitely worthwhile. There have even been times where I'll almost exclusively use it just to play around with it and give the girl a unique, different experience. If she's not capable of getting off with it, you know that you have the trusty Cross-T Technique in your back pocket with which to finish the job.

COMBINING WITH THE TWO-FINGER, G-SPOT STIMULATION

Now, if you're really going for an all-out sensory assault, we can incorporate two fingers hitting the "G-spot" with all of the above-mentioned techniques. The main caveat here is that the fingers WILL NOT be going in straight. You will be using your middle finger and ring finger, and just using a wave-forward effect while the fingers are already inside of her.

Make sure that your nails are clipped super-short when you do this as you'll be applying quite a bit of pressure to the upper, front wall of the vagina. The main aspect of this is you're essentially just stroking another part of the clit from the inside, akin to when a girl incorporates some hand motions and stroking your cock with a blow job. The "come hither" waves of the two fingers are going to be stroking the front, upper wall of her pussy. It doesn't need to be fast and certainly not hard (as I said make sure your nails are trimmed short), but it really just needs to be rhythmic. Never "focus" on the fingers. Focus on what you are doing with your tongue and with the clit. The fingers are like backup singers in the band. They aren't the main deal but can sure make everything "sound" just that much better.

ABOUT THE AUTHOR

Erik Everhard (Mitch Hartwell) is a professional coach and one of the most decorated adult performers of the 21st century. He is a leading authority on sexual and mental techniques that empower men to achieve success in the bedroom and in all other aspects of their lives.

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