

Q. I'm having trouble finding my G-spot. Can you offer any suggestions?

A.

Curious about the mysterious G Spot? Every woman has one, so try these simple steps to discover its unique sexual sensations. You can find it using your fingers, but it's easier with a toy like a curved dildo or vibrator.

Here's How:

1. Get in the mood. Since the spongy area around the G spot gets engorged with blood when you're sexually aroused, it'll definitely help your responsiveness if you're turned on. Read some erotica, watch a sexy movie, have your partner give you a massage, tease your nipples or your clit, but don't climax.
2. Locate that spot. Lie on your back, squat, or lie on your stomach. Place your palm face down on your vulva and slowly insert a finger inside your vagina (use lube if you're feeling a little dry), crooking it forward. When you're up to about the second knuckle you should feel a slightly bumpy or ridged area on the upper wall of your vagina.
3. Feel it. The texture feels noticeably different from the typically smooth walls of the vagina. When you're aroused it can expand from the size of a pea to about the size of a quarter, so feel it at different times during your arousal to get familiar with its contours and sensitivity.
4. Insert your toy. Because it can be rather awkward to stimulate the G by hand, a vibrator or dildo can get the job done more effectively. Apply a little lube to your toy, and insert it with the tip (if it's curved) pointing up toward the top wall of your vagina. Work it in slowly, far enough (a couple of inches) so the tip is pressing against your G spot.
5. Squeeze your PC muscle. A well-toned PC muscle will help increase your vaginal sensitivity and your ability to ejaculate. Feel the muscles bearing down on your finger or toy, paying attention to any tingly sensations as you do so.
6. Let go. With continued stimulation, you'll eventually feel a sensation much like having to pee. This can be quite disconcerting at first, and has probably led plenty of women to abandon the process, but if you stick with it you'll be in for a pleasant surprise.

If you don't make it, try again later. It can take several practice sessions before you notice any build up. Try varying your position, using a different toy, experimenting with breathing and kegel exercises (to strengthen your PC muscle), or having a partner help you. Because the G spot is most responsive when aroused, you might try stimulating it immediately after you've climaxed.

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