

“NO BS Female Orgasm Principles. Zero Fluff, Straight to the Muff.”

The Female Orgasm Report 2012

Harry Mete

The Female Orgasm Report reveals to you:

- The No1 mistake men make in bed.
- The No1 secret to the female orgasm.
- The different kinds of female orgasm.
- The science of the female orgasm.
- How to get women to do new things in bed.
- How to give a woman a C spot orgasm.
- How to give a woman a G spot orgasm.
- How to give a woman an A spot orgasm.
- How to give a woman oral sex.
- The best sex positions for the female orgasm.
- The 4 sex personalities that sexually arouse women.

About Harry Mete

Hi, I'm Harry Mete. I'm a female orgasm expert and I'm dedicated to making you a female orgasm expert as well. I have degrees in biomedical science and law from Victoria University, Wellington, New Zealand. I have 2 beautiful twin daughters and my other passions include martial arts and salsa.

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The No1 Mistake Men Make in Bed

The No1 mistake men make in bed is **sexual arrogance/ignorance**. They think they're good in bed, when they're not. They think they're giving women orgasms, when they're not. They think learning about female orgasm techniques and female sexuality isn't important, when it is. They don't think they need to learn about the female orgasm. They think they know it all or they think every woman is so unique that learning about the female orgasm is pointless. “Men's Health Magazine” found:

- 94.7% of men don't satisfy women in bed.
- 91.7% of women have faked orgasms.
- 74.6% of women cheat because they aren't sexually satisfied.

The main reason men divorce women or end relationships with women is female infidelity. The main reason for female infidelity is male sexual incompetence. The man doesn't give the woman orgasms, so she gets them from another man. She may even have her lover's baby and not tell her husband. That's why there's a 10% non-paternity rate worldwide.

“When a woman says she's not in the mood, she really means she's not in the mood to allow you to masturbate in her vagina.” *Harry Mete*

Here's how to be one of those 5.1% of men who give women multiple orgasms, never get cheated on and always have women begging them for sex:

The No1 Secret to the Female Orgasm

The No1 secret to the female orgasm is **relaxation**. Women can't have orgasms unless they have an absence of fear and anxiety. Here's how to relax a woman:

- **Wash:** Have a bath or shower with her because the heat will relax her muscles and increase her bloodflow. Increased bloodflow allows pleasure and orgasm hormones to circulate around her body much faster and cleanliness also reduces anxiety.
- **Environment:** Light scented candles and incense to relax her even further. Play relaxing music and give her some chocolate. Relax her through all her senses.
- **Massage:** (This is the key foreplay technique for giving a woman an A, C or G spot orgasm or making her squirt). Both of you get naked because this is foreplay. Use grapeseed oil as a massage oil. Put a towel on the bed to soak up excess oil and to soak up any female ejaculate. Play relaxing, hypnotic music (so there's no weird silences). Download it from YouTube. Tell her to breathe in deeply through her nose and out through her mouth. Tell her to tighten her body (especially her buttocks and anus) as much as she can and then relax it, so she can tell what relaxation feels like through contrast. Tell her there is NO GOAL (If she focuses on having an orgasm, it can put her under too much pressure or she could try too hard to have orgasm and start contracting her muscles, which will inhibit her orgasm). Then, start massaging her body. Your technique is not overly important. Do this for 10 minutes. Then transition into sexual massage. Do one of the A, C or G spot techniques. Tell her to breathe slowly and deeply and to keep her entire body relaxed. Stroke her A, C or G spot for a maximum of 15 minutes, then STOP. It's ok if she doesn't have an orgasm because women have to learn and time is needed to build neural connections between the vagina and the brain. Most women didn't teach themselves when they were teenagers, unlike most men. Thank her for focusing her attention for 15 minutes. Repeat this entire process again the next day. It will eventually work as long as you present it as NO GOAL MASSAGE.

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I can't emphasise this enough. 95% of time, the reason why a female orgasm technique didn't work is because you didn't present it as a **NO GOAL MASSAGE** and/or you didn't persist for at least 15 minutes. The other main reason a technique didn't work is because a woman's orgasm muscles are weak. Get her to strengthen them with kegels. Ask her to stop the flow the next time she urinates. She just contracted her orgasm muscles. Then ask her to contract her orgasm muscles for 10 minutes everyday. These are kegels.

Kunbaya Foreplay

Before you put your penis into her vagina, do “kunbaya” for 15 minutes. This is a Central African technique where the man holds his erect penis and rubs it on the surface of the woman's vagina, especially her clitoris. He rubs up, down, left, right, in circles, in zig-zags and taps the head of his penis on her clitoris. Even better, the woman can hold his erect penis and direct his head where she likes it the most. Kunbaya drives women wild and often gives them an intense orgasm. Make sure you include it as foreplay.

Microthrusting

The main problem men have in bed is that they cum too fast. What's the solution? Microthrusting. Instead of trying to stimulate a woman's vagina with the head of our penis, use the top base of your penis and your pubic bone. Grind the top base of your penis into her G spot and grind your pubic bone into her clitoris. Keep continuous contact with these 2 points. Move your hips in circles as well. Ask her to tell you when she cums, so you can then take longer thrusts to make yourself cum with her. Also, keep your breathing deep and slow and keep your anus relaxed to delay your orgasm even more.

Kinds of Female Orgasm

For centuries, the female orgasm didn't exist and women didn't like sex. This was a myth that was created by insecure men who were afraid of being cheated on.

I divide the female orgasm into 2 broad categories:

- Physical
- Psychological

Physical orgasms occur from physical stimulation of the vagina via the mouth, fingers or penis. Psychological orgasms occur from psychological stimulation of the orgasm centre in the brain via words, tone of voice and the 4 sex personalities. Psychological orgasms are by far the most powerful, but very few people are even aware they are possible.

Physical orgasms can be divided further:

- C spot The clitoris. The little knob at the top of the vagina.
- G spot 1.5-2 inches on the front wall of the vagina. With or without ejaculation.
- A spot 3.5-4 inches on the front wall of the vagina.
- PFE Posterior fornix erogenous zone. 3.5-4 inches on the back wall of the vagina.
- X spot The cervix. The entrance to the womb.
- Uterus The womb. Where babies develop.
- U spot The urethra (pee hole). Between the vaginal opening and C spot.
- P spot The perineum. Between the anus and vagina.
- Anus Yes, women can have anal orgasms!

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- Nipple Yes, women can have nipple orgasms!
- Body Her entire body spasms when she has an orgasm.

Psychological orgasms can be divided further:

- 10 count to orgasm You countdown from 10 and she has an orgasm.
- Instant orgasm She has an orgasm when you tell her to.
- Continuous orgasm She has an orgasm for as long as you tell her to.
- Blowjob orgasm She has an orgasm from giving you a blowjob.

I know psychological orgasms sound unbelievable. However, they are real. Orgasm is in the brain and that's why hypnotists can give people orgasms without any physical stimulation.

The Science of the Female Orgasm

There are 4 broad stages to the female orgasm:

- Excitement
- Plateau
- Orgasm
- Resolution

Excitement

During excitement the woman becomes sexually aroused by:

- Touch
- Sound (words and tone of voice)
- Images
- Memory
- Fantasy
- The 4 sex personalities (These personalities are essential to exciting a woman).

Blood accumulates in her breasts and vagina and they become extremely sensitive. Her heart rate, breathing rate and temperature increase. Her breasts and inner vaginal lips become larger and her nipples and clitoris becomes hard. Her vagina becomes wet and opens up. Her vagina lengthens and widens internally and her uterus elevates.

Plateau

Everything increases to a point and then plateaus off, except:

- The inner third of her vagina balloons and she perceives a desire to be filled.
- Her clitoris shortens and retracts.
- Her labia minora (inner lips) become darker. Her vagina becomes extremely wet and can easily fit 2 fingers in.
- **DO NOT put your penis in her vagina until she has reached plateau**, otherwise there is over an 80% probability that she won't be able to have an intercourse orgasm. So be very wise about having morning sex or quickies without foreplay because if you masturbate in a woman's vagina too many times, she will avoid having sex with you.

Orgasm

- Orgasm is in the brain. This is key. This is why you can give women orgasms with only psychological stimulation.

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- **Involuntary anal contractions:** Put your little finger on or by her anus when you think she’s having an orgasm. When her anus involuntarily flutters (every 0.8 seconds), you know for certain that she has had an orgasm. These are her PC (pubococcygeal) muscles contracting. Notice how these same orgasm muscles contract when you cum as well.
- **Sex flush:** Her chest goes bright red.
- **Body:** Her body goes momentarily rigid and then spasms.
- **Vocal:** She moans, pants or screams. This can be faked.
- **Facial expression:** Looks like pain, but is actually intense pleasure. This can be faked.
- **C spot orgasm:** Stimulation of the pudendal nerves. Similar to the penis orgasm.
- **G spot orgasm:** Stimulation of the pelvic nerves. Contractions of the lower third of the vagina and sometimes ejaculation. When her orgasm muscles are strong, her vagina will get tighter and start to push your penis out. She holds her breath involuntarily before she orgasms and exhales explosively as her orgasm radiates around her body.
- **A spot orgasm:** Stimulation of the vagus nerves. Contractions of the upper third of the vagina. She feels her orgasm as a heat wave going from her lower abdomen to her chest bone. A spot orgasm releases large amounts of the hormone oxytocin, which causes sexual and emotional addiction.
- **Theta state orgasm:** You make her orgasm from using only your voice.

Resolution

She feels satisfaction, relaxation and euphoria. She stops complaining in general. She becomes extra cuddly because of oxytocin. She can have multiple orgasms, but if you don’t stimulate her, her breasts and vagina will return to their non-excited state. Do you notice that a lot of women don’t feel satisfied, relaxed and euphoric? Do you know why? They’re not getting multiple (vaginal) orgasms.

It is said that it takes the average man 5-6 minutes to have an orgasm, while it takes the average woman 15-20 minutes. This is true when the man only stimulates the woman physically. When he learns psychological orgasms, time becomes irrelevant because he can give her orgasms instantly and for as long as he wants.

70% of women don’t orgasm during intercourse because 70% of men don’t know what they’re doing. These women stay in plateau stage and never crest over into orgasm. 25% of men give women 1 orgasm during intercourse. 5% of men give women multiple orgasms during intercourse. This is where you’re heading.

How To Get Women To Do New Things In Bed

I often get questions like:

- How do I get my woman to have sex?
- How do I get my woman to give me blow jobs?
- How do I get my woman to swallow my cum?
- How do I get my woman to do anal?
- How do I get my woman to have threesomes?

First of all, you must have the mindset that you are not getting a woman to do something. Instead, you are giving her the gift of extraordinary pleasure and empowering her as a woman.

Now that you have this essential mindset, do you want to know a clever psychological trick to “convert” a woman? It’s called “negative suggestion”: people want the forbidden. Tell a person they

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can't have something and then they will want it. What the fuck!? That's just reverse psychology. That would never work in the bedroom! But what if it did? Watch this video by the Magician-Hypnotist-Mentalist Derren Brown to see the power of negative suggestion:

<http://1stop4femaleorgasms.com/negativesuggestion.html>

Notice how Derren makes a guy go to sleep just by looking through a hole. Watch the video so you become open to the possibilities of how women will satisfy all of your desires in the bedroom.

Your negative suggestions could be:

- “It would be really hot if we had sex, but we can't do that.”
- “It would be really hot if you put me in your mouth, but we can't do that.”
- “It would be really hot if you swallowed, but we can't do that.”
- “It would be really hot if you had an anal orgasm, but we can't do that.”
- “It would be really hot if we had another person with us making you cum, but we can't do that.”

After you make the negative suggestion, don't pursue the issue any further. Make the suggestion repeatedly at different times in the future over a period of days and weeks and then see what happens.

Initial Conditions

You need initial conditions to make negative suggestion work efficiently in the bed room:

Don't Pressure Her

Don't pressure or nag her to do the thing you want her to do. Don't do what most relationship “experts” tell you to do: sit down, “communicate”, tell her how you feel and tell her what you want her to do. This sounds like the rational thing to do, but often this just aggravates the situation, so don't do it. You must communicate with her the right way. You must communicate with her sexual-subconscious mind in the bedroom. As a general rule, Do NOT discuss your sexual desires (that she is not yet on board with) outside of the bedroom.

The Alpha State

Put her in the “alpha state”: the state of relaxed alertness. This is a brain state that is highly relaxed and free of stress. It is also a state where the mind is highly suggestible (up to 200x more suggestible) and you can communicate directly with her sexual-subconscious mind.

One of the best ways to achieve alpha state is through massage. As you massage her, tell her to:

- Close her eyes.
- Take deep, slow breaths.
- Relax her body and mind.
- Try to dose off to sleep.
- Say, “As I rub your X (eg shoulders), you completely relax.”
- Say this for all the parts of her body you massage.
- Massage her for 10-20 minutes and talk with a soothing voice as you do it.
- Transition into “sexual massage”. Stroke her breasts, nipples and clit.
- When she is highly relaxed, make your negative suggestion, especially when she is cumming. You are planting a seed. All you have to do is let it grow.
- Remember your mindset of gift-giving.

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Oxytocin

Oxytocin is the orgasm hormone. It is also the “sexual reprogramming hormone”, the “fetish hormone” and the “obsessive-compulsive disorder hormone”. This means if you release large amounts of oxytocin in a woman through vaginal orgasms over a period of days and weeks, you can transform a low sex drive woman into a sex addict. She will develop a fetish and “OCD” for you. More importantly, oxytocin can erase her old sexual programming like:

- She has a low sex drive.
- She doesn't like blowjobs.
- She doesn't swallow cum.
- She doesn't do anal sex.
- She doesn't have threesomes.

So, once you flood her body with oxytocin via vaginal orgasms (A & G spots), how do you erase her old sexual programming and replace it with a new, exciting, mutually beneficial one? With negative suggestion.

Train Her Vagina & Her Mind

First train her vagina with your fingers because they have pinpoint accuracy. Start with the C spot, then A spot, then G spot, then use your penis. Your results will be much faster when you also stimulate her psychologically with the 4 sex personalities.

C, A & G Spot Orgasms

Watch these videos (scroll to the bottom of the page):

<http://www.1stop4femaleorgasms.com/femaleorgasmreport.html>

Oral Sex

The best way to give a woman an orgasm from oral sex is to lick her C spot in a certain way: clit circles and the clit blowjob. Always give a woman an orgasm from oral sex during foreplay. Don't even let her touch your penis until you've done so. Watch these videos:

<http://www.1stop4femaleorgasms.com/femaleorgasmreport.html>

Sex Positions

The best sex positions for the C spot orgasm are “reverse missionary” and “cowgirl”. The best sex positions for G & A spot orgasms are “deck chair” and “folded deck chair”. Watch these animations:

<http://www.1stop4femaleorgasms.com/femaleorgasmreport.html>

The 4 Sex Personalities

The 4 sex personalities are by far the best way to psychologically stimulate a woman to give her multiple orgasms.

The 4 sex personalities are:

- The Sexual Beast
- The Passionate Lover
- The Tantric Master
- The Shape Shifter

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The 4 sex personalities get women into “excitement phase”, which leads to orgasm.

The Sexual Beast

The Sexual Beast’s key trait is dominance. He leads women and expects them to follow his lead. Because of his powerful self-belief, women become naturally and willingly “submissive” to him. Nice Guys lack this trait and soon women avoid having sex with them. Do the following to be a Sexual Beast:

- Master the **Challenger trait** (More details in SEX IQ).
- **Command respect:** Never allow her drama to take you off your path. Don’t tolerate being disrespected and punish all bad behaviour from everyone. Communicate calmly and confidently that you find someone’s behaviour disrespectful and offensive. Allow them a reasonable opportunity to respond and/or correct their behaviour. Be open to the possibility that your perception is mistaken. If they don’t give a fuck, tell them to go fuck themselves. Get angry at the right person, in the right amount, at the right time. Learn martial arts, so you have the firepower to back it up, if necessary. If you don’t command respect, women won’t take you or your dirty talk (an advanced female orgasm technique) seriously and will eventually avoid cumming and sleeping with you.
- **Non-verbal communication:** Speak in a loud, clear, resonating, slowish voice. Hold eye contact the longest. Don’t break eye contact until the other person does. Stand tall with your chin high and throat exposed. Stand so your feet are just outside the line of your shoulders. Keep your shoulders low and relaxed. Breathe deeply and slowly. When you’re standing, cross your arms or put both your hands on your hips and point your fingers towards your penis.
- **Manhandle her:** Constantly lead her to new locations and change her body position. Corner her in a pseudo-predatory way. Push her onto the bed. Rip her clothes off. Pull her hair when you fuck her. Spank her. Bite her neck. Pin her down. Lightly choke her. Tie her up. Fuck her doggy style. Fuck her rapidly and forcefully. Stand up while she gives you a blowjob. Make her deepthroat you. Make her squirt. Put your cock between her tits and titty fuck her. Slap her face with your cock. Fuck her in the arse and give her a squirting anal orgasm (this is a squirting G spot orgasm via anal stimulation). Put a collar and leash on her and walk her around the room. Cum on her tits and face. Make her swallow your cum. Tell her to look you in the eye when she cums.
- **Protect her:** If a guy hits on your woman knowing that she’s your woman or he disrespects your woman, knock him the fuck out. Use the elbow charge (See SEX IQ) and unleash the mad dog.
- **Dirty Talk:** Tell her to open her legs. Call her your naughty little cum slut. Tell her that you own her pussy. Tell her to talk dirty back to you. Make her say she loves your cock.
- **Exhibitionist fantasy:** Get her to pretend she’s fucking in front of a group of people or actually fuck in front of a group of people. Get her to pretend she’s a porn star or make a homemade porn. Take naughty photos of her.
- **Daddy fantasy:** If a woman is a “Daddy’s girl” (her father is strong, masculine, he treats her like a princess and she adores him), get her to pretend that you’re her daddy. I know this sounds fucked up, but is extremely exciting to women who have Elektra complexes (a daughter’s pseudo-sexual attraction to her father).
- **Forced sex fantasy:** Get her to pretend that you are forcing sex on her. This is extremely dominant and exciting to most women. Be extremely careful with this.

The Passionate Lover

The Passionate Lover’s key trait is emotion. He makes women feel powerful emotions, both good and bad, but mostly good. Pickup Artists lack this trait (love in particular) and don’t really enjoy

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sex. They only enjoy the ego boost of getting a woman into bed. Nice Guys are caring, but extremely boring. Emotion is not limited to love. Many guys think emotion is about being vulnerable, telling a woman how you feel and being a cry baby. It is not. “Girly” emotions are fine as long as you’re dominant as well and come from a position of strength and abundance as opposed to a position of weakness and scarcity. There are “lower energy” emotions like trust, comfort, safety, relaxation and there are “higher energy” emotions like attraction, chemistry, excitement, curiosity, mystery, anticipation, playful teasing, laughter, sexual tension and of course love. Do the following to be a Passionate Lover:

- **Be trustworthy:** Always keep your promises and follow through on your commitments because trust finds its way into the bedroom. If you don’t keep your promises, she won’t take anything you say seriously, especially emotional talk (an advanced female orgasm technique).
- Elicit her **love strategy** (See SEX IQ). Anchor her love emotions to a variety of anchors (See SEX IQ).
- Master the **Explorer trait** (See SEX IQ).
- Master **laughter** (See SEX IQ).
- Use “**Cat String Theory**” a lot (See SEX IQ).
- **Connection:** Look her in eyes when you have sex and when you both cum. Kiss during sex. Be gentle.
- **Anticipation:** Tease her to build anticipation and sexual tension. Penetrate her partially, then fully. Kiss her entire body, but avoid her breasts and vagina. Spread her vagina open with your middle and index fingers to create an empty feeling that needs to be filled. Do kunbaya.
- **Excitement:** Do the “forbidden” to create an adrenaline rush. Make her do things that “good girls” aren’t supposed to do like: anal, sex in public places and swallowing your cum.
- **Playfulness:** After you both cum, give her a high five. Squeeze her boobies and say, “Honk! Honk!” Whenever she bends over in a fully-clothed, non-sexual context, stand behind her and start pumping her doggy style or slap her arse.
- **Emotional talk:** Tell her that she belongs to you. Women love to be “owned”. When you’re having sex, tell her how strongly you feel, how close you feel to her and how much you love her because this accelerates and intensifies her orgasm. When she cums, tell her to scream out “I love you”. Combine with dirty talk.
- **Virgin fantasy:** Tell her to pretend she’s a virgin and she’s about to give her virginity to you. This is a very emotional experience for women.
- **Pregnancy fantasy:** Tell her that’s she’s going to have your babies and also make her say it. This is highly emotional and her orgasm will literally suck your sperm into her womb. Use wisely.
- **Threesome fantasy:** Either describe a threesome fantasy to her or actually have one.

The Tantric Master

The Tantric Master’s key trait is immersion. Immersion is about being completely in the moment during sex. It’s about the absence of all thoughts whether they are positive or negative. It’s about being focused and not allowing yourself to be distracted with the other things in your life while you’re having sex. It’s about being completely relaxed, both mind and body, and being in the alpha state (the relaxed alertness and accelerated learning state) and eventually in the theta state (the meditative, dreaming, hypnotic, orgasmic state). It is also about NOT thinking about the next sex technique you’re going to use or worrying that you’re going to cum too fast or whether or not she is cumming. Overly technical/intellectual guys lack immersion because they think too much in the bedroom. Do the following to be a Tantric Master:

- **Massage:** Massage each other so you are completely relaxed. Rub out all the knots in her neck and back and get her to reciprocate.

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- Do **emotional freedom techniques** on each other to remove any emotional baggage you both may have (See SEX IQ).
- Do **chakra balancing** on each other (See SEX IQ).
- Develop your **spiritual intelligence** together (See SEX IQ).
- Master your multi-orgasmic man exercises, especially **circulating your sexual energy** around your micro-cosmic orbit and teach her to do the same thing. You’ll learn this soon (See SEX IQ).
- **Hypnotise her** with NLP patterns. You’ll learn this in SEX IQ).
- Do **“Celtic Soul Gazing”** when you have sex (See SEX IQ).
- **One soul fantasy:** Get her to pretend you are one soul when you have sex. Use the “Deep Connection Pattern” to assist you. (See SEX IQ).
- **Dream fantasy:** Have sex while you’re half asleep early in the morning. Lubricate your penis well so you don’t wake her up and break her immersion.
- **Hypnosis fantasy:** Get her to pretend she is hypnotised and then follow all your commands or you can actually hypnotise her (See SEX IQ).

The Shape Shifter

The Shape Shifter’s key trait is variety. The Shape Shifter is the most powerful sex personality when you can be a Sexual Beast, Passionate Lover and Tantric Master at once. Your woman will think she’s sleeping with a variety of men which is extremely exciting for her. Do the following to be a Shape Shifter:

- Master the other sex personalities. Be a Sexual Beast one night, a Passionate Lover the next night and then a Tantric Master the next.
- Use all the sex techniques in SEX IQ.
- Continually learn new techniques and refine and recombine existing ones.
- Design custom fantasies.

Key Techniques

Sexual Beast

- Key trait: Dominance
- Key physical technique: Manhandling
- Key psychological technique: Dirty talk
- Key fantasies: Exhibitionist, Daddy, Forced sex

Passionate Lover

- Key trait: Emotion
- Key physical technique: Teasing
- Key psychological technique: Emotional talk
- Key fantasies: Virgin, Pregnancy, Threesome

Tantric Master

- Key trait: Immersion
- Key physical technique: Massage
- Key psychological technique: Hypnosis
- Key fantasies: One Soul, Dream, Hypnosis

Shape Shifter

- Key trait: Variety

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- Key physical technique: Changes
- Key psychological technique: Changes
- Key fantasies: Customised

Advanced Female Orgasms

` When you've proved these physical and psychological female orgasm techniques to yourself, instantly download SEX IQ for advanced female orgasm techniques, especially giving women orgasms with your voice only. Download SEX IQ at <http://www.1stop4femaleorgasms.com/sexiq.html>