How to Sexually Stimulate a Woman

Sociology 152b

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There is a porn producer/actor named Pierre Woodman who has an oral sex technique which seems to give the biggest orgasms to the women he is having sex with. Naturally, I wanted to know his technique, as the women he was with seemed very satisfied, and almost addicted to him after he had done his technique. And to think what kind of power this can give me over women to make them addicted to me, was too much to not pursue, so I did a little searching to try and find out how he does it.

His technique is to put two fingers in a women’s anus and stimulate upwards towards the vagina, while licking the clitoris. He explained in a video (robertresslergmx, 2009) and on his forum (Woodman Forum 2009), that he learned this technique from his grandfather, and that his grandfather learned this ancient Chinese technique when he was in China. He says that the reason his technique works is because there are two sets of nerves in the genital region, one which is located in the anus, and the other in the clitoris. He says that his technique is to stimulate them both at the same time, with the right rhythm and pressure, to get there to be a double orgasm at the same time, both of which if done separately wouldn’t feel as good.

I got some further corroboration for the possibility of having an orgasm through the anus, by googling anal sex and orgasm on the internet, and was very surprised to hear what some people wrote. I read one woman say that she could only have orgasms through anal sex (Anonymous 2011), and another person said that their best orgasms were through anal sex (luvmywifes, 2012). Taormino (2006) in the introduction of her book called “The Ultimate Guide to Anal Sex for Women,” says

Yes I admit it—I love anal sex. The first time someone put a finger in my butt, I thought I died and gone to heaven. I think I almost went crazy from the pleasure. The sensations I experienced were so intense that I felt high from the experience, and I couldn’t wait to do it again. The first time I put my finger in someone else’s butt, the results were just as fabulous—I felt entrusted with my partners deepest vulnerabilities, in awe of the ecstatic pleasure I could give.

This got me thinking that maybe Woodman’s technique might really be possible. It is with this background that I set about seeing if I could find any research that might back up Woodman’s claim, or not. Besides finding out whether there is any research to back up Woodman’s claim, I also went into this research project to try and find anything in academic literature that might shine some light on how to best give sexual pleasure to one’s female partner.

In order to understand how to sexually stimulate a woman, one has to start with the innervation of the genital area, because it is through the nerves, that signals are sent up to the brain, causing orgasm to occur. According to Komisaruk, Beyer-Flores, and Whipple (2006), The genital region is actually innervated by three nerves: the pudendal nerve, which mainly innervates the clitoris, the pelvic nerve, which mainly innervates the vagina, and the cervix, which is innervated by the hypogastric, pelvic, and vegus nerves (P. 10). Komisaruk et al. (2011b) further showed through fMRI, that stimulating each of these different areas of the genitals, activates “specific sensory cortical regions” of the brain (P. 2829).

Now that we understand how the innervation in the genital region occurs, we move to the different orgasmic feelings that stimulating each of these areas can cause. Komisaruk et al. (2011b) says that “these differential routes of entry into the brain are undoubtedly of significance in activating the diverse and differential consequences of clitoral, vaginal, or cervical stimulation,” and that stimulating each of these regions can cause different orgasmic feelings (P. 2829). Ladas, Whipple, and Perry (as cited in Komisaruk 2006) say that “vaginal stimulation-induced orgasm is described as involving the whole body, whereas clitoris-induced orgasm is more restricted to the region of the clitoris (P. 10).” When orgasms from both areas are combined, it “has an additive effect, producing more encompassing orgasms, or what is described as blended orgasm (P. 10).”

Is it possible to have an orgasm through anal stimulation alone, or have a bigger orgasm through anal stimulation, together with stimulation of another part of the genital region, such as the clitoris? To answer this, we will look at some research, which might shine some light onto this. Komisaruk and Whipple (2011a) say the anus is innervated “via the pudendal and pelvic nerves (P. 360).” Momisaruk et al. (2006) says that when the rectum is stimulated together with either the clitoris, vagina, or cervix, “it could add to the quality – complexity, intensity, and consequently pleasurableness – of orgasm (P. 7).” Haynes (as cited in Komisaruk 2011a) says that “there are anecdotal reports of anal orgasm in women and men, in response to insertion of a lubricated object […] into the rectum (P. 359).” Otto (as cited in Komisaruk 2011a) “reported that 9% of the 205 women in his research reported having anal orgasms,” and that “26% of men in his study claimed they have prostate or anal orgasms (P. 359).”

Does the G-Spot exist, and will stimulating it give a woman extra pleasure? Jannini et al. (2010) say that the G-Spot is located “halfway between the back of the pubic bone and the cervix,” on the anterior vaginal wall. This is the same location as the urethral sponge, which contains “sensitive nerve endings as well as erectile tissue.” The G-Spot though, varies from woman to woman. Stimulation to this area can produce pleasure. “With additional stimulation, the area may begin to swell, and then produce an intense orgasm (P. 26).” “Some women describe experiencing orgasm from stimulation solely of the G-Spot,” as a feeling that is “felt deep inside the body” and sometimes a “bearing down” feeling is felt as well. “Many women experience a blended orgasm when the g-spot and the clitoris are stimulated at the same time (P. 27).” To this day, scientists are unsure about whether the G-Spot actually exists. “Recently, Gravina et al. (as cited in Jannini et al. 2010) demonstrated that the thickness of the urethrovaginal space is larger with women who have a vaginal orgasm than with women who have a clitoral orgasm,” contradicting other scientists who say there is no anatomical G-Spot (P. 29).

Does stimulating the nipple produce pleasure, and can it induce an orgasm? In the fMRI study by Komisaruk et al. (2011b), they unexpectedly found that stimulating the nipple, activated the same groin sensory region as when the groin was stimulated, and on the opposite end, “vaginal self-stimulation activated the thoracic nipple region. This finding is consistent with many women’s reports that nipple/breast stimulation is erotogenic and can elicit orgasms (P. 2828).” Levin and Meston (2006) did a survey of 191 female students at the University of Texas, Austin. “81.5% reported that stimulation of their nipples/breasts caused or enhanced sexual arousal and increased their arousal once they were already excited,” while 7.2% of females said that nipple stimulation decreased their arousal (P. 451).

Orgasm can also be stimulated in areas outside of the genital region according to Otto and Paget (as cited by Komisaruk & Whipple 2011a). Thirty-one women and eight men out of a survey of 216 people, said that they had experienced such an orgasm. Some examples of these areas are the “neck, earlobes, underarm, side of hip, inside of thighs, and the toes and fingers.” Women who said they experienced an orgasm through stimulation of the mouth, said that they experienced it while “kissing” or doing “oral sex on a man.” Mostly they described their orgasm as building up “through their lips,” and then would release to a “whole body orgasm (P. 356-357).” Though it might not seem possible to have an orgasm from another location other than the genital region, there are many examples of people who have had spinal cord injuries or amputated limbs, who have had orgasms from areas other than their genital region. Orgasm happens in the mind, and because the nervous system stretches to all parts of the body, it would be no surprise that other innervated areas of the body besides the genital region can cause one to have an orgasm. Therefore, when trying to stimulate a woman, one should stimulate more than just the genital region, and when doing this, one should especially concentrate on areas with a lot of innervation. And since every woman’s innervation is not exactly alike, one should tailor the stimulation of their partner according to the part of them that has the most effect on arousal.

Why is it that some women like rough sex and/or to have themselves spanked? Komisaruk et al. (2006) says that there is “a marked reduction in sensitivity to pain at orgasm, to about half the resting level, although, curiously, sensitivity to touch is not decreased and may even be enhanced (P. 30).” Because the pain threshold is lower, this might be why women liked to be spanked. One might consider including this and other sadistic actions into the sexual stimulation of a woman.

When stimulating a woman, what should be the final goal? Should it be to give them an orgasm, or should it be to make every moment enjoyable for them, whether that includes orgasm or not? According to Giles and McCabe (as cited in Komisaruk et al. 2006), men are more linear/goal oriented in sexual encounters, for example having an an orgasm as their final goal, while women are more “pleasure-oriented, conceptualized as a circle, with each form of expression on the perimeter of the circle considered an end in itself. Whether the experience involves kissing, holding hands, cuddling, oral sex, or other expressions, each is an end in itself and each is satisfying to the person (P. 97-98).” One needs to make every second count for the woman; it is about the moment more than the goal.

Orgasm can also be stimulated through the mind alone in certain women. Komisaruk and Whipple (2011a) showed this to be the case by taking physiological measures such as heart rate, blood pressure etc. of women while they were having an orgasm with their mind. Having such an orgasm, may even be “typical for some individuals (P. 356).” Though this may seem surprising, because orgasm happens in the mind, it seems logical that one might be able to induce an orgasm just with the mind. Even if the woman you are with isn’t one of the few people who can have an orgasm through her mind, we can learn an important lesson from this ability that some women have. All women, to some extent at least, are turned on by their mind, and if you are trying to sexually arouse a woman, one should include mental sexual arousal into the process of sexual arousal in general. One should act and talk in a way that mentally and emotionally turns the woman on. We see people do this all the time. Men and women flirt with each other, and this helps them achieve arousal and also causes them to orgasm faster. This is also shown in a research study by Puts, Welling, Burriss, and Dawood (2012) titled “Men’s Masculinity and attractiveness predict their female partners’ reported orgasm frequency and timing,” where Dawood (as cited in Puts et al. 2012) says that “70% of the variation among women in copulatory orgasm frequencies is due to environmental differences. Some of the environmental contribution to between-female variability in orgasm frequency results from variation in the quality of women’s sexual experience, including characteristics of their sexual partners.” They also found that the more masculine and attractive their partner was (using standard attractiveness measures including facial symmetry etc.), the more they orgasmed (P. 1 & 5). The point here is that a woman’s arousal and orgasmic frequency is clearly effected by mental arousal, and not just physical arousal.

The same way that the mind can help stimulate an orgasm, the mind can also stop and orgasm from occurring. According to Levin (2011), arousal “can be interrupted by external environmental stimuli or by cessation of the inducing sexual stimuli (P. 38).” One therefore should have a rhythm throughout the arousal process, and not let up. This must also be why I have heard women say that they hate it when a man talks during sex; it must disrupt their arousal process.

Can women have multiple orgasms? According to Levin (2011) unlike men, women do not have a refractory period (P. 38). Kinsey et al. (as cited in Komisaruk 2006) say “Successive orgasms in women may occur within a few seconds or a minute or two. Masters and Johnson (as cited in Komisaruk 2006) reported that the state of arousal between multiple orgasms does not fall below what they termed the "plateau phase" level (P. 217).” This makes the possibility of having multiple orgasms a lot greater, as opposed to with men. Also, Geer and Quartararo et al (as cited in Mah & Binik 2001) say that “Vasocongestion may not return as quickly to baseline after female orgasm as male orgasm, providing one possible biological basis for the greater female capacity for multiple orgasm (P. 827).” Lastly, according to Levin (2011), “subsequent female orgasms after the first can be better (P. 38).” This all lends to the idea that when stimulating a women, one shouldn’t stop stimulating, but should continue the stimulation possibly to multiple orgasms.

Should a partner include foreplay in the sexual stimulation of a woman? Komisaruk et al. (2006) say that when the vagina, cervix, clitoris, nipples, or breasts are stimulated, oxytocin is released by paraventricular nucleus of the hypothalamus into the “bloodstream, brain, and spinal cord (P. 37). It reduces stress, and “stimulates feelings of warmth and relaxation (P. 50).” Also, it “participates in affiliative processes,” and could strengthen “affiliative responses between partners (P. 197).” “In rats, mechanical stimulation of the vagina and cervix,” which cause the release of oxytocin, “induces sexual receptivity in otherwise unreceptive females (P. 238).” Oxytocin also causes stronger orgasms, by causing more vigorous contractions of the uterus, and “women have said that the vigorous contractions intensify the pleasure of orgasm (P. 273).” These are all reasons why one should take their time stimulating a woman, and should include foreplay before sex.

To answer our original question about whether Woodman’s sexual stimulation technique really gives women massive orgasms, this research does provide some answers. It is true that there are different nerves innervating the genital region. It is also true that different women orgasm from stimulation of different parts of the genital region. It is true that combining stimulation from multiple parts of the genital region, produces larger orgasms. There are some anecdotal reports on the Internet too, of women saying they prefer anal orgasms, or that they only can orgasm anally, which seems to corroborate Woodman’s claim. There really though is not enough evidence to prove that his technique works. Or, as he told me when I asked him to tell me his technique, “practice is the best way to progress and find it.” In other words, experimentation is the only real way to verify if his technique works or not, and science has not yet experimented with his technique.

There is in the academic literature a base of understanding of the anatomy and physiology of the arousal and orgasm process, but there is so much more to yet understand. What we do realize is, women are very complex and their arousal system is quite different than men. One needs to take this into account when trying to sexually stimulate their female partner.

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