

The Mauj Guide To

# How To Have Better Sex



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- Types of desire and how they work
- The Female Sexual Response Cycle
- Breakdown of the dual control model
- How to curate the context that puts you (and your nervous system) in the mood

# 1 Curating Your Sexy Context

Taking Your Foot Off the Brakes



[Click here for the audio.](#)

- Why we can't go from 0-100 when it comes to intimacy
- The importance of emotional connection
- Building anticipation throughout the day

# 2 Foreplay Starts Outside the Bedroom



[Click here for the audio.](#)



# 3 Communication & Scripts

The quality of communication between partners is one of the strongest predictors of sexual satisfaction. Research consistently shows that couples who can talk openly about sex report greater pleasure, stronger connection, and more fulfilling intimate lives overall.

“Good communication doesn’t guarantee good sex, but it makes good sex possible.”  
– Dr. Emily Nagoski

## When and How to Talk About Sex

### Choose the Right Time:

- Have important sexual conversations outside the bedroom
- Pick a time when you’re both relaxed and not rushed
- Ensure privacy and freedom from distractions
- Avoid discussing when either of you is hungry, tired, or stressed

### Create a Supportive Context:

- Begin with appreciation and affirmation
- Use “I” statements rather than “you” statements
- Focus on positive requests rather than complaints
- Be specific about behaviors rather than making generalizations

## Communicating What You Enjoy

### After a Good Experience:



“I loved when you [specific action]. It felt amazing when you [describe sensation]. I’d really enjoy more of that.”

“You know what really worked for me? When you [specific action]. That kind of touch/pace/pressure feels incredible.”



### Reinforcing in the Moment:

- “Just like that”
- “That feels wonderful”
- “A little softer/harder”
- “Right there”
- “I love when you touch me there”

Beyond words – remember the importance & power of sound and body language to communicate how you feel too!

# Asking for What You Want

## Introducing New Ideas:

“I’ve been curious about trying [activity]. Would you be open to exploring that together?”



“I would love to feel you touch [specific location] with [specific type of touch]. Would you be willing to try that?”



## Asking for More Time:

“My body responds best when I have plenty of time to warm up. Would you be open to spending more time with [specific activity] before we move to intercourse?”



Instead of: “I need more foreplay.” Try: “I notice my body responds best when we spend at least 15–20 minutes with [specific activities] before intercourse. That helps me feel fully aroused and connected to you.”



# Addressing What Doesn't Work

## Redirecting in the Moment:

- “I’d love it if you tried this instead...”
- “It feels even better for me when you...”
- “Can we try it like this?” (while guiding)
- “A little gentler/slower would feel amazing”

## For Something That Causes Discomfort:

“When we [specific activity], I sometimes experience discomfort. It’s not your fault—I’d love to find ways we can [achieve the same goal] that feel good for both of us.”



# Turning Down Your Partner with Care

## When You're Not in the Mood:



"I'm feeling [tired/stressed] right now and wouldn't be able to be fully present. I love being close to you though. Could we [cuddle/kiss] instead and plan for a time when I can really focus on us?"

## When You Need Transition Time:

"I'd like a little time to shift gears and get in the mood. Could we start with [kissing/massage] and see where it leads?"



## The Preferences Spectrum

Move beyond simple "like/dislike" to a more nuanced understanding:

**Enthusiastic Enjoyment**

Activities you actively desire

**Willing to Engage**

Things you're neutral about but happy to do

**Curious to Explore**

Activities you're interested in trying

**Current Boundaries**

Things that aren't on the table right now

Example: "Some things I actively enjoy include [activities]. I'm curious about exploring [new possibilities], and right now [specific activities] are boundaries for me."

# Identifying Sexual Blocks Together

## Four Types of Blocks:

### Logistical

Time constraints, privacy, fatigue

### Physical

Discomfort, pain, body image concerns

### Emotional

Anxiety, stress, feeling disconnected

### Relational

Unresolved conflicts, trust issues

## Addressing Blocks:

- “I’ve noticed [specific challenge]. Could we solve this together?”
- For logistical: “By bedtime I’m too exhausted. Could we explore alternative times like weekend mornings?”
- For emotional: “When I’m stressed, my mind has trouble shifting into a sensual space. What helps is [specific transition activity].”

## Regular Check-ins

### Starting the Conversation:



“I love our intimate life together. Would you be open to occasional check-ins about what’s working well and what we’d like to explore?”

“What are some things I do that you particularly enjoy? I’d love to know what really works for you.”



### Example Check-in Structure:

- What’s been working well for each of you?
- Anything you’re curious to try or explore more?
- Any adjustments that might enhance your connection?

# Quick Communication Tips

## + DO:

- Be specific about what you want
- Offer alternatives when something doesn't work
- Start with positive feedback
- Use "I" statements about your experience
- Address issues when you're both calm and connected

## - DON'T:

- Have important conversations during or right after sex
- Use criticism or blame
- Make generalizations ("you always" or "you never")
- Assume your partner can read your mind
- Let issues build up without addressing them

**Remember: The goal isn't perfect communication but deeper understanding. Even imperfect conversations using these approaches can build intimacy, trust, and satisfaction over time.**

- Introducing “outercourse”
- Why sex goes way beyond penetration
- The importance of diversifying your sexual menu

# 4 Sex Beyond Penetration



[Click here for the audio.](#)



# 5 How to Stimulate the Nipples

# The Pleasure Potential of Nipples

Nipples and breasts are among the most sensitive erogenous zones and can be a source of profound pleasure. For some women, nipple stimulation can sometimes lead to full orgasms without any genital touch.



## Enhancing Nipple Sensitivity

If your nipples aren't particularly sensitive, several approaches can help awaken this area.

- Gentle massage of the entire breast increases blood flow
- Apply warm compresses before exploration
- Alternate between warm and cool sensations
- Gentle dry brushing stimulates nerve endings (avoid direct nipple contact initially)

## Arousal-Based Approach:

- Nipples become more sensitive as overall arousal increases
- Begin with other stimulation you enjoy before focusing on nipples
- Return to nipple stimulation when already highly aroused

# Techniques

## Building Anticipation:

The secret to nipple play is edging and teasing to build arousal response.

- Begin with touch around collarbone, shoulders, and neck
- Slowly spiral toward breasts, touching underside and sides
- Circle around the areola without touching the nipple itself
- This gradual approach increases blood flow and anticipation

## Light Touch Techniques:

- Feathering: Light brushing with fingertips
- Circling: Trace small circles around nipple and areola
- Gentle breathing: Direct warm breath onto moistened nipples
- Silk touch: Use soft fabric to barely graze nipples

## Moderate Pressure Techniques:

- Palm rolling: Cup breast and roll nipple between palm and fingers
- Thumb-forefinger circles: Gently roll nipple between thumb and forefinger
- Tugging: Apply gentle, rhythmic tugging
- Compression: Gentle pulsing pressure to entire areola

## Firmer Techniques (for those who enjoy intense sensation):

- Pinching: Varying degrees of pressure
- Twisting: Gentle twisting motion between fingers
- Vibration: Small vibrator near or on nipples
- Suction: Using mouth or suction toys

## The Edging Technique:

1. Build arousal through nipple stimulation until highly aroused
2. Back off slightly, reducing intensity without stopping
3. Return to more intense stimulation, building higher arousal
4. Repeat this pattern of approaching the edge and backing off
5. Eventually allow sensation to build without backing off

## Key Principles:

- Find a rhythm and pressure that creates growing pleasure
- Maintain that rhythm while gradually increasing intensity
- Avoid switching techniques once you find what works
- Focus on building sensations without rushing
- Include deep, slow breathing

## Combining Stimulation:

Try nipple stimulation with clitoral touch and penetration, simultaneously or alternating, to enhance pleasure

## Enhancements

### Temperature Play:

- Ice cubes gently circled around nipple and areola
- Warm massage oil (test temperature on wrist first)
- Alternating between warm and cool sensations

### Additional Elements:

- Lubricant or oil for smoother stimulation
- Feathers, silk, or fur for distinctive sensations
- Nipple toys designed for specific stimulation

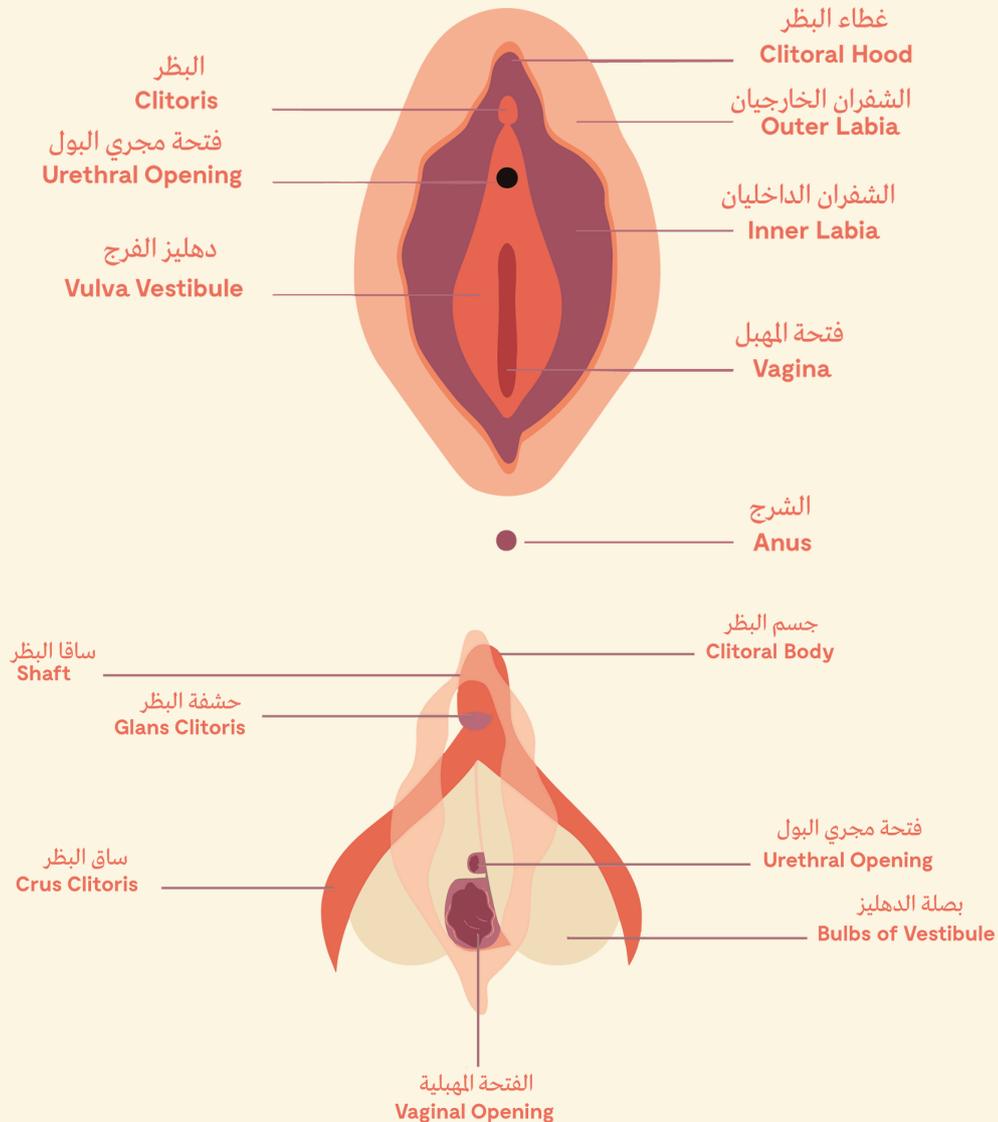
**Remember that nipple pleasure is deeply personal. Whether you discover nipples are a primary source of pleasure or simply one pleasant element, the exploration itself can be rewarding. Approach with patience, curiosity, and self-compassion.**



# 6 How to Stimulate the Clitoris

# Understanding the Clitoral Anatomy

The clitoris contains over 10,000 nerve endings dedicated solely to pleasure. What's visible is just the tip—the clitoris extends internally with legs and bulbs that surround the vagina.



- Glans clitoris: The visible tip, usually covered by the clitoral hood
- Clitoral hood: Protective tissue that can act as a buffer for stimulation
- Internal structures: Legs and bulbs that extend into the body
- Supporting areas: Labia, mons pubis, and U-spot all contain nerve endings

## Essential Principles

1. Arousal first before direct contact
2. Using lubrication matters
3. Start gently
4. Consistent rhythm and pressure

# Techniques

## The Indirect Approach

- Start by touching areas around the clitoris
- Use the hood as a buffer for gentler stimulation
- Apply pressure to the mons pubis to stimulate internal structures

## Circular Motions

- Use one finger for small circles around or on the clitoris
- Vary the size of circles and direction (clockwise/counterclockwise)
- Try three fingers for broader, more encompassing circles

## Directional Strokes

- Side-to-side motion across the hood or glans
- Up-and-down strokes
- Combine movements for figure-8 patterns

## Pressure Variations

- Light tapping with one or two fingers
- Static hold with gentle, steady pressure
- Allow her to move against your finger

## The Edging Technique

- Stimulate until close to orgasm, then reduce stimulation
- Wait for arousal to decrease slightly, then resume
- Repeat this cycle for more intense orgasms

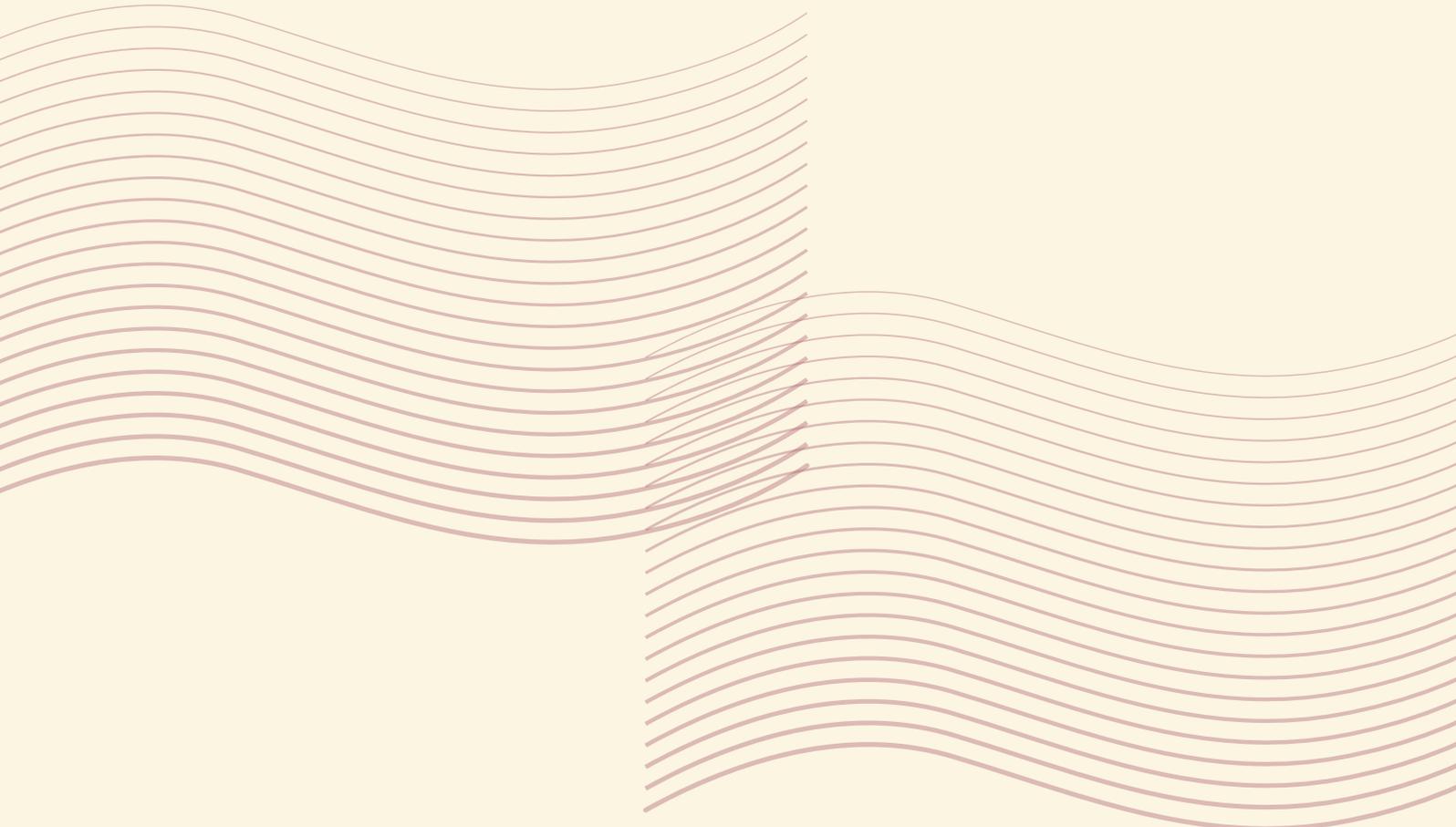
# Quick Do's and Don'ts

## + DO:

- Start gently, use lubrication, maintain consistent rhythm, communicate openly, explore the entire area.

## - DON'T:

- Rush to direct contact, use rough touch initially, change techniques constantly, ignore her responses.

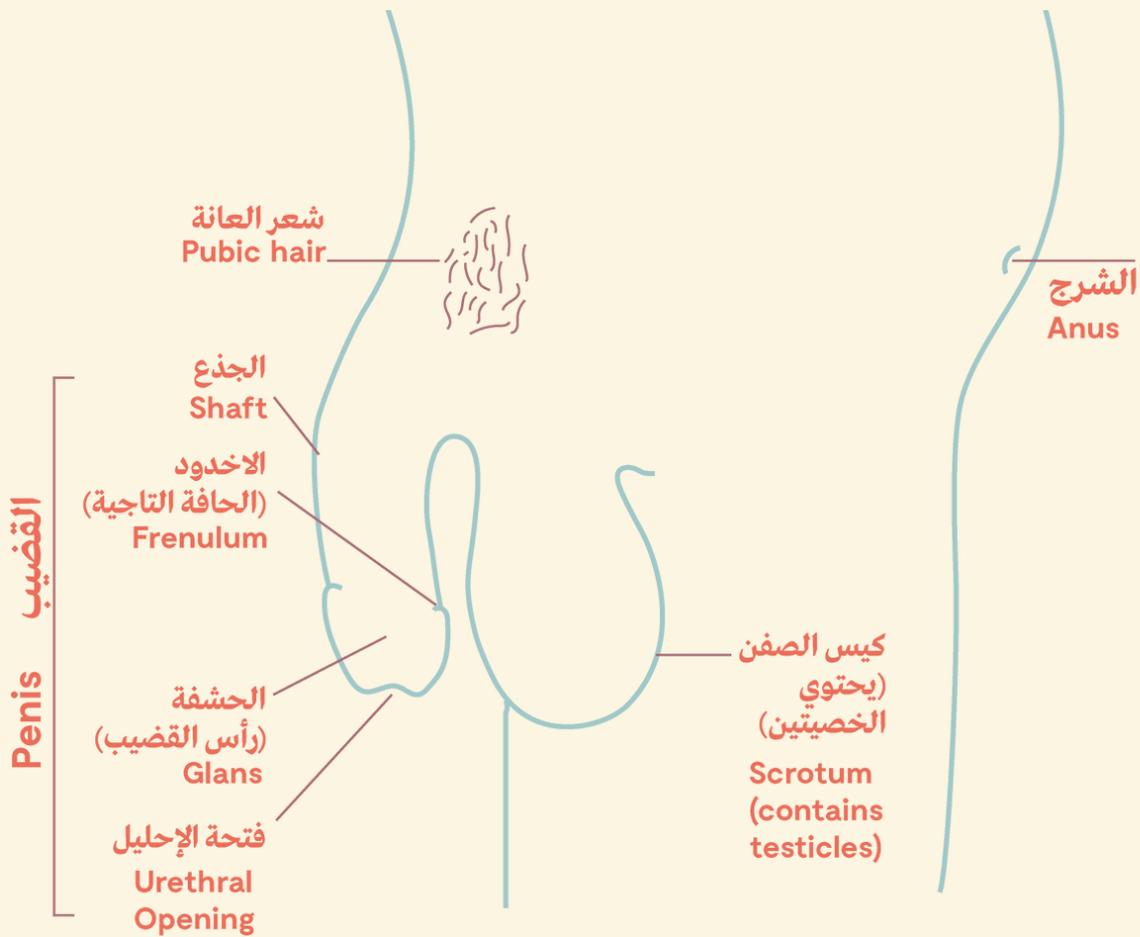




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# How to Stimulate the Penis

# Understanding Male Anatomy



- Glans (head): Most sensitive, especially the corona (ridge) and frenulum
- Shaft: Less sensitive but responsive, especially the underside
- Testicles: Vary greatly in sensitivity between men
- Perineum: Area between testicles and anus (requires comfort and consent from your partner before touching)

## Essential Principles

1. Lubrication is key
2. Firm pressure
3. Consistency builds

# Manual Techniques

## Enhanced Basic Stroke

- Vary grip pressure along the length
- Twist your wrist while stroking up and down
- Focus extra attention on the frenulum
- Use thumb to stimulate the corona

## The Ring Technique

- Form a ring with thumb and forefinger
- Focus on the corona ridge
- Rotate while maintaining position
- Particularly effective during high arousal

## Frenulum Focus

- Use fingertips for gentle, rapid flicking
- Apply circular pressure with thumb
- Combine with shaft stimulation
- Can produce intense sensations quickly

## Testicle Techniques

- Cup gently in palm and roll between fingers
- Never squeeze hard
- Light pulling sensation
- Always monitor his response

## Edging for Men

- Stimulate until near orgasm, then pause
- Include testicle stimulation during breaks
- Build anticipation verbally
- Resume and repeat for intense climax

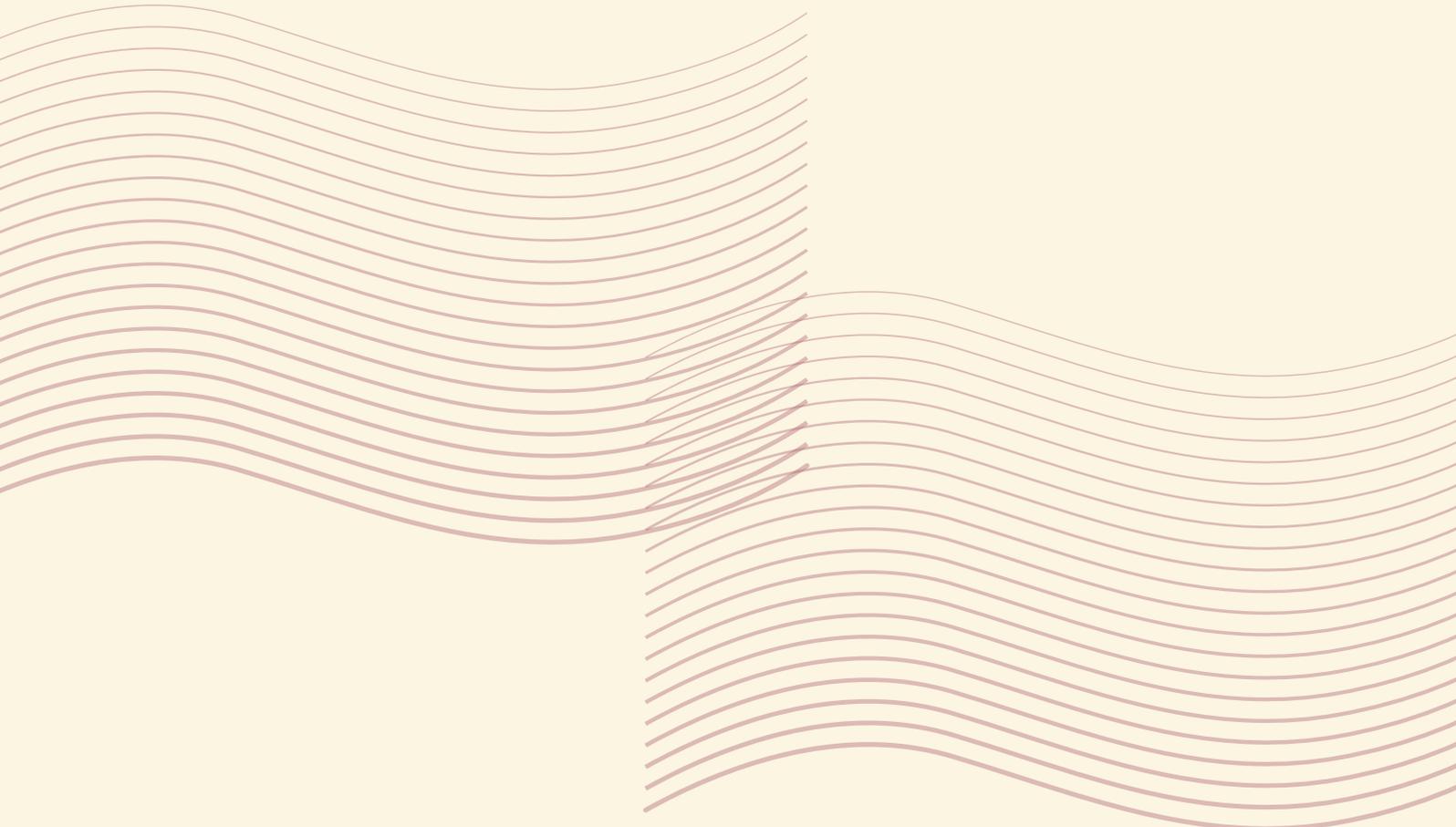
# Quick Do's and Don'ts

## + DO:

Use lubrication, pay attention to responses, maintain consistent rhythm, include testicles, get consent for perineum

## - DON'T:

- Grip too tightly initially, change rhythm near climax, ignore testicles, treat it like a race



A close-up photograph of a hand applying a thick, white cream to the inner arm of another person. The background is a soft, warm-toned gradient. The text '8 Better Oral Sex' is overlaid on the image. The number '8' is a large, light blue symbol. 'Better Oral Sex' is in a dark purple serif font. There are decorative wavy lines in a light purple color on the right and left sides of the image.

# 8 Better Oral Sex

# Build Arousal First

Before any genital contact, spend 10–15 minutes on whole-body touch. Kiss, caress, and explore non-genital areas. This builds arousal, anticipation and makes oral stimulation much more effective.

## Part 1: Oral Sex for Women

### Essential Preparation:

- Create a comfortable, safe environment
- Start with kissing inner thighs and outer areas
- Build anticipation before direct contact

## Techniques

### The Flat Tongue Technique

- Use broad strokes covering the entire vulva
- Start with long, slow licks from bottom to top
- Particularly effective during initial arousal

### The Pointed Tongue Technique

- Use tongue tip for precise stimulation
- Circle around the clitoris initially
- Progress to more focused stimulation as arousal builds



### The Kivin Method

- Approach from the side rather than between legs
- Stimulate the sides of the clitoris (3 and 9 o'clock positions)
- Tongue moves side-to-side rather than up-and-down
- Often produces faster, more intense orgasms

### Rhythm Guidelines:

- 🍷 Start with lighter pressure and slower rhythms
- 🍷 Gradually increase intensity based on responses
- 🍷 Most women need consistent rhythm to reach orgasm
- 🍷 Avoid sudden changes near climax

# Part 2: Blowjobs

## Essential Preparation:

- Create a comfortable, safe environment
- Start with kissing inner thighs and outer areas
- Build anticipation before direct contact

## Techniques

### The Basic Stroke

- Create a seal with lips over the head
- Move up and down with consistent rhythm
- Use tongue to stimulate the underside
- Vary speed based on his response

### The Spiral Technique

- Rotate your head while moving up and down
- Creates unique twisting sensation
- Particularly effective on the sensitive glans

### Focus on the Frenulum

- Concentrate tongue movements on this sensitive area
- Circle the corona (ridge) with your tongue
- Use varied suction on the glans

### Using Your Hands

- Create longer "channel" of stimulation
- Twist in opposite direction from mouth movement
- Use saliva or lube for smooth motion

### Ball Play

- Gently take one or both testicles in mouth
- Use very light suction
- Cup and massage while focusing orally on penis

# Essential Guidelines for Oral Sex

## + DO:

Build arousal first, communicate preferences, maintain steady rhythm, use adequate lubrication/saliva, pay attention to responses

## - DON'T:

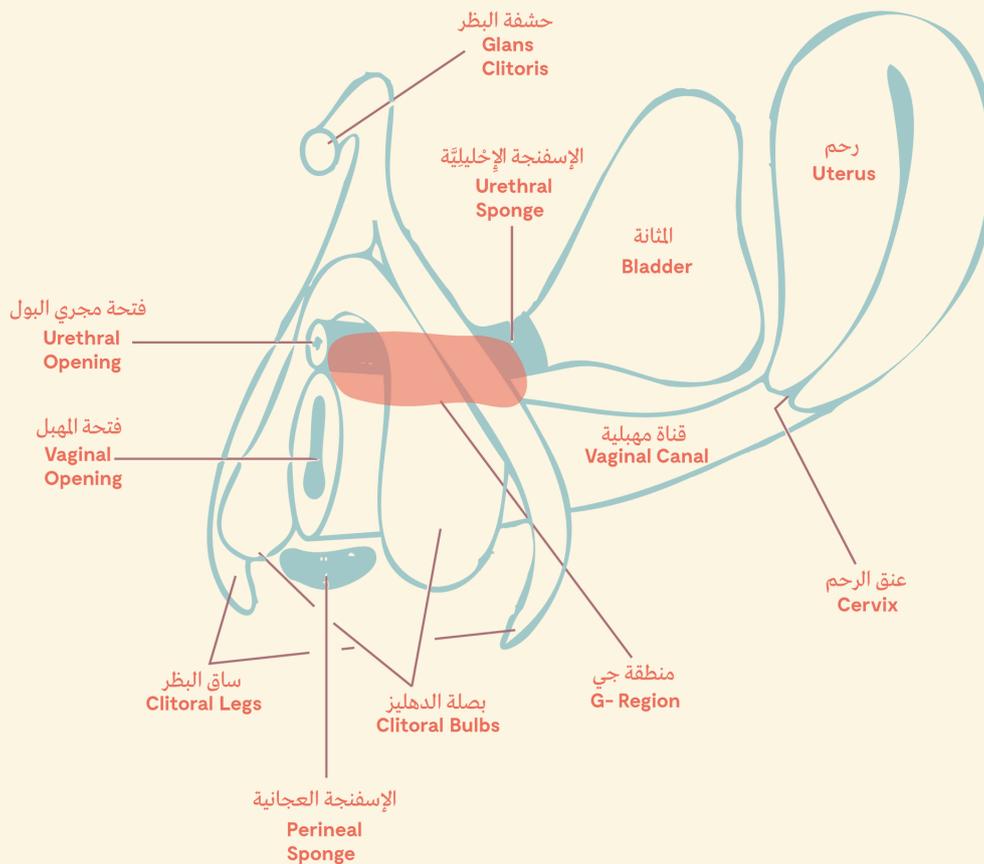
- Rush to genital contact, ignore your partner's guidance, change techniques constantly, use teeth



# 9 How to Stimulate the G-region

# Understanding the G-Region: Real but Misunderstood

The G-spot (or more accurately, the G-region) has been subject to both fascination and confusion. Despite controversies, decades of research confirm this pleasure zone is real. However, it's often misunderstood as a discrete "button" rather than what it actually is: part of an interconnected network of sensitive tissue.



## What the G-Region Actually Is

The G-region is part of the female erectile network, which includes:

- The urethral sponge (female prostate)
- The internal clitoral body that wraps around the vaginal canal
- The anterior (front) vaginal wall

When we stimulate the "G-spot", we're accessing these internal structures through the vaginal wall. This explains why the G-region feels pleasurable when already highly aroused—the surrounding erectile tissue must be engorged for maximum sensitivity.

# Locating Your G-Region

## Preparation:

- Choose a relaxed, unhurried time
- Empty your bladder before beginning
- Create a comfortable, private environment
- Have lubricant available
- Consider beginning with external clitoral stimulation to become aroused first

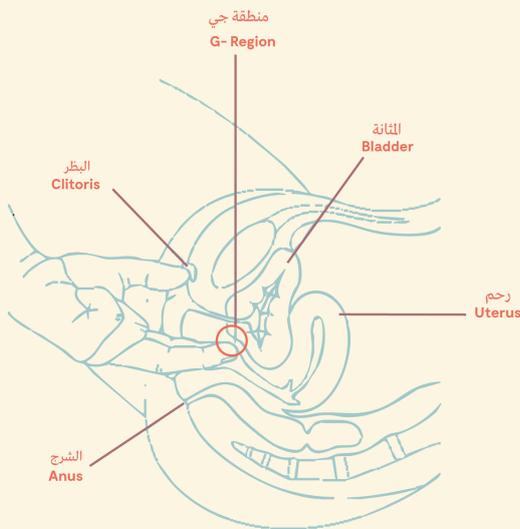
## Finding the Area:

1. Lie comfortably on your back with knees bent
2. Insert one or two fingers into the vagina, curling them toward your belly button
3. About 1-2 inches inside the vaginal entrance, explore the front wall (toward your belly button)
4. Feel for an area with different texture—often described as ridged, spongy, or like the roof of your mouth
5. This area may be coin-sized or larger; location varies between women
6. When aroused, this area may feel slightly swollen or more pronounced

## What You Might Notice:

- Different texture from surrounding tissue—slightly ridged or bumpy
- Heightened sensitivity (varies widely among women)
- Initial sensation similar to needing to urinate (normal and fades with arousal)
- Sensitivity and pleasure often increase as arousal builds

# G-Region Techniques



## The "Come Hither" Motion:

- Insert fingers with palm facing upward
- Curl fingers toward front vaginal wall in beckoning motion
- Apply firm (not rough) pressure—firmer than external clitoral touch
- Experiment with speed and pressure, starting gentle
- Maintain consistent rhythm

## The Palm Press:

- Use flat pads of fingers rather than fingertips
- Press upward with gentle pulsing motion
- Some women prefer this broader pressure
- Try alternating between techniques

## Important Considerations

- 👉 High arousal first
- 👉 Firm consistent touch
- 👉 Approach with patience
- 👉 Hydrate
- 👉 Empty bladder beforehand

## Important tips:

1. Begin with extended external stimulation, especially the clitoris
2. Only when very very aroused, begin gentle G-region touch
3. Awakening phase: Firm, consistent pressure without movement for a few minutes
4. Stimulation phase: Once you feel increased sensitivity, begin rhythmic movements
5. If you feel like you need to urinate, this often indicates you're on track
6. Breathe deeply and continue with consistent pressure
7. Focus on relaxing pelvic floor muscles

— DON'T:

- Expect immediate intense sensations
- Apply rough pressure
- Create pressure to achieve specific results
- Skip the arousal-building phase

**Remember: The greatest obstacle to G-region pleasure is often pressure and expectation. Approach exploration with curiosity and patience rather than goals. Allow yourself to be present with whatever sensations arise—this creates the mental space where pleasure can unfold naturally.**



# 10 Essential Sex Positions

When it comes to penetration, it takes the woman's body from 20–40 minutes on average (maybe even more) to be ready for intercourse. In order for penetration to feel pleasurable, regardless of the position, focus on outercourse first and delay intercourse until you feel extremely aroused and actually crave it – that will definitely help amplify the experience.

## Positions by Purpose

### For Comfort and Pain Reduction

#### Side-by-Side (Spooning)

- Both lie on sides, partner behind
- Allows shallow penetration and depth control
- Minimizes pressure on pelvic floor
- Good for those with physical limitations



### For Emotional Connection

#### Lotus Position

- Penetrating partner sits cross-legged, receiving partner on lap
- Creates intimate full-body contact
- Allows deep eye contact and kissing
- Encourages slow, gentle movements

### For Clitoral Stimulation

#### Coital Alignment Technique (CAT)

- Modified missionary where partner shifts body higher
- Base of the penis applies pressure against clitoris
- Creates rocking rather than thrusting motion
- Significantly increases likelihood of female orgasm



## For G-Region Stimulation Woman on Top, Leaning Backward

- Targets anterior vaginal wall directly
- Woman adjusts exact angle for her body
- Provides control over depth and pressure
- Straddle partner, then lean back slightly
- Directs pressure toward front vaginal wall
- Receiving partner controls angle, depth, and pressure



## For Enhanced Sensations Legs-Together Modified Missionary

- Woman keeps legs together
- Creates increased tightness and friction
- Intensifies pressure on vaginal walls

## Positioning Principles

### Use Props Strategically:

- Pillows under hips change penetration angle
- Support lower back to release tension
- Experiment with different heights

### Apply Gentle Pressure:

- Palm on lower abdomen/mons pubis compresses internal structures
- Stimulates internal parts of clitoris
- Should feel pleasurable, never painful

# Phases of Arousal

- 🔥 Early Phase: Start with positions allowing eye contact and full-body touch. Focus on connection over movement.
- 🔥 🔥 Mid Phase: Transition to positions allowing clitoral stimulation with penetration. Use moderate depth and gentle rocking.
- 🔥 🔥 🔥 High Phase: Deeper penetration becomes more pleasurable. More active positions with greater movement freedom.

## Before you go...

### Remember:

- Every person's body and preferences are unique
- What works can change based on mood, context, cycle phase, stress, and arousal level
- Pleasure and connection, not orgasm, should be the primary goal
- Exploration and discovery together matter more than technical perfection
- Enthusiasm and presence enhance any technique

### Safety Notes:

- Trim nails, brush teeth and wash hands
- Use adequate lubrication
- Get clear enthusiastic consent (especially for the perineum)
- Stop if any pain or discomfort arises
- Communicate about STI status, protection and contraception

The best sexual experiences come from the combination of technical knowledge, emotional connection, open communication, and genuine enthusiasm for your partner's pleasure. Use this guide as a foundation, but let your unique responses and preferences guide your intimate exploration together.



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