Now most men do not have that much patience, the wedding night or whatever night it is, boom, boom, & the poor girl nearly freaks out with pain! It hurts the first time & that almost turns some women against sex for the rest of their lives because of that one experience.

If you break 'm suddenly it can be very painful & even bloody. So don't break 'm! -- Gentle 'm!

I use my gentle method and go very slowly and very, very carefully. I put one finger gently in, and after a while the thin little membrane relaxes and gradually stretches, and I can push a little further in. Then very slowly and gradually I slide the next finger in alongside of it. Use some Vaseline just to be sure they're well lubricated. When you get two fingers in past the second knuckles it's almost always stretched enough. And while I do it I talk to her, kiss her, rub her breasts and massage her clitoris. Try it! She'll like it!

Edited & Illustrated by Hart.
Satisfying the Woman!

We've got to try to train them how to treat a woman. These three-minute quickies don't do anything for a woman. Most women do not go while they're making love, particularly if the man is too fast. A man normally is faster & goes sooner, but a woman needs much more advance preparation.

First of all try to have a nice romantic situation & have perfume, flowers powder and soft music so she can relax & enjoy it. Lots of kissing & hugging & petting & sucking are very important to the woman & should come first.

A young man's penis will probably be up by the first kiss, but he can wait, and it should be able to stay erect the whole time he's preparing the woman, even if it takes an hour. He should be able to stroke & caress & kiss the woman at least half-an-hour, which is about normal.

After about half-an-hour, the lips below will fall open, nice & juicy, & then she's ready for his finger. All the petting should be done before he puts his finger in, because he shouldn't run his finger over her hair or face once it's greasy.

I prefer to give my full attention to the woman first, & send her a few times first if I can. It's very, very important to please the woman, otherwise, although she's had a nice time & all that, if she's not satisfied it can be very frustrating & cause nervous tension, headaches & backaches afterwards.
A woman can get so turned on just through deep kissing that she's wide open & ready so that the man can immediately put his hand down there right away without all the other preparations — but until that lower mouth opens & is juicy she is not ready! I don't even care what she thinks, she's not ready & you could actually injure her if you don't use lubrication.

I just begin very slowly & when I find the door is open I put my finger in the keyhole & get it lubricated from her lubrication, then I pull that lubrication up over the clitoris; then I begin a slow circular motion around the clitoris, then a little more rapidly when I see she's really beginning to feel it & react. When I see her feeling's really mounting, I go as fast as I can go!

Some women prefer for me to put one or two fingers in the hole & put my thumb on their clitoris, a double action with much more sensation!

It must be spiritual, it's got to be spiritual! It's almost like I'm reading their mind & I know how they feel like. I'm almost mastering myself & I just feel what they like.

Pray the Lord will give you the empathy, the spiritual sense to sense & feel it!

Otherwise, if the woman wants to really enjoy it she must give you the signals & tell you, faster, slower, higher, lower, whatever, & that way she can get exactly what she wants.

You don't need to always satisfy the woman beforehand — you can do it during intercourse, though it's normal for the man to go before the woman. But the man should be able to maintain his erection for a few more minutes & keep going without interrupting the rhythm.

Of course, when the man is finished, the smart thing for you girls to do is to put your own hand down there and use your finger, because it's very important not to interrupt that lovemaking rhythm. So anyway, it's very necessary to please the woman! It's a science, and it's hard work sometimes, but it's very important for you girls to know, and for you to teach your men how to satisfy you.

How to treat the man is a whole other lesson, & we'll deal with that some other time. You girls need to know that too!