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EXPERIENCE INTIMACY

## JONI MORRISSEY

What Is Edging & Orgasm Control?  
Step-By-Step Guide

VIBRATORS &  
PENIS OWNERS

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# VIBRATORS AND PENIS OWNERS

Ladies, or men with female partners, go get her now. How many have a vibrator that you either use alone or with a partner? Now have you ever thought you could use your vibrator on your male partner?

Vibration and toys aren't just for the girls. The range of sex toys for men is growing and improving rapidly. But this is about how you can experiment with toys that are designed for females, on a penis.

Here are few ways you can turn your vibrator into a multi use, his and hers pleasure device.

Any toy in the drawer that vibrates can be used on him for a bit of fun foreplay or even as the main event! A bullet or wand is the perfect toy to experiment with vibration. Start on the lowest setting and see where it feels good, some places to try could be nipples, inner thighs, neck , everyones sweet spots are different..

The balls are a sensitive area so go gentle to start with, low settings and a very light touch increasing pressure and vibration strength as it feels good to him. Plenty of lube to make sure the toy glides smoothly over the skin will make it more enjoyable. This ball play can be a great addition to a blow job.

Next try vibration on the shaft of the penis, again lots of lube and slide the toy up and down. He will let you know where the sweetspots are, again applying more pressure and vibration as desired. The tip of the penis is another area to experiment with and we absolutely suggest you try out the frenulum (banjo string) this is where the foreskin meets the underside of the penis. It looks like a small V just below the head. Usually part of it remains after circumcision also.

It is a very sensitive area, similar to the clitoris of a woman. Start with a very low setting and increase as desired. Try different movements such as circles, up and down or side to side and also pulsing the toy on the area.

A new sensation can take a bit of getting use to as the brain isn't use to this kind of stimulation, it relates, BJ's, Sex and Handjobs for instance with orgasm, so introducing something new, even tho it feels good can sometimes take a little while before it brings you to orgasm. So don't give up after 1 night, keep trying and experimenting and of course having fun with it!



Now anyone who has a Air Pulse toy will know how amazing they feel on the clitoris and what amazing orgasms they give. But did you know that they can also give that same pleasure to penis owners aswell.

The best spot for an airpulse toy is again the frenulum, but the tip is also worth a play.

As with the clitoris, move it

gently to find the “right spot” and then let the magic happen!

As with vibration start on the lowest setting, grab the lube and give it a go, we are pretty sure he will thank you for sharing your toys..

And dont forget *Tit for Tat*, when he’s satisfied it’s your turn ladies, so make sure that toy is fully charged up to last the night!!!

Want to know more about the male orgasm read this interesting article from Lelo - link here!

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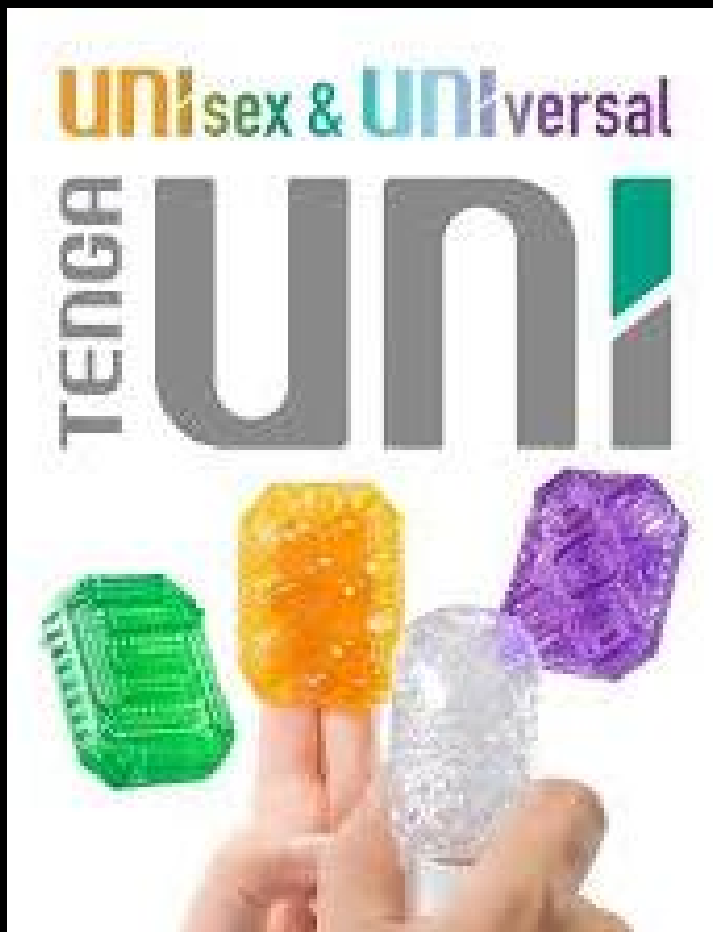
# gen twenty

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**Nauti was recently featured in an article on this website...**

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# PILLOW TALK

With **JONI MORRISSEY**

## What Is Edging & Orgasm Control? Step-By-Step Guide

What is edging? And why would anyone want to do it?

If you find yourself asking these questions, then you're in the right place. In today's article, I'll be covering sexual edging in detail. We'll be looking at precisely what edging and orgasm control means and why you might want to give it a go.

I'll also give you a step-by-step guide to get your edging game on (the right way!) so you and your partner can experience mind-numbing, toe-curling orgasms — unlike anything you've ever experienced before.

### What is edging?

Edging, also called delayed orgasm, orgasm control, or orgasm denial, is a sexual activity that creates more intense, prolonged orgasms by stopping sexual stimulation before you come, waiting, and continuing the stimulation after several seconds.

This can be achieved with masturbation or with your sexual partner.

Bringing yourself or your partner to the peak of orgasm, only to deny yourself, can increase the level of pleasure you feel once you finally go over the edge.

65% of women find their orgasms are longer and more intense after edging two to three times.



@lookstudio

Wow! That's something worth listening to!

Furthermore, edging is also an excellent technique for men. It was initially published in 1965 in the Journal for Sexual Medicine



by James H. Semans, who described it as the "Stop Start Technique."

It was designed to help men who were experiencing premature ejaculation. Thus, it's also a great way to build self-awareness and to get to know your and your partner's bodily responses.

## How to do edging and orgasm control

Now that you know what edging is, you're probably ready to jump right in and get straight to business. But there's a little more to it than you might think.

Let's discuss how to do edging effectively to help build more satisfying orgasms.

### Step 1: Always communicate

Before getting to the good part, you and your partner need to talk and set boundaries.

- Establish what both of you want from this situation and what you don't want.
- Set limits.

This ensures that you both feel comfortable and respected throughout the edging experience.

So, if you suddenly change your mind halfway through and decide, 'Uh-uh, I don't want you to edge anymore. I want to have this orgasm,' then have a safe word in place. Because you might notice that when playing with edging with a partner, there's a power dynamic.

There's somebody in the position of dominance (who is doing the stimulating and deciding when to withhold or allow the orgasm), and then there's someone in the position of the

submissive who's allowing and consenting to this to happen.

Step 2: Stimulate yourself or your partner as you usually would

What are your favourite methods of sexual stimulation? For example, do you enjoy clitoral stimulation or the feeling of your partner's hand moving up and down your shaft? Do you like oral sex? Do you enjoy using a sex toy with lube?

The goal here is to build your or your partner's orgasm up and up through a stimulation technique (or several) of your choice. At the same time, you need to read body cues to see when they're getting close and stop in time for them not to go over the edge.

It's essential to remember that men and people with penises have a point of no return where they won't be able to stop ejaculation from happening — even if you stop stimulation.

That's why it's vital to learn to read their bodies to see when they're still good to go or when you need to stop. Perhaps your partner can only go up to an 8 out of 10 before they launch over the edge. So, make sure not to push them over what they can handle.

Once you've gotten your partner to their limit (without them coming), you need to calm them down so their bodies can feel the endorphins, and everything becomes hypersensitive. There are three ways you can do this:

1. Stop all touch immediately for several seconds (anywhere between 5 to 30 seconds usually does the trick). As you experiment, you'll learn how many seconds work for you.

**2.Slow it down. After you've built them up, you're going to decrease speed — essentially continuing the same type of stimulation but at a slower pace.**

**3.Distract your partner by changing the type of stimulation. For example, if you're stimulating the clitoris, you can move on to sucking her nipples or touching another erogenous zone. This makes the body think, "Whoa, what's going on? This feels good." Some people even like to start a tapping motion to distract the body completely.**

**Pro tip: If you're doing edging with a penis, you can squeeze the head of the penis as they reach the pinnacle to slow down and help build them up again. It's up to you to choose how long you hang away from the edge.**



Image. [www.freepik.com](http://www.freepik.com)

**When you're playing and decide it's enough waiting, you can use a safe word so your partner knows they should start again. Alternatively, you can decide beforehand how long the pauses will be.**

**Step 3: Go back to the pleasurable stimulation**

**Human arousal essentially works in four phases.**

- 1. Arousal**
- 2. Plateau**
- 3. Orgasm**
- 4. Resolution**

**When it comes to edging, we're playing with the plateau phase. This is the phase that happens a few seconds before orgasm occurs.**

**So, once you've cooled down, you're going to start stimulation again and build up the tension, excitement, and arousal.**

**You're going to stimulate yourself or your partner to the point just before you reach orgasm and stop. And, then, you're going to repeat the process.**

**The process will look like this:**

**Arousal, plateau, arousal, plateau.**

**How many times you repeat it will depend on you and your partner. Two or three times is usually enough to get the job done.**

**The more you stop and start, the harder it'll get to resist the urge to let go and experience orgasm.**

**And, of course, the final stage of edging is when you and your partner are ready to let go and fully embrace sexual pleasure. This is when you let yourself or your partner reach climax and have a powerful orgasm built up of all that frustration, sexual tension, and anticipation.**

**Hopefully, it's going to feel freaking amazing.**

### **Challenges of edging**

**While edging can be a great way to boost pleasure and intimacy when done right, it also has a few challenges.**

#### **1. It can be tricky**

**As I mentioned, it can be pretty hard to determine the point of no return because you might accidentally go too far and then climax.**

If you're new to edging, you may need to practice several times before you get this right. It all comes down to trial and error.

## 2. Lack of patience

Patience is hard. It can be tough to hold yourself back — especially if you're edging alone, where it can be very tempting to just go ahead and have an orgasm.

But, if you set rules and rewards for yourself, this can make things more interesting. For example, you can have a rule like "If I edge two times without giving in, I will reward myself with a bubble bath or my favourite chocolate afterwards.

## 3. It can be frustrating

For some people, edging can be super frustrating and not enjoyable. This is because they may find that their orgasms are less intense when they practice edging — or it disappears completely.

If this is the case for you, then the edging technique might not be the right choice, and you can simply take it off your pleasure agenda. Instead, you can try other methods to spice up your sex life, such as dirty talking, different sex positions, beginner kink, etc.

## Ready to try edging?

Now that you know what edging is and how to do it, you can go ahead and try it! Follow the steps outlined in this article — either by yourself or with your partner. It could be a game-changer that'll give you better orgasms or even multiple orgasms!

However, remember that edging isn't for everyone, and if that's the case for you, there are plenty of other things you can try, such as using sex toys, working on your blow job game, and more.

Are you ready to spice things up in your relationship?

Then check out Nauti's extensive range and chat to Donna to find out exactly how to please your lover next time things get really hot and sweaty in the bedroom.



Joni Morrissey - Sexologist

*Specializes in couples therapy, sexual dysfunction & is a "kink" aware therapist.*

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