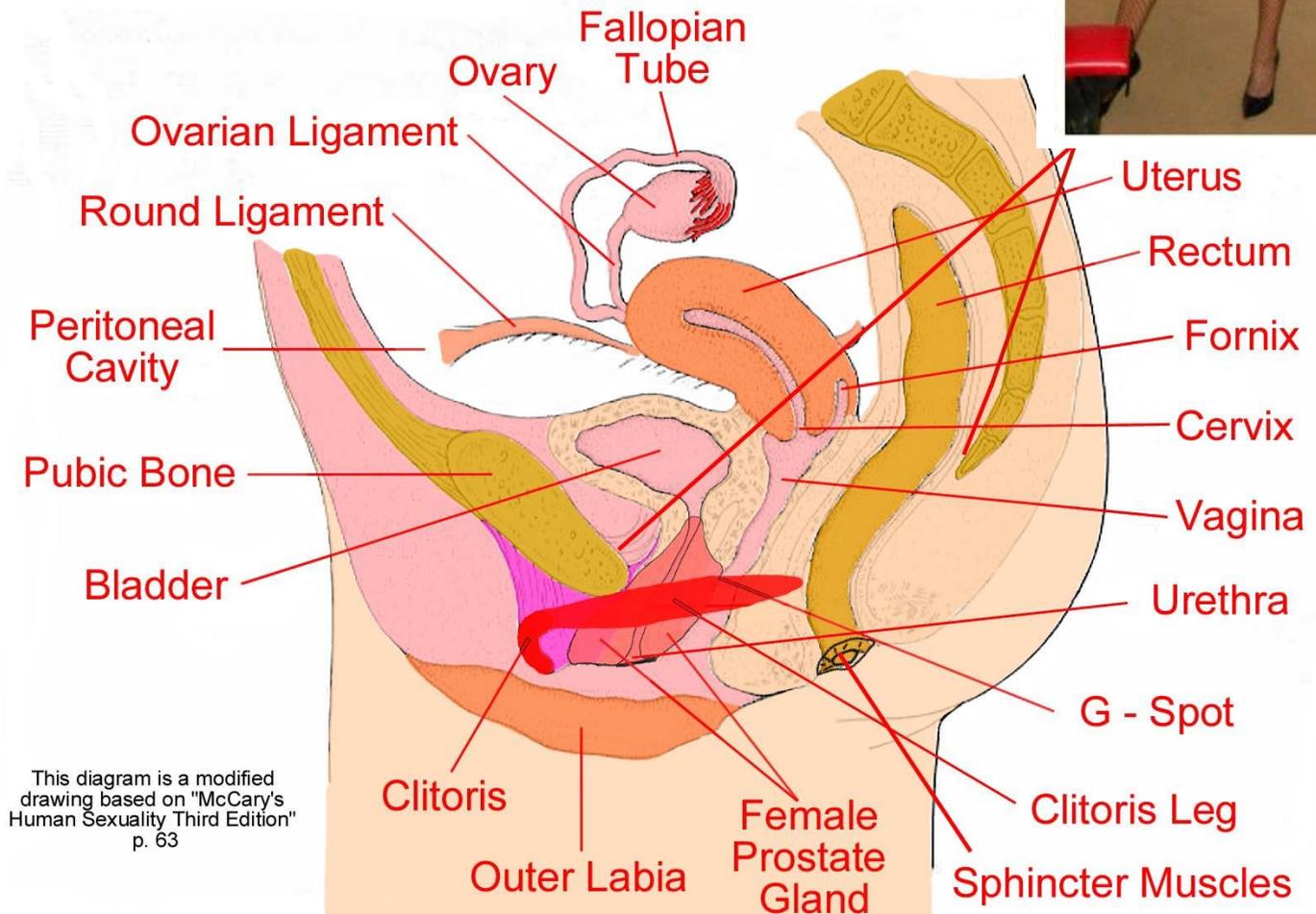


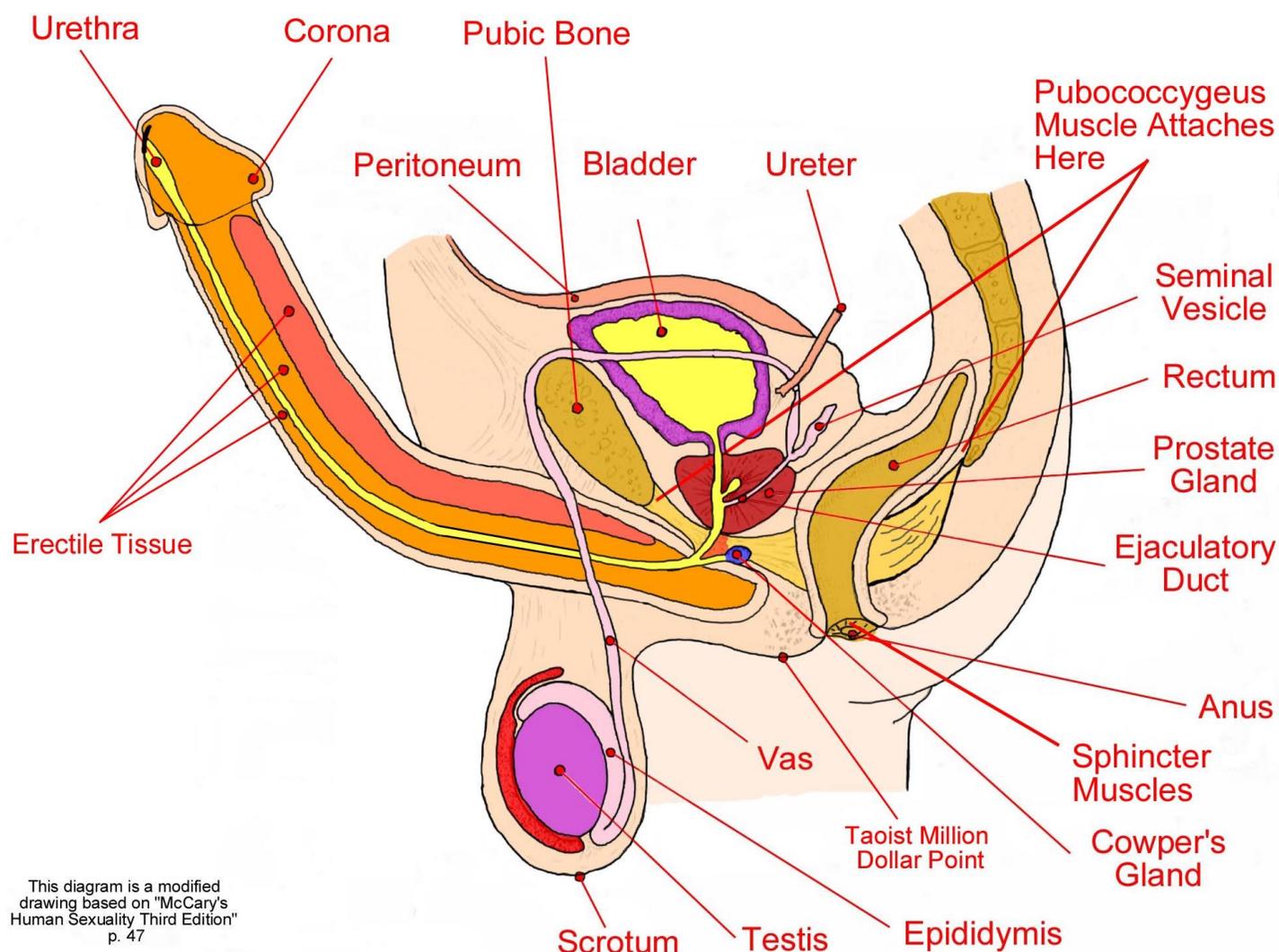
# Anal Play and Anal Sex Training

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Many in our society consider anal play and anal sex taboo. Breaking this anal taboo can be very powerful and empowering. Anal play and anal sex can be very rewarding and can intensify the orgasmic experience for both women and men. The anus is rich in nerve endings and can be a source of awesome pleasure. In both women and men, direct prostate stimulation is easily achieved through the walls of the rectum.

To fully understand anal play and anal sex, it is important to understand the physical anatomy of the anal area. Below are illustrations showing the anatomical features of women and men.





## Safety Issues:

If inserting fingers, make sure they are well manicured and that there are not sharp edges of your nails and that there are no hard cuticles.

Use plenty of lube. Too much is better than not enough lube.

Wear latex, Nitrile, or vinyl gloves.

Remind the receiver to take deep breaths.

Use a condom on porous insertable toys and on the penis if it is being inserted into the anus.

Never rush. Take time and experience the entire process.

The receiver should complete an anal douche (enema) a couple of hours before play.

Start with small insertable objects and go slow with anal penetration. You can work up to larger insertable objects and go faster as is desired.

On women who receive anal play, protect the vagina from lube and other items that have come into contact with the anus. Use a towel over the vaginal opening to absorb lube used on the anus.

## Anal Play and Anal Sex:

There are two main reasons that people give for not engaging in anal play and anal sex. The first reason is that it smells and often there are feces present. The second reason is that it can hurt a lot when anal penetration occurs.

Both these complaints are easily resolved. By means of an anal douche (or enema) the rectum can be cleaned of all fecal material. It is best to perform the anal douche a couple of hours before engaging in anal play.

The second complaint is easily resolved by learning a few techniques to relax both the internal and external sphincter muscles. In most cases of experiencing pain during anal play, the cause is due to not having a relaxed internal sphincter muscle.

Most drug stores sell douche bags. Many come with a vaginal tip and an anal tip. Use warm clean water. Douche the rectum several times, until the water comes out clear.

If you perform anal douching on a fairly regular basis, add non-iodized salt to the water to make a saline solution. Use ½ teaspoon in a quart of water. Sea salt, without iodine added, is a good salt to use for making a saline solution.

Just inside the anus, there are two important sets of muscles. The external and internal sphincter muscles are a ring of muscles that surround the anal opening. The external sphincter is a voluntary muscle. The internal sphincter is an involuntary muscle. A voluntary muscle is under direct control of the conscious mind. It is like your arm muscle, you can consciously flex or relax it. An involuntary muscle is not under direct control of the conscious mind. It is like your heart muscle in that you cannot control your heart rate through conscious thought. This is of paramount importance when you engage in anal play and anal sex.

To relax the internal sphincter muscle (an involuntary muscle), the first and perhaps the most important element required is trust between you and your play partner. Along with this, it is important to have a safe environment.

Deep breathing is also a very important component that will aid in relaxing the internal sphincter muscle. Deep breathing helps relax the entire body. When we tense up, we generally respond to tension by breathing shallow breaths. Deep breathing will help in the relaxation process as well as improve our experience of sex as a whole.

Before attempting to enter the anal opening, massaging the buttocks, the perineum (the area between the anus and the genitals), the sacrum bone (located in the lower back just above the tailbone), and the external tissue around the anal opening. Slapping and light pounding will help send vibrations deeper into the body around this area, helping to further relax the muscles.

Once relaxed, take your finger or other small insertable toy and rub it down the crack of the ass from just below the tailbone to the anus. Keep the object lying flat, not pointed toward the anus while stroking the area. When the tip of your finger or toy is just over the anus, bring it out to a 90-degree

angle to the anus. Do not use any extra pushing motion, but rather allow the anus to pull the object in.

The person who is receiving the object into their ass should start squeezing and relaxing their PC Muscles. Another technique that will help is to alternate the squeeze/relax of the PC Muscles with a push of the anal muscles. (Push out like you are trying to eliminate.) Then relax.

With some practice, the anus will take the object inside. It may enter part way, in which case, keep using your muscles to tighten for a moment and then relax. With this technique, the internal sphincter muscle will relax.

Take your time and do not set a goal of penetration. Just allow your anus to do what it will. On a first attempt, you may not be ready to receive. If this is the case, return to external stimulation for a while and try again later.

Once you have entered into the rectum, take your time. Do not do any twisting motions at first. Also do not try to push in and out for a few moments. When you start pushing the object in and out, do so slowly and gently. Once the muscles completely relax, more vigorous play can commence. Use plenty of lube and do not rush things.

If the receiver experiences pain while an object is inside, stop all motion and relax. Do not try to pull the object out until the receiver is relaxed again. Attempting to pull out when there is pain will only compound the pain and make it more difficult for the next time they receive anally. What goes in will come out. It will not get stuck.

Once the receiver is totally relaxed and hungry for more stimulation, you can experiment with different motions, different angles of penetration, and with deeper thrusts. There are many different sensations that can be experienced in anal play and anal sex.

To find the prostate gland in men, it is located about 1 to 3 inches inside the rectum on the wall of the rectum just behind the genitals. In women, the prostate gland is the same area as the G-Spot inside the vagina. Once again, press 1 to 3 inches inside the rectum on the wall of the rectum that is located behind the genitals.

Stimulation of the prostate gland can be very pleasurable. Take time to wake up the prostate gland. Too much stimulation too fast can be too intense for many people. Start with gentle stimulation. Communication is important. Ask the receiver if they want it harder, softer, or just the same as you are currently doing. Also, start working on the outer edge of the prostate gland and work slowly toward the middle.

As the prostate gland wakes up to stimulation, the receiver may want more vigorous stimulation. Communicate with one another as you play.

Another area that can be very pleasant, but will be a very different experience is to massage the PC Muscle sling where it connects to the tailbone. To locate this spot, enter the rectum with your finger. Turn your finger so that the pad of your finger faces the tailbone. Rub gently up the curve from the anal opening up along the tailbone. You will feel a slight indentation. The indentation is 1 – 3 inches inside the rectum in most people. When you find the indentation, massage around the indentation lightly, then massage into the indentation. Feedback is important here, as this can be an especially sensitive area for many people.

Once I am fully warmed up anally, I enjoy hard deep thrusting. I also like having large dildoes used on me. I get really turned-on when I am fucked hard, but the warm-up is critical.

Many people like it gentle with a realistic size dildo. Each person will vary in what feels good. Communication is key.