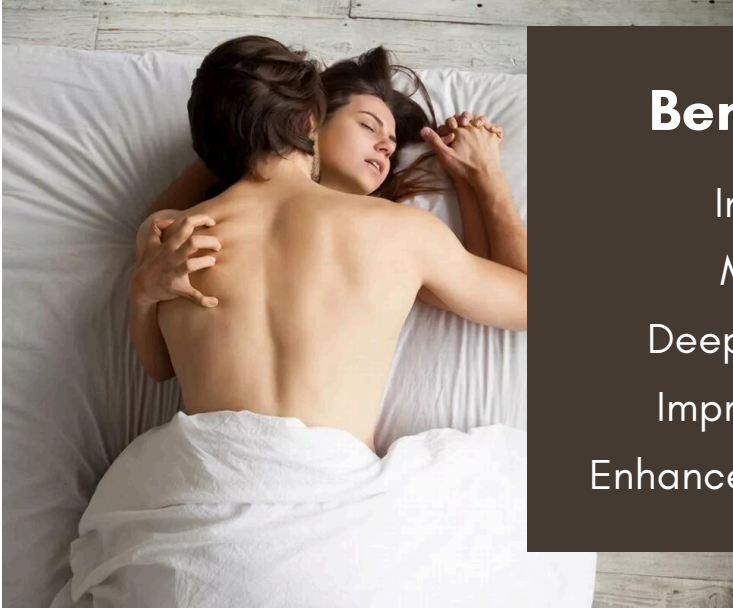


Quick Guide To Edging



Benefits Of Edging

- Intensify your orgasm
- Make sex last longer
- Deepen body understanding
- Improve ejaculation control
- Enhance intimacy with your partner

Practice With Masturbation

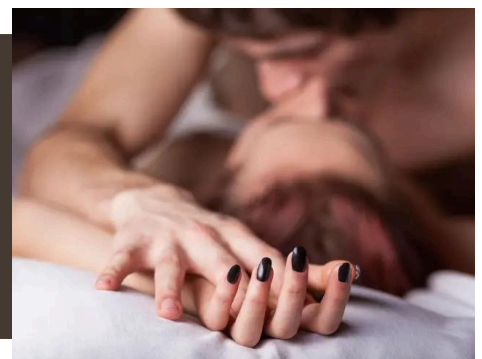
Mastering edging takes patience, start by exploring edging alone to focus on the skill before mixing in a partner's pleasure. Solo practice helps you understand how edging can enhance your experience.

Get to know your body's reactions. Try edging for about 5 to 10 minutes at the beginning, as you progress the longer you'll be able to delay the climax, and the more intense the orgasm sensations.

Imagine edging as a scale of 1-10. 10 is reaching your orgasm.

Try to pleasure until you reach around 8, just before you experience orgasm or ejaculation.

Remember, edging with a partner must be consensual, practiced with open communication, and respect each other's boundaries.



Techniques For Edging

Start-stop technique involves pausing stimulation before resuming after a short break, works best when highly aroused.

Squeeze technique if the penis is sensitive try using the squeeze technique alongside the start-stop method. This means stopping stimulation and squeezing the penis's head for about 30 seconds before continuing.

Use a toy for those with vulvas or stimulating one, consider a vibrator made for strong, direct clitoral stimulation, with an easy on/off switch allowing for quick deactivation just before climax.

Diversion just before climax, stop the stimulation and switch to a softer touch on another erogenous zone, solo or with a partner.

Mindfulness tune into your body, focus on each sensation, staying fully present helps manage pace, especially near climax.



How long should edging last ? deciding when to climax during edging is personal and varies, communication is key to prevent frustration when edging with someone.

It didn't work ? adjust the timing of pauses, with practice you'll find the perfect balance to keep the orgasms intense.

Any risks ? edging does not pose health risks or cause delayed ejaculation issues.

Mindful Masturbation



Prep For Mindful Masturbation

Wash your hands before self-pleasure and empty your bladder to remove any extra pressure

Remove distractions to stay present during mindful masturbation and keep screens away.

Take your time to savour pleasure rather than rushing to orgasm.

How To Perform Mindful Masturbation

Begin your mindful masturbation sessions by following these steps. Start each practice focusing on all your senses and breathing.

1. Start without stimulation, focus on senses.
2. Use deep breathing to stay present.
3. Keep muscles relaxed, especially thighs, buttocks, and perineum.
4. Masturbate for 5-10 mins, stay at arousal level 6-8.
5. Play with arousal, stop before reaching climax.
6. Practice peaking for pleasure.
7. Repeat without climaxing, 20 mins.
8. Focus on journey, decide on climax after 20 mins.