



## G-Spot Basics

By Renée Burwell

The G-spot, also known as the Grafenberg Spot (named after gynecologist Ernst Grafenberg), is one of the most controversial parts of the female anatomy. There is debate on the G-spot's intensity of pleasure, ability to orgasm, the potential for ejaculation, and whether or not it even exists. Regardless of which side of the debate you may sit on, here are the basics of the G-spot for your personal exploration and enjoyment.

**Significance:** The G-spot is known for being one of the most erogenous zones in the vagina, and when aroused may cause intense orgasms and potentially female ejaculation (squirting). Some say that the G-spot is the internal extension of the clitoris.

The Skene's gland (also known as the female prostate) is what produces and ejaculates fluids similar to that of the male prostate. The fluid is different from urine. It is usually about a teaspoon in volume, looks like watered-down fat-free milk, and has a sweet taste. The stronger the PC muscles the more likely someone is to experience female ejaculation, so it's just another benefit of practicing Kegels!

**Location:** The G-spot is located approximately two inches into the front of the vagina. It is located in the urethral sponge, an area in the vagina comprised of erectile tissue that swells with blood when aroused. The G-spot is said to feel similar to a raisin when stimulated.

**How to arouse:** Foreplay and clitoral stimulation are the foundation to initially stimulating the G-spot. Once fully aroused begin directly stimulating the G-spot by using a G-spot stimulator or by pressing two fingers deeply into it the G-spot and doing a come-hither motion (please make sure fingernails are clean and nicely trimmed). To intensify sensation, press a free hand on the stomach just above the pubic hairline. If interested in intercourse, positions like doggy-style are best for G-spot stimulation. I recommended doing all of the above first before intercourse to make sure the G-spot is fully aroused.

**Sensation:** Some women experience intense pleasure from stimulation while others find it irritating. The sensation from G-spot stimulation is often said to have a urinary urgency prior to orgasm that some find annoying. The G-spot, like any other area on the body can be pleasing to some and not to others. Every woman is unique in her experiences.

Have fun exploring the G-spot!!