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Introduction to the "Anie-chan"
for boys

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I Can Do It All By Myself!

An Introduction to Anal Masturbation for Boys

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オウジニナルかん
〜入門〜

Introduction to the "Ananie"
for boys

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第1章 はじめる前に Chapter 1: Before You Begin



第1章
はじめる
前に

Anal Masturbation

Your asshole can be an organ for pleasure, not just excretion

Before our very eyes, anal masturbation has become widely known and its fanciers have increased in number, even to the extent that the slang abbreviation 'ananie' *** will come across in conversation. Thanks to this, the so-called prejudice that anal masturbation is somehow 'abnormal behavior' has been gradually fading for several years now in this country. Although it's easy to jump to the hasty conclusion that getting pleasure from fiddling with your excretory organs is somehow a perverted act, using the places that feel good to feel good really isn't all that unusual. Compared to the regular masturbation in which you fondle your penis until ejaculation, only a few things are different: how you do it, the intensity and strength of the pleasure, and the 'sort' of good feeling it is.

Psychological Resistance

No matter how many times you're told that ananie is normal, the confusion and uneasiness you feel is the fault of psychological resistance. Even if now you might think, "Let's give this a try," habits are habits. Because the anus is thought to be a dirty organ that expels waste, there are quite a few people who would never even consider anal masturbation. Additionally, due to the widespread impression that 'feeling good with your anus = gay or homosexual', there are others who, for example, might not take the first few steps despite having an interest in it.

If places that expel waste seem dirty, think about it: Urine comes out of the penis. In the female sex organs, the urethra is right beside the vaginal opening. Excretory organs are not necessarily 'dirty.' If you prepare well enough, your asshole and insides are actually much cleaner places than you might think. The homosexual stigma is similarly flawed. In just the same way that sex and masturbation are different, getting pleasure from the anus and holding feelings of romantic love for another man are completely separate things.

If these two feelings of psychological resistance, that of 'touching a dirty place' and 'an act associated with homosexuality' are allowed to fade, there are almost no more obstacles in the way of trying ananie. Although in areas such as preparation and development of technique it requires somewhat more effort than regular masturbation, training your asshole unlocks its hidden capability to be a better-feeling erogenous zone than even the penis. If you think that the pleasure you can get now is good enough, please do not bother yourself with the time and effort. What you should remember for the future is that anal masturbation will be very difficult if your psychological resistance to it is too strong. Going ahead with motivation as much as you can is best.

***[Trans. Note: "ananie" = "anaru," anal, + "onanii," onanism. Also a play on "ana ni," (in the hole)]

Above all else, even if you have some feelings of guilt and perversion ("Feeling something from touching a place like this is so embarrassing!" "Yeah, right, like my ass actually feels good") rather than no psychological resistance at all, it can actually make you feel even better.

If you relax your mind and body and can create a fun, safe environment for ananie, a pleasure more intense than you've ever experienced will become possible.

Before Taking the First Steps

This is something that should go without saying, but unlike penile masturbation, with ananie, you stimulate the ass. Not just the buttocks; the asshole and the insides. Therefore, it is an act in which you are messing with the inside of your body. Because of this, compared to regular masturbation there is a bit more effort needed in the preparation. Without saying exactly what preparation, it's hard to drop your pants and underwear and just go at it. Just consider the time and effort required to be compensation for the incredible pleasure!

Finally, your asshole and its interior organs are very delicate places. Because they are used for a future purpose regularly, and are organs essential for maintaining your life and health, it's dangerous to treat them roughly. There will be pain, and in the case of breaking the skin or hemorrhoids, there may be some time required to heal. When masturbating anally, please don't overdo it! If you think something seems dangerous, or hurts a lot, stop immediately.

第1章 はじめる 前に

Common Ways to Get Interested

Inspiration for trying ananie varies widely depending on the person. How did some other people think of stimulating their asses?

Impetus for trying one's hand (or ass) at anal masturbation varies from person to person. It's really a mixed bag, from the easily relatable to the out-there. It would be impossible to cite them all, but we've tried to introduce the common reasons for starting ananie in a few examples. If you've got a reason that resembles somebody else's or exactly the same motivation, you'll be able to rest easy knowing that it's not just you who's strange.

Pattern 1: "Ero Manga"

There are other similar sources of inspiration, such as erotic novels, games and videos, but in essence, this pattern is one of gaining interest through coming into contact with some form of media depicting anal sex or anal stimulation. Even from long before the spread of the internet, there were many people who would say something like "I was influenced by such-and-such work and gave it a try". This is hardly limited to ananie, as it's very common to receive some sort of influence from a creative work. The especially common form of this pattern recently is for "Shota" or "Crossdressing Ero Manga" to be the source of the influence. After all, it's perfectly natural for a guy to see other cute boys and traps feeling good from having their asses touched and violated to think "If I try this, maybe I can feel good too!"

Pattern 2: "Medical Treatment"

This pattern involves receiving some kind of medical treatment in which the anus is stimulated, such as an enema, suppository, physical examination or endoscopy, and thinking "This feels pretty good," then trying stimulation oneself. There may be those who had this experience when they were little, or even those who noticed it well after middle age. An extreme, albeit rare nowadays, example of this has to do with parasites. Experiencing a good feeling when having a parasite that lives in the rectum such as a tapeworm or roundworm medically removed might pique one's interest in anal as well.

Pattern 3: "Actual Experience"



This pattern applies when the impetus is being anally stimulated or penetrated by somebody else. People who were awakened to the idea of anal masturbation through sex practices such as 'rimming' and 'prostate milking,' for example, are not so rare. In a similar fashion, there is the pattern of seeing a partner's pleasurable reactions when stimulating or penetrating his ass and thinking "If I stimulate my ass too, I might be able to feel just as good."

Pattern 4: "Stories of Experience"

This is a pattern in which hearing or reading the accounts of somebody else who practices ananie was the main reason for going ahead with it. There are many instances in which a friend happens to be a fancier and relates their experiences, but recently the uncommon majority of these cases are with people known through the web. From individual sites and blogs, to threads on anonymous message boards, to video and picture hosting sites, there are numerous places on the net that deal with discussions and conversations about personal experiences with ananie. Because this pattern tends to describe many people who already have a certain degree of knowledge about how much effort is involved and how much practice is necessary, development of skill is usually much smoother than with other patterns.

However, there will also be people who assume that their personal case is the same as everybody else's, and when they can't feel amazingly good when masturbating anally, think that they have 'no talent' and give up prematurely. With the background knowledge, things seem easy, but as preconceptions and high expectations can be detrimental, proceed with caution.

Pattern 5: "Naturally"

The four patterns up to this point have been more or less reliant on something or someone besides oneself. The fifth, however, is one without any such exterior cause. For example, there is the pattern of becoming aware of anal pleasure through the good feelings experienced when expelling waste. Because the feeling of excretion is regularly pleasurable, by itself it can spark interest in the ass without some other influence. Besides this, there are also people who might have a habit of putting their fingers in their anus in the bath, and when it feels good, start anal masturbation. In inserting fingers into the asshole to clean it, people with this pattern have started developing their ass' sexual pleasure potential without even realizing it! This is really just what might be called the ananie version of learning about masturbation through feeling good when the penis is touched even before it is thought of as knowledge.

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These 5 patterns, however crudely delineated in this section, are the most common inspirations for trying ananie. Furthermore, although this book is aimed at guys, for girls who anally masturbate, there are examples of girls who learn to stimulate the wrong hole. It's like something straight out of an Ero Manga, but there are girls who, because of the 'pleasure of excretion,' assume that "this must be the hole you touch to feel good." It's rare, but they do exist. In this pattern, having understood that 'masturbation = the act of stimulating a hole to feel good' when it comes time to try it themselves, it's possible to think, "Which hole is it, the front or the butt.... when I poop it feels good, so I guess it's this one?" ***

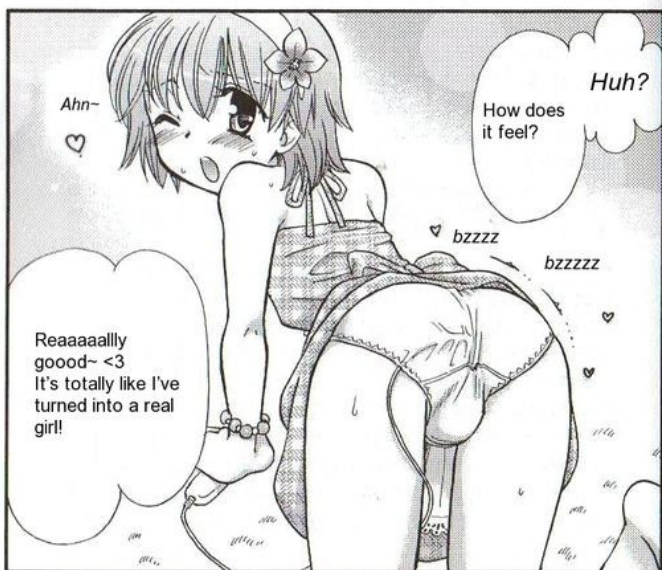
Children who haven't had sex ed. and don't yet understand the role of the female sex organs occasionally end up aware of ananie in this way. It seems that this is especially prevalent overseas, in regions where sex education is delayed or not practiced for religious reasons.

Of course, it must be desirable for boys and girls to be taught strictly from around early middle school or kindergarten that "your butt hole might feel good, but boys masturbate with their penises, and girls masturbate with their vaginas. For good children to become adults, you can't use your butt hole for masturbation. Don't touch where your poop comes out."

...But you know kids. Tell them they can't do something, and they'll want to do it even more. And when the adults aren't looking, you know they'll secretly be up to no good... eheheh.

***[Trans. Note: WTFLOL]

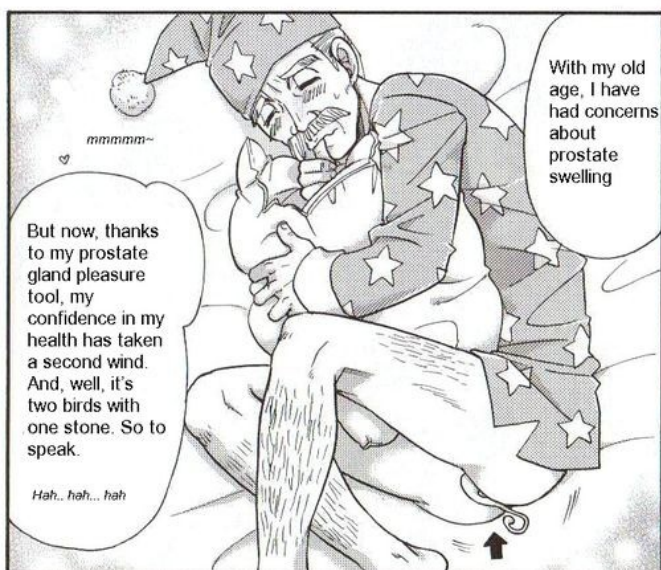
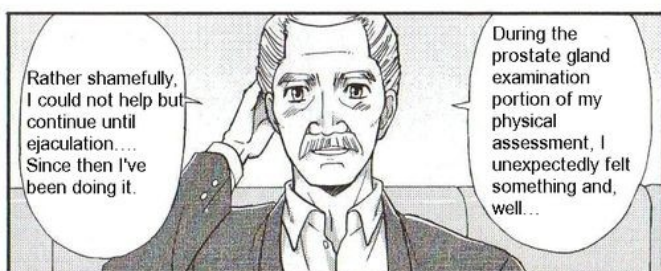
Q. How did you get started with anal masturbation?



Q. How did you get started with anal masturbation?



Q. How did you get started with anal masturbation?



Introduction to the "Ananie" for boys

第2章 最初のステップ Chapter 2: First Steps



First Steps

You'll be using the same asshole for the rest of your life, so prepare thoroughly and be safe.

Now, I know what you're probably thinking: "Hell yeah, I'm gonna start immediately!" For safety's sake, first-timers shouldn't just start playing with their butts right away, although those who are fairly acclimated to anal play are a different story. It goes without saying that your butt is a waste-expulsion organ. Just wiping the surface won't get it completely clean, and it's impossible to wipe the inside. Failing to prepare before you begin anal masturbation can be a bit problematic in terms of health and hygiene. Additionally, besides cleaning your ass, there are several other bodily preparations you should worry about.

Checking Your Nails

First off, ananie is impossible to accomplish without using your fingers in some way. Even when you use a toy, if don't apply lubricant to the inside as well as the outside of your ass, it won't go smoothly. Both the exterior and interior areas are delicate. Make sure you trim your nails short ahead of time to prevent injury. Even people who trim their nails daily should check before anal masturbation to take into account the possibility of remaining sharpness.

For example, check the status of your nails by rubbing them against nylon socks or towel material and seeing if they catch, or by lightly scraping them against your upper arm, and if there are any points, smoothen them out with a file.

Washing Your Butt

A major misconception about the inside of your butt is that it's completely full of crap. Unless you're having bad indigestion, in fact, there is no waste in the rectum. When 'nature calls,' what you're feeling is being caused by feces dropping down from the colon into the rectum; because of this, the inside of your butt is cleaner than you might expect. However, as there are times when there may be some micro-feces, clumps of matter too small to cause feelings of urgency, you should wash the inside of the rectum so that it's clean beforehand.

Although hygiene is one reason to keep clean, there is also the danger of small, hard bits of fecal matter causing injury. Additionally, except for people whose feelings of disgust for feces are unusually low and who also are used to ananie, it can really kill the mood the instant your fingertip hits

something. Now, there are certain people out there who will say that they get the most excited by playing with their buttholes when they know that there will be feces present, but as this is a bit of an eccentric fetish, we cannot recommend this practice to novices.

The best way to wash is by enema. Store-bought disposable douche bulbs are fine, but there are also methods that use an enema syringe. What you use to wash will depend on factors such as your budget and personal preference, so there's no way to say which is really 'best.' For a comparatively simple and effective wash, we recommend the method of using a store-bought blub douche at least twice, then applying a bidet or removable shower head ***, shooting water in and letting it out over the toilet.

It should be noted that, even without using an enema kit, just shooting in and dumping out lukewarm water many times will also get you quite clean, those of you who aren't so used to the glycerin solution that's used in the kits should stick to water only. As the matter of whether you use water or an enema solution that contains glycerin will depend on individual nature, we encourage you to try the method that feels most appropriate for you given your preferences.

A point of caution: if you put in too much water or enema fluid and don't let it out right away, it can rush out unexpectedly while you're stimulating yourself. Bear in mind that the less excessive job is usually just right.

When you douche, because your anus becomes softer and more pliable, washing your insides before the act has a significant secondary benefit. Taking the trouble to wash properly is intimately connected to being able to relax and enjoy yourself.



***[Trans. Note: All Japanese houses have hose shower heads like this (and many of them have bidet toilets too!)]

Warm Up Your Body

When you're cold, your body stiffens up. In turn, your sphincter muscles also tighten. You should warm up your butt to put your muscles into an easily loosened state. A bath or a long, hot shower will do the trick.

In cases when you don't want to go to the trouble of a shower, even something as basic as warming up the room that you'll use for ananie makes a difference. Cold is the greatest enemy of ecchi moments. Although you might argue that you can warm up through doing it, it's probably best to masturbate in a room that is hot to the point that you feel no cold at all. If you warm up in the shower or bath, gently massaging your anus with a finger and loosening yourself up will make things easier later. There are many ananie-experienced people who wash their butts by inserting a soapy finger during their daily shower. Soap is very alkaline and isn't very good for your mucous membranes, but if you're only lightly inserting a finger and washing, there will be no problems as long as you rinse thoroughly.

Dealing with Anal Hair

Rather than saying that this is by no means a necessary preparation, perhaps we should say that if you compare people who do it with those who do not, the latter is probably more common. However, if you have hair in the periphery of your anus, it's possible that it might get caught and pulled out mid-ananie. Although not to be seen as dangerous, we think that it will be less hassle for people who have a lot of long, grown-out hair to manage it a little. After all, doesn't fingering a hairless anus feel a lot better than with a hairy one? The subtle sensation of hairlessness on the fingertips can really turn you on.

There are multifarious methods of management, including shaving with a body razor, or using something such as hair-removal cream. Because you are dealing with a sensitive and delicate area, take extreme care in the process, no matter which method you use. It should be noted that, when using hair removal or thinning cream, you should test it on a safe area such as your arm or leg before applying it to the area around your anus. Additionally, because there is such a need to wash cream off thoroughly and immediately if you feel any discomfort when using it, doing things in the bathroom will allow for quick access to hot water, and will simplify the process. Make a habit of applying skin-care lotion after removing hair. For this purpose, please use a non-alcohol, low-irritant brand.

For those of you who are lucky enough to be hairless, or who have some but not much, if it's thin enough, there shouldn't be any problems. We do not mean to imply that your hair will always get caught on something if it's thick. It all depends on the extent of your preferences or desires for removal.

第2章 最初の ステッス

Preparing Toys and Places

Preparing Lubrication

The anus is not a self-lubricating orifice. When inserting something or fingering yourself, you'll have a hard time if you don't add some moisture to make things go more smoothly.

It's possible to wet the anus with saliva. If you suck on your finger and apply it to the surface of your anus, it will work as a lubricant. However, saliva dries quickly, and its lubricating power is somewhat lacking. Instead, we recommend that you make use of some variety of lotion, Vaseline, or cream. There are those who substitute things that happen to be at hand, such as butter and margarine, conditioner, or soap, but we cannot recommend this to any degree. When you get down to it, this is still an ad hoc substitution, and it is not good for your body for soap or conditioner to be inside your anus for an extended period.

For the greatest and most versatile lubrication for the least effort, in this book, we recommend masturbation lotion. After all, even with ordinary, penile masturbation, doesn't it feel good when you use lotion to wet things up? As masturbation lotion is used for purposes other than ananie, it can easily be purchased in drug stores and online shops. If you choose to use the "anal-use" variety found at adult toy stores, there is generally no problem, but because of the wide variety of different kinds, from runny to viscous, encapsulated in the term "masturbation lotion," there is no option but to try a few for real to see which is best suited to you. If you're really lost in choosing a lotion, our recommendation is "Pepe." *** It is the most orthodox masturbation lotion, and a purchase will never disappoint. Even if it is not the 'best,' as one of the 'better' brands, it should be more than serviceable.

We should note that oil-based lubricants such as Vaseline degrade natural rubber. Therefore it's best to not combine oil-based lubes with rubber toys. If you only use it a little and wash the toy immediately, there will be no immediate problems, but the lifespan of your rubber product will certainly be diminished. When using a toy such as the Aneros that is made of oil-resistant resin (or your finger), there are absolutely no problems with using oil.

Preparing Toys

[***Trans. Note: This is a popular Japanese water-based lube, similar to KY or Wet]

This is a conversation for after you're used to your fingers, but if you're going to be putting toys into your butt, it makes sense to warm them up first. Toys that are close to your body temperature will be much easier to get intimate with. For non-electrical toys, a few good methods of warming include soaking them in warm water, or putting them somewhere in your clothes and letting your body heat warm them.

If you put an object that is too hot into your ass, it will burn you. Please use your hand to confirm that a toy is not too hot before inserting it. On the other hand, there is the danger of sudden, explosive diarrhea if you insert something cold. Although your body heat will warm it up, inserting a cold toy suddenly will end up stimulating the excretory system reflexively. To make matters worse, your muscles will also stiffen up. Detailed stuff about toys, including purchasing them and clean-up after you use them, can be found in a different chapter.

Preparing A Place

The place where you masturbate is something that will change greatly depending on various individual circumstances. Those who live alone have it easy, but we've heard that it's a real struggle for people who live with family and who do not have their own room. If they really have no place to do it, many make use of an adult video store with private rooms or a love hotel*** for ananie purposes.

For those of you without a room of your own, you'll have to create a time and place when and where you can be alone somehow, such as scoping out a time when your family are out (or using the love hotel option mentioned above). In an environment in which you can't concentrate and your focus on your pleasure is scattered, you can't feel very good. Obviously, people who have a voyeur fetish or get worked up at the thought of getting discovered are a different story, but for everybody else, it's probably best to do things in a place where you can concentrate calmly.

Now, because when you use lubricant there are times when fluid may spill out in the heat of things, it's best prepare something so that your floor or bed doesn't get dirty. Towels are fine for this purpose, but paper sheets of the kind used in pet litter boxes are also handy. As they are made to absorb liquid, it's fine if you let out a bit of urine unintentionally, and because they are combustible trash, they require no extra effort to dispose of.

***[Trans. Note: Love Hotels are a venerable urban Japanese institution: hotel chains aimed at couples seeking one-night stands]

第2章 最初の ステップ

Preparing Your Mind

Mental pleasure is very important. Get horny first!

For better or for worse, ananie is an act that is easily influenced by your mental state, and if you aren't turned on enough, you can't actually feel very good. The mind and sexual pleasure are intimately connected in a way that is not limited to ananie. There are times at which your mental pleasure exerts an influence over your bodily pleasure through the placebo effect. Sexual acts feel good because of physical pleasure plus mental pleasure, so it should be important to raise your excitement level before you begin. If you're feeling all ecchi already, your pleasure will increase from that fact alone.

For getting horny, people have various turn-offs, turn-ons, and fetishes. Our recommendation is that you watch or read manga, novels or videos that involve anal pleasure. Through projecting yourself on characters having their asses penetrated and played with, you should be able to get excited.

Imagining ecchi stuff can also be effective with fairly little effort. Think of things that you find erotic or excite you to turn yourself on. Ananie in particular has a much bigger element of mental pleasure than other types of masturbation.

If you ever find yourself thinking things like "I don't feel like it," or, "It's too much effort," or, "I don't think I can get horny today," think about trying again another time. Additionally, it's best if you alienate yourself from anything that distracts you or interrupts your concentration. If you eliminate in advance anything that might pull your feelings back to reality, for example, by silencing your ringtone and turning on voicemail, you can immerse yourself in a still more effortless form of ananie.



Fingers First

From beginners to more experienced ananists, use of fingers is fundamental.

If you don't play with your anus regularly, it closes up very tightly. After you've become accustomed, you will use your fingers mostly for loosening up your anus before you do the full extent of things, but a wide variety of pleasurable ananie is possible with only your fingers, such as the dry orgasm (achieving long, intense multiple orgasms without ejaculation) and "tokoroten" (sudden, intense ejaculatory orgasms from anal stimulation alone).

Dry orgasms are discussed in a later chapter, so please look for information there. It's easy to imagine if you think of a level of pleasure development that extends higher than usual, without regard to ejaculation.

Probing with Your Fingers

First off, your bodily posture should be either recumbent, when you lie facing sideways, or the "flexed" position, when you lie prone and bend your knees up towards your chest. The recumbent position is often used when enemas are done in hospitals exactly because it is so easy to maintain. The "flexed" is the so-called "baby diaper changing" position. If you place a cushion or something under your hips, you can stay in this position comparatively easily for a long time.

Whether recumbent or flexed, both of these positions keep you from applying excessive force to your anus, and so are especially suited for those who are playing with their butts for the first time or who aren't very experienced.

Let's move on to applying lots of lube to the surface of your anus and your little finger, and slowly but carefully, inserting it. Even just massaging your anus with your lubed-up finger can feel really good. Try teasing yourself by stroking the outside without putting it in. On this point, we should say that people who won't even think about actually putting it in are being too nervous. Most people will have passed a stool bigger than their little fingers, although if you haven't that's a different matter. There's no reason that you can't insert something smaller than the thickest thing you excrete. Don't get nervous or scared!

If your little finger goes in, try pushing it in and out slowly. If you feel any pain, there's a possibility that it's because of insufficient lubrication, so please apply more to your finger and try again. If there are no problems, remove your little finger, and this time try inserting your pointer finger in the same way. Your pointer finger is a lot easier to move than your little finger. The thickness is slightly more than your little finger, but compared to large stools, it's quite small. Rather than burying it up to the base, once you've inserted it until the tip

of your finger passes through your anal canal (the scrunched-up part of your butthole) and just reaches the rectum (the widened passage a bit inward from the canal), move it around and massage the muscle. Slowly, and without rushing, move your finger up, down, left and right to loosen your sphincter muscles. Preferably, relax so that your butt doesn't clench up. When you hold your breath, your anus tightens, so keep your breathing deep, long and slow. Once you've widened a bit of space, move your finger forward and back, in and out. Pull it out to the point where your fingertip is always inside without going out all the way. When you feel like you've loosened up enough, you can insert your finger up to the base. It's fine to insert things deeper if the entrance is loosened. Take care not to injure your rectum with your fingernails!

Once you get deeper inside, you'll understand that it's much looser, unlike the tightly clenched entrance. This loose, wider area is the rectum. Once you've inserted your whole finger, move it around in the same way to loosen it further.

Once you've been able to insert your pointer finger alone all the way smoothly, try something else, like your thumb, or putting in two fingers like your pointer finger and middle finger; whatever you want. What the thumb lacks in length it makes up for in girth, making it particularly suited for loosening your sphincter.

The time it takes to get used to this kind of massaging and loosening has a huge individual variance, from people who on the first day can fit three fingers and easily move on to being able to ride a dildo to people who can't do anything unless they spend days at widening and loosening.

Your ass may seem like an exit passage, but if you think of it another way, as being a "hole that gets wide to let things out from the inside when I excrete waste," it's no problem to widen it out a little more. Massage yourself calmly and don't rush things, taking care to cease if you feel any pain.



Feeling Good with Your Fingers

When you get used to the feeling of inserting outside things and moving them around in your butt to the extent of loosening things up, even if you don't do anything special, you've come to a point where you can start to feel good. The anus is fundamentally an erogenous zone. Because it's an area so packed with nerves for feeling pleasure, it's only natural that stimulating it feels good.

If you bend your inserted finger and apply pressure to the area that feels like it's right behind where your testicles are connected, you can stimulate your prostate gland. Even if you don't completely know the right spot, if you reach a point that makes you think "maybe this is right?" try pushing into it with a gentle, back-and-forth motion. We think that first timers will experience a whole new world of sensation unfelt before.

Your butthole and prostate gland are both fundamental erogenous zones, but they are also places where your level of pleasure can be increased with training.

First get used to the awareness of stimulation, then carefully continue touching and massaging until the pleasure becomes stronger than the uneasiness. Because there are people who will immediately feel it very strongly and start to feel good and also people whose development won't proceed right away, because the time it takes is so different depending on the person, and if you keep stimulating, you "will" feel good, practice, practice, practice (and don't rush it). Once you've found how to feel good, try all sorts of finger motions, such as pushing in and out, wiggling around, or rubbing the interior walls with the joints (without using your nails). There are those who like to push in and out slowly and dramatically, and also those who feel better when going shallowly and quickly. Try to discover what way of moving is best suited to you beforehand. When you do this, rather than just moving your finger, it will also be good if you move your anus itself also, clenching your butt or pushing as if you're excreting something. In easy-to-grasp terms, this feels like 'pushing out or holding in feces.' Try using various degrees of force when you do this. You can really feel even better if you implement this technique.

If you increase the number of fingers you insert to two or three and then insert all three all the way in, your anus will be widened out about as far as it would be when getting penetrated by a penis, although this is dependant on the condition of your anus' wideness. When increasing the number of fingers and expanding things, if you ever think the pain is intense, don't try to put them in anyway. If you go slowly and deliberately, you'll be able to put things inside without thinking it difficult, so if you still feel a bit of pain, you're 'still early.'

Little by little, as you get used to it, it might be fun to change your position. For example, lie prone and turn your hands around to your butt, or stimulate your asshole with the fingers of both hands. If you massage your ass with one hand as you do it, this can feel even better! Although they might be the same two fingers, the pointer finger and middle finger on the same hand might feel different inserted than, say, the pointer fingers on your left hand and right hand, and the movements possible may change also. Try all sorts of things without thinking you're overdoing it, such as using the two fingers from two different hands to pull open your ass while fondling the cheeks with your other fingers.

Next, while playing with your ass with one hand, try stimulating some other area at the same time, such as massaging your inner thighs, rubbing your nipples, applying pressure to your perineum or plain old jacking off. In particular, it seems that the connection between the nipples and anal pleasure is very deep, so it may be good to develop sensation with them in parallel.

Your ass may seem like an exit passage, but if you think of it the way it's thought of in erotic novels, as a 'lewd hole that gets violated daily as an excretion organ' if you loosen it up, it will really start to get wider.

Again, massage yourself calmly and don't rush things, taking care to cease if you feel any pain.



