

Achieving Orgasm: Getting The Most Out Of It

Sex with the right partner can be wonderful, pleasurable and satisfying. When two people physically connect, sex can be liberating and the orgasm powerful. However, many people report having difficulty in achieving orgasm and when they do, it is sometimes disappointing. Others say that it is not always possible for them to achieve orgasm. An orgasm does not have to be an elusive thing. There are ways to experience a powerful orgasm - it just takes a little practice and a few helpful tips.

Don't focus too hard on it. When your mind becomes fixated on the goal of achieving orgasm, your chances of actually reaching this peak diminish significantly. Sex is a wonderful activity that you should enjoy free of inhibitions and nagging thoughts. Instead, focus on your partner and how his/her body connects with your own. You want your mind to become attuned to the sensations and movements of your bodies. Your goal is to react instinctively and not plan anything. Stay in this state of action and reaction and revel in the feeling of two bodies moving in unison. The more you are able to let go and simply enjoy the act, the better the sex will be.

If you are struggling with achieving a powerful orgasm, it may be because your foreplay is lacking. Sometimes in the excitement leading up to sex, there is a tendency to reduce the time spent on foreplay or to skip it altogether. Unless there are serious time constraints, foreplay should never be skipped. In fact, good foreplay can lead to more powerful feelings of pleasure and better your orgasm. Here is a tip: if you are able to slightly tease each other and come close to orgasm without actually achieving one, your final orgasmic moment will be spectacular. Teasing one another in the bedroom is playful and fun and creates a sexual build up that powerfully culminates in your final orgasm!

Sometimes the best way to learn how to have a better orgasm is to practice on your own. This will involve taking the time to get to know your body and what sensations you find most pleasurable. To do this, women may find that using a vibrator is helpful. A vibrator is a way of heightening your self-pleasure in a no pressure environment. There are no set techniques to utilize a vibrator; the emphasis is on what feels good for you. The more you are able to achieve orgasm by yourself, the better able you will be to recognize the signs of pleasure. For men, instead of using a vibrator, simply changing your way of masturbating can help you to achieve a more powerful orgasm. When pleasuring your self, focus less on quickly finishing the task and instead, draw out the sensations. An orgasm becomes more powerful when there is not a dash to the finish line. Learn to take your time and enjoy the feeling.

Sex is supposed to be fun. If you find you are not having fun and are constantly worried about whether or not you will achieve orgasm, you are quite simply going about things in the wrong way. Let your thoughts go, take more time, and focus on the wonderful feeling between the two of you. Achieving orgasm is not out of reach!

Short note about the author

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