

“G” (Grafenberg) Spot

The **G-spot**, also called the **Gräfenberg spot** (for German gynecologist Ernst Grafenberg) is characterized as an erogenous area of the vagina that, when stimulated, may lead to strong sexual arousal, powerful orgasms and potential female ejaculation. It is typically reported to be located 2–3 inches (5.1–7.6 cm) up the front (anterior) vaginal wall between the vaginal opening and the urethra and is a sensitive area that may be part of the female prostate.

The existence of the G-spot has not been proven; nor has the source of female ejaculation. Although the G-spot has been studied since the 1940s, disagreement persists over its existence as a distinct structure, definition and location. A 2009 British study concluded that its existence is unproven and subjective, based on questionnaires and personal experience.¹ Other studies, using ultrasound, have found physiological evidence of the G-spot in women who report having orgasms during vaginal intercourse. It is also hypothesized that the G-spot is an extension of the clitoris and that this is the cause of orgasms experienced vaginally. Sexologists and other researchers are concerned that women may consider themselves to be dysfunctional if they do not experience G-spot stimulation, and emphasize that this is not abnormal.

Female G-Spot Location with Picture

Explains how to find and stimulate the female g-spot, includes a diagram and picture showing the location of the gspot.

"For some women hitting the g spot can bring deep and intense orgasms that differ from a clitoral orgasm."

Any women reading this: if you've ever dropped something behind a washing machine and nearly broken yourself in half failing to retrieve it, you've only experienced a fraction of the feeling of inadequacy felt by a man looking for the elusive G-spot!

The area became popularized by sexologists in the 1980s as the "G-spot." It turns out that stimulation of the G-spot produces a very powerful kind of female orgasm; and in some women, it even produces female ejaculation, colloquially known as "squiting" ". For both of these reasons, finding, stimulating and discovering how to master the woman's G-spot has become, for both men and women, the Holy Grail of female pleasuring.

A 1981 case study reported that stimulation of the anterior vaginal wall made the area grow by fifty percent and that self-reported levels of arousal/orgasm were "deeper" when the G-spot was stimulated. Another study, in 1983, examined eleven women by palpating the entire vagina in a clockwise fashion, and reported a specific response to stimulation of the anterior vaginal wall in four of the women, concluding that the area is the G-spot.

In a 1990 study, an anonymous questionnaire was distributed to 2,350 professional women in the United States and Canada with a subsequent 55% return rate. Of these respondents;

- 40% reported having a fluid release (ejaculation) at the moment of orgasm,
- 82% of the women who reported the sensitive area (Gräfenberg spot) also reported ejaculation with their orgasms.

Several variables were associated with this perceived existence of female ejaculation.

In 2001, the Federative Committee on Anatomical Terminology accepted female prostate as an accurate term for the Skene's gland, which is believed to be found in the G-spot area along the walls of the urethra.

Researchers have attempted to build on the claim that G-spot stimulation leads to female ejaculation, hypothesizing that non-urine female ejaculate originated from the female Para urethral glands, or Skene's gland.

Some medical evidence suggests that the G-spot has a purpose other than to make you feel really, really good! Sexpert Emily Dubberley, says, "*Some scientists believe the G-spot can help ease childbirth because when the G-spot is stimulated the pain threshold is increased by up to 84%.*"

Location of the Female G-spot:

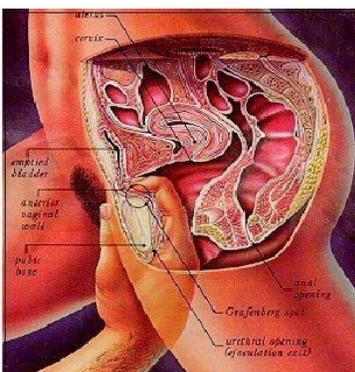


Fig 1. Cut-a-way of a female body showing location of the G-spot

Some women have large G-spots, just as some women have large breasts, and some men have large penises.

As can be seen in the female g-spot diagrams, the Grafenberg or "G" spot is located inside the front wall of the vagina. You can find the female g spot location halfway between the

back of the pubic bone and the front of the cervix, along the course of the urethra and the bladder where it connects with the urethra. The size and exact location will vary slightly with each woman.

For some women hitting the g spot can bring deep and intense orgasms that differ from a clitoral orgasm achieved by stimulating the clitoris. For other women stimulating the area called the g spot just makes them feel like they have to pee.

G-Spot orgasms are triggered by a brief, vigorous, application of rhythmical friction. The desired friction is usually achieved when intercourse is practiced from behind or in the doggy style sex position.

- Locate the G-Spot with your finger, the G-Spot will feel like a small bean, and when properly stimulated, may swell to the size of a dime or even as large as a quarter.
- Firm controlled, pressure is needed to reach the G-Spot in its non-stimulated state. Stroking this area with a firm, masterful touch, she will experience twinges of contractions in her uterus.
- As she approaches the point of orgasm, if this is her first time having one this way, she may get a "full-bladder" feeling. This happens because of the prolonged intensity of the orgasm. The clear, whitish fluid from her G-Spot ejaculation will be different from that achieved through clitoral stimulation.

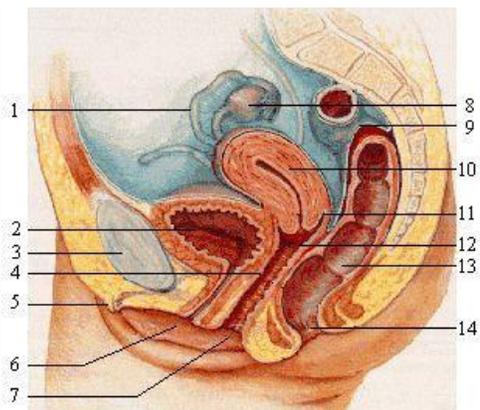


Fig 2. Diagram of the female internal sexual anatomy. The Female G-spot (4) is located one to three inches into the vagina at the side of the urethra (6) and the urinary bladder (2)

The best way for a partner to discover her G-Spot.

You are more likely to find the G Spot if the woman is already well aroused and using fingers are generally more effective than a penis.

- Ask her to lie on her belly, legs apart, and hips rotated slightly upwards.
- Insert two fingers (palm down) and carefully explore the front wall of her vagina with a firm touch.
- Reach under her body and place your other hand on her abdomen, just above the pubic hairline, and apply a soft, downward pressure. This often helps to stimulate her G-Spot.

Position one

Guide her on to her hands and knees, with her buttocks raised and her head down. Kneel behind her and grasp her by her waist. As you penetrate her vagina in this position the head of your penis will hit her G-Spot automatically.

Position two

Guide her on to her back, raising her buttocks and lower back. As you mount her, gently bend her legs so that her knees touch her breasts. Now lovingly thump her G-Spot until she is an orgasmic mess.

Position three

Lie on your back, with your legs extended. Have your lady straddle you, with her knees positioned outside your legs, she will be facing your feet with her back turned to you. In this unique position, your penis will easily hit her G-Spot.

Female Ejaculation

The G Spot is said to be linked with female ejaculation where women produce fluid on climaxing similar to males except the ejaculate is usually a clear watery fluid that is not urine.

G-spot amplification

Also called G-spot augmentation or the G-Shot, is a procedure intended to temporarily increase pleasure in sexually active women with normal sexual function, focusing on increasing the size and sensitivity of the G-spot. G-spot amplification is performed by attempting to locate the G-spot and noting measurements for future reference. After numbing the area with a local anesthetic, human engineered collagen is then injected directly under the mucosa in the area the G-spot is concluded to be in.