

# What is a G Spot

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The G-spot is probably one of the best known medical discoveries of the past century. There are dozens of medical discoveries being announced each year, but none has managed to earn as prominent a place in the pop culture as the happy spot that puts a smile on the faces of ladies everywhere. From the first hype that took the '80s by storm and on to the present day, the G-spot has been a source of wonder and daydreaming for men seeking to give their ladies the coveted "fuck of the century".

It's also been a source of sexual pleasure for many ladies. The exact nature and function of the G-spot are still debated. More than 60 years have passed since Ernst Grafenberg first described the little spot of flesh that bears his name and still doctors cannot agree on its function. It is generally acknowledged that the G-spot is a sensitive area located on the vaginal wall, behind the pubic bone and surrounding the urethra, but that's about it.

Initially, the G-spot was thought to be a simple bundle of nerves located in or around the vaginal walls. However, it was argued in 1984 that the spot is actually part of the urethral sponge, the spongy cushion of tissues that prevents urination during sex. Still, this debate about the true function of the G-spot has not prevented men and women from searching for it and taking advantage of the pleasure it can offer.

Before starting your search for the G-spot you should know that no two women are alike. This means that the G-spot is not in exactly the same place for every woman and that different women respond to stimulation in different ways. For some it's about as close to heaven as it gets, while for others it's a boring experience that might end in a mild rush. Nothing to write home about.

To find the G-spot, insert a finger about two inches into the vagina, with the fingertips pointing toward the pubic bone. Make sure your nails are cut down short before you do this and use lubrication if you have to, or your lady is bound to get an injury instead of pleasure. Press up toward the belly in the area behind the pubic bone while moving your finger (or fingers, if you wish) in small circles.

The G-spot should be somewhere around the place where your fingertips are, about two inches inside the vagina. Your lady's reaction should let you know as soon as you've found it. When you find the G-spot, start moving your fingers as if you're strumming a guitar. This should stimulate the area quite good and make the lady squirm with delight.

Actually, once you've found it, use your imagination to find different moves and ask your partner which one feels better. She will be more than happy to guide you around and to tell you what feels best. You can also try stimulating the clitoris or inserting a finger in her anus at the same time in order to give her even more pleasure. It's all up to you and her.

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