



Micha Schulze & Christian Scheuss

CUM!

The Complete Guide to Orgasm

BRUNO GMÜNDER

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Foreword

The Hunger for Orgasms

Are you wondering how someone can write a whole book about something that only lasts a few fleeting moments? Counterquestion: Haven't you tried almost everything to reach this brief moment?

The average male orgasm lasts 12.2 seconds, as the American psychiatrist Michael McGuire found out. He projected the data—according to him, the average John Doe spends nine hours and twenty minutes of his life in this ecstatic state. We guess that the average gay man might enjoy even more hours of ecstasy.

Those few seconds of spasmic twitches and glassy eyes have quite an impact on us. We dial sex lines for \$2.99 per minute, we drive for many miles at night to meet a date at a deserted park, we ignore our promises of faithfulness, we fly for party weekends to Pattaya, we forget about safer sex rules at the sight of a super hot guy, we sometimes poison rivals and forget to finish our manuscript.

We are hungry for more and better orgasms. Sex seems to be simply the vehicle to reach this final climax. Why do we have this hunger for it? And why do basically all religious leaders condemn us for this hunger? In this book, we look at orgasms from biological, medical, psychological, and historical-cultural viewpoints. We give advice on how you can better understand your climax and make it a more thrilling experience.

It's evolution's fault that we are how we are. The orgasm is supposed to help us in procreation, but it has developed a life of its own. After all, heterosexual males do not only fuck when they find a woman ready to conceive. We all love finding toys to make the experience better. Sex can have a variety of functions: It can help relieve stress, prove our love, or save a relationship. But most importantly, it's just fun.



There's nothing wrong with stating the latter. In this book, we show that you don't have to feel bad about yourself and your needs. It can even make your life better to learn how to control your orgasms without cumming. Orgasm and ejaculation don't have to be the same thing. The Chinese have known that for thousands of years, but in our modern world, most people have forgotten about multiple climaxes and other brilliant possibilities.

Orgasms do not always work the way we want them to. Your partner might irritate you if he cums after ten seconds, while you are just mildly aroused. Or you might have problems reaching a climax when having sex with a partner, even though you can easily cum while masturbating. We'll inform you about pitfalls and how to avoid stumbling into them. We'll give you advice on how to maximize your potential for orgasms.

And why is this book written from a gay point of view? The following pages will be about sex between men simply because we are not interested in the woman's G-spot or vaginal orgasms. A gay book about orgasms is necessary because most sex guides available in bookstores ignore the male G-spot. In fact, many men—gay and straight—have never even heard of it.

As gay men we know about the climax that can be reached by stimulating the prostate. This anal orgasm is very different from the "traditional" one. We'll help you to find your G-spot. It is a very special experience to cum both in your cock and in your ass simultaneously.

If we succeed in giving you some new climaxes on the next couple of pages, we will be closer to our goal. Your lust is our lust! We cross our fingers, our glans, *and* our prostate!

Have fun cumming!





Foreplay!

Extended foreplay is part of any perfect orgasm. This is also true for this book: Our introductory chapter will give you a bit of gossip and a bit of eroticism as well as a couple of scientific findings. And the chapter will make you horny for more ...

Fifty Words for (Experiencing) Orgasm

abandon • access • accomplish • apoplexy • balling • carnal knowledge
climax • cohabitation • coitus • congress • convulsion • copulation •
coupling • cramp • craze • delirium • diddling • eclampsia • epilepsy •

epitasis • falling sickness • finish • fire and fury • fornication • frenzy • furor • furore • hysteria • ictus • intercourse • intimacy • intoxication • lovemaking • madness • making it with • mating • onanism • orgy • pareunia • paroxysm • peak • rapture • ravishment • sex act • sperm • stroke • tearing passion • terminate • towering rage • venery

One World Orgasm Day on August 8

Alexander Hirka loves to experiment. He is an artist who expresses himself through different media. He creates collages, he writes books, he's an actor. And he's a person with a vision. He wants one single day to be solely dedicated to orgasms. Just one day in which the world will enjoy peace.

Imagine there's an Orgasm Day and nobody cums around the world. Or to be more precise: very few people have heard about it. We would like to change this since it is surely more important than events like World Star Wars Day (May 4). One World Orgasm Day was first celebrated on August 8, 1998. It's your choice what you do on that day and who you do it with. The most important thing is that you cum—whether by yourself or with a partner or partners.

The One World Orgasm Day would actually be a good way to unite the world's religions—if they were not as hostile to sexuality as they are. But it is a fact that men are much more relaxed after spraying their juices. It's also no secret that men who are sexually frustrated are more violent. It sounds utopian to create world peace this way, but a successful One World Orgasm Day would bring us closer to that goal.

Brazil is one step ahead: The mayor of the small city of Esperantina has declared May 9 as the official orgasm holiday. Esperantina (population: 40,000) now discusses orgasms at least once a year. Instead of work, everything is about sex.

However, this strange holiday in Esperantina is not intended to support world peace, but to make its citizens birth more babies. Which is a problem: It's targeted towards heterosexual couples. Well, you can't have everything at once ...



Embarrassing or Laudable?

“It’s official, Andre Gubilam is the new king of masturbation. In a stunning feat of endurance and determination, Andre Gubilam achieved 36 orgasms in a 24-hour period! Sleeping intermittently during the marathon, Gubilam remained focused and aroused by his impressive library of pornographic films. With over 400 films in his library and three televisions playing movies at all times, he had a continuous stream of footage to aid him in his quest. He said: ‘Masturbation for me is a way of life. I’ve been training for this day since I was 13 years old and I’m happy with my performance today.’”

This news story has been reported in newspapers and on the Internet for years. It’s not possible to verify whether or not the claims are true. In fact, it’s more than likely that this is an urban legend, just like the story of the poisonous spider in the yucca palm. Which is too bad, since a record like that would certainly be eyebrow-raising. When men talk about how often they’re able to cum per day, they usually boast numbers between three and six. More orgasms than that would not be enjoyable and would just hurt. Those small little private records, however, are usually just reached in one’s youth and when they are especially horny or freshly in love. That’s when their sexual activity is highest.

Some orgasms might be embarrassing, especially if you start laughing and cannot stop. This is usually unsettling to one’s partner. Of course, you don’t want to laugh at him. But the hormones do crazy things to your brain during sex, and laughing is the psychological reaction to a biological process. A “laughing orgasm” can be something great if the partners understand what’s happening—and if both laugh along.

The sexual encounters that are the most embarrassing are the ones that end up in a hospital. A classic is the scientific study *Penile Injuries while Masturbating with Vacuum Cleaners* that was published in Germany in 1978. It lists several unfortunate masturbation accidents involving vacuum cleaners manufactured by Kobold. This scientific work has become quite popular in recent years and has led to several readings by well-known artists.

There are also many reports of vibrators that create a disturbing humming sound in the intestines and don’t want to leave the cozy atmosphere, not to

mention other everyday objects or sex toys that have to be removed in hospitals.

Myths About Orgasms

You Can Only Have 1,000 Orgasms

Have you already estimated how often you've sprayed your load in your life thus far? Is the number getting close to the magical number? Excuse me? You already surpassed the one thousand mark? You horny bitch!

Here's a strange fact: You can continue to cum even *after* you've blown it out more than one thousand times. This threshold is one of the myths that lives on in the minds of some people. Teenagers especially tend to worry that they can't go on forever, which keeps the fear alive.

The origin of this fairy tale lies in the Christian puritanism of the 17th century. Puritans were especially focused on the fight against masturbation. Oxford preacher Richard Capel, for example, wrote a tirade against "self-pollution" in 1640, calling it the greatest sin against nature. He argued that masturbation led to impotence and a shorter life span due to suicide.

The Christian hostility towards sexuality created much suffering and self-oppression, which prevailed for centuries until the early 1900s, when Sigmund Freud started to rethink the subject. In the 1960s, people all over the world freed themselves during the so-called Sexual Revolution.

Men Over 60 No Longer Have an Interest in Sex or Orgasms

This is a downright lie. It also has its roots in the hostility towards sexuality, and still persists—especially in senior citizen homes that are run by the church. Sexuality is a taboo there, and the people concerned often even believe themselves that their time is over. But the truth is, you can have an orgasm regardless of your age. Many people may have less desire for sex due to hormonal changes. For example, men produce less testosterone. And, of

course, there could be weaknesses due to old age that kill any desire for sex by preventing erections or making orgasms more difficult to achieve. But horny seniors exist, and this is a good thing! The gay men who fought for equal rights, free love, and emancipation in the 1960s and 1970s are now reaching retirement age and might end up in need of care. They will be the first ones to bring their revolution into the old folks' homes and might be able to develop structures that make it possible to enjoy age-appropriate sexuality.



Aggressive Men Are Better Lovers

Better? In what way? If this means that the guy just worries about his own satisfaction and not about your orgasm, it would be bullshit. If this means the guy is really manly, is dominating you and really giving it to you well, it might be a great source of joy in this situation. Aggression as a part of the sexual game is fine, but it can also lead to nuances and moods and overshadow your mutual needs. You have to be able to distinguish whether

your lover's bite on your ass is a horny game or if he's just hurting you because he's pissed off at his boss at the office.

A Long Cock in Your Ass Makes Orgasms Better

How long is the longest cock you've ever received? Did you notice a difference? If you did, maybe it was a self-fulfilling prophecy, since you like long cocks in darkrooms or porn films. However, size does not really matter. If a cock is too big, it might be too much for some people, causing them to feel only pain and pressure in the intestinal area as the cock goes further in. To stimulate the prostate—the most sensitive area—two to three inches are plenty. Even a small cock can do that. A more decisive factor in reaching and pleasuring the erogenous zones is the thickness of the penis. However, even this is often a presumption. Generally speaking, huge cocks only give the impression of doing a better job.

Spanish Flies Increase the Potency

Be honest: Do you really think that ground flies in homeopathic amounts can increase your potency and make your orgasms better? Or that eating the testicles of tigers or pickled snakes causes you to shoot better? All of these perceived solutions to Viagra are nonsense and will only help gullible people spend a lot of money. There might be a placebo effect, but you could also get that from sugar cubes. To become more potent, it's much better to learn about your body, enjoy your body, and develop a healthy relationship towards sex.

Faces That Cum

The young man with his cute curly hair is lying on a bed. You can see the blue pillow below him. The video camera is fixated on him from above. From this perspective, we can see just his face—as well as his broad naked