THE PANCAKE

PUSSY EATING TECHNIQUE

TO MAKE HER SQUIRREL

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Hello! Today’s report by me, May Thai, is going to look at quick ideas you can implement today, this is a quick read if you are short on time. However the legendary encyclopedias I recommend at the end of this report contain numerous sex moves, explained in detail. You’ll find a variety of sex moves including how to get your partner horny, all of the secret erogenous zones, foreplay, positions, aftercare, and more…..What are we waiting for lets jump in right at it
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Start slowly kissing and licking (extremely softly) all around her vagina and clit. The edge of your lips should be making a tiny amount of contact with her vagina and clit as you move your way around...constantly teasing her. Finally, you can get to the main course...it’s time to start using the Pancake.

The Pancake is crazy simple. Start by sticking your tongue out of your mouth. Allow it to drop down over your chin and relax. Now make it wide and flat (like a pancake) as demonstrated below:
You will be holding your tongue in this position when performing the Pancake, keeping it relaxed, wide and flat.

To perform the Pancake, start with the base of your tongue at the bottom of her vulva. Making sure your entire tongue is thoroughly covered in saliva, slowly move your head upwards from the bottom of her vagina to the top so that your tongue moves from the bottom until the tip of your tongue passes over her clit.

DO NOT make movements with your tongue. Keep it relaxed, wide and flat. INSTEAD, your head will be doing all the movement. As your head moves upward, your tongue will follow.

This is the position you should start at

When you reach the top, stop, pull away from her so you are no longer making contact and start over from the bottom.

In the following demonstration you can see the position at the top…
Keeping your tongue relaxed, wide and flat ensures that you cover as much area of her vulva/vagina as possible, giving her maximum stimulation.

That’s all there is to performing the Pancake…

Although there are some important things to keep in mind…

**What should I do with my tongue while I move my head upwards?**

Just keep it relaxed, flat and wide. That’s it. Don’t try to make any shapes with it. Don’t curl it up. Don’t perform a flicking motion. Again, it should be relaxed, flat and wide when you eat out your girl.
How much pressure should I use to properly eat pussy?

First of all, you won’t be using the muscles in your tongue to apply pressure as you move upwards during the Pancake because you will be focused on keeping it relaxed, wide and flat...

I know I sound like a broken record here, but this is crucial to keep in mind.

Instead, you will be using your head and neck to apply pressure. This has the dual effect of making sure your tongue doesn’t get tired so quickly...enabling you to perform cunnilingus for longer, but also allowing you to provide huge amounts of pressure (if required). So, how much pressure should you use...

**As little as possible.** More pressure does not equal more intense orgasms. You should use minimal pressure for the first few minutes and gauge her reaction to it. You should be so light, that you are barely touching her. If she can come from incredibly light pressure, then you should focus mostly on using light pressure.

If you are not hearing, seeing or feeling much of a reaction from her (faster breathing, moaning, clutching at linens, bodily tension if she’s close to orgasm), then start to use increasing amounts of pressure until you can tell she’s enjoying it. However, your goal
should always be to use the minimum amount of pressure possible to make her cum when you are eating her out.

**How fast should I be?**

This is similar to the amount of pressure you use... Move as slowly as possible.

Again, you need to see how she responds to this. If she isn’t getting much enjoyment from your slow movement, you’ll need to speed up. Many women can come when you slowly move from the bottom of her vagina to the top over 15 long, agonizing seconds, while others need you to move as fast a dog drinks water!

When figuring out both how much pressure to use and how fast you should move, you need to listen to her body and see what she reacts to. You should also get her feedback on your technique. Don’t be afraid to ask her if this works for her.

Alternatively, you can experiment by specifying that you’re going to perform a few techniques and getting her to rate them.
Should I do anything different when she is about to cum?

There are two schools of thought about what to do when she is about to cum. The first is for beginners and intermediate folks while the second is for advanced guys…

**Super-Steady Pace (beginner – intermediate)** – Most women greatly appreciate when you can maintain an incredibly steady rhythm as they are about to cum. So, keep the pressure the same and maintain the same speed. Switching it up now can ruin her orgasm and mood.

**Agonizing Slow Down (advanced)** – If you have gone down on your girl, brought her to orgasm repeatedly and can now do it with ease, you should try the Agonizing Slow Down.

Here’s how to do it… When you can tell that she is close to orgasm, slow down ever so slightly so that the final approach to orgasm takes longer than usual. This way she will get to experience the hyper-pleasurable build up to orgasm over a longer period.

As you try this more and more, the closer she is to orgasm, the slower you should get. This way, she will get to enjoy that wildly-intense feeling right before she comes, for longer. This will make her come much harder than normal.
Warning: If you haven’t eaten her pussy much before, you won’t know how her body reacts to your tongue that well. So trying the Agonizing Slow Down when you are new to eating her pussy is a recipe for a frustrated, dissatisfied woman.

Should I do anything different AFTER she has had an orgasm?
Just like guys, most women have a refraction period when they have clitoral orgasms. Her clitoris and vulva become ultra-sensitive, and when it’s touched, it’s almost painful.

So what should you do if your woman has a refractory period?

Well, don’t touch it for a few minutes, duh! Instead, focus your attention elsewhere, kissing around her vagina and even returning to her inner thighs. Basically, do anything
except making contact with her clit and vulva. Returning to foreplay is a good idea or simply lying beside her until she recovers can work too.

After a minute or two, if you want to continue eating her out (and she wants it too), you can test how sensitive she still is by kissing the bottom of her vagina and gauging her reaction. If she flinches, then wait longer. If she enjoys it, move higher and higher until you can touch her clit AND she enjoys it. Any flinching on your way up and you’ll need to wait longer.

These legendary encyclopedias BELOW contain numerous techniques for going down, explained in detail. Check them out and you’ll find a variety of sexy topics including how to get her into the right mindset, all of her secret erogenous zones, foreplay, positions, aftercare, and more
Is female sexual arousal different from male sexual arousal? Do these differences matter? Why do women say no to sexual intimacy? What factors increase or decrease female sexual arousal?

In this fun-to-read, empowering book about the many angles of female arousal and pleasure, the author, delves into the secrets of a woman’s anatomy and satisfaction, and offers entertaining, but knowledgeable, answers to questions every man wonders about. This refreshing book explains what to do, where and how to do it.

NB: Some of the techniques within this book are sexually and emotionally powerful. Although these techniques and activities can have dramatically positive effects on the emotional well-being of individuals involved, people in short term relationships should generally apply these techniques with caution.

So few men are skilled at eating pussy, that even just reading a few pages of this book will literally put you in the top 1% of cunnilingus masters. Eating a woman’s pussy is one of the greatest sexual acts you can perform. It is at the same time intimate and incredibly sexual. You are literally making out with her pussy. At the same time that your head is buried between her thighs, you can feel the subtle convulsions of her body, her breath deepen and shorten and you can feel the arching of her back as she actually works with you to heighten her own arousal. If you do it right, the experience is intense, unforgettable and at times – explosive.

However, eating a woman’s pussy is not something that they ever taught you in school. It is, although, a skill that every man should have. This teaches you how to do it right. Now let’s gets down to eating pussy and chowing box.
This manual is a plain-and-simple, instructional guide on how to give women orgasms. This Book is something that you can refer to time and time again. The information is intended to help women achieve orgasms and have a more fulfilling sexual relationship. It contains details of female orgasms, along with the overall “system” or “strategy” you’ll employ. Also included are techniques to illustrate what needs to be done, and when.

It can be looked at as the “toolbox” of techniques. You’ll find a variety of different sexual techniques you can use to “plug-and-play” into the overall system of making a woman achieve an orgasm. In this book are the keys needed to open the doors for a woman’s sexual fulfillment ready to be given to as many lovers as those who desire to possess them. OK, enough talk... now open the book and let’s get down to business!

Now my friends what you have before your eyes is a master class in the art of mastering your woman. Unfortunately, many men do not learn the true principles of women sexuality at the outset and so, even with the best of intentions, their form is without substance. That’s a shame, because mastering her is the most effective way to bring a woman to orgasm. It can also be one of the most pleasurable acts—for both of you.

This book will make you be able to convert a woman’s movement and internal force into stimulation and stability. These techniques are helpful for staying on course to her orgasm. This book revolutionizes the way people learn about sex. Millions of men want to be sure that when their partner says, “Yes, I came,” she’s saying it with the flush of a real orgasm on her face, and the weak knees of a woman who’s just experienced something that she’d only suspected could exist.
This program is designed to help men overcome sexual dysfunctions and regain their sexual confidence. It offers strategies and techniques to re-train your mind and body in order to have longer-lasting sex, while increasing your partner’s pleasure.

Everything is explained here in clear, concise and easy-to-understand instructions. The insights, tools and techniques in this program have been rigorously tried, tested and proven effective by thousands of other men who are now enjoying lovemaking that lasts so much longer than before.

This will also give you some instant “firepower” that you can use tonight! Revealed are the tried-and-tested tactics you can use right away to put up a respectable performance in bed, and send her into a sexual frenzy!

For most women, unforgettable sex isn't only about penetration. There are a variety of activities that just go beyond pleasure vaginal stimulation and fingering (vagina massage).

Great lovers are made, not born! This is a point that I bring up time and time again. So many people expect sex to be effortless, but it rarely works that way in the real world. Just like any other skill, being good in bed takes time, practice, and education.

Now in this educative guide what is your worst case scenario for rubbing pussy for some time? Even with no healing or revelations or orgasms that's bound to be a good time for both of you.

Ready to go beyond just pleasure?
Do you know the right way to place your first lick? The first lick sets the tone for the entire session due to a psychological principle called the “Primacy effect”

So what will you learn in this Book?

— The Cunnilingus Principles for Powerful Orgasms
— Easy Ways to Supercharge Her Orgasms
— Know Exactly How She Wants to Be Licked WITHOUT Asking Her!
— Tongue Tricks to Blow Her Mind
— Most Comfortable Oral Sex Positions for Powerful Orgasms
— Weird Ways to Use Food to Improve Your Oral Sex Skills
— How to Give An Unforgettable First Lick That Makes Her Swoon in Delight

If you are a guy and sexually inexperienced, don’t face your initial sexual encounters with uneasiness. A little bit of knowledge will help these encounters to be even more joyous. This guide spells out the basics, frankly yet tastefully. As well as giving you all you need to know about how to make the encounters memorable, safe, and rewarding, this book provides a modern, 360-degree view tips and techniques in a easy to remember step by step illustrations. There are a few basics you should take into account before stripping your clothes off.
Do you want to learn how to masturbate to a state of blissful pleasure that is far more lasting and intense than anything you have experienced masturbating the ordinary way? This is the only masturbation program that will help you sharpen and polish your sexual skills and stamina. Not only will you become more confident in the bedroom but it will also allow you to give your partner clearer directions on what you need to get truly satisfied.

You can improve your sexual enduring power by practice. This masturbation system can be an important tool in “training” you on how to last longer in bed. You will naturally increase your sexual stamina by learning to increase time before ejaculation in these masturbatory sessions. The more you masturbate, the more control you get over the timing of your ejaculation.

Guys are often guilty of skipping foreplay altogether, instead going straight to sex without warming her up first. With tips and tricks specifically designed to stimulate her sexually. Learn to put a woman in the mood so she can ache to be penetrated. Foreplay is one thing a woman can't get enough of. Women are emotional creatures, and that's why they like, enjoy, and need foreplay. So give her what she wants, and she sure will shock you with how well she responds and actively participate during sex.
Women’s brains need more novelty and more variety in bed than men’s do. Novelty and variety are necessary in order for her to stay sexually invested, aroused and interested in her partner. So, if sex gets boring for her she will have no moral reason to engage in it. In order for you to keep her sexually interested, you have got to understand that her desire stems from novelty, variety, and exploring all the kinky things that interest her… not just the kinky stuff you’re interested in.

Read that again…. Giving can be just as gratifying for someone as receiving is for the other. When you indulge in the fantasies and games outlined here, you’ll not only be giving your sex life the time it deserves, but you’ll be injecting creativity and passion into it as well.

Explore new territories and experiment with pieces, parts, or entire games and fantasies. You also get to bring out your competitive side for good, have some lighthearted fun with her, and also have some really effing great sex at the same time.