

The Cat

ultimate sexual position - the Venus Butterfly - the coital alignment technique

The coital alignment technique (CAT) has been accredited to a Edward W. Eichel, M.A., a psychotherapist, as the originator. Personally, my man and I were doing this years before the announcement by Eichel.:-)

All the statistics compiled about the Venus Butterfly sexual technique indicate that a greater number of women are orgasmic during intercourse and that the orgasms are intensified in strength and their libido is increased. Men report extraordinarily sensuous orgasms. My man agrees!

The mastery of the Venus Butterfly might seem difficult at first to some of you. Keep practicing because the results are well worth the effort. The sexual communication between partners trying to learn this technique will bring positive results to your love making.

First, assume the missionary position as this is the one most people are familiar with. As you may notice the picture below has the man on bottom. This is because my man is 6'5" tall and 230 pounds; he basically does all of the work! The females knees should be slightly bent with the legs/feet interlocked with the males. The male should penetrate but do not thrust.

Secondly, position your pelvic areas with the male above the female; riding high so to say. The base of the penis should be in direct contact with the clitoris maintaining constant genital-to-genital contact. This is key to the Venus Butterfly. The penis should also be pressing against her mons veneris (the mound from which the hair grows). Constant pressure on the base of the penis will stimulate the male the same way that thrusting does. The male's downward push will stimulate the clitoris, the female mons veneris and the prostate. When the female pushes the penis will slide against the clitoris as it penetrates.

Third, relaxation is very important. That is why my man is on bottom. Basically lying as flat as possible with legs interlocked, the only motion is the up and down movement of the pelvic areas. She relaxes he pushes, he relaxes she pushes. Do not move further than you are being pushed. Recognize the feeling from the direct genital contact.

Fourth, a relaxed gentle back and forth swing much like the body of a butterfly is the only movement you are seeking. The point of origin for your pleasure will be the base of the penis and the clitoris. This will come from the pressure each other exerts from genital to genital contact.

Fifth, hold your hands out in front of you and place your fingertips (representing the pelvic areas) together with the fingers bent at a ninety degree angle. Now move the fingertips closer and then away from you. The range of motion is very short. This is the motion that you want to achieve with the coital alignment technique.

Be sure to take your time and allow the orgasm to come as slowly as possible. Do not speed up when you feel the orgasm building. The slower you can go the better. And ladies, as your man learns control, the addition of the snapper to the venus butterfly can bring new heights of pleasure for both of you.

May all of you reach higher levels of pleasure and your joy of living be greater.

