

## 8 (Part B)

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### The Male Clitoris: Its Discovery, Pleasement, and How It Affects the Thrusting Rhythm

How can we be sure that nature intended the upper penis to be the most important area of excitability on the natural penis? Because it was designed to be covered over all the time and exposed only during sexual activity. Think about that for a moment. The anatomical design and sensory nerves of the penis head, frenulum, and foreskin inner lining are there for only one purpose—to create sexual excitement; and the outer foreskin is there to protect them from unwanted stimulation until sex takes place.

Another indication that nature intended the upper penis to be the focus of sexual excitement is new scientific evidence which attests that embedded interiorly within the glans' coronal area is *the male equivalent of the female clitoris*.

#### NEW SCIENTIFIC EVIDENCE IDENTIFIES THE MALE CLITORIS

In her book, *Eve's Secrets*, sexual researcher Josephine Lowndes Sevely reports on the findings of a seven-year Harvard-approved study detailing the similarities of male and female genital anatomy. She presents intricate physiological evidence showing that highly erogenous tissue, in the core of the penis, beneath the corona/coronal ridge area, is equivalent in makeup and response to what is commonly called the female clitoris, generally recognized as the woman's primary pleasure zone, essential to her arousal, pleasure, and orgasmic response.

I say “what is commonly called the female clitoris” because, as Ms. Sevely so eloquently explains through illustrations and text, the so-called female clitoris is really *only the tip*—although the most responsive part—of the complete clitoris, a much larger structure that extends deep into the pelvic region. In her words, “Many people may be surprised to learn that the female clitoris has deeper structures under the skin. These deeper structures are the organ’s two leglike parts that run along the lower part of the pubic bones at either side of the lower vagina between the inner thighs” (1). She sums up her comparative evidence in the following statement:

The new theory advanced here proposes that the [female] clitoral *tip* and...the *tip* of a male structure *inside* the penis [behind the glans are]...true counterparts (2). (Emphasis added)

(Essentially, **this means that the *interior corona/coronal ridge area of the penis is as sexually responsive as the female clitoris.*** We will soon learn how this interior tissue of the penis—identified below as the tip of the male clitoris—is pleased during intercourse.)

Sevely further explains that the highly excitable tip of this male internal structure is actually only the apex of its larger structure (as described above for the female) that runs down the entire length of the penis and into the pelvic region. (This accounts for why the entire shaft of the penis is sexually excitable, though not as excitable as the interior tip behind the coronal ridge area.) She calls this entire structure the *male clitoris*, and she calls its tip the Lowndes crown.\* (See Figure 8-1.) Here is her statement:

[E]veryone knows that the penis gets erect because it fills with blood...[T]he part into which the blood flows [called the corpora cavernosa]...I now identify as—the male clitoris (3).

\*A reprint of Sevely’s “Lowndes Crowns Theory” appears in Appendix D.

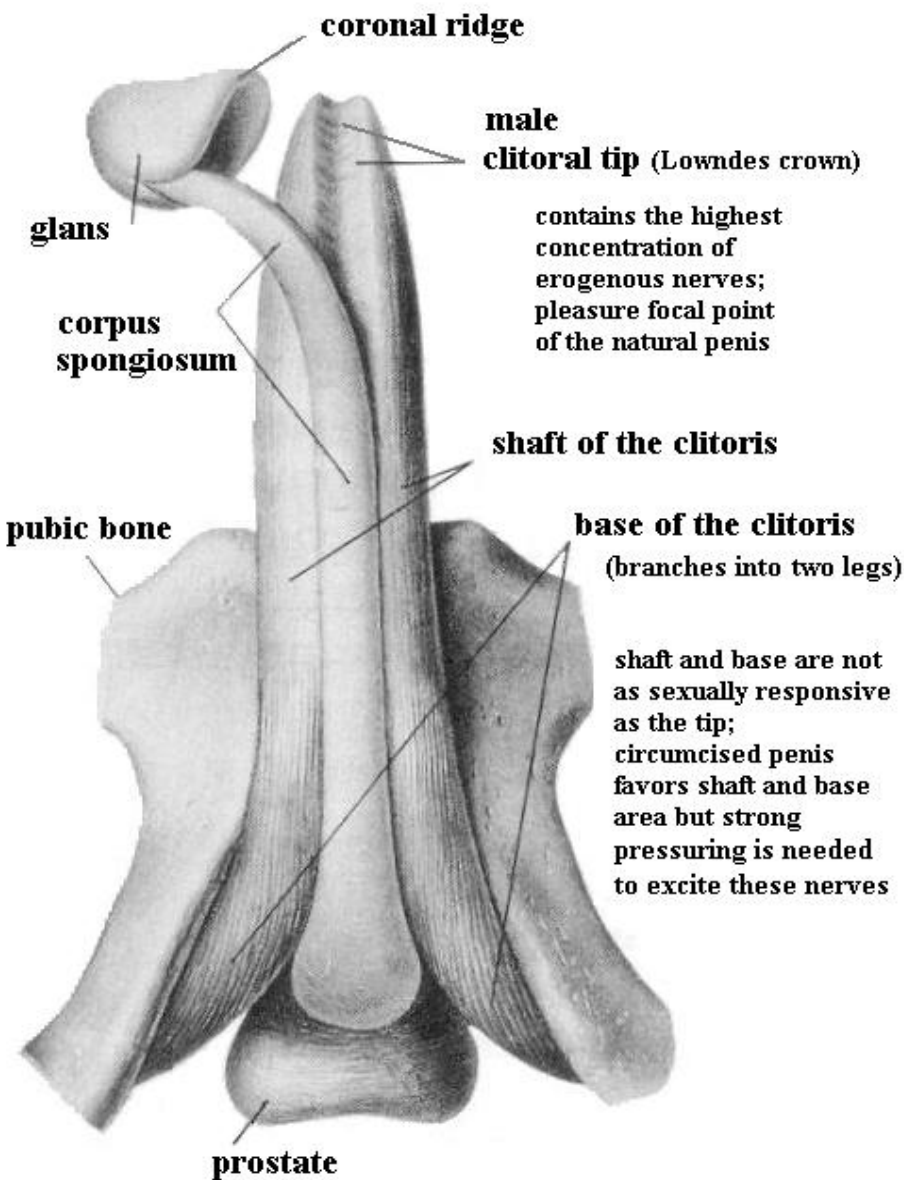


Figure 8-1. Visualize the **male clitoris** (corpora cavernosa) as a body composed largely of muscle tissue. From its tip, located *interiorly* beneath the glans, it extends down the length of the penis shaft and into the pubic mound, where it branches and continues into the pelvis and onto the pelvic bone, to which it is attached (4). (Adapted from Sobotta's drawing in *Eve's Secrets*.)

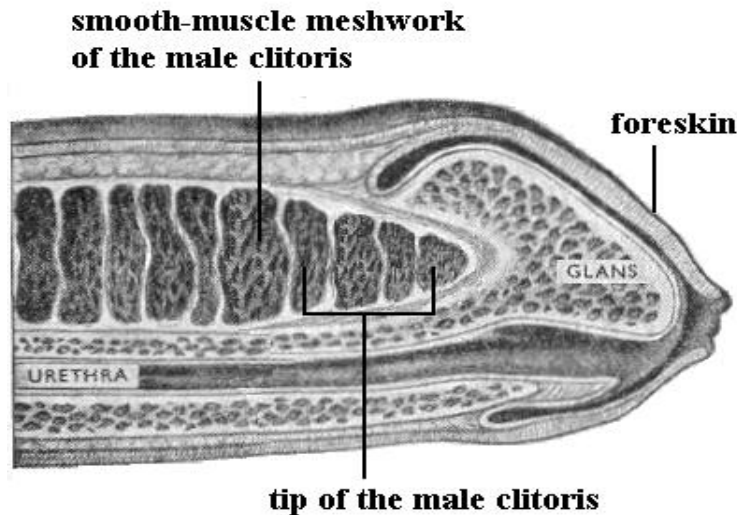


Figure 8-2. Cross-sectional view of the penis showing the meshwork of smooth-muscle tissue in the male clitoris. (Adapted from *The Illustrated Encyclopedia of Sex* by Drs. Willy, Vander, Fisher.)

The male clitoris is largely composed of smooth-muscle tissue—thin sheets of cells formed in a meshwork that is analogous to a fisherman’s net. (See Figure 8-2.) The spaces of the meshwork are called sinusoids. When the penis is flaccid, the smooth-muscle fibers are shortened and the sinusoids are small, leaving little room for blood. Elongation of the fibers causes the spaces to enlarge during erection. The following describes how the smooth-muscle fibers control the erection process.

Sexual desire and sensory stimulation trigger the release of chemicals (nitric oxide and histamine) in the genitalia that cause the smooth-muscle fibers in the male clitoris (corpora cavernosa) to elongate (stretch). This leads to increased blood flow into the enlarging sinusoids. Continued elongation of the smooth-muscle results in the flattening (or pinching off) of the exit veins that normally drain the clitoris of blood. Thus, the blood becomes trapped in the sinusoids, and the engorged penis swells into an erection. Upon orgasm, the smooth-muscle fibers shorten,

the exit veins renew their function, blood is allowed to exit the sinusoids, and the penis becomes flaccid.

A survey respondent commented, “I envision the natural penis as being as sensitive as my own clitoris.” Sevely affirms that,

The female and male clitoris are composed of basically the same erectile substance (5) ...the male is [totally] internal, but [it too is] highly responsive nonetheless to indirect touch, or rather *pressure* (6). (Emphasis added)

The entire male clitoral musculature (muscle tissue) abounds with nerves that are sexually excited by pressure, but its tip contains the greatest density of these nerves (7) and is, therefore, the most sexually responsive part, just as the tip of the complete female clitoral structure is its most responsive part.

Like the tip of the female clitoris, the tip of the male clitoris enjoys playful indirect tickling and pressure—the kind it receives from **the massaging actions of the glans upon it, and the movements of the foreskin.**

#### GLANS’ STIMULATION OF THE MALE CLITORAL TIP IS DIFFERENT FOR THE TWO TYPES OF PENISES

This section is one of the most important parts of the book, but unfortunately, it could not be brought up until now.

Sevely points out that because the penile glans and male clitoral tip are in close proximity to each other,

Touch or press upon the glans, especially its ridge...and you excite the Lowndes crown [male clitoral tip] as well (8).

As explained in Chapter 6, the natural penis head has a spongy giveability, even when erect, that allows it to bend and flex as the penis thrusts the vagina. On the inward thrust, when the penis meets the slight resistance of the vaginal walls, *the glans*

*is pushed inward and applies gentle pressure to the clitoral tip located interiorly beneath the flexible glans. Then, on the outward stroke, the bunched-up foreskin butting against the coronal ridge also causes the glans to apply gentle pressure to the clitoral tip. These kneading actions on the male clitoral tip create magnificent sensations of pleasure in the upper penis area.*

**\*\*\*\*\* A SIMPLE EXPERIMENT GIVES PROOF \*\*\*\*\***

**Male readers should try this important experiment. Hold your flaccid penis— or better still, your semi-erect penis.**

**Then, with your other hand, place your fingertips all around the coronal rim of your penis head. Next, holding this area securely, rock the glans left to right a few times, then forward and back several times. Notice that this produces sexual excitement to the interior tissue underneath the glans. This interior tissue—the male clitoral tip—is massaged during intercourse by the actions of the glans exerting pressure upon it.**

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*Essentially, a major purpose of the glans is to apply a massaging-type pressure to the interior clitoral tip during thrusting. The clitoral tip is much too sensitive to be touched directly. It prefers and needs indirect, cushioned pressure.*

The massaging stimulation by the glans on the clitoral tip is a major player in why the natural penis favors stimulation of its upper area with short strokes. Short strokes intensify the sensuous massaging movements of the glans against the clitoral tip, and the man is instinctively drawn to repeat them again and again, enraptured by the wondrous, pleasurable effects. All to the delight of his female partner, whose clitoral mound is softly pressured and greatly excited by the gentle, rhythmic actions of this vibrating type of (jiggling/diddling) stroke.

However, for the circumcised penis, the glans stimulation of the clitoral tip is dramatically and adversely affected. As you will recall, the circumcised penis is missing 12-15 square inches of shaft skin. *Upon erection, the skin of the shaft can get stretched*

*so tightly it pulls down on the skin of the glans, compacting the glans' tissue and pushing it against the clitoral tip with unrelenting, continuous pressure. This compression reduces, or may entirely eliminate, the glans' massaging capabilities on the clitoral tip.* Essentially, the tissue of the glans gets compressed so tightly against the clitoral tip, the glans' massaging movements over the clitoral tip are severely restricted. Additionally, the tissue of the clitoral tip itself is abnormally compressed because the overly tightened shaft skin has compacted the overall penis. Consequently, the clitoral tip is denied the massaging effects nature intended. By analogy, this would be like someone hardening the muscle of their bicep (making a muscle), then asking a masseur to massage it.

If the penis is very tightly circumcised (which is a common complaint of circumcised men), a man may actually experience numbness or even pain in his clitoral tip. Remember the experiment you did in Chapter 6 (page 95) where you applied constant pressure with your thumb against the coronal ridge area and experienced a discomforting sensation? If you had continued applying this sustained pressure, it would ultimately result in a desensitization of the area. (In effect, the tightly compacted circumcised penis experiences constant pressure to its internal tissue and is thus desensitized.) Sevelly attests to the desensitizing effects of overstimulation in the following:

[P]rolonged stimulation in the exact same spot of either the male glans or the female clitoral tip can cause a numbing effect (9).

Masters and Johnson reported this observation:

[For] those women who manipulate the clitoris directly.... A relative degree of local anesthesia may develop if too much manipulative pressure is applied to any one area (10).

In regard to the above (now that we realize the homologousness of the female and male clitoris), consider the following quotes taken from a national survey of men who are aware that

circumcision affects their penis's sensitivity and sexual performance (11). (Keep in mind that because the glans and clitoral tip are in close proximity, and since these men were not knowledgeable of the clitoris's existence, when they say glans, they might mean glans/clitoral tip.)

**“Takes too long to orgasm due to desensitizing of head.”**

**“Glans is callused and numb to subtle sensations.”**

**“Constant, continual chafing and desensitization of glans.”**

**“I enjoy no sensations on my glans; orgasm requires painful thrusting.”**

**“I have to be at the point of abuse and pain to my penis to reach orgasm, it is so desensitized from circumcision.”**

The conditions described above could all be a result of continuous pressure by the tightly compacted glans on the clitoral tip.

This reduced or deprived pleasure in the upper penis encourages the circumcised man to favor stimulation of the middle and lower areas of the penis.

#### RESTORATION RENEWS THE GLANS' MASSAGING EFFECTS ON THE TIP OF THE MALE CLITORIS

One of the most important sexual benefits of restoration—perhaps the most important—is that after restoration (when the shaft has the skin it needs and the penis's internal tissue is no longer abnormally compacted), the massaging actions of the glans on the tip of the male clitoris—the penis's most responsive part during intercourse—is essentially completely restored. This important factor is one of the major reasons why restored men report that intercourse is exceedingly more pleasurable after restoration. This benefit, as well as 18 others, are presented in the Table of Sexual Benefits (of restoration) immediately following Chapter 12.



STIMULATION OF THE MALE CLITORIS  
BY THE FORESKIN (AND ITS RIDGED BAND)  
CREATES SEXUAL PLEASURE AND  
MUSCLE CONTRACTIONS LEADING TO ORGASM

The foreskin's gliding and bunching actions over the upper penis shaft and corona sexually excite the upper area of the male clitoris (including its tip).

These stimulatory movements are further augmented by an elastic-like band of mucosal tissue at the tip of the foreskin's inner lining. The erotic characteristics of this specialized mucosa were only recently discovered by Dr. John Taylor (12). He calls this zone of tightly pleated, highly innervated tissue, the *ridged band* (Figures 8-3, 8-4), revised from his original term, "frenar band."

When the penis is flaccid, elastic fibers in the muscle tissue associated with the ridged band serve to constrict the foreskin opening like the drawstring of a duffel bag. This gives the tip of the foreskin a cone-shaped, sometimes puckered, appearance. (See Figure 8-3.)

During erection, the emergence of the penis head causes the ridged band to stretch open, slide back past the glans, and position itself on the upper shaft, where the inner and outer foreskin meet (called the mucocutaneous junction). During intercourse, as the penis thrusts, the ridged (elastic-like) band rolls up and down the upper shaft and coronal area. This rolling action stimulates the erogenous nerves of the ridged band to fire off sensations of pleasure as it rolls and stretches (when it encounters narrower and then wider parts of the penile shaft), and butts against the coronal ridge.

Additionally, as it rolls up and down the shaft, the ridged band applies gentle pressure all along the upper clitoris, exciting its pressure-sensitive nerves. This titillating and rolling/pressuring by the ridged band, along with the glans' massaging actions on the interior clitoral tip, create wonderful pleasure sensations in

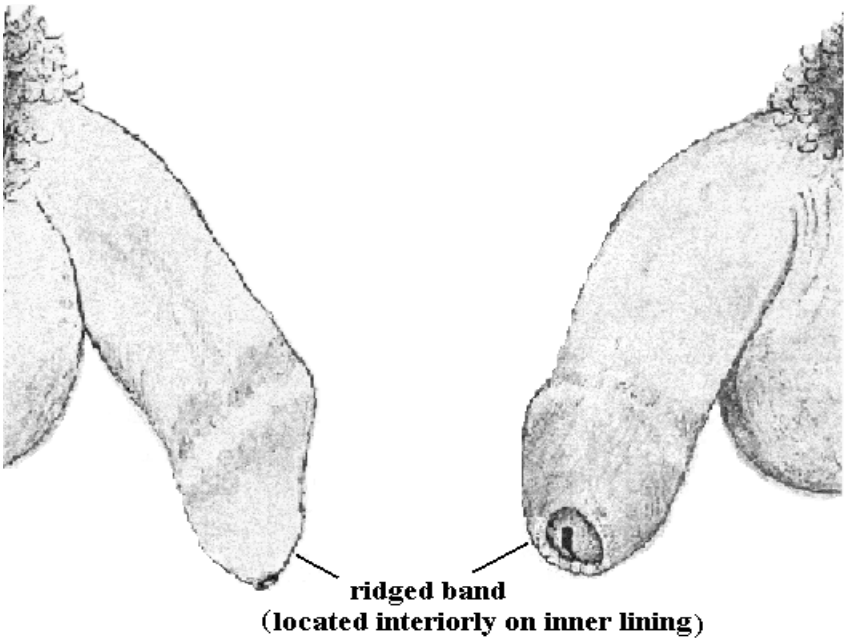


Figure 8-3. Flaccid natural penis showing approximate location of the *ridged band*, a *tightly pleated zone of mucous membrane densely concentrated with highly erogenous nerves* (13).

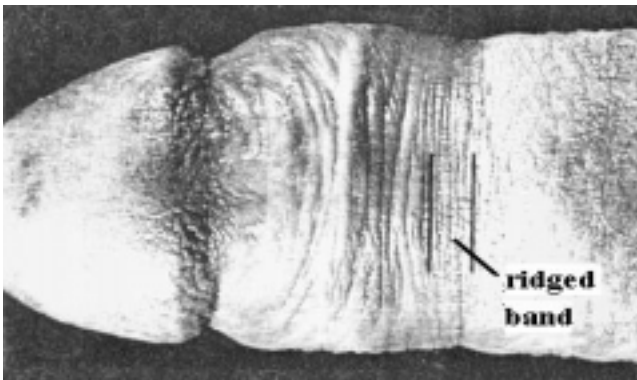


Figure 8-4. The *ridged band* rolls up and down the penis and excites the erogenous nerves of the male clitoris and of the ridged band itself. (Adapted from postmortem medical specimen photo, *British Journal of Urology*, vol. 77, 1996, p. 292.)

the male clitoris, but it does something more: it creates tiny spasms in the muscle cells that make up the clitoris. These spasms (minute muscle contractions) play an essential role in the penis's build-up to orgasm.

To nature, the object of sexual stimulation in the male isn't simply to generate pleasure sensations. Additionally, the objective is to build up contractions in the genital musculature, because it is these muscular contractions that bring on orgasm and the ejaculation of spermatozoa. When the genital musculature becomes excited by sexual activity and alternately contracts (tenses) and then relaxes over and over rhythmically, this alternating tensing and untensing action can ultimately lead to orgasm.

*It is important to understand how muscular contractions can bring on orgasm because the intact (natural) man and the circumcised man induce them differently in their genital and pelvic regions, and the means they use to create these contractions affect their thrusting movements and rhythms.*

The design of the natural penis evinces that nature intended for pleasure and orgasm to be induced by actions taking place mainly in the upper area of the penis. However, for the circumcised penis, the upper penis mechanisms and responses have been drastically altered and do not function the way nature intended. Consequently, the circumcised male is left to improvise alternative or supplementary means to attain orgasm. It is his use of these odd varieties of orgasm-building (pleasure-seeking) techniques that causes him to thrust much differently from the intact man, and which his female partner finds frustrating and disrupting to her pleasuring needs.

## HOW EXCITEMENT IS BROUGHT ABOUT IN THE NATURAL PENIS

During intercourse, the upper area of the **natural** penis is titillated by several different kinds of actions that all work to bring on

orgasm. There are 1) *mechanical* actions, like the bunching and unbunching of the foreskin, the massaging of the clitoris by the glans, the rolling/pressuring and stretching of the ridged band, and the excitatory stretching of the frenulum; 2) *electrical* actions involving the firing off and recharging of nerves; and, as we shall see in Chapter 10, 3) *chemical* actions, like histamine, released from the glans in response to pressure applied by the foreskin.

These actions bring on orgasm in gradual stages by first inducing tiny muscular spasms (contractions) in the tip of the clitoral musculature, which cause it to quiver with excitement. Second, these tiny spasms vibrate down from the tip and induce subsequent contractions in the rest of the clitoris. Third, rhythmic vibrations (quivers) in the clitoral musculature induce contractions in other muscles, in the pelvic region, in the thighs, buttocks, etc., and eventually induce contractions throughout other body muscles. Recurrent titillation of the clitoris, especially its tip, causes the contractions in this musculature and in associated pelvic muscles to build with ever-increasing intensity and frequency. As these contractions become more incessant, it eventually leads to orgasm. Orgasm occurs when the recovery time between contractions becomes so short that the muscles virtually seize up into one long, continuous contraction. It is the seizing up of many muscles all at once that produces the body's rigid posture during orgasm.

If you think of an orgasm as being much like a sneeze—a comparison that is often made—you can better understand *how the foreskin works to initiate orgasm*. A sneeze is such a powerful, explosive response it is hard to believe that it can be brought on by something so delicate as the light tickling of the nose by a feather. But it can, and similarly, the foreskin's feather-like tickling actions in the upper penis result in the explosive response of orgasm.

A feather works its magic by mechanically applying touch stimuli and light pressure to the nostrils, activating the release of histamine from the nose, which causes the muscles of the nose

to twitch (contract). These contractions in the nose muscles soon radiate into the face and neck muscles, then into the chest and abdominal muscles. Continued tickling by the feather makes the slight contractions become stronger and more frequent, and ultimately many muscles in the body seize up and propel the person forward in a sneeze.

Similarly, like the feather, *the foreskin's mechanical movements and tickling actions generate electrical responses and chemical actions (like the release of histamine from the glans), which titillate the tip of the clitoral musculature into producing contractions.* These contractions radiate down the entire clitoris and into other muscles of the pelvic region and, eventually, many muscles of the body seize up into orgasm. The wonderful pleasure sensations of sex are provided by nature as a seductive diversion to keep the mind occupied while it subtly manipulates the body's muscles into orgasmic contraction, for it is, of course, through orgasm and ejaculation that the species is perpetuated. The foreskin's method of arousing sexual tension has some very special advantages.

First, most of the stimulation the intact man needs for arousal of his clitoral musculature and sexual pleasure can be generated in the localized area of the upper penis. This area is the prime focus of his attention and keeps his mind captivated. It's sort of like the old story about the country farmer who visits New York City by train and gets off at Grand Central Station. When he returns home, everyone asks him, "What was the big city like?" He explains, "There was so much happening at the depot, I never got to see the city." Similarly, for the intact man, there is so much pleasure going on in the upper penis, he has little incentive to wander away from this super-erogenous zone. (For the circumcised penis, however, this area loses much of its attraction as a generator of pleasure, so the penis must rely more heavily on other erogenous areas for pleasure and stimulates those instead.)

Second, since the intact man focuses his attention primarily on stimulating this localized upper area, he tends to use a thrusting

motion that ideally pleases this one area, and, in general, tends to stay with a regular, predictable thrusting pattern throughout much of the intercourse act. As a result, the natural penis falls into a consistent, predictable rhythm that is smooth, harmonious, engaging, and hypnotic, capable of inducing a trance-like state in both lovers.

A third advantage of the foreskin's method of arousal is that the penis's short-traveling strokes require less "work" from the man, so he can maintain a consistent thrusting rhythm longer without tiring. This is especially beneficial to the woman because she desires a sustained, consistent rhythm to build up to orgasm.

A fourth advantage of the foreskin's mode of arousal, the one mentioned most often by survey respondents, is that it results in a much gentler intercourse experience.

#### HOW THE NATURAL AND CIRCUMCISED PENIS ARE AROUSED DIFFERENTLY AND WHY IT'S IMPORTANT

We must understand nature's clever, delicate mode of using the foreskin's action (and the massaging effects it enables) to titillate the tip of the male clitoris into building up pleasure sensations and muscular orgasmic tension because it contrasts so dramatically with the circumcised penis's mode of arousal. The circumcised penis, rather than focusing on titillating the upper penis area, relies on strong pressuring to its middle and lower and base/pelvic area to induce feelings of pleasure and (male) clitoral musculature contractions. One woman, who said she hadn't really given any thought as to why the natural penis should be more gentle until filling out the survey, made this brilliantly insightful comment:

**The circumcised penis can't feel, so it bangs harder to try to get more vibrations. But with the natural,**

**vibrations and energies are evoked naturally just by the delicate movements of the foreskin. [No banging thrusts are needed.]**

The natural penis's arousal method is very indirect. Analogously, it works like a farmer who gets the muscles of a resting donkey moving by tickling his nose and whetting his appetite with a carrot on a stick. On the other hand, the circumcised penis's mode of action is more like a farmer who pushes and bumps against the donkey to rouse him and get his muscles moving. The strong-pressuring thrusts of the circumcised penis cause the woman to perceive intercourse as rougher and tougher. The following comments are representative of those received in the survey:

**“YES! YES! YES! Circumcised men are rougher and they tend to pound away.”**

**“Sometimes circumcised men just thrust too hard.”**

**“Circumcised men do have a tendency to be really rough and unpleasurable, whereas the natural is really smooth and pleasurable when making love.”**

**“The natural intercourse experience is softer...the man doesn't have to pump so hard.... Circumcised men pump very hard like they're trying to come but are having trouble feeling anything.”**

#### **CIRCUMCISION DRASTICALLY ALTERS THE STRUCTURE AND FUNCTION OF THE PENIS**

Circumcision dramatically modifies the structure of the penis and the layout of its erogenous zones. When the foreskin is surgically removed, all of the erogenous zones in the upper penis are affected by its elimination. Consider the impact of this loss for a moment.

Gone are the numerous sensory receptors of the inner foreskin and ridged band, which come alive upon sexual arousal. Gone is the foreskin's rolling and bunching-up action with its alternating pressure-pleasuring of the corona and coronal ridge. Gone (or significantly reduced) is the massaging actions of the glans on the internal clitoral tip. Gone is much or nearly all of the frenulum, which (according to many natural men I've spoken with) is the most erogenous tissue of the entire penis. Gone is the thin, moist, delicate layer of membrane on the penis head, which allows its nerves to fully experience the ecstasy of intercourse. These are major losses when you consider that just about all of the sexual receptivity of the natural penis takes place in these upper erogenous zones.

*Removal of the foreskin devastates the ability of the upper penis pleasure zones to function:* 1) The penis head is dramatically reduced in sensitivity because the unprotected circumcised glans becomes dried out and desensitized by many layers of keratinized, unfeeling skin which smother the penis head's nerve endings. 2) The glans' massaging actions to the clitoris are impaired. 3) The highly erogenous frenulum, as stated, may be partially or completely eliminated. 4) The corona and coronal ridge have no foreskin to roll over them, giving their nerves alternating periods of rest. And 5) There is no outer foreskin to roll over the nerves of the inner foreskin lining, giving them time to rest from stimulation.

Instead of a rest period, the circumcised upper penis gets continuous direct stimulation. *It receives no intermittent periods of rest.* Remember what happened on your wrist when you applied too much stimulation? It made it difficult for you to discern the pleasure sensations because the nerves on your wrist seemed to go numb. Similarly, this is what happens to the upper penis pleasure nerves when the foreskin is missing. Because they are continually stimulated, they don't get a chance to rest and recharge, so the pleasure sensations they fire off are greatly reduced in both quantity and intensity. Essentially, during



intercourse, the upper part of the circumcised penis, which already suffers from a dramatic reduction in sensitivity, becomes further numbed out due to overstimulation.

### WHY DOES THE CIRCUMCISED PENIS UPPER AREA GO NUMB BUT THE NATURAL PENIS DOES NOT?

The concept that the upper area of the circumcised penis can go numb from being overstimulated by continuous, uninterrupted contact with the vaginal walls is usually grasped by most people I've talked to. But they have difficulty understanding why the natural penis doesn't also go numb. After all, they reason, when you visualize either type of penis thrusting inside the vagina, it would seem that they both receive the same amount of direct stimulation from the vaginal walls. But I propose that this is not the case. In actuality, each type of penis undergoes a different experience in the upper penis area. In the two types of penises, touch-sensitive (fine-touch) nerves and pressure-sensitive nerves are affected differently, and this difference accounts for why the natural penis derives such a high degree of pleasure from its upper area while the circumcised penis does not.

During intercourse, the *touch-sensitive* nerves of the circumcised penis's upper area are always exposed, always in direct contact with the vaginal walls, and therefore receive continuous stimulation. But in the natural penis's upper area (more precisely, the foreskin's inner lining, frenulum, and coronal area), the touch-sensitive nerves are *alternately covered* by the foreskin and are thus intermittently shielded from continuous, direct vaginal stimulation. In effect, the foreskin acts as an intermediary—a mediator—between the upper area's nerves and stimulation by the vaginal walls. The foreskin's cloaking action gives the touch-sensitive nerves time to recharge so they are able to send out strong pleasure sensations, as explained.

In contrast, *the touch-sensitive nerves of the circumcised penis*—more precisely, the upper shaft skin forward of the circumcision scar (which is what remains of the foreskin's inner lining\*),

any remnant of the frenulum, and the coronal area—*are denied rest, so they tire out from overstimulation and consequently send out weak sensations, or they go numb.*

At the same time, the two types of penises undergo a different experience in the *pressure-sensitive* nerves of the upper penis. Keep in mind, while reading the explanation below, that pressure-sensitive nerves are not located on the surface skin but are instead located beneath the surface, where they may be found randomly dispersed or densely packed throughout the interior tissue *at various levels of depth.* When light pressure is applied, the nerves nearest the surface will fire off. Applying greater pressure will cause additional nerves, located at deeper levels, to fire off. In effect, *different degrees of pressure excite nerves at various levels of depth.*

When a pressure-sensitive nerve receives pressure, it fires off. When pressure is released, the nerve rests and recharges. When pressured again, it will fire off another sensation of pleasure. The objective (similar to the wrist experiment) is to alternate pressure stimulation with sufficient rest so that the nerves can fire off a strong sensation. On the natural penis, the foreskin works to assure that pressure-sensitive nerves at different depth levels receive the right amount of stimulation, *alternated with the right amount of recharge time,* so that they keep firing off strong sensations of pleasure.

The foreskin works to regulate the firing off of pressure-sensitive nerves as follows: On the outward stroke, while the penis shaft is in the process of retracting, the ridged band slides up and *progressively* applies a light pressuring all along the shallow nerves of the upper shaft. This elastic-like band continues moving upward until it encounters the coronal ridge area. Here it applies a light pressuring as well. The ridged band, impeded by the coronal ridge, causes the rest of the foreskin to bunch up and this applies a second, *stronger* wave of pressure to the upper

\* Although the circumcised penis has some inner lining, this area, externally exposed like the glans, has lost most of its sensibility because it is dried out and keratinized.

shaft and coronal ridge. (The ridged band may then roll forward onto the corona itself, to pressure-pleasure this area.) Then, on the inward thrust, when the penis shaft moves forward, the foreskin unbunches and *gradually releases* its pressure. The ridged band slides back down the shaft and *progressively* re-applies its light pressuring.

The ridged band and the foreskin's bunching-up action work in tandem to assure that pressure-sensitive nerves at different depths receive gradually varying amounts of pressure, and release from pressure, all along the upper penis. If you try the thumb experiment described in Chapter 6, page 88 again, or if you have someone give you a body massage, you will notice that varying pressure/release action is perceived as much more enjoyable than continuous, constant pressure. It is the alternating gradations of pressure and release that excite the sexual nerves into firing off their most pleasurable sensations.

The above described the natural penis. But the circumcised penis, divested of its foreskin, does not experience these alternating gradations of pressure/release in its upper area. Instead, it receives continuous, unvarying pressure throughout the inward thrust. And on the outward stroke, it also receives continuous, unvarying pressure, especially as the coronal ridge scrapes against the vaginal walls. Too much continuous, unvarying pressure overstimulates its pressure-sensitive nerves, giving them essentially no recharge time. Consequently, they fire off weak (numb-like) sensations of pleasure.

#### THE CIRCUMCISED PENIS SEEKS TO DERIVE PLEASURE BY USING AN ELONGATED STROKE, AND THIS ABNORMALIZES ITS THRUSTING RHYTHM

Because of circumcision's devastation to the upper penis, the circumcised penis looks to its middle and lower area for pleasure and finds that by stroking this area *directly against the constriction of the vaginal opening*, it can compensate for some of the pleasure it isn't receiving from its upper area.

To stimulate this longer area, the circumcised penis uses an elongated stroke, as discussed. This elongated stroke creates pleasure for the man by stimulating more of the penis against the *vaginal opening*. This increased pleasure is augmented further because the nerves of the middle and lower penis are exposed to a longer rest period during an elongated, outward stroke when the penis withdraws far outside the vagina.

Elongated strokes feel “right” to the circumcised man because they increase his pleasure. But unfortunately, they are not sexually satisfying for his female partner because they cause the man’s pubic mound to make less frequent contact with her clitoral mound; his pubic mound is detached from her genital area for an elongated time.

When women of the survey were asked if circumcised men tend to thrust with longer strokes, an overwhelming percentage agreed that they do. Here are four representative comments:

**“It’s like they don’t get close enough. Too distant.”**

**“YES. YES. He ain’t anywhere near me. However, when I’m on top, I use short, rubbing, jiggling movements like you describe. My circumcised husband doesn’t find this satisfying and keeps trying to do longer strokes.”**

**“I’ve noticed a big difference with the closeness of our bodies. Circumcised men don’t feel close. They are too busy moving in and out, instead of staying in and moving around.”**

**“I get aggravated because the circumcised man always pulls his body away from my clitoris. I keep trying to pull him closer, but he keeps pulling away. It’s really annoying, like being in a wrestling match. However, I do not have this problem with my natural**

**partner, who always stays in close to my genitals, giving me the consistent pressure I need to attain orgasm.”**

If a woman doesn't receive the right frequency of rhythmic pressuring to her clitoral mound, she may not be able to have an orgasm. From the woman's point of view, the abnormal thrusting rhythm of the circumcised penis is out of sync with the rhythm she desires. Its elongated thrusts do not give her clitoral mound the right rhythmic pressuring it needs, *not only for orgasm, but also for her overall pleasure throughout the intercourse experience. Her clitoris, the center of her sensual focus, simply does not get enough physical contact.*

This is why the woman may often say: “faster, faster.” Faster thrusting will pleasure her clitoral mound more often. But with circumcised sex, faster *elongated* strokes will still not pleasure her clitoral mound at the frequency she desires because the long distance the penis travels when it withdraws far out of the vagina prevents the right frequency of contact. *What the woman actually yearns for is not faster thrusting, but shorter strokes*, which effectually pleasure her clitoral mound more frequently. Consider the following hypothetical example: Suppose the intact man uses a 2-inch stroke, and the circumcised man uses a 4-inch stroke (the approximate length of the penile shaft). Accordingly, the intact man's pubic mound would pressure-pleasure the female clitoral mound twice as often, without thrusting any faster.

THE CIRCUMCISED PENIS SEEKS TO DERIVE MORE PLEASURE BY APPLYING GREATER PRESSURE AGAINST THE VAGINAL WALLS AND OPENING

Another thing the circumcised penis discovers as it seeks to derive more pleasure from its middle/lower area is that it can generate pleasurable feelings by pressing itself hard against the sides of

the vaginal walls and opening. This hard-pressing action serves to stimulate the penis with greater pressure and sparks the pressure-sensitive nerves deeper within to fire off. Pressing hard also serves to induce contractions in the clitoral musculature, which help to maintain erection and build up tension toward orgasm.

The circumcised man feels an arousing response in his penis from pressing the shaft against the vaginal opening, so he instinctively *bears down harder* on his thrusts to elicit stronger sensations. In order to bear down harder, he tightens up his abdominal muscles into a hardened mass to brace the penis's thrusts. Also, his elongated strokes cause him to put more driving force behind his hard-pressing thrusts. Upon moving the penis forward into the vagina (when using this technique), he may often come in at an angle to press the penis more firmly against the side of the vaginal opening.

To the woman, the combined effect of an abnormally stiff, unyielding erection (backed up by hardened abdominal muscles) driving against her genital area with an elongated hard-pressuring stroke delivered at a slanted angle is an experience characterized best by the word "jammed." Webster's defines the verb "jam" as, "to press into a close position; to thrust or apply with force or suddenness." *The natural penis gently strokes the vagina. The circumcised penis jams it.* Below are the comments of three survey respondents.

**"Circumcised intercourse is like being poked. I don't like that feeling of being poked."**

**"Circumcised thrusting seems to be...hard and fast, therefore eliminating any pleasure I might feel in my clitoris."**

**"My circumcised partners required greater contact pressure to reach orgasm, resulting in rougher thrusting, which sometimes caused me pain, preventing the continuation of any pleasure I was experiencing."**

## THE JOLTING ACTION OF THE CIRCUMCISED PENIS FURTHER DISRUPTS ITS RHYTHM

The above jamming technique, with its hard-pressuring angled stroke, creates another problem for the woman: a “jolting action.” The circumcised man may not use a hard-pressuring angled stroke on every stroke but when he does, it jolts her physically and mentally. Webster’s defines the verb “jolt” as, “to shake with sudden jerks...to shock or surprise.” This jolting action is very interruptive to any kind of regular, measured rhythm, and the woman finds it disconcerting and unproductive to creating any kind of relaxing, blissful, trance-inducing state. Below is an analogy, which attempts to describe the irregular rhythm and jolting action of the circumcised penis.

Imagine you and your lover riding in the back of a limousine. You’re sitting back comfortably, enjoying the smooth, relaxing ride and looking lovingly into each other’s eyes as you sip champagne. Suddenly, the limousine hits a speed bump in the road while moving at 30 miles an hour. Boom! You’re jolted right out of your seat. You bump your head on the front head rest and spill champagne all over your party outfit. But then the limo quickly returns to its smooth, comfortable ride, so you settle back into your seat and pour another glass of champagne. Eyeing each other again romantically, you lean in toward each other for a kiss. Boom! The car hits another speed bump and jolts you again, and this time you hit your head on the limo roof. But because this is an expensive automobile, it quickly settles into its original, smooth ride. You and your lover gather your composure, but this time you move forward toward the edge of the seat. You nervously pick up the wine bottle and begin to cautiously pour another glass of champagne, when suddenly—Boom!—you hit another speed bump. This time you’re thrown back and bounced off the back of the seat and the wine bottle bangs against one of the glasses and breaks it. The limo ride quickly smoothes out again and attempts to lull you back into security. Only this time

you're not going to be fooled. You are *on alert* now, awaiting the next jolt. You can't relax knowing that any minute it could happen again.

For the woman, the actions of the circumcised penis aren't consistently smooth and harmonious; instead, there are occasional or numerous interruptive jolts, which can disrupt her ascent to orgasm. In *How To Have An Orgasm...As Often As You Want*, Rachel Swift emphasizes that, "A man's failure to maintain a consistent and acceptable rhythm is one of the chief causes of a woman's failure to climax.... [A] consistent rhythm...is critical. If the pace is broken, so is the ascent to orgasm" (14).