

**A HANDS-ON GUIDE TO GETTING  
THE MOST FROM YOUR PENIS**

# **Your Penis a Handbook**

**GEOFFREY FLETCHER**

# Welcome to your penis



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Sex means more than intercourse; exploring all the different variations enhances your sex life and keeps it from becoming stale. And massaging your penis can be a very exciting entrée to penetrative sex or a meal all by itself.

If you have only recently unwrapped your penis, this book will help you to learn how to make the most of it. If you have had one for some time, you'll learn different ways to get the greatest enjoyment.

Your hands have the power to give enormous pleasure to your penis; learn to trust that power and you will quickly find out how rewarding exploration of your penis can be.

## Who can use this book

Your Penis: A Handbook is for anyone who has a penis, whether it's attached to your body or to your partner's body.

For men, it's a chance to learn in a practical way more about the single most talked and written about aspect of your physical being.

For women, it's a chance to learn how to look at, hold, caress and get the most from your penis while you have one at your disposal.

## How to use this book

I have written this book with two ends in mind: to share some of the techniques I have applied to penises and to give you a basis from which you can experiment with your own ideas.

The first section contains information about the extraordinary diversity of penises you will encounter. It seeks to debunk the myth (mostly in men's minds) about the importance of size, girth and virility.

It also attempts to give you a chance to familiarise yourself with your penis before you start practising the techniques.

For some men, just spending time looking at and feeling your penis is enough of a turn-on: for all that your penis is the centre of the universe, not much time is spent simply looking at it.

In the middle section of the book you will find instructions about how to give your penis, stroke by stroke, a long and thorough workout.

Read the book right through or dip in every now and then to refresh your memory.

Don't worry if, as you thumb through this book, the techniques in the instruction section look difficult to you. In practice they are much easier than they look on paper.



Numerous people have tested portions of this book before it was produced. All found little difficulty in learning the strokes once they tried them.

The last section of the book contains a sample “session” that demonstrates the flow of some of the instructions mentioned. Use this as a basis for developing your own style.

Remember, there are no rights and wrongs with using your penis: it’s whatever works best at the time and with each penis.

Enjoy.

# Getting ready



Careful preparation and the right setting can make all the difference to your comfort. Choose a location – inside or outside – that is quiet and undisturbed with a comfortable temperature.

It can be very difficult for your penis to become hard and stay that way if you are in a cold environment.

Make sure you have enough lubricant in a container and that it is at least at the temperature of the place where you will be practising on your penis.

You'll find you need to apply additional lubricant at various stages of these exercises, so having a small bowl with a flat base or a tube nearby will avoid the need to move away from your penis frequently.

## Hands up

Check your hands before you start. Make sure your fingernails are short, or at least smooth: no ragged or chipped edges.

Before you even look at your penis, look at your hands. Unless you're missing bits, you should have four fingers and a thumb on each hand, two palms of varying softness and knuckles. You may have long or short fingernails.

Flex your hands and twiddle your fingers. You're going to need the entire surface of both hands, each of your fingers and even your fingernails as you explore your penis.

Wash your hands: any grit or stickiness will make the process very uncomfortable for your penis. If your hands are cold, warm them first in front of a fire or wash them in warm water.

Many of the following variations can be adapted by changing the position of the whole hand or of a finger or two. And don't forget the soft underside of your forearms: they can add length and texture to almost any movement.

Relax your hands, keeping them as loose and flexible as you can as you move them over your penis. Allow your hands to fit the contours over which they are passing.

For example, when you glide your hand down the shaft of your penis keep it touching all the way down without lifting off until you reach the base.

## Applying pressure

Every penis is different and responds according to taste. Some enjoy specific types of manipulation: long, slow, gentle strokes, or rapid, plucking move-

ments. Others like firmness or even roughness. Many will tolerate increased harshness after they have become aroused.

Once you have learned some strokes the amount of pressure you apply will vary according to the particular stroke and the part of your penis on which it is being used. But some pressure is almost always needed and pressure feels good, so learn to experiment with variations.

Try to avoid trembling, jerkiness or unnecessary stops and starts. Make any change in speed or pressure a gradual one, neither increasing or decreasing too suddenly. Let the movement of your hands be as flowing and smooth as possible.

Needs vary from penis to penis and from time to time for the same penis. Watch how your penis reacts and act accordingly varying the texture and speed of your caresses.

Remember, if you are afraid you may be pressing too hard or not hard enough you can always ask.

## Lubricating your penis

Your hands cannot apply pressure and at the same time move smoothly over the surface of the skin

without some kind of lubricant, whether it's premenal fluid (or precum, as it's called), an oil-based or a water-based agent.

There are many lubricants on the market, including vegetable oils, water-based lubricants and mineral oils. You can also use butter, cream, jam, jelly or glycerine. Vegetable oils will do less damage to the skin of your penis than mineral oils, but neither is suitable for use with a condom.

If you are using the techniques as a prelude to penetrative sex with latex condoms, remember to choose a water-based lubricant.

(Of course, you can use oil-based lubricants with polyurethane condoms if your penis is allergic to latex.)

Things that do not irritate other parts of the body may burn, or sting or cause allergic reactions when applied to genitals. Often the cause of irritation is perfumes or dyes. Simpler, cheaper products usually contain few of these.

Some products which can be used comfortably will irritate if left on the body for long periods of time. So, if you don't want the perfume, use vegetable oils.

Some people don't like oils on their skin at all. An alternative is to use powders – baby powder, corn flour or any talcum powder is effective.

However, you'll need to use more powder than you would oil and be aware that powders do not decrease friction as effectively as oil or water-based products.

Never pour oil from the bottle or tube directly onto your penis: this can be a disagreeable sensation. Put the oil on your hands first and from there onto your penis.

Liberally coat your hands, rubbing them together to spread the lubricant all over the surface of both palms, the backs of your hands, along your wrists and up your forearms. You may need to apply more lubricant as you progress, so keep some nearby in a shallow bowl, tube or pump pack.

Apply the oil with the palm of your hand. Use any simple stroking methods but make sure your touch is gentle yet definite and steady.

Your penis will be more excited if it feels you are confident and capable from the start.

Don't drown your penis in lubricant and don't let the oil dribble down between the legs, unless you quickly follow with a stroking hand movement, smoothing the lubricant around the testicles.



## Finally

Watch your fingernails but don't be afraid to use them if that seems appropriate – a little roughness at the right moment can change the texture of excitement.

Tickle, fondle, massage, caress, stroke, slide, rub, knead and manipulate your penis.

Keep your movements smooth, without bumping or stalling. Reverse directions every so often.

Vary the directions of your hands – one hand going up while the other goes down.

A black and white photograph of a person's torso and arms, showing the musculature of the chest and back. The person's arms are raised, and their hands are near their head. The lighting is dramatic, highlighting the contours of the muscles. Overlaid on the left side of the image is the text "Know your penis" in a large, bold, white sans-serif font.

# Know your penis

You will need your penis, a pair of warm hands, sensitive fingers, a pair of eyes and some lubricant: water-based if you'll be using latex condoms later, oil or powder if you won't.

Don't forget to watch what you're doing and how your penis is reacting.

Look at your penis as if you have never seen anything like it before. Not a cursory glance nor a hurried, surreptitious examination: this is your chance to get to know your penis intimately.

As your penis grows erect, watch how it unfolds, expanding within the skin and becoming harder. Watch how the veins expand as they fill with blood.

As you progress through the following techniques, you may notice your penis losing momentum or softening. If your penis droops suddenly, it may be because you are doing something that is causing pain.

But, equally, it may be that the pleasure is very intense. Either way, don't be too concerned: some techniques actually feel better when applied to a limp penis.

And if you're not sure you can always ask.

## How large is your penis?

An easy comparison is to hold your erect penis in your hand with one side of your palm resting against the top of the testicles. If the head peeps over the top, you may have a large penis: it depends on how big your hands are.

## What colour is the shaft?

Does it have bumps or spots, or freckles or hair? The shaft is the term used to describe the long tubular flesh between the head of your penis and the body. It may be the same colour as the skin of the rest of the body or it may be lighter or darker.

## Is the head of your penis covered?

If your penis has skin covering the head, it is an “uncircumcised” penis. A “circumcised” penis has had the skin removed. You can apply different techniques depending on whether your penis has this extra skin or not.

## What colour is the head?

The colour of the head will vary from penis to penis and is likely to change as more blood flows through the shaft.

Constricting the flow of blood using a cock ring or pressing your fingers against the vein at the base of the shaft will cause the head to enlarge, throb and change colour.

If you can insert your little finger into the slit at the top of the head, you'll be able to massage the inside of your penis.

## Is your penis curved or straight?

Not all penises point straight up: some curve to the left or the right from the middle of the shaft.

## Does your penis ooze liquid?

This is a natural lubricant exuded by your penis to smooth the passage inside the shaft for the semen to flow during ejaculation.



## How do your testicles hang?

Some testicles remain close to the body wrapped in tight skin; others hang loosely. As you play with your penis, you may be able to stretch the skin holding the testicles quite a distance from the body.

The more intense the feeling the closer to the body your testicles will move. And as your penis reaches ejaculation, your testicles will contract into the body.



# Facts and figures

Are you concerned about any aspect of your penis? These facts and figures may reassure you.

## Your penis

There is no reliable relationship between body dimensions and penis size.

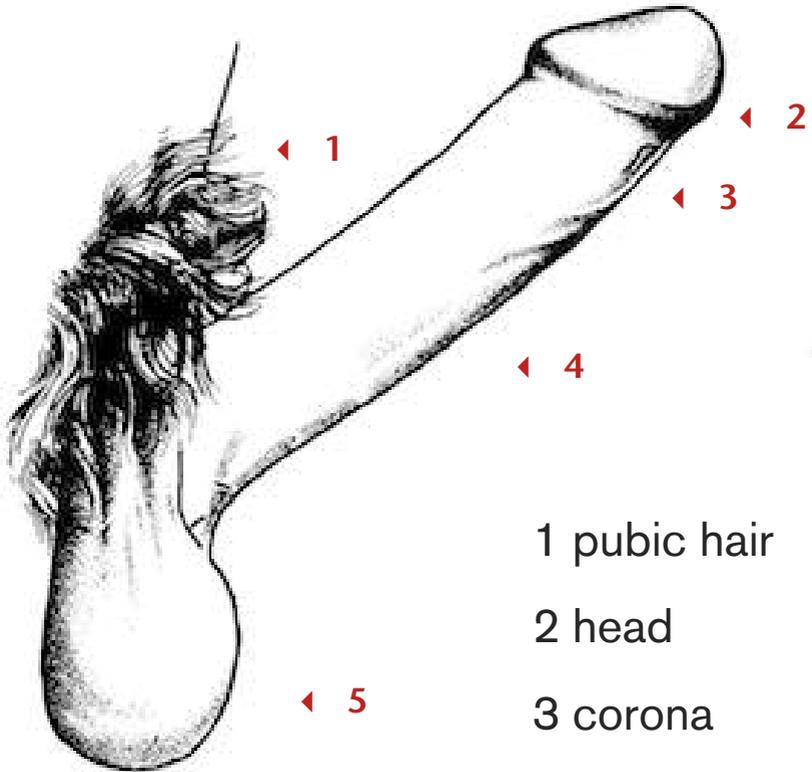
Except for preferences, penis size makes no difference to how a person can be stimulated by penetration, except in unusual cases.

Once the period of normal growth has passed there is little that can be done to increase the size of your penis.

However, the more you play with your penis the greater the chances are your penis will not decrease in size as you grow older.

## Length and diameter

– flaccid	8 x 3cm (3.5 x 1.25in)
– erect	13 x 4cm (5.1 x 1.6in)
Longest erection	30.5 cm (12in)
Increase in volume	flaccid to erect 300%



1 pubic hair

2 head

3 corona

4 shaft

5 testicles

## Your testicles

The scrotum contains the testis, epididymis and vas deferens along which the sperma-tozoa passes to the ejaculatory duct.

Length and width	3.5 x 2.5cm (1.4 x 1in)
Weight	0.03 x 0.06g (0.8 x 1.7 oz)
Sperm production	50,000 per min
Number in ejaculate	200 to 600 million
Percentage of ejaculate	3%

## Your sperm

The testicles need to be slightly cooler than normal body temperature for optimum sperm production. That's why they hang away from the body. Hot baths and tight underwear can depress sperm count and movement.

Average swimming speed	1 to 4mm per min
Volume of ejaculate	0.5 to 1 teaspoon
Chief ingredient	Fructose
Caloric content	5 calories per teaspoon
Protein content	6 milligrams per teaspoon
Ejaculatory spurts	3 to 10

Interval of ejaculatory contractions	0.8 seconds
Farthest ejaculation	29.7cm (11.7in)

## Frequency of ejaculation

On the average, 3.5cc of semen are produced by a healthy male between the ages of 20 and 50 after two or three days of not having sex.

20–29 year olds	4–5 times weekly
30–39 year olds	2–4 times weekly
40–49 year olds	1–2 times weekly
50–59 year olds	0–1 times weekly
60 plus	1–2 times monthly

## Your penis in action

In general, the larger your penis is when limp, the less it will increase in size when erect. Penises that are smaller in the flaccid state have a greater erectile potential.

## The erection process



Many of the strokes you'll learn, feel just as pleasant on a soft penis as on an erect one.



Blood begins to fill the veins of your penis, causing the shaft to lengthen and expand.



As more blood fills the cavities, your penis will begin to throb at the same rate as your heart beat.



Fully erect and ready for an intensive penis massage.



**The  
strokes**

The following techniques are described as one continuous flow of movement. If you were to apply all of them in one session, you would end up driving your penis wild and possibly causing a heart attack with some men.

The more you experiment the more you will find other equally good ways to select and combine these strokes. They are the basics from which you can develop your own personal style.

The techniques described in this section have been written for right-handed people. If you are left-handed, all you have to do is substitute your left for your right hand wherever it seems appropriate.

Experiment with combinations: mix finger exercises with different palm pressures.

Repeat anything that feels good or gets a result as often as you like.

Learn to make your transitions between strokes seem like part of the strokes themselves. Let your hands learn to find a natural way to glide from one stroke to another.

And try to keep at least some part of your hand touching your penis until you have completed the session.



Some of these techniques work better with lubrication but how and when you apply it is up to you and your penis.

Ideally you should be in a position that makes it easiest to apply these techniques: sometimes lying down facing your penis or standing over your penis or crouching down in front.

Get feedback from your partner or learn to read the reactions of your penis: find out what feels good, what doesn't; what feels too light or too heavy, too fast or too slow.

## Using your fingers

Use one hand to hold the shaft and steady your penis and the fingers of the other hand to practise these strokes.

If you like, and your penis is hard enough, form a cock ring at the base of the shaft by forming an OK sign with your forefinger and thumb and tightening your fingers.

☞ Trace the blood vessel on the underside of the shaft with a finger from the base of your penis to the head.



Then slide the finger up and down a few times pressing more firmly each time into the vein and shaft.

Circle the head with a finger, running the tip of your finger under the ridge on the underside of the head, then trace the line of the head from the shaft around and back to the centre, running your finger up along the slit, spreading the lips and then down over the head again.

- ☞ Holding your penis by the head with one hand, lightly and rapidly tap with two fingers up and down the shaft along the vein.



- ☞ Run your fingers from the testicles to the top of the head, swirl around the head, then slide back down the other half and end back down at the testicles.
- ☞ Lightly pull on the wispy strands of pubic hair sprouting from the testicles. Don't pull so hard that you remove them.
- ☞ Make a ring with your thumb and forefinger, and stroke only the head. Do not touch any of the sensitive area behind the head. Then, with a firm grip, bring your thumb and finger up the shaft and wipe off the head with your palm.
- ☞ Lightly pinch the vein between thumb and forefinger or middle finger and slide up and down the shaft.
- ☞ Place two fingers on one side of the shaft and your thumb on the other side at the base or head of your penis. Press your fingers together – not too tightly.

Now release and slide your fingers up and down the shaft, watching how the skin moves, pressing



into the vein on one side and swirling the palm of your other hand across the surface of the head.

☞ Press your fingertips and thumb into the cracks between the scrotum and each thigh, and gently massage with slow, rhythmic movements.

☞ Spread apart the fingers of your hand. Holding your penis straight move your hand back and forth so the head of your penis bumps against your fingers rapidly.

☞ Pull down the foreskin as far as possible but not so far that it hurts.

Slide the fingertips of your free hand along the well-lubricated groove between the head and shaft of your penis.

You can move your fingers from left to right or up and down (or both). Try varying the pressure.

☞ Separate the testicles along either side of the shaft and slide them down again. The testicles usually pull up inside the body prior to ejaculation.



So unless you want your penis to ejaculate quickly, it is much better to gently pull the testicles away from the body.

☞ Slip your hand over the testicles and gently grab them in your fingers, softly tugging them down using the heel of your hand away from the shaft.

If you can, bounce the testicles up and down a few times then roll them up the underside of the shaft.

☞ Spread the slit on the head of your penis by placing your thumb on one side and your forefinger on the other and dragging apart and down.

☞ Using your index fingers, gently and slowly rub about a centimetre below the spot where the head connects to the shaft.

☞ Tickle the testicles with several fingers while the fingers of the other hand firmly strokes the shaft.

☞ Use the index fingers of both hands to wrap around the back edge of the head and massage it, while rubbing your thumbs across the large flat part of the head.





- ☞ With one hand, do the typical “up and down” motion – but with one finger of the other hand, circle around the head of your penis.
- ☞ With your fingers fanned apart, rub the head of your penis back and forth as fast as you can, as if you were waving with widespread fingers.
- ☞ With your fingers spread apart, rub the head back and forth as fast as you can.



## Using your hands

Many of these techniques require the palms of both hands. Remember to increase the flow of any movement to extend along your wrist and the soft parts of your forearms. The intensity is greatly increased when a larger surface of your penis is covered by the palm of your hands.

-  Stroke the penis from the top all the way to the base then release. At the moment you release one hand start the other at the top and continue this process of stroking down and releasing for a few moments.
-  Hold your penis at an angle from the body and move your palms across the shaft as if you were washing your hands.
-  Place both of your hands side by side like a pair of bookends against the shaft, then push with the heel of each hand and lift your hands up and down.
-  Place one hand at the top of your penis and the other hand at the base. Start to move your top hand down, and at the same time, move your



bottom hand up. The hand going up should slide a little over the hand going down.

-  Put some extra lubricant between your middle and fourth fingers. Separate your two fingers on each side and slide your hand up and down your lubricated penis in between your fingers slowly, and at the same time, massage the testicles.
-  Take your penis in both hands, lightly touch the sides of the shaft, and holding on to the loose skin, flick the shaft back and forth between your hands.
-  Tickle the testicles with the fingers of one hand and use the other hand to massage up and down the shaft.
-  Make a “C” with both hands and stroke down the shaft.
-  Rest the heel of your palm at the tip of your penis and bring it down; when the heel touches the testicles, repeat the movement with your other hand, bringing the first to the top of your penis, and repeat.

 Bring one hand down, letting it stroke your penis from the top all the way to the base then release your hand. Bring your other hand to the top of the shaft, creating an alternating beating motion.

 Milk your penis by alternating your hands up your penis, starting at the base and working all the way up past the tip, with one hand starting at the base as the other releases the head.

 Place your flattened palm on the head, fingers held together and stiff, thumb pointed straight out: you may need the other hand to steady your penis.

Wipe the head as if you were waving to someone. Repeat this process using a cupped hand over the head.

 Swivel your open palm on the head stopping at several points as if counting the points on a clock.

 Hold your penis in one hand with the head sticking out. Using the well-oiled palm of your other hand, slowly massage the back or front of the head.



 Place one hand palm down along the top side of your penis, and place the other palm lengthwise along the base.

Then wrap the fingers of the top hand around to the back of the hand covering the base of your penis and slide your hands along the shaft.

 Pull the skin of your penis toward the base with one hand. With the other hand corkscrew the penis. This can be done with the thumb and first finger or with the whole palm.

 Cup the palm of one hand around the head of your penis, with your fingers pointing down the shaft, and slide up and down, bumping the head against your palm.

 Hold the shaft around the middle and rub the tip of the head against the palm of your other hand. Use your open palm to swirl up and off the head, the way your tongue would lick an ice cream cone.

 With the crook of your hand, between the thumb and the index finger, slowly rub moving up and down over the ledge under the head. Be sure to



use only the crook of your hand – do not wrap the rest of your fingers around the head of your penis. The slower you go, the better.

- ✎ With your penis resting on the belly, cup the testicles with one hand. Use the heel of the other palm to firmly glide up and down the underside of the penis, pushing into your other palm as you reach the base.
- ✎ Wrap your palm around the shaft of your penis and slide your hand up and down.

## Caressing the shaft

You can apply more pressure to the shaft than to any other part of your penis, including tightly gripping it to force more blood to the head or pushing your penis forwards or backwards away from the body.

☞ Firmly grasp the shaft and drag your hand up as far as it will go and then dragging your hand down again. Use both hands and drag first in one direction and then in different directions, stretching the shaft.

☞ Make a ring around the base of your penis with your well-lubricated right thumb and forefinger, and slide it up along the shaft.

When the ring reaches the head, make a ring around the base of your penis with your well-lubricated left hand, and work it up.

Repeat the process when your left ring reaches the head of your penis.

☞ As your hand reaches the base of the shaft, splay your fingers out so that only your thumb and forefinger are attached to the shaft.



Push the heel of your hand down over the testicles and then release. Drag back up the shaft in the same way, drawing the testicles up against your penis.

- ☞ Tighten your thumb and forefinger around the base of the shaft, pressing down on the testicles. This will cut off the blood and help you steady the shaft in your hand.

Keeping your grip firm, stroke your penis from the base of the shaft to the head.

- ☞ Stroke only the shaft, ignoring the head.
- ☞ Stroke only the base of the shaft where the testicles meet your penis.
- ☞ Start at the base and work all the way up past the tip of your penis.
- ☞ Grasp the shaft and squeeze, pushing the head up and out of your hand.
- ☞ Bring both hands down on your shaft, one on top of the other (one near the base, the other near the head). Move them together in the typical up-and-down motion.



Vary the directions of your hands – one hand going up while the other goes down at the same time.

- 👉 Starting between the legs at the testicles, rub your penis from the base along the full length of your hand and then continue along your forearm.
- 👉 Rub the shaft between your forearms.
- 👉 Gently squeeze your penis at the base with your right hand, pull up and slide off and then alternate with your left hand. Take your time doing this, right, left, right, left, etc.

Then, change the direction by starting to squeeze at the head of your penis and then sliding down and off. Again, alternate with right and left hands.

- 👉 Start by gliding your palm and fingers over the underside of your penis, then when you reach the head, swivel your hand around and glide down the top of the shaft, dragging your palm against the head on the way down. You may need to hold the shaft with your other hand to steady your penis.



## Pressing, pushing, pulling and penetrating

Some penises enjoy specific types of manipulation: long, slow, gentle strokes or rapid, plucking movements, others like firmness or even roughness and many will tolerate increased harshness once they have become aroused.

-  Push your penis to one side and massage the inner thigh with rigid fingers, pressing into the base of your penis and around and under the testicles.
-  Let your penis penetrate into your fist on each stroke. Before the head of your penis pops out of your hand, bring the other hand up for the next penetration. Make sure you keep the penetration continuous and vary the speed and pressure.
-  Place your fist against the perineum as you stroke your penis. Locate the small indentation the size of a pea between your testicles and anus, and gently massage.
-  Pull your penis away from the stomach and then release it so that it slaps against the stomach.



-  Push your erect penis: press it inwards or outwards. Drag your penis down so that one testicle lies on each side of the shaft. With the other hand massage the testicles or pull gently on the pubic hair or the skin.
-  Stroke to the point that your penis is ready to ejaculate... and then stop. Don't touch your penis at all. After a few moments return to your penis and slowly start the process again.

## Your testicles

Your testicles (or balls) hang below the shaft of your penis. Sensitive to harsh or hasty movements, they will take more pressure as you stimulate your penis. Try not to “drop” your testicles, especially if you are pulling them away from the body.

-  Facing away from your penis, slide one palm along the top of one thigh underneath one testicle, barely touching it.

Then glide your hand up and across the stomach pressing more firmly around the base of your penis and slide down the other thigh under your other testicle.

Pull your palm back, lightly grazing your testicle with your fingers.

 Tap your testicles lightly and rhythmically with the fingers of one hand.

 Jiggle and tap the testicles with the fingers of one hand, while lightly tugging the hairs with the other hand.

 Grasp the testicles around the base of your penis and gently pull your testicles away from the body. As your penis becomes more excited, return to this movement and you'll find you can pull your testicles further away from the body.

 With one hand grasp your testicles between your thumb and forefinger as if you were creating a cock ring and pull them away from the body. Use the other palm to wipe your testicles.

 Hold one testicle and roll it between your fingers, pressing lightly along and around the ball. Repeat with the other testicle.

 Hold each testicle in your fingers and pull apart away from the body.



 Push your thumb up and along the perineum, between the testicles and then up along the shaft. Repeat this movement in reverse.

 With one hand, grasp the testicles between your thumb and forefinger as if you were creating a cock ring and pull them away from the body. Release and then repeat with the other hand, pulling slightly harder with each repetition.

 Hold both testicles and gently twist the scrotum one way, then the other.

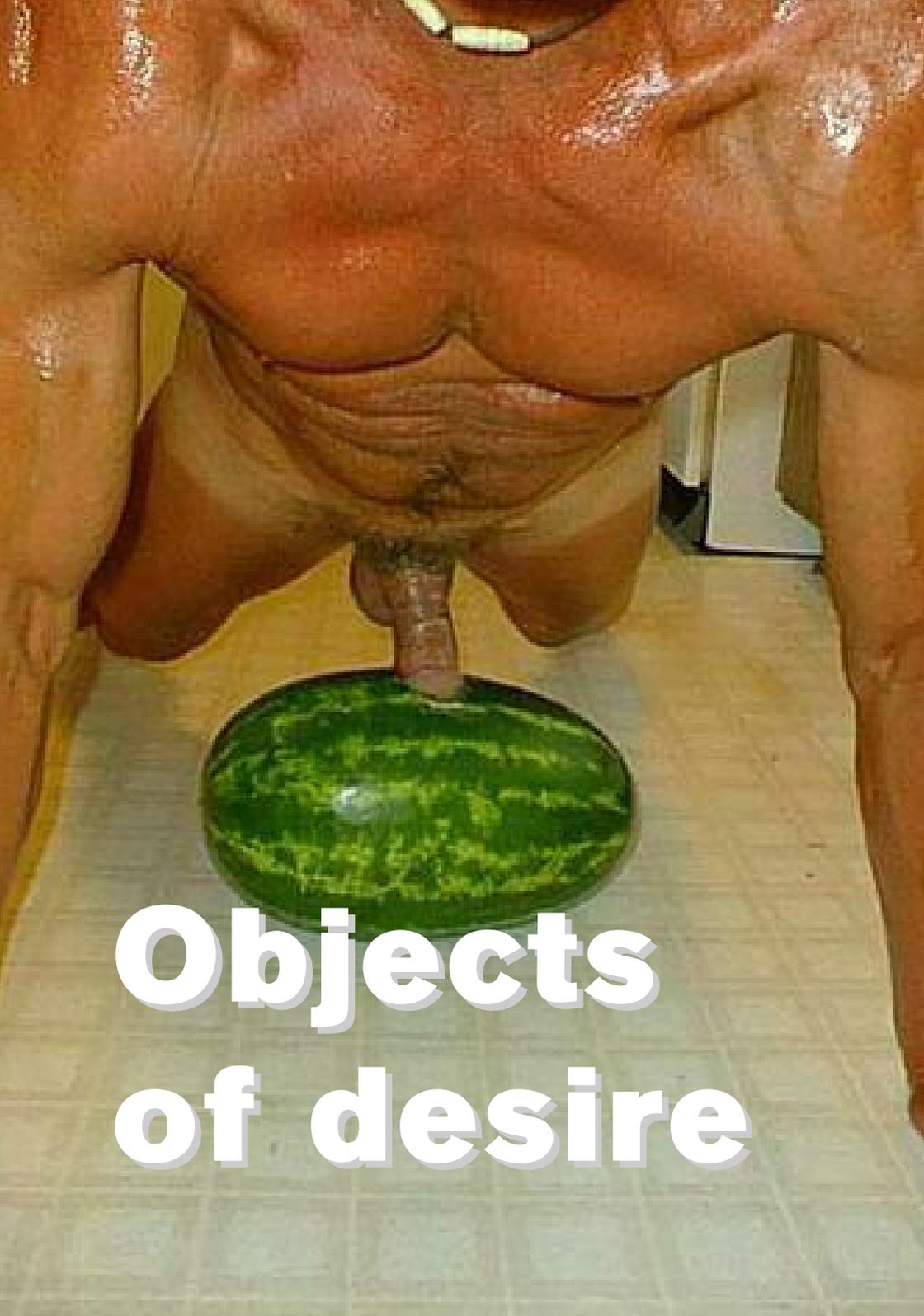
 Using the heel of one palm, push the testicles down towards the anus, release and repeat with the other palm.

Then repeat this movement in reverse, pushing up from the perineum over the testicles and up the shaft of your penis. Repeat with the other hand.

 Lightly flatten the testicles against one thigh, then against the other.

 Separate the testicles against the shaft and massage the vein.





**Objects  
of desire**

For some people, enjoyment of your penis will be considerably enhanced by using food or other objects and substances. Most of the following items are inexpensive and easily available.



Fill the tip of a condom with water and water-based lubricant or liquid soap. Slide your penis into the condom, using one hand to get rid of any air bubbles and slowly pump up and down.



Inflate a pair of water wings. Add a little lubricant and your penis and pump away.



Dangle your testicles in a glass of warm water.



Place several ice cubes on your testicles.



Wrap a wet shower curtain around your penis.



Place your penis between a pillow and mattress, between two pillows, in a pile of clothes, in the crevice between the sofa frame and the cushions, between the mattress and bed base, and in similar places. Use a condom filled with lubricant to change the friction.



Place your penis so it is sprayed by water from a tap or shower nozzle (particularly if you have the detachable kind), a garden hose, or other spraying device. Needle fine sprays may be uncomfortable or numbing after a while. Try various adjustments.



Cut a slit in a fairly large block of foam rubber. Because the foam rubber will give when thrust against,

the block needs to be a lot longer than the penis. Raw foam may be too rough, so line the slit with a long plastic tube or condom.



Use a section of bicycle inner tube, a large automobile hose clamp and a piece of PVC pipe that is bigger around than your penis.

One end of the section of bicycle inner tube is stretched to fit over one end of the pipe and is secured with the hose clamp.

The loose end of the bicycle tube is then poked into the pipe (turned inside out). This forms a funnel-shaped elastic tube inside the pipe.

One-time versions of this device can be made by stretching the open end of a condom over a wide mouthed plastic tumbler and securing the condom with tape.



Start with two thin plastic bags. Fill them with warm water and tie them closed so they don't leak.

Lubricate your penis using a water-based lubricant and place it between the two bags, one on top of the other, and slide the bags up and down. Hold the sides of the bags so they don't slide apart.



Try a piece of bubble-wrap – the plastic stuff used to wrap fragile items for shipment.



Use a small towel and a latex glove. Cut a hole in one of the fingers of the glove. Place the glove at the end of the towel on the side edge, and roll up the towel: snug, but not tight.



Stretch the opening of the glove around the towel to stabilise it, and put some sort of lubricant into it. Wrap 10 or 20 rubber bands on the towel at various parts, especially the entrance of the opening.



Turn a sock inside out, and put it over your penis. Then grab the loose ends on both sides and, without touching your penis, move the sock up and down.



Take a latex swim cap, turn it inside out and put it in a toilet-paper roll or something longer. Fold the outer edge of the cap over the roll and fix it with a rubber band or tape. Then put some lubrication in the cap.



Use a hair dryer to blow hot air over your penis. If you are using a water-based lubricant, apply more as needed.



Stroke the head of your penis with a feather duster.





Cover the rough bristles of an electric toothbrush with something soft – like a condom – and apply it to the shaft of your penis. Vary the brush attachments.



Wet a finely textured sponge and rub the head of your penis.

Try rubbing the shaft with a sponge.



Get a small travel fan or something similar and set it up so it blows air over your penis. If you have a more powerful fan, it'll be even better.



Get a small speaker – with a power handling of about 20 watts. Feed it a sound source and boost the bass. Put your penis on the speaker cone.

## Food for thought



Try coring an apple, orange, grapefruit, or melon and inserting your penis into the hole.



Cut the end off a banana and hollow out the inside, keeping the skin intact. Use tape to wind around the banana skin to add strength and keep it from bursting.



Heat three or four hot dogs to body temperature. Don't make them too hot or it won't work – about 30 seconds will do. Be sure they're not so hot you can't hold one easily in your hand.

When they're done, stick all the hot dogs into a condom or wrap them with plastic wrap. Lubricate your penis and slide it into the middle of the hot dogs, so they're surrounding your penis. Then pump the entire package.



Slice four hot dogs partially in half – just so they’re able to fold out. Spread them apart, put some lubricant in the centre of the hot dogs, and wrap them around your penis.



Cut a good-sized cucumber about 5 cm from the end, leaving you with a cross-section at one of the wider parts. Use a small spoon to scoop out the cucumber 10 cm (four inches) deep.

You must be sure not to make the hole wider than the diameter of your penis – a tight fit is essential. After you have the right-size hole, place the cucumber on your penis: it should be tight enough to barely fit.

The inside of the cucumber naturally provides a good lubricant. Move the cucumber up and down your shaft.

Once you’ve hollowed out a cucumber, lightly boil or microwave it. This makes the flesh softer. Soak in cool water for a few minutes, and then heat it up under running warm water.

Dry it, poke an air hole in the end, wrap it with duct tape for strength, lubricate it (optional) and have fun. You can also rotate the cucumber between your palms to spin your penis to ecstasy.



Put cooled pasta or noodles that have been mixed with a little butter after cooking into a container or plastic bag. The wet pasta should be enough for a lubricant.



Find a large orange and carefully cut a hole all the way through it, large enough for your penis to fit snugly inside. Next, wrap the orange in a plastic bag (so the juice won't go everywhere) and make a slot for your penis.



**Massaging  
your penis**

This series of techniques is best performed by your partner unless you are very flexible.

Lubricate your penis and testicles.

Palm facing down, run the hand down the back of the shaft – pushing your penis away from the body – from the head to the base at the pelvis, grip fingers under testicles and gently pull away from the body.

Release fingers and slide the palm back up the shaft. Slide palm over the head and release.

Immediately replace with other hand, starting at the base and repeating the movement. When this hand gets to the top of the shaft, have the other start further up the shaft and then slide both hands in a milking motion: sliding one hand up and over the head, followed by the other hand.

Using one palm, swirl around the head, then push your penis back to the stomach and slide your palm down the shaft to the testicles. Turn your hand over and grip between the base of the shaft and top of the testicles, and very gently pull the testicles.

If you can wrap your fingers entirely around the testicles, pull them further away from the body and use your other hand to lightly stroke them with your fingers or wipe your palm over the taught skin covering the testicles.

Release the testicles and in a sweeping motion slide both hands up along the inner thighs, pushing your thumbs into the perineum along the pea sized indentation and up under the testicles to return to the base of your penis.

Holding your penis with one hand, use the thumb of the other hand to press into the vein on the shaft of your penis and glide backwards and forwards to the head.

Place one hand between the back of the shaft and the stomach and massage around the pelvis, making sure the back of your hand massages your penis at the same time. To increase the pressure on your penis, glide the thumb of your other hand up and down the front of the shaft.

Rotate the hand closest to the body and grip the base of your penis. Slide this hand back up to the head and swirl the palm then slide down the shaft in a reverse version of the earlier milking motion, using the other hand to continue the movement.

Reverse the process.

Pull both palms up and over the head of your penis and slowly wipe your hands together as if you were washing with a small piece of soap between your hands.



Pull and push your hands over your penis and when you can see the slit in the head, change the position of your hands so your thumbs are resting each side of the slit. Lightly pull the slit apart, massaging the lips.

If the slit is large enough, you may be able to slide a finger inside – be very gentle, especially with fingernails. Otherwise massage as much of the inner lips as you can reach.

Draw your thumbs away from the opening and run them around the ridge just beneath the head, then back to the centre, where the foreskin joins your penis, and slide back down the shaft.

Return to the testicles, gripping them in the same way as earlier and pulling a little further away from the body. Separate each testicle with your fingers, pushing each to one side of the shaft. Release one testicle and concentrate on massaging the other.

Repeat for the other testicle, then grip the sack and pull it a little further from the body again.

Use the other hand to slide back up the shaft to the head of your penis, then rotate this hand and return to the base.

Slide the hand backwards and forwards along the shaft, sliding the palm over the head each time and gradually pick up speed.

If you can manage it, press your thumb into the vein of the shaft as you stroke it. Slide your palm over the head and down the other side pulling your penis away from the body and bending it down towards the testicles.

Your other hand should be concentrating on the testicles. Use your fingers to juggle the testicles in their sack, occasionally pulling them gently away from the body.

As you increase the speed and pressure of the hand stroking the shaft, the testicles will begin to pull back into the body. Concentrate on keeping them as far away from the body as is comfortable.

If you can, at the same time, firmly rub one finger into the perineum just below the testicles, releasing it at the point of ejaculation.

As your penis ejaculates, release the testicles and push them into the base of your penis. Continue sliding the other hand over the shaft and head using the ejaculate as extra lubricant.

Smile.



# About the author

Geoffrey is a leading male to male erotic masseur with over 35 years' experience stimulating penises.

The techniques detailed in *Your Penis: A Handbook* are based on his professional interactions with thousands of penises of all shapes and sizes, and attached to all manner of bodies (including his own).

on the web at [six.com.au](http://six.com.au)

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