

# Hands-on love

How can I connect sexually with my partner without having intercourse?

There are bound to be times when intercourse may not be possible or desired, such as during your period or as a result of a yeast infection. But just because you're not having intercourse doesn't mean you can't make love in other ways. Stimulating your partner using your hands is an intimate way of pleasuring him and creating wonderful bodily sensations.

## Setting the stage

It's almost impossible to maintain a smooth easy flow of motion without the help of something slippery. Use a lubricant that feels and tastes good or just rely on your saliva. If you plan on finishing with intercourse, use a water-based lubricant, but if all the play is going to be external, an oil- or silicone-based product is fine.

Once you've lubricated both hands, sit between his legs. Heighten his enjoyment by asking him to watch what you're doing.

## Give him a hand

Don't just latch on to the top of his penis and start moving your hand in a firm up-and-down stroke. That's akin to a man finding your clitoris and rubbing madly: it's too much too soon. Start slowly and gently. If you aren't sure how much pressure he likes, ask him to show you by putting his hand on the outside of yours and squeezing as you hold his shaft. Vary the strokes so that some are straight and others are irregular, keeping the nerves in his penis anticipating stimulation.

With any manual form of arousal, keep your palm in contact with his shaft and glans (the top of the penis) at all times. For many men the most sensitive spot is the frenulum, a quarter-sized area surrounding the "V" shape at the back of the glans. Some men find the area below the glans where they were circumcised to be the most sensitive area. If your partner has not been circumcised, you may need

to be extra delicate. Always remember to use a gentle rotating stroke and vary the length of the rub. Use both hands and play with the testicles at the same time, handling them like small breakable eggs.

## Take it to new heights

I named this technique the Ode to Bryan after the friend who shared it with me. Once you master it, you'll be using both hands in alternation, expanding the area of sensation and building a continuous rhythm.

**Step 1** Apply lubricant to the palms of both hands and warm them up by rubbing them together.

**Step 2** Sit between your partner's legs. Place the palm of your hand on his penis so that your elbow is out and your hand is at a 90-degree angle with your palm facing away from you, thumb down. Then wrap your thumb around so it encircles his penis and push your wrist toward his stomach. (You should not be able to see your thumb - just the back of your hand and four fingers.) Gently wrap your fingers around the base of his penis, forming a cylinder. Move your hand up the penis - gently and firmly.

**Step 3** Only when you get to the top of the penis, rotate the palm of your hand over the head of the glans in a caressing motion. Straighten your fingers so they are parallel with the shaft. Maintain palm contact as you rotate over the glans. The rotation is the most crucial part and must be done at the top only.

**Step 4** Once your hand rotates over the glans, keep your palm in contact with the penis while forming a ring with the thumb, index and middle fingers. Gently move the ring down to the bottom of his shaft.

**Step 5** Just as you complete the first cycle, move your other hand into position at the base of the penis. Start the same upward stroke with the second hand. When you have finished the up-and-over movement with your second hand, it's the first hand's turn again. Try to maintain continuous contact and movement. Repeat. ▷



**Certified sex educator Lou Paget** is author of the new book *365 Days of Sensational Sex* (Doubleday).