

Wedding Night For Dummies

8 tips that can make any man a successful lover.

By Shiva

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Introduction

My first time in bed with a woman was a disaster. The things I did turned her off so completely, she did not even let me kiss her, forget sex. It was painful for the poor girl and embarrassing for me. All the advice I had got from friends and from watching porn was useless, as I lay in bed next to her, staring at the ceiling of the hotel room, not knowing what to do next.

This is what happens on most wedding nights in the Indian subcontinent. I get hundreds of mails from 'virgin' men who are about to get married. Their lack of experience makes them anxious. They think their penis is too small or their erections don't last long enough and they worry that they won't be able to sexually please their brides. **Wedding night for dummies** is a free guide I wrote so guys can avoid the mistakes I did and learn to be a good lover faster.

Sexually satisfying a woman is not rocket science. It does not matter how big or small your penis is or how long you can hold your erection. Just follow these 8 basic tips and you can sexually satisfy any woman, even if you have never had sex before.

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1. Be clean, smell good.



A common complaint of women is bad breath and body odour in men during love making. After the hectic wedding rituals and functions, there will be dried perspiration on your body which will cause body odour and you won't realize it. Spraying deodorant won't help much, the perfume mixed with stale sweat will still smell unpleasant. The most effective way to remove body odour is a quick shower before getting into bed. If your bride is willing, invite her to join you in the shower. While you soap each other's body, foreplay has begun! For bad breath, spray some mouth freshener into your mouth, or suck a mint just before climbing into bed. Also trim your nails; long nails collect dirt that turns off women (yes, they notice dirty nails). Nails can also scratch and hurt the delicate tissues of her vagina.



Trim nails, suck a mint candy, take a shower, before getting into bed.

2. Talk, tease, make her laugh.



In most arranged marriages, the bride and groom are almost strangers when they meet on their wedding night. Most women cannot be sexually aroused by a stranger. Only after she is first *mentally* comfortable with a man, can she be *physically* aroused by him. That's why a great lover will not even touch her body unless he has first touched her mind.

Talk to her as if you are on a date at a coffee shop. Talk about the wedding ceremony, her relatives, her friends. Ask what marriage means to her, what excites her about being married, is there anything she is nervous about? Listen actively, while she talks.

Tease her. Say "Congratulations, you lucky girl". She wonders why, and you say "Because, of all the girls waiting in queue for me, you are the one who got me." Or tease her about her friends, say "Your friends were so dorky, my friends were so cool." Of course, say it with a smile, so she knows you are just teasing and not being a jerk. :)



Don't be in a hurry to get physical, spend time talking, teasing, getting to know each other as if you're seated at a coffee shop.

3. Keep lights dim.



Women are often self-conscious about their bodies. Even women with model-like bodies, secretly doubt their attractiveness. They think their breasts are too small or too big, their butt is too small or too big, their skin does not look healthy etc. If a woman feels self-conscious or bad about her body, it makes her uncomfortable to get naked. And you know, unless a woman is mentally relaxed she cannot get physically aroused. When lights are off or dim, she is more likely to be relaxed, and easier to arouse. If you can't dim the lights, keep the bathroom light on and its door slightly open so that you get some indirect light. Another erotic option is to light a few candles and make love by candle light.



Keep lights off or dim. Or switch off lights and keep bathroom light on with door open. Or make love in candle light.

4. Undress her slowly.



Most guys are in a hurry to get her naked. And if she won't let him, he will slide his hand down her blouse to touch her breasts, or up her saree to touch between her legs. Not good. Great lovers start making love while she is fully dressed. Caress her back from *outside* her blouse. Squeeze her buttocks from *outside* her saree. Fondle her breasts from *outside* her blouse. Caress between her legs from *outside* her saree. Why is this the better way? With clothes on, she is relaxed and easier to arouse. When she is naked, she is tense and difficult to arouse. Once aroused, it's easier to get her to take her clothes off. Also, when you start making love while she is fully dressed, her inner sexual psyche tells her "*He can't even wait for me to undress? He probably has high sexual power!*" This turns her on because she is programmed by nature to mate with a male with high sexual power. When you start undressing her, do it slowly, bit by bit. For example : While removing her blouse, remove the first button, caress and kiss the newly exposed area, then remove the second button, caress/kiss the area just exposed. After removing her blouse, let her bra remain. Caress/kiss all freshly exposed skin on her upper chest, shoulders, cleavage, upper arms, arm pits, abdomen. Then unhook her bra and caress the freshly exposed skin of her back. Take the bra strap down off of one arm, caress/kiss the arm, then take the other strap down...and so on. Slower you go, faster she will be aroused.



Start making love while she is fully clothed. Undress her bit by bit, kissing and caressing the freshly exposed parts.

5. Travel her whole body during foreplay.



Common mistake by inexperienced lovers is to rush to her intimate parts (*breasts, lips, vulva**) while ignoring the rest of her body. Great lovers do the opposite, they stay away from her intimate parts and first make love to the rest of her body. Only when she is fully aroused will they go to her intimate parts. Here's a sample routine: Run fingers through her hair, kiss her forehead, caress shoulders, stroke back, fondle ear lobes, caress neck, stroke sides of her arms, kiss abdomen, stroke inner thighs, fondle buttocks, suck toes one by one, all 10 of them, caress her sides, nibble her calves, kiss & lick back of her knees, cover her abdomen with lots of soft dry kisses, nibble back of her neck, lick armpits, squeeze butt, lick insides of her navel, suck her earlobes, nibble undersides of her breasts, turn her over and cover her entire back with soft kisses & nibbles, lick her buttocks, nibble her buttocks....explore all the non-intimate parts of her body...then, and only then, approach her breasts, lips and vulva.

Get this [Free eBook](#) on How to kiss her breasts

* **Vulva** : The parts between her legs (*labia majora, labia minora, vagina, clitoris, perineum and urethra*) are together called her 'vulva'. [Click here](#) to view images of the parts of a vulva.



During foreplay, explore her WHOLE body. Stay away from lips, breasts, vulva until you have made love to the rest of her body.

6. Help her orgasm before intercourse.



Inexperienced men try to give a woman her first orgasm during intercourse. Great lovers help her have her first orgasm *before* intercourse. If you help her get her first orgasms (with finger sex or oral sex), it's easier for her to have an orgasm *during* intercourse.

When to do finger sex or oral sex? *Don't rush to touch between her legs. She won't enjoy that until she is fully aroused. How will you know if she's ready to be touched there? As she gets aroused, she spreads her legs wider. Here's a simple test : When you touch her vulva, do your hands touch her thighs? If she is aroused enough, her legs would be spread wide enough so that when you touch her vulva, your hands won't touch her thighs. Here's another way to find out. Say, "I'm not really sure when you're ok with me touching your vulva, so I will not go there at all, until you take my hand and place it there yourself." Then, wait for her to take your hand and put it there. Most women would love to have this control over when to begin genital play.*

Click here for [Finger sex basics](#) | Click here for [Oral sex basics](#)



Before intercourse, help her orgasm through finger-sex or oral sex.

7. During intercourse, get her on top.



When you are ready for intercourse, invite her to get on top. When a woman is on top she is in control of when to allow penetration, how deep to take the penis in, the angle of entry and the speed of thrusting. Having this control makes her relaxed, and as you know, a relaxed woman feels greater arousal and that increases her chances of expressing orgasm during intercourse. Here's a bonus for the man too: When she is on top, erections last longer because he has to do less effort.



During intercourse let her be on top. It puts her in control, which makes it easier for her arousal & orgasm. It also helps your erection last longer.

8. Afterplay



Soon after orgasm, a woman can feel quite vulnerable and exposed. Hold her close, and let her know how enjoyable you found the experience you just shared. You may not feel like doing this because you may feel exhausted after the buildup and release of orgasm, and you may feel the urge to fall asleep or jump out of bed into some rushed activity like getting dressed or using the phone or watching television. But even a few seconds of afterplay can make all the difference, it turns a physical act into an act of love.



Don't switch off your mood immediately after ejaculation, hold her close for a while.

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