

# How To Self-Suck: The Art of Auto Fellatio



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## How possible is this for YOU?

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First of all, this practice is very serious and not to be taken lightly. It is an intense physical endeavor that requires intense understanding and connection to your own body, understanding and training of the body's mechanics, and for all but the most extremely physically healthy people, requires ongoing and lasting physical health changes in the body. All this is necessary before any level of enjoyable autofellatio can happen.

Because this practice is very serious and physically intense, although very pleasurable work, a lot of preparation needs to happen before your body can be capable of this. Those in very, very good overall health & peak physical fitness may achieve very quick results.

This is not (just) for laughs or for fun with your friends. Although you may have heard lots of jokes about autofellatio, these are made because of the sheer idea of impossibility underlying the thought of autofellatio for most people. So it's all based on the seriousness and wonder about the ability to autofellate.

In fact, if you research the history, and some will be provided herein, autofellatio has been known in certain cultures to be mythical and godlike. For example, the God Ra in the ancient Egyptian religions was said to have birthed the world by performing autofellatio and drinking his own seed.

## What are your chances of being able to do this?

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Motivation:

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If you like to masturbate, even just sometimes, combining it with autofellatio can enhance the Experience by a very long shot. This will give you the motivation needed to work with your body enough to where you can do this to a level much more enjoyable than masturbation.

### Health:

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Every part of this autofellatio experience is targeted towards bodily and mental health. Being able to better understand your own sexuality, and performed all the actual desires that you have, you will be healthier. By working towards naturally allowing your body to do this, your body will be in better physical condition than before.

**Most exercise routines are boring and dull, but working towards giving yourself massive pleasure will get you an awesome workout** beating any routine, using the Ouro Workout Manual.

### Flexibility:

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I am a guy, obviously, but have always been able to touch to my toes perhaps slightly more than most guys. It never was a huge amount, I was never double jointed, and never was a contortionist or spent a lot of time stretching.

I have actually spent most of my time doing jobs are required sitting at a desk a lot. So none of these things have made me any more flexible. But as of now, after performing the startup routine in the Manual here, I can reach my mouth to the base of my pelvis. Obviously, you should know what this means if you have ever been deep throated by a lover. I am 6 feet tall.



### Size:

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As of now, [from many years of experience](#) in the penis enlargement field, my length is slightly more than  $7\frac{3}{4}$  inches, or exactly 197 mm.

## Sexuality:

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Major studies that have been done to test the level of gender attraction in most people show that the mass majority of people are not absolutely heterosexual.

Odds are you are one of these people that were not completely heterosexual.

So the only thing left is, do you have the confidence to experiment with the natural and normal desires that you have?

By experimenting and enjoying your own body, any natural judgment of this would be that it has a heterosexual experience anyway.

So, all of these things have affected me to varying degrees. But, I am able to autofellate with definite success. Of course, once you get to the point where you can "feel" your improvement, things begin to get a lot more interesting and fun.

Back before no one had ever run a faster than 4 minute mile, everyone believed that it was entirely impossible. But, once he broke a 4 minute mile, many runners began being able to do it, and now the fastest person to run a mile is much quicker. So, with the right training and mindset the impossible becomes totally achievable.



## So what's Autofellatio do for ME?

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### Confidence:

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The number one attractive quality that women or men always mention is confidence. This basically means being able to own up to who you are. Can you imagine a situation you've been in that did not work out well, like where a woman was challenging or teasing you?

It was because she was able to test & mess with your confidence, seeing you being unsure. Now, can you imagine the same situation, but the thought that goes through your mind is that **you need nothing from her?**

I have been in situations like this, before I knew how to selfsuck. The difference is, that after I've been selfsucking, I had felt the enjoyment of autofellating, a sly grin would just go on my face. The woman would see my confidence and the situation would go better for me. By confidently looking a partner in the eyes knowing you can provide amazing things, you'll be less distracted and able to pay attention to what really matters about you and them. You will better know what it is that you

want and like.

### Vitality:

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By being in a more peak physical condition, you'll have more stamina and power. Also, your body will be in much better physical condition. So by holding yourself better, with better posture and form and instant appeal. You doing this will give you better muscle tone and a more optimal weight, which will give much more confidence.

### Sensuality:

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When people first start masturbating, they realize they're getting to know what things feel like. Autofellatio is another measure of that, where you are involving more of yourself more closely. This will help you be a better lover by refining your sensitivities and helping you know more of what you want, and what more things feel like.

When dancing, leaders who learn how to follow become better dancers.

### Self desire:

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Another attractive trait is to believe in your desirability. By getting to know your body better, you'll have more confidence in believing that someone else will want you.

### Self belief:

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Reaching any goal enhances your belief in yourself. But most people think autofellatio is impossible, so by reaching this goal, even to a minimal degree, may do much more for yourself-belief than you can see right now.

### Sexual Openness:

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By participating more openly in your desires, even with just yourself, any lover that you have will be able to feel this. Because you'll be more open and accepting about yourself, you will be more open and accepting to them. One of the foremost experts on male attractiveness and sexuality says that your sexual openness deeply affects your attractiveness. One foremost expert on relationship enhancement says that acceptance is one of the most deeply coveted virtues in a lover.

## Women's reaction:

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I have had experience with two female lovers, in long-term relationships, who both participated with me in autofellatio.

Though technically, it might not be called "auto"fellatio if someone is assisting you (because the term means to do it by yourself).

Both of these women had interested, excited reactions. One stated "I love it.

If I see you do it I'll know what you like better." Another said "That was one of the most intense experiences that I've had with you.

It is a huge turn on that you were that open with me, and makes me feel like I can share myself more." Of course, this means that bedroom time gets a lot naughtier, and unexpected fun things happen.

## Guiltless:

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Just like the first time we masturbated, there was a sense of doing something wrong, but most of us get over it the more we learn about it. That is what this Manual is for.

If I had this info when I first tried this, it would have been enjoyable for me 10 times earlier. So now you have this manual, follow it. Get your goal quicker, easier, safer, with more fun, and most importantly without hurting yourself.

## Mind Blowing Orgasm:

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Masturbation was a lot of fun, the first few times. How long does it take to reach tedium or boring levels? What significance does it have after the fact, how fulfilling? Most of us agree that the basic handjob by yourself is pretty mundane, as you wonder "what am I missing?"

That's where autofellatio comes in.

Masturbation is quite lame, after you've achieved the mind-blowing orgasm of autofellatio. Who would turn down a blowjob?

Who would turn down an amazing blowjob? Who would turn down a blowjob given exactly the way they want it to be done? Once you can reach, using this guide, the rest is whenever you want it, however you want it.



# Safety First!

**Autofellatio is a  
physically intense exercise.**

## Health Risks Include:

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- Muscle Tearing
- Ligament Tearing
- Neck, Spinal Damage
- Strained Vision/Eyesight/Astigmatism
- Other...

As mentioned, this is an intense physical exercise. **This is the purpose of this manual! Follow the instructions here for far less health risk.**

**Practice correctly & with bodily awareness.**

## History

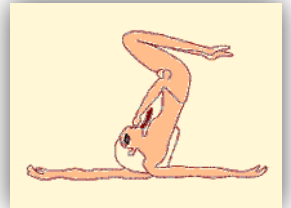
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Autofellatio, of course, is mentioned in many times throughout history. It is referenced in popular classic literature, popular liberal arts and artists, as well as mainstream pornography.

### In Art:

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In 1993 American feminist artist Kiki Smith created a beeswax life-size sculpture titled "Mother/Child" which included a depiction of man performing autofellatio.



### Mythical gods:

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In ancient Egyptian religion, the sun god Ra is said to have performed autofellatio to have birthed the universe. This also foreshadows the intense experience and power that can be gotten from correctly performing autofellatio.

## Society

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### Pop Culture:

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The group "The Lonely Island" references autofellatio in a comedic manner in their "Like a Boss" song.

Will Farrell made an attempt in a comedy skit during his time on Saturday Night Live.



### Pornography:

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A porn actor named Ron Jeremy was filmed [performing autofellatio in one of his scenes](#).

## Overview: The Path to Autofellatio

This is the overview of how you'll make it happen! Start at step 1 and end at step 6 and you'll be an autofellatio pro!

- 1: • Spine & Back Preparation
- 2: • Full Body Limberness
- 3: • Nutrition & Internal Health: Meet Goal 3
- 4: • Ouro Workout: Meet Goals 1 & 2
- 5: • Autofellatio Workout
- 6: • Go! Autofellatio Pro!

### Our Goal 1 is:

**Maximize flex in the 4 Areas of the Spine, full body ligaments, abs & pelvis (sacroiliac).**

[Meet Goal 1: Click Here](#)

### Our Goal 2 is:

**Maximize full body range of motion & optimal nutritional Health to allow autofellatio.**

[Meet Goal 2: Click Here](#)

### Our Goal 3 is:

**Maximize full body range of motion & optimal nutritional Health to allow autofellatio.**

[Meet Goal 3: Click Here](#)

## Body Biology

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### Goal 1: Spine Preparation

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The Spine is arguably the most important structure in the body. DON'T SCREW AROUND when it comes to your spine! The body mechanics involved in the workout are ADVANCED & EXTREME when it comes to this workout, so:

- Read Carefully
- Zero Tolerance for Pain During the Workout
- Pay Extreme Attention & Caution to Physical Spine Health
- Support this Workout with Any Spinal Information You Deem Necessary

Here we'll go over the main skeletal structures involved in the workout.

- Cervical Curvature
- Thoracic Curvature
- Lumbar Curvature
- Pelvic/Sacral Curvature
- Sacroiliac
- Linea Alba
- Ligaments

#### Cervical Curvature

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Area from the skull down through the throat. This area will be curving less naturally forward during autofellatio.

Capable of about 70% flex.

#### Thoracic Curvature

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Area from the throat down through the 'middle back'. This area will be curving more naturally forward during autofellatio.

Capable of about 40% flex.

#### Lumbar Curvature

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Area from the 'middle back' down to the pelvis. This area will be curving less naturally forward during autofellatio.

Capable of about 70% flex.

### Pelvic/Sacral Curvature

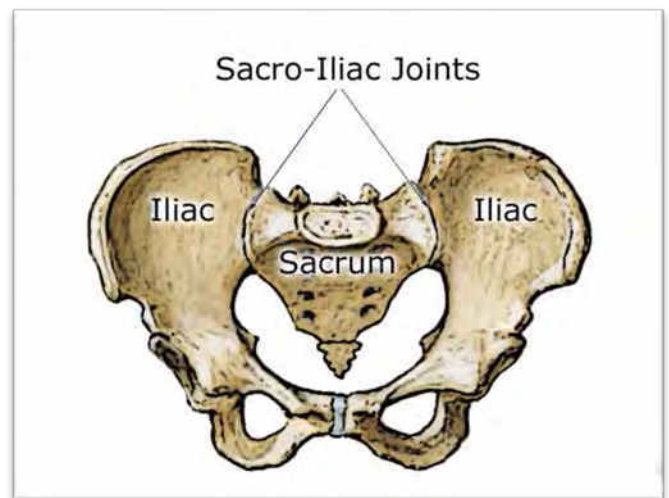
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This is the area from the lower back through the pelvis. This area will be curving more naturally forward during autofellatio.

### Pelvis (Sacroiliac)

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This is the area that joins the inner sacrum of the pelvis to the outer 'wings' of the pelvis. It's part of the area that can naturally stretch w/ women in childbirth, and naturally can support autofellatio.



### Abdomen

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The linea alba is the muscle structure that runs down the midline of the abdomen. It provides major support to the lower back. The Abdomen helps by constricting the spinal curve forward throughout the middle & low back.

### Ligaments

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Ligaments in the neck, back, chest, arms, shoulders, hips, low back, legs, and feet are all involved in properly supporting the workout.

## Goal 1:

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Goal 1 is...



- Spine & Back Preparation

So as you can see, the Spine is your Main Doorway into autofellatio. Remember, much of the flex you already have.

## Goal 2: Full Body Preparation

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Goal 2 is...



- Full Body Limberness

The entire body is part of the process to autofellate. Because of the main inward curving to reach the groin with the mouth, this calls for every part of the body to release muscles, tendons, joints, & more, all while flexing inwardly. From toes to tip of the head, everything is involved. The more you prepare, the easier it is, the day of!

- Abs
- Feet
- Achilles Tendon
- Calves
- PNF Stretches
- Water/Hydration
- Trigger Point Releases

## Goal 3: Nutrition - Ongoing

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Goal 3 is...



### • Nutrition & Internal Health

In order to have a body that can perform such an intense workout, you'll need to alter your nutrition. Anyone beyond a few years old can see that "You Are What You Eat". A

Stop by any GNC or health / nutrition store for these supplements. PS: You get what you pay for! Cheap supplements will have far lower uptake rates in your body than an organic supplement. The cheap supplements molecules just are not accepted by the body as readily.

### Main Supplements to start with:

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- Nuts as Snacks, preferably raw (Brazil, Almond)
- Use Cod Liver Oil Supplement
- Use GOOD Amino Acid Supplement
- Use GOOD Multi-Vitamin/Mineral
- Use GOOD Anti-Oxidant Supplement
- Take an Additional Magnesium Supplement
- If Eating Meat – Eat Fish and Lean Red Meat
- Eat Plenty of Vegetables – Fruits, too, but More Vegetables than Fruits
- Nothing Cooked in Processed Oils/Margarine
- All-in-One for Anti-Oxidant

### Rebuild and heal tissues:

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You can get this Hemp Seed Oil which will provide many of these essential nutrients.

- Before Sexual Activity: 20 almonds & 4 Brazil nuts
- Boron
- Magnesium
- Albumin/Zinc
- Calcium
- Vitamin A
- Vitamin B6

- Vitamin C
- Vitamin D (or Plenty of Sunshine, free!)
- Vitamin E
- Vitamin K
- Amino Acids (Especially L-Lysine)
- Phosphorous
- Cod Liver Oil (Awesome for Teeth too!)

## Connective Tissue & Spine

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- Albumin/Zinc
- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin D (or Plenty of Sunshine, free!)
- Cod Liver Oil (Awesome for Teeth too!)

## Bones:

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- Boron
- Magnesium
- Calcium
- Phosphorous
- Vitamin D (or Plenty of Sunshine, free!)

## Pain & Inflammation:

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- Take anti-oxidants in order to remove free radicals from your body.
- Remove Sugars, especially refined sugars, out of your diet.
- Do not eat Red Meat. If you must, just lean red meat with the least fat.
- Take Vitamin E Supplements. Be sure all supplements are not synthesized, as they reduce uptake & functionality!



- Increase your potassium uptake by eating bananas, coconut water, etc.
- Increase Vegetables in Your Diet (Uncooked is Preferred), Fruits are Not Preferred
- Increase your Omega-3 fatty acids by eating more fish or a natural Cod Liver Oil supplement. (Very good for teeth as well, if you use Fermented Cod Liver Oil.)
- Use Ginger Root or an organic supplement. Juice it, use it in teas, in meals, etc.

### **Our Goal 3 is:**

**Maximize full body range of motion & optimal nutritional Health to allow autofellatio.**

**Meet Goal 3: Determine the best supplements for yourself, and stick to a good diet.**

## Meeting the Goals to Achieve Autofellatio

It may be a long process for you to reach autofellatio, or it may be quick & easy. This mainly depends on your overall physical health, overall flexibility, motivation and patience.

Forcing your body or ignoring its warning signs, bypassing the health and fitness routines, or other shortcuts could slow you down or stop you entirely. It's actually a very intense physical exercise to do a complete autofellatio session.

SO, HOW DO I GET GOING?

Good question. **Once you can meet goals 1, 2, and 3, you'll really begin to find the payoff and experience becomes enormously better.** To do this, Begin with Nutrition Guidelines above and then the [Ouro Workout](#) daily, which will bring you to a greater level of physical strength. (The true strength & peak body comes from intermittent 30-45 minute autofellatio sessions, with ongoing Ouro Workout sessions).

### Overview:

1. Ongoing- Reach Goal 1
  - a. Step 1: Stretch Releases (DAILY)
  - b. Step 2: Trigger Point Releases
2. Ongoing- Reach Goal 2
3. Ongoing - Reach Goal 3
  - a. Choose proper supplements
  - b. Stick to Proper Diet

#### Our Goal 1 is:

Maximize flex in the 4 Areas of the Spine, full body ligaments, abs & pelvis (sacroiliac).

#### Our Goal 2 is:

Maximize full body range of motion & optimal nutritional Health to allow autofellatio.

#### Our Goal 3 is:

Maximize full body range of motion & optimal nutritional Health to allow autofellatio.

## The Ouro Workout: Daily To Meet Goals 1 & 2



### • Ouro Workout: Daily to Meet Goals 1 & 2

Before you can autofellate, your body requires preparation. Some people can be very short term; they can follow the Ouro Workout Step 1&2 and autofellate today. But most will need to follow this Ouro workout daily to prepare the body.

Most people will need some longer term preparation. Maybe you could even reach today, or within a week or two. But the Ouro workout makes it comfortable & enjoyable to reach, so you can take your time, enjoy, and really get to know how to “know yourself” autofellating.

First, you learn & practice DAILY the Ouro Workout, which is completely about preparing for autofellatio. You’ll use it daily or as often as possible to get your body, body mechanics, breathing, and everything else prepped for autofellatio.

Second, once you attempt autofellatio itself, the workout will have made it far easier for you.

### The Ouro Workout – Autofellatio Preparation:

#### **Ouro Workout Goal:**

Practice the Ouro Workout Daily to Meet Goals 1 & 2 of overall peak flexibility, strength, and range of motion for all body parts & mechanics involved in autofellatio. This makes a quicker, easier, and safer path to autofellatio.

### Ouro Workout Step 1: Stretch Releases

Stretch releases are a way to stretch the body, continually becoming more flexible, to achieve the state where the body is consistently able to be the most flexible. Just like gym class.

A certain method of stretching can greatly help here. It’s called PNF, so during all stretches mentioned here, apply the following technique:

#### *Ouro Workout Step 1 Stretch 1: PNF Techniques*

1. [Click Here for Video Demonstration](#)
  2. Stretch the area to its limitation.
  3. Contract the muscles involved in the stretch, hold for 10 seconds, relax & maintain position.
  4. Deepen the stretch, reach limitation, contract all muscles involved.
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5. Do these 2 or 3 times on each position.
6. Use with all skeletal muscle stretches.

Said in another way:

1. Carefully reach your limit. As you reach a limit:
2. Remember, it's only the limit for the moment. **Relax & pay attention to stretching, not your d\*\*\*. (Save that for the Autofellatio Workout)**
3. Take a very deep breath and flex all the muscles you can concentrate on, all at once.
4. Relax the muscles, release slightly. Reassess how your body feels. If it feels OK to move ahead, continue the stretch.

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### *Ouro Workout Step 1 Stretch 2: Upward Reach*

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Lengthen the body from heels to head, by lifting arms high above, arms together. Stretch but relax. Do each exercise 5-10 times at least 10 seconds.

[Click Here for Video Demonstration](#)

### *Ouro Workout Step 1 Stretch 3: Hamstring/Back Thigh Release*

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Lengthen and fold deeply into your thighs with your belly. Get your hands to your ankles, toes, behind your feet. Breathe & relax as you go deeper.

[Click Here for Video Demonstration](#)

### *Ouro Workout Step 1 Stretch 4: Buttock Release*

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Proper self myofascial release technique to massage your piriformis or glutes muscles using a bio-foam roller.

[Click Here for Video Demonstration](#)

### *Ouro Workout Step 1 Stretch 5: Spine Release*

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Proper self myofascial release technique to massage and stretch your spine and back muscles using a bio-foam roller.

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 6: Calf Release*

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 7: Inside Thigh Release*

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 8: Neck Release*

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 9: Reach Behind Release*

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 10: Lower Back Release*

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 11: Bow Pose*

[Click Here for Video Demonstration](#)

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### *Ouro Workout Step 1 Stretch 12: Half Twist*

[Click Here for Video Demonstration](#)

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## Ouro Workout Step 2: Trigger Point Ball Releases

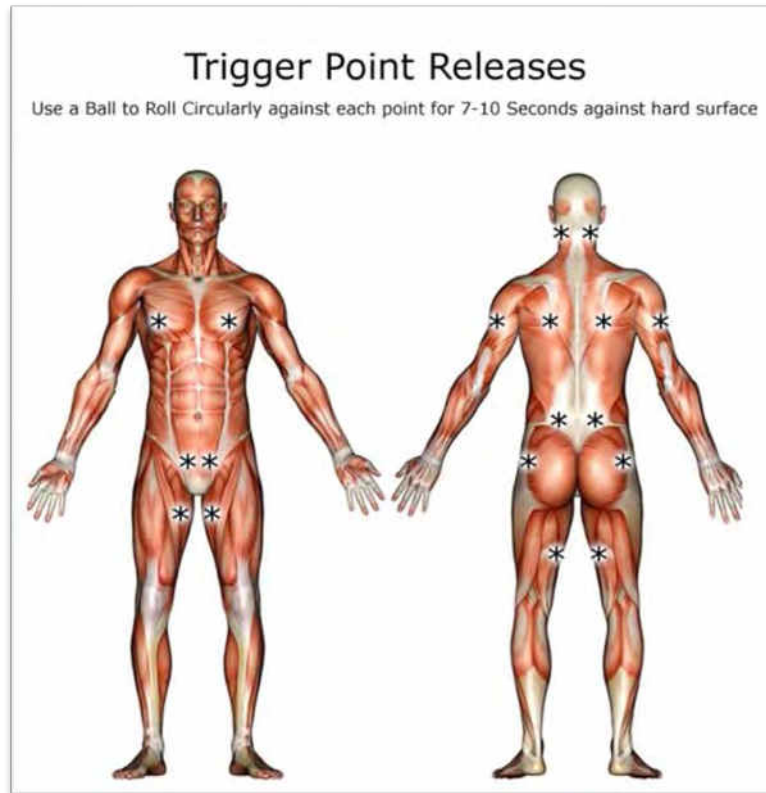
These are secret, vital areas which can unlock entire areas of the body with short pressure point access. This uses a rubber bouncy-ball, (golf ball or tennis ball can work, but are too hard/soft) and place it on each pressure point.

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### *Trigger Point Releases Using a Rubber Bouncy-Ball:*

1. Place ball against Trigger Point.
2. Lean/Lie against something hard in that area.
3. Place pressure just beyond 'comfortable' in that area.
4. Circle the ball until the most tender spot is found.

5. Place pressure for 7-10 seconds, unmoving. (Don't tense the area when creating pressure.)
6. Move to the opposite side of the body & repeat.
7. Move on to the next Trigger Point.
8. Do ALL points each session. Do full body 1 time per session.



## The Autofellatio Workout:

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Before doing the Autofellatio Workout, you need to have completed the entire [Ouro Workout](#) on the day of Autofellatio.

Also, ongoing daily practice of the Ouro Workout and ongoing meeting [Goal 1](#), [Goal 2](#), and [Goal 3](#) is required for this to be safest, quickest, and easiest practice of autofellatio.

The true strength & peak body comes from intermittent 30-45 minute autofellatio sessions, accompanied by ongoing Daily Ouro Workout sessions.

## Quick Autofellatio Checklist:

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1. Complete the "Day Of" Checklist:
  - ✓ 12Hr Water (approx. 20 oz. more than avg.)
  - ✓ 4Hr Water (approx. 20 oz. more than avg.)
  - ✓ Don't Eat
  - ✓ 1Hr Water (approx. 20 oz. more than avg.)
2. Complete "[Ouro Step 1: Stretch Releases](#)" Checklist:
  - ✓ Upward Reach
  - ✓ Hamstring Release
  - ✓ Buttock Release
  - ✓ Calf Release
  - ✓ Inside Thigh Release
  - ✓ Neck Release
  - ✓ Reach Behind Release
  - ✓ Lower Back Release
  - ✓ Bow Pose Release
  - ✓ Half Twist Release
3. Complete "[Trigger Point](#)" Checklist
4. Complete "Comfort" Checklist
  - ✓ Temp: Slight cooler because you'll heat up
  - ✓ Time: Set plenty aside
  - ✓ Tools
    - ✓ Toys
    - ✓ Penis Ring
  - ✓ Water

✓ Saliva Enhancer (OJ/Citrus or Soda)

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✓ Privacy: Don't be disturbed

5. Autofellatio Position

✓ Choose Position

✓ Setup Elements (chair, pillows, etc.)

6. Complete "Final Prep" (Optional)

✓ Hot Tub

✓ Sauna/Steam Room

✓ Hot Shower

✓ Hot Bath

✓ Massage

### Caution!

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1. Be careful. Pay attention to your body. If something hurts, adjust or stop. Do Not Ignore this. Injury is high risk without knowledge & preparation.
2. Take Your Time! Rushing is for other types of Masturbation. This workout requires doing in full for proper & complete physical preparation.

### Tips

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1. Follow the Nutrition & Water Recommendations below. Prepare properly!
2. Hot Bath/Sauna/Hot Tub (not the Time Machine kind). To relax your body.
3. Breathe, Breathe, Breathe is the key!

### Best Time for Autofellatio

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- Night-Time
- After a Full Day Physical Work, not strenuous or exhausting, but full & intense to completely and totally limber the body up.
- When not high or drunk, but completely relaxed.
- A peaceful state of mind

### Inversion or Hanging Upside-Down

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Lengthening the spine can greatly assist in the ability to reach more deeply. Inversion is a practice of hanging upside-down. There are even 'inversion tables' created for such use, which grip



the ankles as the table flips upside down. Hanging this way for a few minutes a day supports a healthy, long, flexible spine & back.

## Autofellatio Positions

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Different positions appeal to different people. Some are more advanced than others.

### Chair Position: (Easy)

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Chair Position is the Easiest & Best for novice. Provides the most consistency: (see photo- only in guide)

- [Click Here for Video Demonstration](#)
1. Sit in the chair w/ butt near the edge.
  2. Bend forward. You want to round your back as fully in a consistent circle as possible, not all in one place, to disperse the flexing & avoid injury.

### Plow Position

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Plow position is relatively easy and can help assist maintaining the position. However, it's the most likely one to get hurt in. Reason being, that it can create undue pressure on the neck (the most vulnerable spot!)



- [Click Here for Video Demonstration](#)

⊗ Never place an object under your neck in this position!

### Chair & C Position

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Much like the chair position, but not requiring a chair. Basically curled into yourself while sitting, standing, lying back, etc.



- [Click Here for Video Demonstration](#)
- [Chair Position Demo Video](#)

### X Position: (Hard)

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This position is most likely the most advanced and you probably won't see it

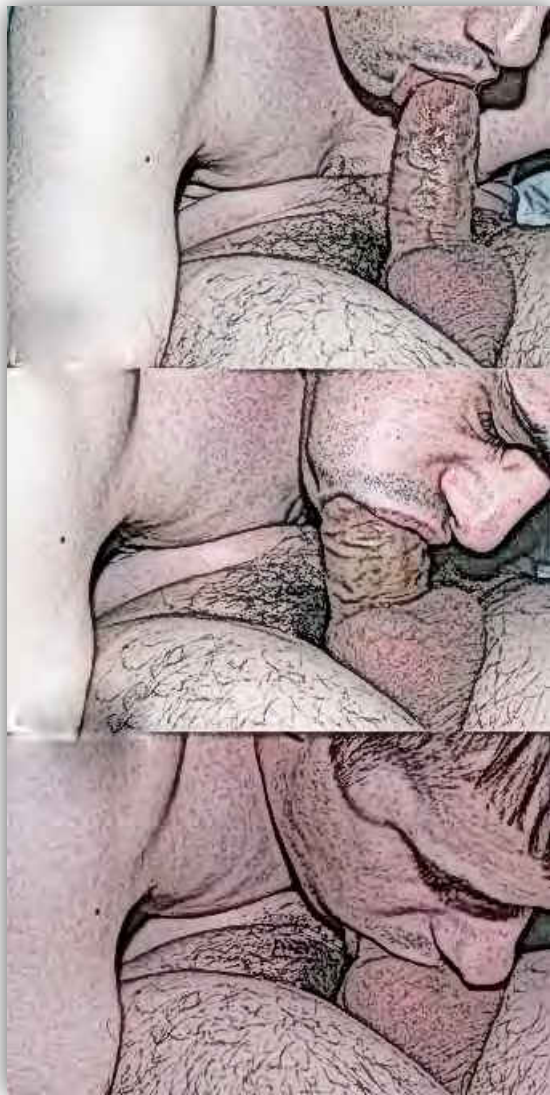
for some time.

It involves quite a full range of complete, totally body loosening & optimal health. The legs behind the head & compacted belly requirements on this require quite a bit of practice.

The benefit is, that the feet behind the head assist maintaining the autofellatio position, making a more long-lasting experience.

- [Click Here for Video Demonstration](#)
- [Click Here for SelfSuck Video Demonstration](#)
- [Click Here for SelfSuck Video Demo 2](#)

**Ultimately, the main goal is:**



## Positions Critiques:

### Plow Position

Good curvature through the neck and into the back. Good distribution of the stretch/curve through the entire back. This guy is probably about 7 inches so he's got it a bit easier than some of us. Also, he's on a soft surface so there's not so much forcible pressure on his spine and neck vertebrae, which is extremely important.

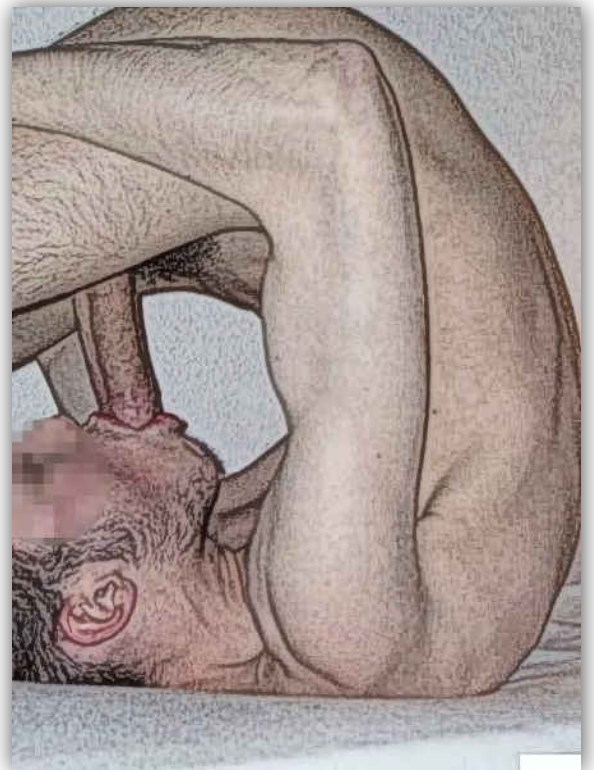


Photo below, this guy has great curvature throughout the neck and back, good distribution of the stretch & pressure throughout. You can see he's grasping the couch edge for some leverage, and using that to pull while pushing on the wall with his feet.



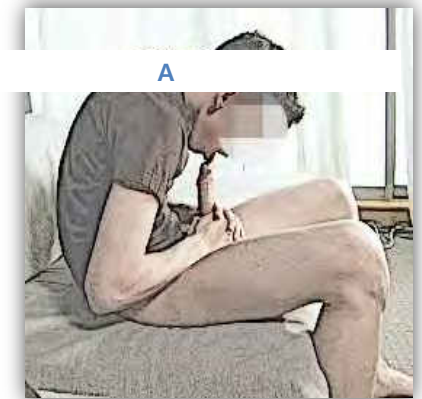
This can be a pretty substantial way to gain some leverage.

**IMPORTANT:** Anytime you're pulling/pushing etc. anything to assist bending further, be extremely careful to be attentive to not go beyond your limits.

### Chair Position Critique:

A: This is a good example of Chair. It's good to see that there's no external pressure on the neck. Using his hands below thighs is the most common way to gain leverage in pulling down.

B: Perhaps the most basic way to begin. There's no external pressure. He could sit forward a little more and reach between his legs, spread the knees further, and grasp the underside of the couch for leverage.



### X Position Critique:

This is the hardest position, but if you can master it, there is a lot to be said for how long you can be in it more comfortably. Also, it gives a lot of leverage to allow some very deep usage. In this example, his back is against a wall, which helps very much. Without the wall, you're left trying to lift the hips, or lift your chest, against gravity; that makes it just that much tougher and might make all the difference. So use a wall.



### Standing Position Critique:

This is a bit harder than others, as when things get going, it can make standing a bit tougher. It can best be used to gauge how flexible you are at the moment. Or, to begin the autofellatio session. The good parts are, there's minimal leverage on your body. You can lean your butt against a wall to be stable.



### Too Short?

I think you can witness here that length should really not be an issue. As well, I have actually reached the base, which means that I'd be able to with shorter than a 1" penis.



## Serious Depth

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So I have to say the photo here is quite impressive. This is what you can accomplish quite quickly and easily using this manual.

Also, it's very possible to become much more skilled than this.



## Day of Autofellatio Checklist:

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### 12 Hours Ahead:

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1. Drink Water

### 4 Hours Ahead:

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1. Drink Water
2. Don't Eat

### 1 Hour Ahead:

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1. Drink Water
2. Hot Bath/Sauna/Hot Tub to relax & invigorate your body.
3. Be in a place you won't be disturbed.
4. Set Room Temperature, have towels & pillows.
5. Drink Orange Juice, or even soda.
6. Gather Tools, Toys, Penis-ring.



## Main Goal: Autofellatio & Ultimate Body

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### Main Goal: Autofellatio & Ultimate Body

**The true strength & peak body comes from intermittent 30-45 minute autofellatio sessions, pre-empted by ongoing Daily Ouro Workout sessions.**

**Over time, you'll achieve confidence, attractiveness, & your ultimate physique using this ancient ultimate pleasure.**

## Special Tips & Need To Know:

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### Curving vs. Compression:

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Compressing the spine together, like the top of the spine pressing down into the pelvis, creates back trouble which YOU ABSOLUTELY WANT TO AVOID.

Curving is a great way to fix that, by curving the spine more like a C by pressing naturally outward.

Be sure to:

1. Keep a constant roundedness instead of sharp bends, by continually rounding the entire spine using the roundedness shown in the video.
2. At each "limitation point", move your attention from the top of your back all the way down, disc by disc, to distribute the bend equally through your entire spine.

### Limitations

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Carefully reach your limit. As you reach a limit:

1. Remember, it's only the limit for the moment.
2. Relax & pay attention to stretching, not your d\*\*\*.
3. Take a very deep breath and flex all the muscles you can concentrate on, all at once.

4. Relax the muscles, release slightly.
5. Reassess how your body feels. If it feels OK to move ahead, continue the stretch.
6. If it's OK, repeat.

Self Sucking is extremely intense as you are feeling yourself do it, rebelling over stigmas of doing selfsuck, giving & receiving all at once, and more. This makes a hell of a rush that I promise you've never experienced before, with anyone!

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### When to Start Sucking?

1. Before starting the sexual part, Wait until it's easy to touch penis to your lips while flaccid easily, or until it's obvious that you can fit in your mouth easily. This will make it far easier once you get started, as you'll forget about stretching once that part starts!
2. Do your thing! Ask good friends who give male oral for some tips. Just cause you can reach doesn't make you good at it! But it's quite easy.

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### Troubleshooting

Pay serious attention to your entire body for pain.

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#### If you feel pain:

1. Release slightly and disperse the stretch more into another area of the body.
2. Breathe into the area that was in pain.
3. If pain is gone, it may be OK to continue the stretch.
4. Remember to breathe, breathe, and breathe during all of this.
5. The diaphragm will be contracted as you bend more, so remember to keep breathing.
6. STOP IMMEDIATELY if pain continues, worsens, or shows other signs of being damaging. You can always begin again if the pain diminishes.

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### **Pain & Inflammation:**

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- Take anti-oxidants in order to remove free radicals from your body.
- Remove Sugars, especially refined sugars, out of your diet.
- Do not eat Red Meat. If you must, just lean red meat with the least fat.
- Take Vitamin E Supplements. Be sure all supplements are not synthesized, as they reduce uptake & functionality!
- Increase your potassium uptake by eating bananas, coconut water, etc.
- Increase Vegetables in Your Diet (Uncooked is Preferred), Fruits are Not Preferred
- Increase your Omega-3 fatty acids by eating more fish or a natural Cod Liver Oil supplement. (Very good for teeth as well, if you use Fermented Cod Liver Oil.)
- Use Ginger Root or an organic supplement. Juice it, use it in teas, in meals, etc.

## Conclusion:

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As you can see, self-sucking IS POSSIBLE. It takes a decent amount of time, effort, and commitment, but the reward is worth it.

I definitely recommend that you start off slow and get a feel for how everything works before simply jumping right into it.

ALWAYS stop if you feel significant pain / discomfort, and just save up your energy for another day.

I hope you enjoyed this eBook, and as always if you have any questions don't hesitate to contact me at [info@bestenhancementreviews.com](mailto:info@bestenhancementreviews.com)!