



**THE
ULTIMATE
GUIDE
TO**

Sexual Fantasy

**How to Turn
Your Fantasies
into Reality**

Violet Blue



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VIOLET BLUE



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Introduction: The Mirror of Desire

Sexual fantasy is one of our great cultural obsessions—it is the mirror of desire reflecting our own, and our lovers', faces. Books devoted to fantasies fly off the shelves of bookstores, encouraging our hunger for more. More fantasy, variety, something different; more unusual, bizarre, and titillating sexual daydreams, more ideas for shared sex play. We want our sex lives to be exciting and diverse and we want to be electrified, shocked, intrigued, and stimulated by new and unusual ideas for sex.

The *Ultimate Guide to Sexual Fantasy* is for the thousands and thousands of women and men who want their sex lives to be an ever-changing menu of intimate daily specials. We all dream of making our fantasies come true—or at least making them vivid and heart-stopping, like a sexual thrill ride. Few of us tire of wanting to know our lovers' fantasies, and we continually quest to satisfy them.

I know this is true—because I've spoken to an endless stream of customers who visit the women-run sex toy store where I work. They want to know how to make their coupled sex hotter and seek practical inspiration for spicing up their routine. It seems like everyone wants something hotter, newer, more arousing, more inspiring.

Up until recently, the problem was, we'd all read those old books of sexual fantasies, you know, those "tell-all" collections of "private therapy sessions" (yeah, right) and stories with tiresome moralistic or negative endings. Those books never were really supportive of threesomes, bisexuality, fetishes, or any but the most tame role-playing scenario.

With the intention of avoiding the moralistic, dated style of heterosexual fantasy books and tapping into the high quality and adventurousness typically found in more current erotica, I edited *Sweet Life: Erotic Fantasies for Couples* and *Taboo: Forbidden Fantasies for Couples*. I wanted to give these adventurous, loving couples—and singles—more to take to bed, so to speak. Every single fantasy in those books could realistically be replicated at home—or in the car, under the desk, at the restaurant.... The *Ultimate Guide to Sexual Fantasy* provides the "how-to" part of that equation. This guide explains how to make any sexual fantasy you can imagine come true. Here you'll find a huge wealth of practical ideas and real advice about sexual fetishes and fantasies. You'll find step-by-step instruction in fantasy negotiation and planning, role-playing, lap-dancing, stripping, S/M techniques, and more. You'll find examples of hundreds of fantasies, roles and characters, and a complete guide to resources to help you find costumes, accessories, props, and toys. There's advice for introducing new ideas—no matter how silly or small, or profound and life-changing—into your shared sex life, as well as advice for coping with difficult or troubling fantasies.

With this guide, you will find out how to incorporate new sex acts, positions, sex in public, or edgy encounters—safely and pleurably. Learn how to enjoy and

sex, deep throat, orgasms from penetration, or change the way you come, all by blending fantasy with your regular masturbation routines. Keep fantasies in your bedroom but make them authentic and realistic with the right details, props, and clothing. Take your fantasies out into the world: Have a threesome, an orgy, go to a sex party, try swinging, go to a strip club, visit a call girl or prostitute, or become a dominatrix. Make your own porn, take erotic photos, or use the Internet in dozens of delightfully devious ways.

Here, you'll read how role-play can be fun, and hot, and not as goofy to try as you may think. If you already enjoy role-play you can take it to the limits of ecstasy. Overcome shyness and learn to talk dirty, strip, perform a lap dance, give your lover phone sex, or an erotic massage. If S/M and kinky play sound exciting, learn all the things you can do with BDSM in a kinky context, and for once, walk away from a book with concrete ideas about what to do as a dominant, submissive, or captive; what to do with someone all tied up—or simply how to ask for spanking. Do you or does your lover have a fetish for feet, panties, uniforms, or rubber—or something more exotic? Learn how to make fetish and sex work together to become a sex toy hotter and more reliable than one anything you can buy in a store. And there is a huge resource list in Chapter 13 to keep you moving, get you going, experimenting, and finding the things that turn you on the most.

The Ultimate Guide to Sexual Fantasy is a warm welcome to the world of fantasy fulfillment. May you—and your partners—continue changing and loving and experimenting, and may all your erotic dreams come true.

Violet Blue
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CHAPTER 1

Choose Your Own Adventure

Have you ever wondered what it would be like to go to a sex party? Thought about a threesome? Imagined tying up your lover for an evening of erotic power—of submission? Perhaps you've always wanted to pretend you were schoolgirl, or doctor. Or in your own private moments, perhaps you dream of being seduced by a rock star. Or your partner has confessed to a fantasy of being a sexy firefighter saving pretty girls from danger. Have you ever thought about doing the most forbidden sex act you could think of with that new secretary, in the office, after hours?

Think of sexual fantasy as the cornerstone of your individual sexual expression. An erotic fantasy is any thought, idea, image, or scenario that interests you sexually. It doesn't necessarily have to turn you on, or by contrast it can be the one thing that gets your blood boiling.

If you think you don't fantasize, think again. Fantasies emerge from your erotic imagination in countless different forms, from fragmented sexual snippets to incredibly detailed narratives. Imagining romance, dreaming of someone you find attractive, masturbating to stories of taboo or even impossible sex, and vividly conjuring scenarios or sexual couplings you hope to make real in the near future are all ways we experience sexual fantasy.

Why do people like to fantasize about sex so much? Ever tried an aphrodisiac that worked? Not many people have. Even the legendary "Spanish Fly" is a myth—but sexual fantasies truly are Mother Nature's 100 percent natural, guaranteed aphrodisiac.

Fantasy can make masturbation intense and focused. You can set aside an hour just for your own pleasure, and include lubricant, a reliable toy such as a vibrator, and a fantasy—conjured by your own imagination, or taken from pictures in a book or magazine, or an adult movie.

Fantasy helps us to feel sexually self-reliant. Masturbating to a reliable fantasy and enjoying how good you can make yourself feel is one of the most empowering things you can do.

Try casting yourself in the starring role of your favorite X-rated film, whether in your head while masturbating, while watching the action onscreen, or in real life with a lover.

Or get out of a sexual rut, no matter if you're single or in a couple, by finding new fantasies to explore. For ideas, read erotica and sex-tip books such as this one, explore the wide world of porn or romance movies, or visit Internet chat rooms as a voyeur.

You can “try on” sexual activities in fantasy. Think of it as an imaginary dress rehearsal. ~~What would it be like to fellate your well-endowed new boyfriend or spank your new girlfriend’s ample bottom?~~

You can go to extremes without real-life risks; in fact, you can vividly imagine any far-out sexual scenario that turns you on, without risking a thing. You can role-play scenarios that would be dangerous or taboo in real life, such as sex with a stranger, with many strangers, kidnapping, age play, forced sex, and more.

Spice up your shared sex life and reach deeper levels of intimacy with your partner by sharing tried-and-true fantasies and discovering new ones. You can build up to trying out your favorite fantasies in real life.

With fantasy, you can enjoy sexual activities and scenarios you’re not experiencing on your own or in your relationship. Sometimes we want something our partners don’t. Fantasy portrayals, watching what you want in porn, and well-planned masturbation sessions can get you what you want without upsetting your relationship.

Sometimes when we tell others what we like to fantasize about, our scenarios become others’ fantasies as well. And when we brag to friends about real-life exploits, we never know which stories, innocently told over morning coffee, will become that evening’s erotic fodder—or the script for your best friend’s weekend tryst. We can make our fantasies real, if we choose—or in some cases, if we dare. You’ll read more on this topic throughout the book.

Fantasies are your own private, personal sex toys. They send a direct current buzzing from your brain down to your groin. The right sexual fantasy, running in your head like your own private movie, can turn you on like a switch. When you know what works for you, your own vivid imagination can bring you to dizzying heights of arousal—and take you over the orgasmic edge.

Fantasy and Fetish

While fantasies tend to appear as scenarios—elaborate or simple—fetishes involve the erotic objectification of very specific items, symbols, or actions. Often the fetishized object of desire is something that might not be thought of as sexual or even erotic by someone who doesn’t share the fetish.

Fetishes are typically viewed as something for those with far-out tastes—people in the bizarre end of the sexual gene pool—or as something reserved for sexual mavericks. However, because fetishes are target-specific arousal triggers, many people have a sexual fetish of some kind, whether mild or wild. Someone might fetishize certain uniforms or shoes, overlarge cocks or breasts, rubber isolation suits, or even women smoking cigarettes. And while one person may occasionally like his lover to wear a nurse’s uniform, another absolutely can’t get off unless there are pastries present or balloons being crushed. You can reassure yourself that having a fetish is a normal, healthy expression of self-defined sexuality.

Since fetishes are so specific, they are easy to incorporate into fantasy play. You can read more about fetishes in Chapter 9, “Fetishes.”

Popular Fantasy Themes

Get your fantasy-making machinery in motion by identifying some general themes that turn you on. Do you know what turns you on? What shape do your fantasies take? Are they vivid, vague, seemingly mundane, or a little scary? Don't try to look deeply into their meanings just yet; instead, pick out the main themes. What you're doing is isolating what makes your favorite fantasy a peak erotic experience for you. Keep your mind open, and don't pass judgment on yourself—this isn't about “good” and “bad,” it's about understanding what turns you on. Note the important differences between what is possible in fantasy and what is possible in reality. Here are some popular erotic themes:

Being Restrained

Held down, tied up, mummified, handcuffs, rope, bondage, tied to a chair, tied to the bed, tied to another person or yourself, rendered physically helpless in some way, caged, on a collar and leash, sensory restraint such as a blindfold or gag, held down by another person.

Being “Used”

A slave, a fuck toy, being limp or lifeless, getting passed around by multiple partners, your mouth or genitals used for someone else's gratification, face sitting, glory-holes, the football team.

Casual or Anonymous Partners

A stranger in a bar, sex with anyone you don't know, with the waitress, with the UPS guy, as a sex worker or a porn star, while masked, as a burglar, a stranger in an adult movie theater, sex party, or bathhouse.

Fetishes

Feet, breasts, butts, dicks, mouths, panties, high heels, boots, overly large body parts, inflation, rubber and leather clothing, urine, feces, smoking, balloons being squished or popped, pastries, pony play, knives, a particularly meaningful article

of clothing, uniforms, Catholic schoolgirl attire, Santa Claus, long hair, pubic hair (or lack of), virgins, fat folks.

Firsts

First time doing vaginal intercourse, oral sex, anal sex, first time as a sex worker, first sexual experimentation, such as with a babysitter, an older sexual teacher, younger student.

Gender Play

Dressing in drag, strapping it on, a woman having sex as a man, a man having sex as a woman, discovering (or knowing) that “she” is a “he,” a preference for transsexual sex partners, androgynous sex partners, people with male and female genitalia, sissy boys and sissy maids.

Being in Control

Exerting sexual power, having people “service” you, being an S/M top, owning a sexual slave, forcing your lover to do your sexual bidding, using your partner as a sex toy, erotic dominance, sexual initiation (“taking the virgin”), tying up your lover, making sexual rules, shaving your partner, dressing her in a collar or panties, leading the sexual action, ganging up on your lover with others, erotical spanking someone naughty.

Loss of Control

Someone has sexual power over you and makes you do things, being helpless or powerless, in the hands of a robber or a cop, tied up or spanked, being the submissive or bottom, letting your lover call the shots and lead the action, being instructed on how to dress or behave in an erotic context, being “pimped out” or exhibited, being unable to control your sexual urges. (See Being “Used,” above).

Multiple Partners

A gang bang (one person with four or more partners), sex with a sports team or rock band, sex party, orgy, “ganging up” on your lover with friends, a threesome (two girls and one guy—or two guys and one girl), being arrested by a squad of cops, being used and abused by cheerleaders, enlisting your lover’s help in seducing the girl or boy at the café (or picking up a male or female sex worker

sex with another couple, with a stripper in a club.

Public Spaces

At the office (at work), in a bar, bathroom, movie theater, park, department-store dressing room, alleyway, elevator, parked car, restaurant, subway or train, bus parking lot or garage, on a rooftop, beach, street corner, onstage, behind the counter, at a sex club or private party, a strip club, in front of strangers—of friends.

Role Play

You (or your partner) are an icon: a cop or highway patrol officer, robber, schoolgirl, hooker, stripper, porn star, doctor, nurse, teacher, human animal such as a pony or dog, human animal owner or trainer, cheerleader, football team captain, babysitter, beach bunny, leatherman, age play (when one is older or younger), sci-fi creatures, aliens, a pimp, delivery person, plumber, traveling salesman, person, attacker, victim, salesgirl, waiter or waitress, bellhop.

Romance

Dreamy settings and seductions: being seduced by a rock star or actor, making love tenderly to the girl at the office, being rescued by a hot and horny fireman, saving your sexy fantasy lover from danger, a surprise fantasy enactment, seduction by candlelight, a sexy bath together, a dreamy getaway, sex in an exotic setting, a sexy picnic, perhaps with food on your lover's body, stripping or la dancing for your lover, being sexually irresistible.

Taboo

With a forbidden person like clergy or family, with an animal, same gender, significant age difference, inappropriate urges or timing, rape, nonconsensual sex, in dangerous settings, abduction, knives, blood play, gang bangs, being "used" or experiencing a loss of control (see above) urination, defecation, enema, necrophilia, gender play (see above).

Voyeurism

Watching people have sex, through the bushes or from outside their house, secretly watching a man or woman undress or masturbate, watching people have

sex on TV, seeing another person (like a single woman) watch sex acts, a sex party, watching a sex worker, openly watching a masturbator, watching porn, watching a sex show or peep show, hidden cameras.

Your Current or Past Partner

A memory of a real-life event, imagining a fantasy you hope to do together, imagining your partner behaving differently than usual—such as being dominant or submissive, thinking of what you'd like to do to your lover, fantasizing about an old lover, thinking about your present partner having sex with your ex (or a threesome of you together).

When Fantasies Make You Feel Bad

Often we fantasize about scenarios that should never happen (or that we wish had never happened)—and some that aren't even possible. We may fantasize about humiliating others or exerting control over them—and not in the context of a consensual scene. We may fantasize about our own experiences of sexual abuse. We may be ashamed to admit what fantasies we entertain.

Fantasies and fetishes are so culturally misunderstood, we may not even understand our own turn-ons. This can make us feel “bad” for enjoying them, leading us to become sexually isolated. Exploring your fantasies might upset you, even turn you off so powerfully you have to wonder what that was all about.

Some people don't care to explore their fantasies. Because fantasies arise in our imagination and therefore are connected to our subconscious, they can be startling, unpredictable, and sometimes even shocking. When we become aroused, it's easy to surrender ourselves to whatever movie we're running in our heads—but sometimes, afterward, we realize that what got us off went beyond what we deem acceptable in our daily lives. It's easy to feel guilt or shame after a fantasy about a sexual act we find unpleasant or offensive. This can make us feel bad about sex, our desires, even who we are.

If the fantasy is powerful and includes something that in real life would cause us to feel shame or remorse, like degrading ourselves or betraying a loved one, it's easy to become upset. When fantasies involve the people who share our lives (and they are bound to do), they can make us very uncomfortable.

Sometimes it's not the content of the fantasies that triggers guilt, but rather when or where the fantasy occurs. Fantasies can happen at inconvenient or inappropriate times, such as at work or at the doctor's office, creating a sexual charged mood while the world innocently goes on around us. This may feel “dirty.” Or you might find yourself fantasizing during sex with a partner: Your partner is fully present, yet unaware that you are imagining all sorts of things.

even acts with other people, to get yourself off. The illusion is created that somehow you've betrayed your lover. It's important to understand the role of sexual fantasy in sex before beating yourself up about what, how, with whom, or when you fantasize.

We all know that fantasy is not reality. But when we masturbate and imagine troubling things, people, or situations, human curiosity kicks in and we ask ourselves whether these things are what we really want. For some people this is a horrifying thought. It's important to keep in mind that the realm of fantasy is a sanctuary in your mind where you are free to enjoy things that you would never do in real life.

Real-life relationships and your sexual fantasies (no matter how troubling) can work together beautifully once you understand what fantasies are, and how to use them. We can't help but indulge in certain fantasies, such as nonconsensual sex, age-inappropriate sex, or infidelity, nor can many of us resist getting aroused by them. And because we want our relationships to include every little thing that gets us hard or wet, our perceived lack of control over the acceptable boundaries of our fantasies can make us feel like we've stumbled into a danger zone. It's as if what is safe is at odds with what is arousing. The two notions don't have to be at odds, and the act of bringing them together is a conscious one.

Fantasy Research

Fantasy source material can come from a variety of places. Obviously, there's your own imagination, but for some, hot ideas spring first from real-life sexual experiences. Real-life experiences can provide endless erotic inspiration, yet for many people what really gets the juices flowing (pardon the pun) is experiences we only wish we'd had. What if you had gone home with that stranger? Or really, tried to get out of that speeding ticket?

Other ideas come from movies, music videos, porn, TV shows, books, and of course, erotica. And if you're not single, some of the steamiest ideas will come from your lover.

Remember that if you fantasize about something shocking, like being forced to perform sex, it doesn't mean that you want it to happen or that you are a bad person. But by identifying your fantasy scenario, you can find a safe space where imagination fuels desire.

By learning how to turn yourself on with fantasy, you can do extraordinary things, like make yourself really aroused and teach yourself new masturbatory techniques. Or you can fantasize while your partner goes down on you, and learn to orgasm from the combination of oral stimulation plus fantasy. If you have established trust and sexual communication with a partner, you can share your fantasies—you can even make some of them come true. And in the following chapters, I'll tell you exactly how.

The Perfect Match

BY ALISON TYLER

After several months of dating, Miles and I were completely comfortable together. “The perfect match,” I told my best friend. “Really and truly perfect.” I felt okay stripping down in front of him, had gotten over the new lover jitters, found that I slept better when he was next to me in bed, his strong arms curled around my body. I no longer needed my own space. But I suppose I shouldn’t have felt so at ease so quickly. Letting down your guard can be dangerous. I’ve learned from the past, yet still, I found myself relaxing.

That’s when he asked me to tell him my number one fantasy, and the thing was, I liked him. Really liked him. This wasn’t a fling. It was real. So I did what any other girl would do in my situation—I lied. We’d only been together a short while, and I didn’t want to scare him off. I’ve been in that situation before, cuddled up against a new man, sharing the sort of sex secrets that make me the wettest, feeling faux safety while nuzzling against a barrel-chested lover. And then hearing the shock in his voice: “You want what?” and knowing it was all over.

This time, I was in it for the long haul. I adored Miles. If he didn’t want to play dirty, then that was okay. I’d get my kink solo style, touching myself and envisioning all the twisted ways I like to get off. I’d save those seductive fantasies for myself, and get the rest of my needs fulfilled by my man.

But this man wasn’t letting me get off so easy. “Come on, kiddo,” he insisted. “What rocks your world? What do you like the best?”

“Oh, you know, what every girl likes.”

“All girls are different.”

“Well, then, whatever you like.”

“That’s just not true.” He pushed up on one arm and looked at me. “Don’t you trust me, Lia? Can’t you tell me?”

I shrugged and said, “Sometimes.”

“No time like the present,” he countered.

“Later,” I promised. “You tell me first.”

“Fair enough,” he said, curling back up with me again. “I’ve got the fantasy that I’ve been wanting to share with you—”

I could feel him getting hard again, and I pushed back against him so that we were pressed tight together.

“I want to spank that lovely ass of yours until you confess your favorite fantasy to me. Does that sound like something that would work for you?”

The muffled sigh that escaped me told him that he’d struck a chord, and within a second I found myself over his lap, ass in the air, his firm, steady hand connecting rapidly with my blushing backside. Maybe this man would be the one to hear out my dirty secrets, I thought, twisting in his embrace to find that I was unable to get free. That made me even wetter. When on the

receiving end of a spanking, I don't want to be able to get free. I want to be held in place and forced to take my punishment. Who'd have thought that my handsome new boyfriend would understand this so quickly?

"Tell—" he insisted, reminding me of our game. "Tell now or you won't be able to sit down for a week."

I didn't want to sit down for a week.

"Tell," he said, "or I'll get my belt."

Oooh, a belt!

But finally, as the blows rained down faster and harder, I started talking, feeling more safe and secure than I ever had before. Here was a man who knew I needed a spanking. He just knew it. Without me having to explain. Without me needing to drop hints, to wear short schoolgirl skirts, to be bratty and naughty and tease him until he couldn't stand it. So maybe he'll be able to give me the rest of the things I needed as well.

"It starts like this," I said, and he pressed his hand against my hot skin and listened while I spoke. He didn't take me off his lap, though. He forced me to confess my fantasies while remaining in the awkward position of a recently punished plaything.

"You put me over your lap," I said.

"Yeah?" I could hear the smile in his voice.

"You put me over your lap and you take down my panties and let them dangle from my ankles. You set your firm, hard hand against my naked skin and let me guess how much it's going to hurt before you even start.

"How much is it going to hurt?" he asked.

"Oh," I sighed. "A lot. A good spanking has to really hurt."

"And then—"

"And then you spank my ass until it's all pretty and pinky-red, and while you spank me, you tell me what a naughty girl I am...."

"You are a naughty girl, you know," he said.

"Yeah, I know."

"But there's more, isn't there?"

"Of course," I said, thinking to myself: Of course there's more. There's always more. "You spank me until I squirm against you, but you don't let me go. And when you're finished—not me, but you—then you take me over to the mirror and let me see my hot, blushing bottom reflected back at me."

"Like this?" Miles asked, lifting me off his lap and pulling me quickly to the bedroom mirror. I gazed at my reflection over my shoulder, and then I met his eyes in the mirror, and I nodded. Yeah, like that. Just like that.

I guess we really are a perfect match.

CHAPTER 2

Fantasies for One

Whether you want to make your fantasies come true, invent new fantasy scenarios, make your masturbation sessions hotter, or find peace of mind by understanding your fantasies, there's only one place to start: yourself. Fantasy, and how you like to use it, comes from inside you.

Masturbation: Just Do It

Everyone masturbates, and while our feelings about it range from shame to pride and our masturbatory sessions from mechanical to joyous, we all have one thing in common: Each of us has a fantasy image or scenario playing out somewhere in our heads while we get off.

Volumes have been written about the health benefits of masturbation, refuting the harmful myths that have kept people from feeling good about engaging in this natural, normal activity. For some people, masturbation is a moment of release from something they'd prefer to get over with as soon as possible. For others, masturbation is regarded fondly, as something healing, rewarding, relished in whatever form it takes. When we masturbate, we are doing something nice for ourselves, bringing oxygen and blood to our genitals, exercising our pelvic muscles, and keeping them healthy and strong. We're also getting off, plain and simple—and it feels damn good.

Masturbation is where it all begins for us sexually, from our earliest orgasms to our first discoveries of how we like to be touched. For all of our sexual experiences, this is the place where we can return for reference and new information, a sexual dictionary of our own unique terms. When we want to try something new, such as adult videos, vibrators, or even a new sex technique with a partner, masturbation is the best tool we've got to help get us started.

Fantasy fuels our masturbation sessions. Even when our arousal is purely physiological, a hot fantasy can aid a skilled hand. Arousal, masturbation, and fantasy combined can be a powerful tool for learning how to:

- Orgasm better, harder, faster, more reliably.
- Orgasm during sex acts such as giving or receiving oral sex, anal sex, or intercourse.
- Overcome sexual fear or anxiety; for example, sex with a new partner.

arousal difficulties from stress, nervousness when trying new things.

- ~~Change sexual habits; for example, trying new sensations such as anal sex or light pain (S/M), learning to masturbate to new stimulus, increasing or decreasing frequency.~~

Hot Masturbation Sessions: Fantasies, Sex Toys, and More

So, you've got your favorite fantasies, and you love to masturbate thinking about them—how can you make them more real? Easy: a little forethought, and maybe a shopping trip or two.

Public masturbation fantasies are tricky, but not impossible. Be very aware of the laws about public sex in your area. If you get caught, you will likely go to jail—or at least get booked and arraigned—not as sexy in real life as in fantasy, I assure you. Make absolutely sure that no one will see you. It's part of the thrill, the threat of discovery, but if someone sees you, you are involving him or her in a sex act without his or her consent—this is not okay. Seek out reliably secluded spots, such as a remote place to park, a deserted natural area like a beach or forest, a vacant warehouse, an empty movie theater.

Some places in large cities are notorious for being public sex spots—use these places only if you are a local and are familiar with the area. If you must cruise, proceed with streetwise caution. Rooftops can seem public but still be private. Look around first, before you're horny. Think ahead about places to duck for cover, ways to camouflage your activity, or a story to tell an authority figure. Make it as hot and fun as you can—public masturbation is a thrilling encounter that can never be exactly duplicated. Don't hold back. Read about safety and good locations in Chapter 8, "Public Sex."

Explicit visuals can bring your fantasies into your living room in living color. Adult videos and images in porn books and magazines can depict precisely the acts that make you horny. You can allow yourself to mentally sink into the scene as you masturbate to orgasm. You "become" the woman with the penis in her mouth or you "become" the man penetrating her.

Mirrors take erotic imagery to the next level for those already comfortable with watching explicit sex, and can be a terrific education for those who have never seen themselves up close—or while sexually stimulated. You don't necessarily need porn to make your fantasy more visceral—some may even find it distracting or dislike the medium of porn. The best imagery is always going to be in your head, anyway! With a well-positioned mirror, you can provide your own visuals b

watching your genitals, or entire body, as you masturbate. A small mirror can be propped up in your bed or on the floor, or you can sit in front of a full-length mirror and experiment with watching yourself in different positions. Taking your time to drizzle and massage lube on yourself is twice as hot when you can see every move your hands make—and don't be afraid to talk dirty!

Sex toys are not only excellent masturbation tools—they also make wonderful props for your fantasy scenarios. Sex-act-specific fantasies—anal sex, oral sex, penetration, S/M—can be simulated with a variety of sex toys and gear. Would a dildo in your mouth make that group-sex fantasy more real? Would a butt plug enhance the medical fantasy? A nipple clamp bring your dungeon to life?

Here are some deliciously naughty toys and ideas:

Dildos are phallic-shaped, nonvibrating sex toys used for penetration, and they can be employed in a variety of fantasy scenarios. Someone being “forced” to suck cock might drag a dildo all around their face, then force it into their own mouth repeatedly, something you can easily do with one hand while masturbating with the other. Any fellatio fantasy can be enhanced with a dildo, and imagining group sex is certainly more fun with multiple dildos. Gender play takes off when you wear a dildo in a harness while masturbating the dildo and yourself at the same time. Vibrating dildos add a buzz to the festivities. Dildo masturbation combined with fantasy is a great way to learn how to orgasm from penetration.

Anal toys add sensation to anal sex fantasies. Some people may simply enjoy stimulation from their own finger, or the “threat” of insertion from a finger or small plug, sending whatever anal-sex scenario is running in their heads into overdrive. Anal beads can be inserted one at a time, left in, or pulled out slowly or quickly, depending on the fantasy. Or you can go even further, becoming a fantasy “anal queen” (or anal slut), using increasingly bigger and bigger butt plugs to stimulate yourself while imagining a multitude of anal slaves servicing you in your love sling. Larger toys, used safely, can exacerbate the feeling of “violation,” and any penetration toy can be employed to enhance the fantasy of being taken by force, or being “used.” Butt plugs can also be inserted and left in place during other activities, for a variety of fantasies such as submission, slavery, and medical scenarios—or just to free up your hands to get the dildo into your mouth.

What Not to Stick in Your Butt

What if you don't have any anal toys handy at the crucial moment? No doubt you've heard urban legends about people going to the ER with all manner of odd and potentially lethal items lodged in their

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