

# reboot

♀ YOUR SEX LIFE

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<http://www.rebootyoursexlife.com>

A copy of this manual is included with every:

Orgasm Training Kit

Sybian

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## Introduction

In 1987, Abco Research Associates began marketing the Sybian, the ultimate sexual gratification device available for women. At Abco, we have known for many years that women using the Sybian can learn to have both vaginal and clitoral orgasms simultaneously. What we wanted to know was: could women learn to respond in a similar way *without* the aid of the Sybian?

The exercises and information contained within this booklet are partially the result of a study conducted by Abco in 2011. The study-enlisted participants from across the country that were instructed on how they could train their bodies to radically increase their response to sexual stimuli. The sole means of communication during the study were written instructions and video clips demonstrating exercises they might use during the reboot process.

We began with the belief that the G-Spot area is a body of tissue that has atrophied over the years due to lack of use. We proposed that if the G-Spot was properly, sufficiently and regularly massaged, blood flow would increase, reawakening and redeveloping this area back to the state Mother Nature intended. We further felt that once an awakened state was achieved, muscle memory would set in and the ability to respond would remain.

With the aid of the Internet, we looked for female participants who identified themselves as not easily or non-orgasmic. The search resulted in 176 women expressing interest in participating and filling out the questionnaire.

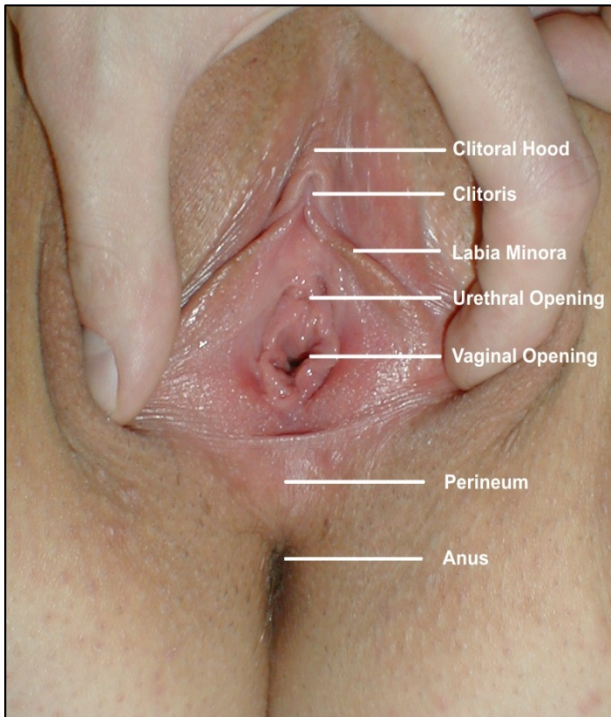
The online study was performed over a period of five months; during which time, the participants were asked to fill out eight reports answering questions about their progress, opinions, and the exercises they were given.

The study was a huge success, proving that women could be taught to expand their orgasmic response by multiples. We were able to track the responses using Google Analytics. We encourage you to view the results at [rebootyoursexlife.com](http://rebootyoursexlife.com).

Six months after the study was completed, participants were asked about their current sex life. **Nearly all reported their life positively changed thanks to participating in the study.** (Some of their comments are available at the above-mentioned web site.)

Each participant agreed that this program should be available to the public. Their enthusiasm prompted us to do just that. The informational videos, **Reboot Your Sex Life (1 & 2)** and this instruction manual may be viewed or downloaded FREE at [rebootyoursexlife.com](http://rebootyoursexlife.com).

## Definitions



**Clitoris** or "**Clit**" is the name given to the external nodule on the forward part of the vulva that responds to stimulation. The clitoris is considered the female version of the male penis because both have many nerve endings in the head; however, the clitoris is said to have many more.

**Clitoral Orgasms** are a result of stimulation of the clitoris. Most women say the feeling is limited to the pelvic area.

**Cowgirl Position** is simply the woman on top straddling her

partner. Most experts in the field of sexuality agree that the Cowgirl is the best position for women because it puts them in control of the movement and amount of stimulation needed for full gratification.

**Double Dip** is an excellent exercise done by a partner that stimulates both the clitoral area and the G-Spot area simultaneously.

**Easily** (in this manual) means that orgasms should begin within the first minute of sexual activity. This is assuming there is sufficient foreplay and a desire for sex is present.

**Female Ejaculation** or **Squirting** is generally associated with vaginal, whole body orgasms and stimulation of the G-Spot area. The amount of ejaculent released varies considerably from one woman to another.

**Humping** is the forward and backward movement of the hips when the woman is in Cowgirl Position. This movement is from the waist down and the force is applied down and forward. The backward portion is simply a recoil and reset to start over.

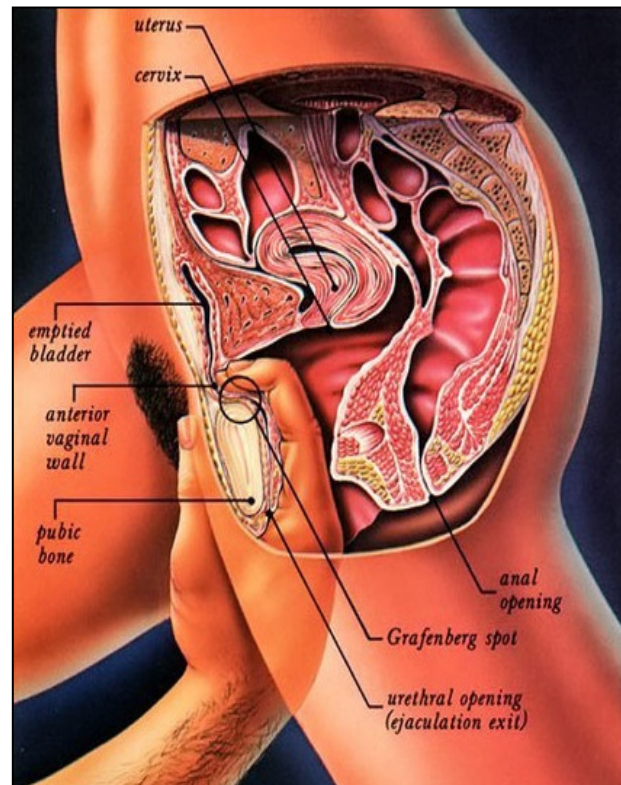
**Gräfenberg Spot** or **G-Spot** is an area of soft tissue located inside the vagina about 2" in on the front wall tucked slightly behind pubic bone.

**Lover's Lift** is an excellent exercise performed by a partner that stimulates the G-Spot area, causes vaginal - whole body orgasms and frequently squirting.

**Multiply** (in this manual) is the ability to have both clitoral and vaginal orgasms continuously and concurrently for 20 minutes or more.

**Vaginal Orgasms** are a result of stimulation applied to the G-Spot area.

**Whole Body Orgasms** are how many women describe vaginal orgasms when the entire body convulses uncontrollably with pleasure.



## Our Fantastic Bodies

As human beings, the physical activities we enjoy the most are learned. Some we learn instantly and others we spend years perfecting. Training your body to respond to sexual stimulation is no different. Simply follow a few basic instructions and remember the 3P's: **Practice, Patience** and **Persistence**.

Being able to have orgasms easily and multiply is no more and no less than training your body to do so. This material and the accompanying videos were created to help motivate you and teach you how to accomplish this goal. Teaching your body to positively respond to sexual stimulation is solely your responsibility.

The degree of your success is dependent on your desire and persistence. It is not uncommon to hear a woman say she is happy with having only one orgasm. However, once a woman learns to be multiply orgasmic, we never hear, nor expect to hear, that she wishes she could revert back to something lessor. More is better! This does not mean that once learned you must always push to the limit. Women are capable of having vaginal and clitoral orgasms simultaneously and continuously for as long as they wish. The prerequisite is they have trained their body to do this and they have adequate stimulation.

## **A Discussion of Orgasms**

There are several areas of the body, including the mind, that cause the response known as an orgasm. We will limit it to the clitoris and G-Spot. Stimulation of the clitoris results in clitoral orgasms and it is generally said the feeling is limited to the pelvic area. Vaginal orgasms result from stimulation of the G-Spot area and the orgasms that result are usually considered whole body orgasms.

A whole body orgasm involves all of the nerve endings in the body and causes the body to convulse uncontrollably and writhe with continual twisting and squirming movements producing contortions of the body and limbs. This is utopia when accompanied concurrently with a clitoral orgasm.

The G-Spot, or urethral sponge, is much more difficult to access. It is not only internal; it is tucked somewhat above and behind the pubic bone. This explains why it is so hard to access and why so few women have learned how to stimulate it or to respond with whole body orgasms.

We believe we have conclusively proven that women can teach their body not only to respond to stimulation of this area, but can teach it to do so nearly continuously for an extended period of time. And, they can do it concurrently with clitoral orgasms.

This booklet explains some of the primary variables. Our question to you - - if you are having orgasms, having fun and getting the release you desire, what could be more enjoyable and beneficial than training your body to do more?

## Benefits

In the book *For Yourself*, Dr. Lonnie Barbac states, "research by Arvalea Nelson which indicates:

*'...consistently orgasmic women tend to describe themselves as contented, good-natured, insightful, self-confident, independent, realistic, strong, capable, and understanding...*

*...while non-orgasmic women tend to describe themselves as bitter, despondent, dissatisfied, distrustful, fussy, immature, inhibited, prejudiced, and sulky.'"*

The primary benefits of having orgasms easily and multiply are: it is fun, it fills the need for sexual release, it relieves stress and is an excellent aerobic exercise. How could you possibly utilize your time in a more beneficial and enjoyable way?

### **Additional Benefits to Consider:**

- You can do it any time of the day or night.
- You can do it "at home" and there is no need to go elsewhere
- You can do it by yourself or with others.
- We do not believe any other activity has more long-term health benefits, physically or mentally.
- It is likely it will change your outlook on life dramatically.
- It will improve your relationship if you have a partner.
- It will make you an unbelievably better sex partner.
- If you are susceptible to headaches it is probable you could lessen them and possible you can eliminate them.
- It can relieve menstrual cramps if used when first starting.
- It will cause you to ask your partner for more sex.
- You can decide how much time you wish to allot for sexual activity.

## Your Sexual Viewpoint

Prior to beginning the program, we encourage you to fill out the questionnaire included with this booklet. **This is intended for your eyes only** and is an important part of this program. It will help you determine if there are any emotional or mental scars that may delay your progress.

Also included with this booklet is an Exercise Worksheet. Keeping this updated will allow you to maintain a record to review your progress. If you would like another copy of either, go to:

[rebootyoursexlife.com/downloads](http://rebootyoursexlife.com/downloads)

It is said that the brain is our largest sex organ. Your views on sexuality and your body will affect the time required to achieve your goals. We want you to review your life, as it relates to sex and sexuality. Examining how circumstances and personal experiences have affected your beliefs will provide insight throughout your *Reboot* journey. The more inhibitions you have, the longer it will take to overcome them. Many of these variables can be overcome with Repetition, Patience and Persistence.

You may think of this as self-pleasuring or masturbation. We think of it as "Better Health through Sex". Once experienced, you will realize the pleasure and benefits associated with it. If you have inhibitions, we suggest you start out slowly. Once your mind begins to accept the stimuli, you will need to increase the frequency, variety and duration of the exercises. Having orgasms and ejaculating are the forms of release we were given at birth to relieve sexual tension. It is much more gratifying if you have taught your body to respond to stimulation easily and multiply. Persistence is the key to success!



## The Reboot Your Sex Life Program

The *Reboot Your Sex Life* program is extremely versatile and allows you several choices that determine how quickly you progress. Factors that will contribute to your success include:

- How you think.
- how “open-minded” you are
- How often you do stimulation exercises
- How long you do stimulation each session
- The methods and variety of exercises used
- How well you understand and follow the instructions
- Your persistence to push yourself further

The foundation of this training program is simple, yet effective exercises. The exercises target your G-Spot and clitoris separately or both areas simultaneously. Because the G-Spot is hidden and less developed, it should receive special attention in the beginning of training. In our study, the participants were directed to massage the G-Spot, only, for the first 12 weeks. When completed, 94% of them agreed this was a good idea. We are not placing this restriction on you but wish to emphasize the importance of concentrating on the G-spot area until it is responding equally as well as is the clitoris.

While some of the exercises are described in the following sections, sometime you will need to visit [rebootyoursexlife.com](http://rebootyoursexlife.com) to view videos demonstrating additional exercises you should use.

Success is not dependent on having a partner. However, having an open-minded and caring partner can enhance your experience. A partner cannot only participate in the exercises, but can also provide encouragement to go further. In our study, persistence was the main obstacle for the majority of participants. Several women said they would not have progressed without their partner’s encouragement to continue.

## **A Discussion of the Clitoris and G-Spot**

We believe Mother Nature gave women a clitoris and urethral sponge (G-Spot) for a purpose. They are the keys that unlock the orgasms that give sexual release and gratification.

### **Clitoris and Clitoral Stimulation**

There are multitudes of ways to stimulate the clitoris. It is important to have adequate lubrication at all times.

- Use your fingers to move across the clitoris in a straight line in any direction or in a circle in either direction. You or a partner can do this.
- You can use your whole hand (discussed below).
- You can have a partner perform cunnilingus, by using the tongue or lips to stimulate the clitoris to any degree of firmness.
- Use battery or electrically powered vibrators.
- The clitoris may be stimulated to orgasm during intercourse if it remains in contact with the partner's body and you move it forward and back across their body.
- A female can straddle most anything and rock forward and back to orgasm. It can be someone's leg, arm, an armrest, a saddle or any similar object.
- Many women have orgasms by directing a stream of warm water at the clitoris. This might be a jet in a hot tub.

The list is unending. Variations are discussed in the next section "Additional Reboot Training Options."

## **G-Spot and G-Spot Stimulation**

Because the G-Spot is located internally, massaging it requires something be inserted into the vagina to reach it. This limits the possibilities.

- We believe our G-Spot Activator® can be an important aid in bringing the G-Spot back to life, particularly if you are doing the exercises solo. This tool is nearly indestructible and when using it, you control how much pressure you exert and the speed you move it.
- We consider the “Lovers Lift” (shown in the training video and described in detail below) to be superior to all other methods of stimulation if you have a partner. This should go to the top of the preferred list. If you experience discomfort, it’s worth your time and effort to work it out!
- The Double Dip (not shown in any videos but discussed in detail below) is our second favorite. As the name implies, it massages both the clitoris and the G-Spot simultaneously.
- The video training clips show how the fingers, thumb and G-Spot Activator® may be used in various positions.
- A few vibrators are made to directly insert and others have an attachment that does so. If it is reasonably powerful, this usually causes a good response.
- Having vaginal orgasms during intercourse is more difficult. As explained elsewhere, the regular in-out movement of the penis does not massage this area. It requires something like the tapping that happens while the woman is humping when in cowgirl position.

## **Additional Reboot Training Options** (see videos at [rebootyoursexlife.com](http://rebootyoursexlife.com) for others)

### **Whole-hand clitoral stimulation**

This is a movement that is not common but we suggest you use it frequently. You, not a partner, will do this. With fingers tightly together and extended, cup your hand and place it firmly over the entire vulva area while knees are flexed and spread. Most likely the padded area just above your fingers will be over the clitoris. Move your hand in a rapid vertical movement about  $\frac{1}{2}$  to  $\frac{3}{4}$  inch so that the hand actually moves across the surface. Adjust the amount of force to your comfort level. You may need whole hand lubrication. We suggest you alternate hands every 20 to 30 seconds. This is quite comfortable while lying on your back but we recommend using the kneeling position often when doing this exercise. This is only clitoral stimulation and is meant to simulate you moving your clitoris across the pubic mound area of your partner while in the cowgirl position.

### **Lover's Lift** (performed by a partner)

The first exercise in the training videos is called the "Lover's Lift", and only massages the G-Spot. The woman will lie on her back and the partner will stand or kneel at her side. Using plenty of lubrication, the partner will insert the two middle fingers, **cupping them upward**, with the two remaining fingers pointed down on the exterior.

The movement is a rather rapid lift and release with no in/out movement. With the two inserted fingers cupped upward, they poke and thus massage the entire G-Spot area every lift. **No other exercise is as specific, direct or effective to develop the G-Spot.** If this is uncomfortable, start with less lift or pressure and increase whenever she allows.

**If the Lover's Lift is used frequently and on a regular basis, it will teach the G-Spot area to respond with whole body orgasms that are satiating beyond your previous comprehension!**

### **Double Dip** (Not demonstrated in videos)

This is the name we have given to an exercise where a partner is massaging both the clitoral area and the G-Spot area simultaneously. This is usually done using both hands, however, toys may be interchanged.

We think of the Double Dip as an extension of foreplay. When doing this exercise while she is lying face down, the partner should position himself at a 90-degree angle to her body. In order to position his arm to reach her clitoral area, she will need to rise up to allow him to get his arm under her. His arm should enter at waist level, above her hipbone, so it is comfortable to his arm. He should lie with his chest on her buttocks with considerable weight (40 to 60#) to prevent her from moving away from the stimulation. He can then insert a lubricated thumb from behind and massage both areas simultaneously - A Double Dip.

Your partner can massage both areas, simultaneously, while you are in any of following positions:

- Lying face down (discussed above)
- On hands and knees
- Crouching
- Kneeling
- Squatting
- Standing

While in any of the latter 5 positions the partner can position himself on either side to do the Double Dip.

Make sure it is not causing discomfort. If so, ease up. This is an excellent time give words of encouragement to your partner. Such as "let it go", "push out" "let everything go", "get the poison out" etc.

The Double Dip is an example where responding to one area encourages the other to join in on the fun, if both are being stimulated simultaneously. It is psychological. Once you have an orgasm, continue stimulation of both areas as you try for another and another. Nice surprises will be the result.

Singles may accomplish the Double Dip with the help of one or more toys. If you have a G-Spot Activator® or similar toy you can massage the G-Spot with one hand while massaging the clitoris with the other. This is easier to accomplish when you move both hands in the same direction, simultaneously.

If you have a vibrator it can be used on the clitoris while using the G-Spot Activator® to massage the G-Spot. The vibrator can be held in one place so reversing hands from time to time will be easier.

**We strongly recommend the Lover's Lift and Double Dip to all couples in all areas of development and later for continued fun. It is two ways to enhance pleasure.**

## Hand Held Vibrators

If you have a vibrator that provides the pleasure you desire, you may use it. When using a vibrator, you are in control of how much pressure is comfortable. As a general rule, a firm pressure and higher speed give quicker results. Conversely, this combination frequently causes numbing sooner. If numbing is quite severe, take an additional 20-second break until sensation is restored; however, do not end the session.

Some women respond well while barely touching the vibrator to the clitoris. This is less likely to cause numbing. Trial and error will dictate what works best for each individual. However, we come back to the same refrain; do not fall into the rut of doing only one thing. Change what and how you do things.

If you have the *Hitachi Magic Wand* with the *G-Spotter* attachment, it should be used. You may be able to stimulate both the Clitoris and G-Spot simultaneously. Place the *G-Spotter* attachment all the way over the head, pointed away from the on/off switch of the *Wand*. If you are able to massage both the G-Spot and clitoris together, you will get better results, sooner. You may need to use additional force on the attachment finger to put added pressure to the G-Spot. A partner may assist when using the Hitachi Magic Wand and attachment but it is not necessary.

## Let's Get Started

We strongly recommend that the G-Spot and the Clitoris be developed separately. Both may be "played with" in the same session but each should receive its own separate attention from the other. By training the body to respond to each separately, you will learn the difference in the sensation and be able to identify each when you experience orgasms concurrently.

**G-Spot Area:** Remember, this area will require more of your time and attention. We suggest, at minimum, stimulating the G-Spot 36 minutes each week when first starting. We wish everyone would do **at least 3** sessions per week and that is 12 minutes of G-Spot stimulation each time. We believe the more frequently you do the exercises the more progress you will make. If you were to do exercises every day for 7 to 8 minutes, you will see quicker results.

It is possible that it will be several weeks before you start responding to G-Spot stimulation. This is one of the reasons you may do clitoral stimulation in the same session. This helps avoid sexual frustration. This is assuming it is easier for you to reach clitoral orgasms than the G-Spot. Once you start having vaginal orgasms, it should be more enjoyable from there on. Once it becomes fun, you have something to look forward to. Whenever you have an orgasm, whether it is the first or fifteenth, we think you should try for more for at least 5 additional minutes. If it does not happen in 5 minutes this time, then maybe next time. Once you start having vaginal orgasms in the first minute, and can stack them back-to-back for 20 minutes or more, and use different forms of stimulation, you will have reached the peak of this mountain.

**Clitoral Area:** We would like to think that every woman reading this has learned to stimulate her clitoris to orgasm. All of the reasoning discussed above for the G-Spot Area, applies here as well. You need to devote at least 25 minutes each week to clitoral stimulation. This is less time because it is easier to access. The more frequently you stimulate it, the more likely it will respond. Whenever you have an orgasm, continue for a minimum of 5 additional minutes as you try for another.

Your goal should be to start having clitoral orgasms within the first minute of stimulation; you should have them nearly continuously with no more than a few 10-second breaks and be able to do so for 20 minutes or more. Additionally, you should be capable of doing this using two or more forms of stimulation. Once you can do this, you have reached the peak of this mountain.

**Concurrent clitoral and vaginal orgasms:** This is the final goal. Once you have taught each area to respond separately, there is no reason why it cannot happen concurrently as long as both areas have sufficient stimulation happening at the same time. This is utopia and it is like riding on a cloud just above the mountaintop.

## Sequence of a “Reboot” Session

1. We think you should always start with G-Spot stimulation. Follow the previous instructions. Remember as you start having orgasms back to back, the amount of time will increase. Be sure you always get the minimum time suggested and go for an additional 5 minutes for more orgasms.
2. Once you have completed the suggested minimums of the G-Spot, switch to clitoral stimulation. Follow the guidelines and put in the full amount of time suggested.

**If you have a partner participating in the above exercises, you may continue. The problem: A partner may encourage you to move to step 3 or 4 before you complete 1 & 2. Moving on too soon will defeat the objective.**

3. If you have completed the exercises in 1 and 2 above, you may move on using the Cowgirl position. If you do so, please jump ahead and read the **Cowgirl’s Finer Points** on page 22. It is to your benefit to understand and use this position to your best advantage. Your goal is learning to have clitoral and vaginal orgasms concurrently and continuously for as long as you wish, while using this position.
4. If you have done all of the above and your partner has not yet ejaculated, you should cooperate and encourage him to use the position of his choice.



## Begin Your “Reboot” Session

The following are detailed instructions that can be used during a *Reboot* session. Read this section several times initially, and then refer back from time to time. Starting a *Reboot* session assumes you have watched the online training videos.

### STEP 1: Advance preparation:

1. On the day of any planned session, prepare by adjusting your mood and mindset by thinking about the fun to come. Start looking forward to the session. When the time arrives, follow these steps.
2. Set the Mood by making your surroundings as comfortable as possible. Remove all interruptions - phones, TV, children knocking on your door, etc. Have your favorite music playing softly in the background. Adjust the temperature so you are comfortable. Before beginning you (and partner, if present) should wash your hands and any toys you will use, with soap and water.
3. Get yourself into the present! Have a mental release. Dump any stressful thoughts occupying your mind. Forget the problems of the day. One educator suggests that if you have a problem unloading, take a shower and as soon as you dry off put your feet into ice water for a few minutes.
4. **Urinate completely!** It is essential that you empty your bladder, every time, before you begin a session.

### STEP 2: Setting the stage:

1. Have foreplay and get your body ready! If you have a partner, work together, and if you are alone, do what it takes to arouse yourself and self lubricate.
2. If you have a blindfold we suggest you use it the entire session. The purpose of a blindfold is to neutralize a frequently distracting sense, your sight.

### STEP 3: Action

**In the beginning stages, please consider this precautionary note:**

**Do not make yourself sore.** The tissue on the vaginal wall may be tender. If you experience discomfort, stop. Toughen it up by shortening your sessions but increase the frequency, even daily. The fact that you are massaging these areas causes additional blood to flow and thus recovery will happen quickly.

All of the points listed below, 1 through 8, should be considered every session. It is probable you will perform both G-Spot exercises and clitoral exercises every time. Be sure to give each the suggested time.

DO NOT do any thinking or analyzing but feel free to **fantasize**. You should operate solely on the sensations in your pelvic area throughout the session.

1. If you tire while doing any exercise, switch to another method of stimulation that uses different muscles.
2. There are three separate muscle contractions you might use to quicken the results as you massage either area.
  - a. Take a deep breath through your nose and hold it as you tighten the muscles in your buttocks and in all of your pelvic area. Continue to massage either area and concentrate on the feeling. Hold your breath as long as you can and then exhale through your mouth as you relax your muscles.
  - b. Breathe in and hold it as you push out as if you were trying to urinate. Push hard and hold your breath for as long as possible, then exhale through your mouth.
  - c. Breathe in and hold it as you tighten the pubococcygeus, commonly known as "PC", muscles as if you were trying to stop the flow of urine, exhale through your mouth.

You should do these contractions for 25 to 30% of the time, overall. If you have one that works best, use it more but not exclusively. This is a good time to fantasize, or visualize, about anything you consider a turn-on.

3. When you are NOT holding your breath, we suggest you verbalize at all times with either:
  - a. moaning sounds
  - b. words or screams expressing pleasure
  - c. compliments to your partner
4. Whenever you feel the need to urinate, go ahead and try. Since you urinated prior to starting, your bladder will be empty. One of two things will happen. Either the feeling will go away and turn to pleasure, or you will ejaculate (squirt). This 'pushing out' is part of the process of learning to ejaculate.

5. Whenever you have any orgasm, continue to stimulate yourself and make it last absolutely as long as possible. When you feel you must stop, do so for no more than 10 seconds and then start the stimulation again. This may be uncomfortable the first few times, but if you endure the discomfort will turn to pleasure. This entire program is built around the theory you can and must get past this hurdle. This discomfort will happen only in the beginning sessions and soon thereafter you will only feel pleasure. Remember, the female body can adapt and learn to do amazing things.
6. In the preceding paragraph, we asked you to prolong each orgasm as long as possible, take a 10 second break and then start the stimulation again. Once you have had any orgasm, be it the first or the fifteenth, you must immediately try for another for the suggested minimum of 5 minutes. It may not happen in the same session, but if you continue to try in succeeding sessions, it will.

In the final analysis, you will not count the number of orgasms you have, but rather keep track by how many minutes in overall duration. If you ride every orgasm as long as you can, they will soon become almost continuous, with the limiting factor being stamina. We believe nearly all women should be able to have both clitoral and vaginal orgasms nearly continuously and concurrently for 30 minutes or more. The "more" is determined by how hard you are willing to push your body. Believe, follow instructions and remain persistent. **You can do it if you adjust your mindset.**

7. Once you can have orgasms that last for 20 minutes or more you must continue to do so many more times to "set" muscle memory. Once learned and you have "set" the muscle memory, it is an ability that will always be there for your enjoyment.
8. Do not fall into the trap of using only one method of stimulation. Teach your body to respond to all forms of stimulation. We said we would teach you to respond easily. Easily means you should now be starting to have orgasms within one minute of starting stimulation of any form. We believe everyone is capable of doing so. If you cannot, backup and concentrate on getting either area to respond more quickly before continuing on. Remember **Persistence**.

**Please note:** For your health and wellness, we strongly urge you to wash any object that has been used, before it dries. If you have ForPlay Adult Toy Cleanser w/nonoxynol-9 follow the directions on the bottle. Please use it every time to help avoid unwanted problems or infections.

## Quick Reference

1. Unload all problems and concentrate on enjoying the moment
2. Create a nice atmosphere and eliminate distractions
3. Go to the bathroom and empty your bladder
4. Have foreplay and get your body ready for sex
5. If you have a blindfold, put it on and keep it on until the session ends
6. Start exercises of your choice. G-Spot area first and clitoris next
7. Start using muscle contractions and intermix with verbalization
8. Whenever you feel the need to urinate, try to do so
9. Whenever you have an orgasm, continue stimulation and ride that orgasm for as long as possible. This might be one to several minutes
10. Take a 10 second break from stimulation and always try for another orgasm within the same session for at least 5 minutes
11. Even if you have extreme discomfort, you must
  - a. force yourself through it
  - b. be mindful that this discomfort will discontinue after forcing yourself through a few times
12. Whenever you can have orgasms continuously (back to back) for 20 minutes or more, you have reached the first goal and now you must continue to do so many more times to "set" muscle memory, for life
13. Make sure you can respond to several different forms of stimulation, not just one
14. Learn to respond while lying down, sitting up, kneeling or standing

## Persistence

If we had to choose one word to define this program, we would probably choose **persistence**.

**Persistence** – To sit down, read, and understand these instructions. If you understand the instructions it will hasten your results.

**Persistence** – To massage both the G-Spot area and Clitoris separately and do so until you have reached your goals. Once you start responding with orgasms, the duration must increase and continue to increase until you can respond continuously for a minimum of 20 minutes in each area. If you are stimulating each separately, you will have orgasms for 40 minutes each session. However, if you have the orgasms concurrently, it is 20 minutes and even more enjoyable.

**Persistence** – To continue the training exercises even if you do not see results in the early stages. For those who have everything going for them, the G-Spot may start responding in a couple of months and you can reach your goal in 6 or 7 months. For others, the entire process could take longer. Once you start having any form of orgasms, the learning process remains fun, so why stop.

**Persistence** – To do something you probably have never pushed yourself to do before. If you can have an orgasm, in either area, you should take your 10-second break and immediately stimulate for an additional 5 minutes. If you do not have another orgasm in this session, maybe you will in the next. The odds increase with each additional session. When you have two, go for five, continuing until you start to keep track of your orgasms in minutes rather than quantity.

## Transferring the Pleasure to Intercourse

### The Problem with the Missionary Position

Having intercourse in the Missionary Position and considering it mutually beneficial **is the greatest hoax ever played on women!** It is good to the degree that it is very warm and intimate but the fact remains that 95% of the physical benefit goes to the man. It is nothing more than priming the pump for the woman. It creates desire for gratification but gives no stimulation what so ever.

In the missionary position the penis moves in a rather straight line when using the in-out pumping movement. Remember the clitoris is typically 1 to 3 inches away from the vaginal opening **so the penis cannot come any closer than this distance** to touching it. There is no possibility of any form of stimulation at all. Orgasms do not happen because you want them to; the clitoris only responds when there is sufficient stimulation.

In the missionary position, the same straight-line in-out movement of the penis also prevents it from stimulating the G-Spot because that area is tucked above and somewhat behind the pubic bone. The G-Spot is out of the line of fire.

We believe it is a woman's right to have orgasms every time they have intercourse. If a partner starts with the missionary position and receives 95% of the stimulation, he will cum quickly and is unable to continue. **Therefore, we do not believe a woman should ever tolerate use of the missionary position until she is satiated.** Once this is accomplished she should go out of her way to meet her partner's needs. By satiating the woman first, it equalizes the benefits.

### Cowgirl's Finer Points:

The advantage of the Cowgirl position is the woman assumes responsibility for nearly all movement. She determines where the pressure will be, how much is applied and the frequency of the movement. When used correctly, both the clitoris and G-Spot area are massaged simultaneously.

To receive maximum stimulation of the clitoris the woman must position herself so it is in full contact with her partner's pubic mound and keep it in contact at all times. Humping is a forward and back movement of the hips and entire pelvic area. **This movement is from the waist down and the upper body moves very little.** The force of the movement is down and forward. By pushing down in the area of the clitoris, it is getting more contact and if the forward thrust is aggressive, it will cause her clitoris to move over the surface of the partner  $\frac{1}{2}$  to  $\frac{3}{4}$  inches. This hip movement is sometimes referred to as "grinding". It is like grinding the clitoris into and across the pubic mound of the partner. The second part of humping is when the hips are moving back. It is a form of recoil and is a less significant part of stimulation. **If you reverse the direction of the force to the**

**backward movement, you can still get good clitoral stimulation but the G-Spot no longer does. It defeats half of the benefit.**

The aggressiveness of the forward thrust will determine how hard the erect penis taps against the front wall of the vagina and stimulates the G-Spot area. Once the G-Spot area is developed and responds easily and multiply, it will respond to this tap and cause vaginal whole body orgasms concurrently with the orgasms generated by grinding the clitoris across the pubic mound.

The tempo of this movement is determined by the state of orgasmic bliss you are in. It is common for a woman to increase the tempo by doubling or tripling it when the orgasms are happening concurrently and intensely.

### **When to Use Cowgirl**

If you are actively having intercourse with someone, you can use the Cowgirl position from the beginning as you reboot your sex life. After completing the other exercises, intercourse in the cowgirl position should expedite the training process and make it more enjoyable. This is especially true if you are doing it in a way that takes full advantage of the position. (See above) Using Cowgirl has a good probability of producing additional orgasms over and above what you were able to achieve during the exercises. Having more orgasms, regardless of the form of stimulation, helps teach the body it can respond multiply and even continuously.

**A Tip for you Ladies:** If you really wish to endear your partner into loving the Cowgirl position and to look forward to it in the future, complement him often. You will like the results.

## Program Options

When it comes to training your body to be easily and multiply orgasmic, we believe the choices can be narrowed to three options.

### Your three options are:

- 1- You can spend nothing and do the exercises with your fingers or toys you already have. If you can get assistance from a caring partner, it will increase your options considerably.
- 2- You can spend a little money and purchase our "Orgasm Training Kit" which contains 7 items.
- 3- You can purchase a Sybian - - the crème de la crème of all sexual devices for women. It is designed to last a lifetime.

### Option #1 - Spend Nothing

Option #1 affords you all the benefits of what we are teaching without spending any money. You can perform all the exercises and methods with your hands, toys you already own or with a partner.

**There are several ways to massage the G-Spot area with your fingers when alone. These may be reviewed by watching the video "Self Stimulation" at [rebootyoursexlife.com](http://rebootyoursexlife.com).**

#### Ways to massage the clitoris when alone:

- A. You may use your finger or an innominate object of choice to move over the clitoris in a straight line in any direction or in a circle in either direction.
- B. Whole hand stimulation as discussed on P 12.

#### **If you have caring partner, your choices are expanded considerable.**

The partner can duplicate all of the exercises listed just above but more likely will:

- Perform the enjoyable **foreplay** prerequisites
- Perform **cunnilingus**
- Perform the **Double Dip**
- Perform the **Lover's Lift**
- Have intercourse using **Cowgirl** position

It is essential that all eight points listed under Your "Rebooting" Sessions Step 3 page 18-19, be followed very closely. You will not accomplish your goal unless you push your body to go places it has not been asked to go before! That is the primary "secret" unveiled in this material.



## **Option #2 - Purchase the "Orgasm Training Kit"**

By purchasing this kit, you have many more options and you have sped up the process of *Rebooting Your Sex Life* considerably. You can do all of the things listed in Option 1 above but now the possibilities have increased.

The *G-Spot Activator*® is not a "sex toy" but rather a "sex tool" that is guaranteed usable for a lifetime. It is of extreme value while *Rebooting Your G-Spot*. The Activator is something you will use from time to time for fun.

A woman can use it solo, or she can operate it with one hand while the other hand massages the clitoris with her fingers or a vibrator. It is the "self" version of the Double Dip.

A partner can use it in all of the same ways. Additionally, when doing the Double Dip they may substitute the *G-Spot Activator*® for their thumb.

By purchasing the *Magic Wand*, you are adding an electric device that will save a lot of effort and increase the stimulation. By adding the *G-Spotter* attachment, you have an item that can be inserted vaginally to massage the hard to get-to G-Spot area. The *Wand* with the attachment vibrates so it is necessary that you resist using it more than half of the time. You do not want the G-Spot area to respond to this one source. Alternate the *G-Spotter* and the *G-Spot Activator*®. It is worthwhile to use a finger occasionally to make sure it will cause orgasms. A finger more closely resembles a penis.

The *Magic Wand* can be used to stimulate the clitoris without the attachment and has two speeds. You can experiment and decide which gives you the best results. The amount of pressure you exert will affect the outcome.

It is essential that all the eight points listed under Your "Rebooting" Sessions, Step 3 page 18-19, be followed very closely. You will not accomplish your goal unless you push your body to go places it has not been asked to go before! That is the primary "secret" unveiled in this material.

### **Option #3 - Purchase a Sybian**

Make an investment in your sex life. Sybian, the ultimate in sexual devices, is built to last a lifetime. It provides more gratification than any other device known and will become a regular part of your sex life.

To "*Reboot Your Sex Life*" the Sybian will be your primary training tool and accelerate the results even more than the *Orgasm Training Kit* mentioned above.

#### **Benefits of a Sybian:**

- You can become comfortable with the movement and develop stamina by "humping" it.
- You can practice the muscle contractions listed under point 2.
- You can get past the feeling of needing to urinate, as discussed in point 4. If you ejaculate, it will not have a negative effect on the Sybian but you should put a towel under it.
- You learn to prolong orgasms for as long as possible. After taking a 10-second break you learn how to get past any discomfort of continuing and soon eliminate it from happening in the future, discussed in #5.
- You practice pushing your body to go further and have more orgasms in the same session. This is where the body learns to have orgasms quite continuously for as long as stamina allows, as discussed in #6
- You can "set" muscle memory by doing it often for several more weeks. We believe that once set, it will be "for life", discussed in #7.
- #8 reminds you to teach your body to respond to other stimulation methods and not be limited to the Sybian or any other certain one.

The Sybian can do it all if used correctly; however, we suggest that in the early stages of "*rebooting your sex life*" that it not be used exclusively. Consider using the Lover's Lift, Double Dip, G-Spot Activator®, Magic Wand (with or without the attachment) or your fingers.

As you learn all of these things on the Sybian, you should be switching over and practicing what you have learned while in the Cowgirl position. When you start using the Cowgirl position review all of the suggestions on page 22-23 and practice to your advantage. By doing both the Sybian and the Cowgirl position each session, you will accelerate your progress toward the final goal.

Visit [www.sybian.com](http://www.sybian.com) to order any products.

## **Overall review - Our beliefs**

- Being able to have orgasms is a learned behavior that requires practice of proven exercises.
- Every woman can learn to respond to sexual stimuli and become easily and multiply orgasmic.
- Learning is the responsibility of each individual.
- The degree of response attained is dependent upon attention to instructions and overall practice habits.
- Learning to respond to several forms of stimuli will result in a more enjoyable response while involved in, or performing, other acts of sexual activity.
- Being more responsive makes a woman a more enjoyable partner; women will enjoy sex much more and desire it often.
- Having orgasms relieves stress.
- The aerobic benefits will improve your overall health.
- Being more sexually responsive will give greater self-confidence.
- Life overall will be better.

### **Our wishes:**

- That sex would become less taboo and be discussed more openly, the world over.
- It is understood that sex is not bad, only how it is presented can be bad.
- Every mother would expose this material to her "of age" daughter.

## **Your Sexual Future**

We hope that you are someone who has taken advantage of the material offered in this manual. Our wish is that:

- you have increased your ability to respond to sexual stimuli by multiples;
- you have received many, if not all, of the benefits previously listed;
- you now understand you have an equal right to full gratification every time you participate in sexual activity with a partner and gained the self-confidence needed to demand this equality;
- you have learned how to meet your own sexual needs whether you have a partner or not.

**We hope we have made your life better!  
Please share this with others**

**If you have questions** visit our FAQ page on [rebootyoursexlife.com](http://rebootyoursexlife.com) or join us on Facebook at [facebook.com/rebootyoursexlife](https://facebook.com/rebootyoursexlife). If you still have questions, feel free to email us at [reboot@sybian.com](mailto:reboot@sybian.com).

If you participate in this program and have a success story, we encourage you to tell us about it on: [rebootyoursexlife.com](http://rebootyoursexlife.com)

If you wish to review products available, go to: [www.sybian.com](http://www.sybian.com)

***The following is a questionnaire we hope you will fill out before you read the manual. The only purpose is to cause you to think about sexuality and what makes you think as you do. Writing your answers down will cause you to reflect for a moment. This is for your eyes only.***

### **A Self-Assessment of Your Sexual Experiences and History**

Did your parents or guardians discuss sex with you while growing up? Yes No  
If yes, did you come away with a positive or negative attitude about sex? If negative, do you think it influences your feelings and beliefs today?

If no, what or who was the source of your knowledge? Was it positive or negative? Is there any negative carry-over today?

How, if at all, did your religious or cultural beliefs affect your sexual behavior or thinking, early in life? Did you have a positive or negative attitude toward sex? Do those beliefs influence your behavior or thinking negatively today, in any way?

Has another person ever abused you sexually or raped you? Yes No  
If yes, do these acts of violence cause you to think negatively about sex today?

Were you ever forced to perform sexual acts that did not involve intercourse?

Can you think of any thing else that has happened to you, at any time in your life, that may affect your attitude toward sex negatively?

Have you given birth to children? Yes No  
If yes, do you believe this has affected your ability to respond to sexual stimuli and if so how?

Were you told using mechanical things, e.g. vibrators, to derive sexual pleasure was bad? Yes No If yes, does this influence your thinking today? Yes No

Were you told masturbating was bad for you and would cause you to go blind or some other similar scare tactic? Yes No  
If yes, does this influence your thinking today?

Have you masturbated, in any form, in your past? Yes No  
If no, why not?

Do you, or have you, experienced feelings of guilt about masturbating? Yes No  
If yes, might it influence your thinking today?

How old were you the first time you had any type of sexual contact (not intercourse) with another person? Was it a pleasant or unpleasant experience? If unpleasant, why?

How old were you when you first had intercourse? Was it a pleasant or unpleasant experience? If unpleasant, why?

Do you enjoy sex? Yes No If no, why not?

Do you experience pain or discomfort during intercourse? Yes No  
If yes, what do you think is the cause - is it physical or mental?

Do you believe an orgasm is necessary for an enjoyable sexual experience? Yes No  
Why do you feel this way?

If you said NO, is this really, really true or are you giving-in to your present reality?

Do you consider yourself non-orgasmic or not easily orgasmic?  
If you said non-orgasmic, does that mean you are not aware that you have ever had any form of orgasm? Yes No

If you said not easily orgasmic, do you think it is because you do not respond to stimulation easily or because you are not getting sufficient stimulation in the right place?

Do you find it easy to talk with your partner about sex and your desires? Yes No  
If you said no, is this because you are not comfortable doing so or because your partner does not feel comfortable, or both?

Do you consider yourself open about sexuality and have conversations with friends about it? Yes No  
In no, why is this?

***Ideally by completing this self-assessment, you have reflected on your sexual history and identified beliefs or events that may interfere with your ability to have a gratifying and fulfilling sexual experience. Overcoming negative feelings toward sexual activity is important.***

***If you have such negativity, there are many good books that might help. However, we believe if you start this program and every session you push your body as far as your mind will allow it to go, then each succeeding session, go a little further. As time goes by and you start to have orgasms, and then more, your mind will continue to relent and you end up circumventing most problems. Your mind will relent if you continue to ask it to do so. New beliefs will supersede previous unwelcome ones.***

## Exercise Worksheet

Day/Date	Exercise(s) Used	For How Long	Observations/Notes
Monday	1. 2. 3.	1. 2. 3.	
Tuesday	1. 2. 3.	1. 2. 3.	
Wednesday	1. 2. 3.	1. 2. 3.	
Thursday	1. 2. 3.	1. 2. 3.	
Friday	1. 2. 3.	1. 2. 3.	
Saturday	1. 2. 3.	1. 2. 3.	
Sunday	1. 2. 3.	1. 2. 3.	

*There is a benefit to keeping track of what you do, how long you do it, how often you do it and the results. The purpose is to have a record you can review and be able to look back on and see your progress. We suggest you copy as many of these sheets as you may need.*