

Why?

Short answer: because it feels good. The anus is second only to the clit or penis in terms of sensitivity. In fact, for many people, anal play means massaging and teasing the anus, and nothing else. Other people love the feeling of their sphincter muscles clenching and releasing. Anal penetration can be an excellent way to stimulate with the prostate or the g-spot. On top of these reasons, many people like the idea of anal play because it's taboo, and breaking taboos can be a big turn-on.

Anatomy

Before you even get to your butt, there's a nice sensitive spot called the perineum (aka: the choda). Don't ignore it! The area between your vulva/balls and anus is full of nerve endings. Then you'll find the anus itself, comprised of pads of tissue and thousands of nerve endings. If you insert about an inch of your finger into the anus, you'll be feeling the anal canal, with its two sphincter muscles. The outer sphincter is closest to the outside of your body, and it's the one under voluntary control. That means that you can clench and release it at will. The inner sphincter muscle is under the control of your autonomous nervous system, which makes it difficult to relax it consciously. The inner sphincter responds to pressure, either from the inside or outside so a gentle



pressure and waiting for half a minute will generally allow something to pass into the rectum. Through the anal canal is the rectum, which is an expandable tunnel, approximately 7" long, used primarily as a passage-way for feces as they go from the colon to the outside. The rectum's S-shape means that you should navigate carefully and choose toys that are flexible.

How?

Get aroused: start slow and be careful. If you're not used to anal penetration, even a pinky finger can feel huge if it's in your ass. Even if you're really experienced, it's best to start with a finger or small toy and work your way up. It's tempting to jump right to the biggest toy, but there's definitely something to be said for anticipation. This will also prevent tearing delicate anal and rectal tissue. Getting aroused will help you stay relaxed, and the more relaxed you are, the more fun penetration will be.

Whatever you're using, make sure it's **smooth and slippery**. No rough edges on fingers or toys- finger cots, gloves and condoms help with that. Also make sure that any toy you're using has a **base or ring** on it, to prevent the toy from making its merry way into your colon.



When inserting anything into your butt, try as much as possible to follow the natu-

ral curves of the rectum: that means toys that initially curve toward your belly. If you're going to be inserting toys more than a few inches inside, make sure that they're angled more towards the chest.

Lube, lube and lube it up! Neither the anus nor rectum produce natural lubrication, so using a good thick lube will prevent wear, tear and pain.



Respect your body, too. If you experience any pain, stop. That's your body telling you to slow down. Although you may experience brief discomfort as your body gets used to new sensations, anal penetration should never hurt. Open lines of communication with a partner will help ease any fears or anxieties that may tense you up.

Safer Sex

The same rules apply to anal sex as to any other kind of sex play: someone else's bodily fluids can get on, but not in, your body. If you don't have the budget for separate toys, either wash your toy with a special toy cleaner, or choose silicone, which can be boiled. One last caveat: the bacteria found in the anus can wreak havoc on the delicate vaginal microcosm, so always be sure to change toys or condoms and wash your hands if switching from anal play to vaginal play.

