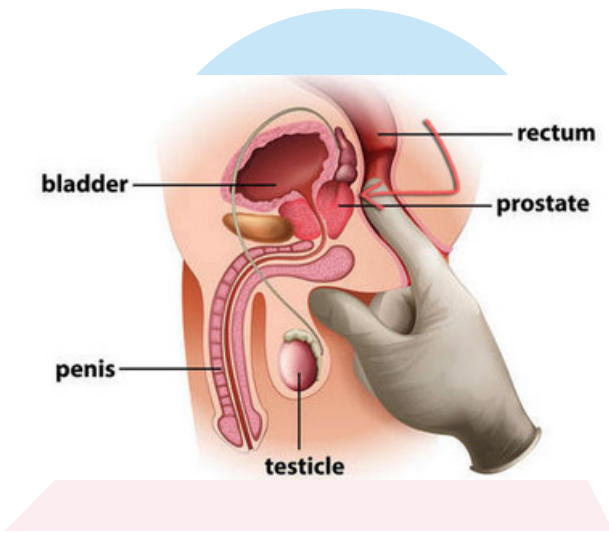




Prostate Milking 101: Milestone Journey

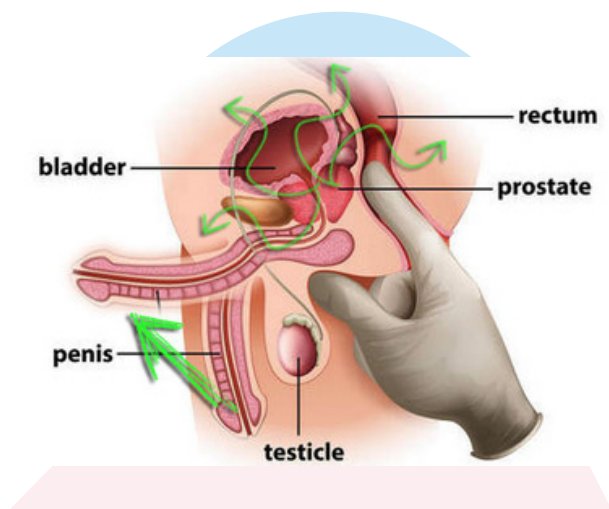
Prostate Orgasm

Follow these steps to reach your first **Super-O!**
While every journey is unique - these are common stages every man goes through to reach the big-O.



Contractions

Find your "sweet spot". It can be pressing with fingers, vibrating toy & kegels. You're doing it right if you have involuntary contractions, sense of need to urinate and leaking precum. Deep breathing helps, you feel warmth & fullness



First Mini-O

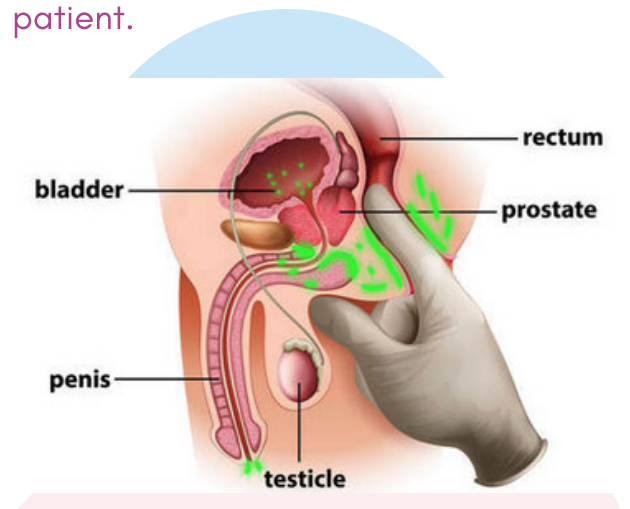
There is involuntary clamping and a sense of having a light orgasm which leads to intense prostate orgasm focused around anal area. Dry orgasm happens without refractory period...you can keep going for more.



Finding The Spot

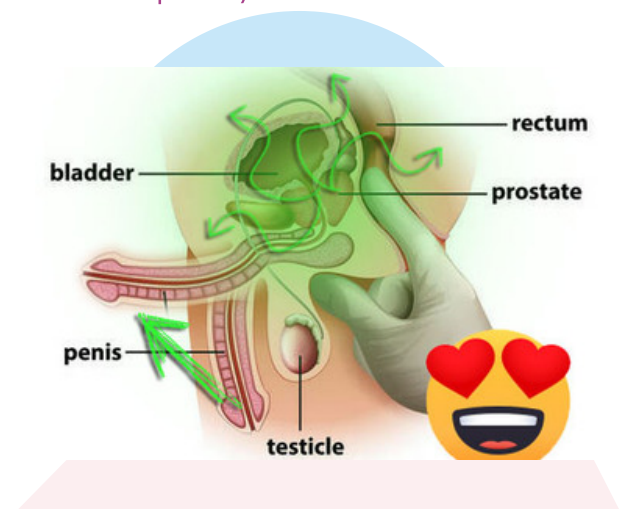
Be relaxed & aroused first. When aroused prostate will swell up & will be easy to find.

Relaxation and letting go of expectations is key to success. Practicing meditation & mindfulness helps. It will take time to learn to enjoy these newfound sensations. Be patient.



P-Waves

You get rock hard erection (without touching). You feel waves starting from your prostate going through whole body (trembling sensations). Keep doing whatever you're doing & take all experience in (don't focus on penis).



Super-O

You chain up mini prostate orgasms that unexpectedly lead to full body Super-O that moves in waves and spreads everywhere.

This can last from few seconds to several minutes. When you've reached it once you now have knowledge to even have multiple full body super-Os. Unlimited pleasure.

It Doesn't Work?: Experiment with different positions, toys and be patient. It takes time, relaxation & letting go of your mind (meditation helps).

