



The Anal Bible

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Make Anal Great Again

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1. Introduction

- This book provides everything to [make anal great again](#), i.e. everything you need to know for an enjoyable, safe and unpainful access into the world of anal pleasure and to achieve the strongest orgasm of all time! So strong!
- It is written for all sexes.
- It treats the physical and psychological aspects of how to start with anal play.
- We discuss the benefits, which you may underestimate: It's not only hot and tighter. There's much more to it!
- Keep in mind: Be - very - careful! If you're too eager, i.e. rude to your partner or yourself, that's bad! So bad! Very bad!
- Don't be afraid: All links in this book are safe. No virus, no scam...everything's fine!
- Spread it! Spread it wide open!

2. Analysis of misconceptions and benefits of anal play

2.1 Misconceptions

At first I'd like to resolve the following 4 main misconceptions. Even if you're willing to try it anyway, it's still better to completely eradicate wrong thinking.

Probably there are some more, but the most common ones are:

- I. *„Eew, that's disgusting!!! You shit out of there! Exit only!“*
- II. *„Thats very unhealthy and will cause damage!“*
- III. Guy: *„Never, I'm not gay! #nohomo“*
- IV. Girl: *„Nooo, that just hurts!“*

Now let's anal-yse them! Lel.

I. ***„Eew, that's disgusting!!! You shit out of there! Exit only!“***

Pure mindset bug. Stupid. So stupid! I thought this way myself years ago, when I saw the first anal-scene in a porn movie. But as I am smart (very smart), I realized:

a) Both genitals urinate, pussies even usually bleed few days a month. So what? No one says: „Eew, you lick/suck/fuck things that bleed and urinate!? Eeeeeeeew! Grooooooss!“ Ok, I guess there are some people who would say this too, but...guess what!

To be consistent you shouldn't even kiss because almost every person had to vomit at least once in their lives, eeeeeew! And tell me, do you like to french kiss just after waking up in the morning before brushing your teeth? And you know what? We have more bacteria in our mouth than in the anus.

As you can see, this is just not a valid argument. Not even close! When you kiss, you don't think of vomiting. At least I hope you don't. So, the only thing you need to do is: Establish the same mindset for anal play. Just, focus, on, the, joyful, sensations, only.

b) If you don't know this already: If you clean your rectum with a little enema (few times with a 100-200ml syringe, no gallons of water needed! See chapter 3.2.2), you won't believe how spotlessly clean it can get! It can depend on your eating behaviour i.e. digestion, but anyway, in my opinion it's not much more effort than brushing your teeth. So clean!

Some kind of a proof: Check out a few anal porn scenes. Assuming it's not very low quality or a „scat“ category scene (where I'd very much agree that this

is disgusting, but if there are people who like this, well...ok?!), you won't see any shit, no matter how they push and pull, just NOTHING! ...nothing!

II. **„Thats very unhealthy and will cause damage!“**

It's just the same for a lot of things: It is the dose that makes the poison. Even breathing air and drinking water can be very unhealthy and cause damage. Breathing too fast (hyperventilation) is unhealthy and can cause damage, drinking too much water is unhealthy and can even lead to death!

As long as you use enough lubricant and you don't excessively try double-fisting, horse dildos or similar stuff, nothing should break. You will just learn how to relax your sphincter, that's all. Just don't overdo it!

III. **Guy: „Never, I'm not gay! #nohomo“**

Well, I'm sorry but that's just stupid on so many levels...soooo stupid! Be smart, because:

- To be consistent, that would mean stroking your own cock is gay too. If you do that, you satisfy a guy! Ok, it's yourself, but still! You are a man, stroking a cock! Totally gay!?!!
- Change your mindset and realize what it really is: It's simply an other kind of sexual stimulation. Why, apart from being the widest spread and most idiot misconception, should this be a gay thing? There are even gays who don't like anal penetration (although the main reason for this is maybe an experience as described in the next misconception).
- Did you ever try to focus on where exactly the orgasm starts to build up? Try to localize it next time! And have you ever heard of the male G-spot? Guess what, it's in your ass (see chapter 2.2.2)!
- **And most importantly:** If you like or would like to „analyse“ girls, then it's best if you know exactly what you're doing, i.e. try it out on yourself! Otherwise you will probably hurt her and she won't do it ever again! This makes you an anal killer! Do you really want this? Do you really want to take responsibility for this?!
- Check out chapter 2.2.2, get impressed and try it out! I promise, you will never ever care about this misconception again if you once had this experience!

IV. **Girl: „Nooo, that just hurts!“**

That's one of the main reasons why I had to write this book. This is very sad, almost tragic! So sad! It implies that you've heard of, or already experienced, the following, which happens way too often.

You guys watch and enjoy anal porn and want to try anal with your girl. She'll think like:

„Oh, no! But hey, I love him and so, yeah...ok, let's try it out.“

Then, while having sex, being nervous (and of course without proper cleaning before), at some point you go doggy-style and somehow push your cock in her anus, which of course...HURTS, if done like that. Sooo, maybe she loved you so much that she was able to take it for some minutes, while thinking: „OUCH, WTF!!! NEVER AGAIN!!!“

That's - just - not - how - it's - done!

Let me explain further: I guess everyone, at least almost everyone likes to get a massage, right? So imagine you've never received any massage yet and your girl wants to give you one. So you lie down, she sits on or beside you and without oil, she grabs your neck and kneads like he would try to crack a coconut. This of course does what? It HURTS, exactly! Does this mean in general, that getting a massage hurts? No! You see, it is the exact same thing with anal sex, which by the way is only one aspect of all possible ways of anal play.

2.2 Benefits

2.2.1 Expansion of the sexual dimension

As mentioned in the last sentence, anal sex is only one part of the whole anal playfield. This too, is one of my main messages that I want to spread:

Anal play is much much more than just anal sex! It is a very, very, VERY awesome expansion of the sexual and orgasmic dimension!

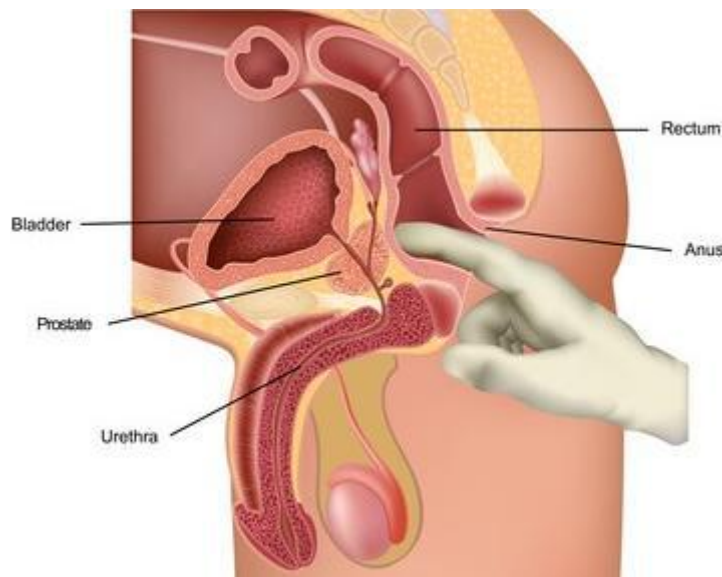
Even if you just think about the quantitative side: A „new“ hole to play with on you, on your partner, you can finger it, massage it, put in things and once you know how clean it can be – even lick it. But not just that! There's a lot more into it as follows.

2.2.2 Achieving the ultimate orgasm

Done the right way:

You can achieve THE ultimate orgasm!

If you didn't already know, let me tell you now: The male G-spot is stimulable in your rectum, because your prostate is directly besides there. You can verify this through googling and watching those ugly anatomic pictures, where you can see where exactly your prostate is located. For example like this one:



As you probably already know, a averagely good orgasm lasts for 10-20 seconds and leaves a nice and chilling post-orgasmic-flash for about 5-15 minutes. And with stimulation of the G-spot, adding some training and tricks...and I really do not exaggerate! It is incredible! The orgasm is **at least 10 times stronger** than the best you had ever before! It is almost frightening! And very long-lasting too! And **the following post orgasmic flash is pretty strong too may endures above 3-4 hours!** Seriously, this flash after such an ultimate orgasm is comparable to a medium intoxication with alcohol or THC!“

Now can you understand why misconception **III.** will disappear very fast, once you've made your experiences with such an orgasm. There's even more to this! You can also achieve multiorgasms and full body orgasms and if you add enough meditation to it, even thought orgasms! But for now, let's first focus on [making anal great again!](#) If it is, I'll maybe share this knowledge.

2.2.3 Create deepest intimacy

This point will delight your woman's soul, but I have to begin with some background information. Of course, there are a lot of different possible spirits of anal play. I heard and read a lot about guys liking anal sex because it somehow stands for domination. I don't really agree with that. It's too shortsighted!

You know, the anus is full of highly sensitive nerve endings. Sooo sensitive! Very sensitive! Which means you can cause a lot of pain but also a lot of joy. So much joy! So as the passive party, you are very vulnerable.

Now my point is: Just because someone is vulnerable, does this imply that you have to dominate him/her? No! If the active party likes to be dominant as the passive party likes to be submissive, very nice! You can use it as domination, but you don't have to. Eventually, this is where I'm getting at:

You can use anal play, in particular anal sex, to create the deepest intimacy!

Besides the highly sensitive nerve endings, the second main reason for this is: It feels virtually the same for both genders! So the active party is able to know exactly what feelings he creates and the passive party knows and feels that he/she knows. This can literally deepen your relationship to another level!

2.2.4 New sense of aesthetics

And last but not least, once you will start loving it:

It opens up a whole new sense of aesthetics!

This depends on what sort of person you are. But in general, it's like when you grew up and the „Eew, a wiener! Gross!“ switched to „Oh yeah, I love big cocks!“ respectively „Eew, what's that ugly slit?“ switched to „Mmmh, such a pretty pussy!“. It's related to the first misconception (see **I.**). As soon as you realize how awesome the whole thing is, you also will look at it with different eyes. It's sooo pretty! Very pretty! You won't believe it!

3. Preparation

3.1 Psychological and physical preparation

Going through chapter 2.1 agreeing with everything only on a mental level is ok but doesn't have to be sufficient to already go for it. For example you may say: „Ok! Sounds legit: Anal play is not more disgusting than any other sexual practices, maybe even less! Great. And cool, I'd have more possibilities, may achieve sick orgasms and so on and so on. But it's still gross to me!“ So here is how to handle this. There are a few things you can try:

- Actually, reading chapter 2.2 a few times, could already motivate you to go further.
- **Regularly do the kegel exercise:** Contract and relax the muscles of the pelvic floor, i.e. the sphincter muscle and the one you can use to interrupt peeing with. Similar to the fact that the leg muscles are used to walk and run, a strong pelvic floor is needed for a good performance of the genital functions and the intensity of the orgasm. You can't do this too often! The only thing you need is your memory to recall training, while you're sitting (or even standing and lying) somewhere. Contract 1 sec., relax 1 sec., at least a 100 times. Take a one minute break, then do it again and again and again. Another training is to contract as strong and as long as you can. When you're able to do one long strong contraction from 5 to 10 minutes, that will be great! So great!
- For guys only: Be totally celibate for at least 4 days. Incidentally, that's how I got into it. I liked to do such experiments sometimes, so I once wanted to know how long I can stand to be COMPLETELY celibate. It was about 5 or 6 days. What will probably happen: After approximately day 4, your prostate will call your attention to it, begging for direct stimulation.“
- While taking a crap, forget the disgusting part and try to ONLY concentrate on the feeling it creates. As far as you haven't got some health/stomach issues, it actually feels very nice, doesn't it?
- Still not convinced? Don't be a fag, just try it anyway! Same principle as for other things: Once you try something, you may get sucked in and start loving it. And maybe you know the french „L'appétit vient en mangeant.“ („The appetite will come when you start eating.“). Voilà!

3.2 Why and how to clean properly

3.2.1 Why to clean

Actually the answer to the question why to clean properly is totally obvious, if you don't have a scat fetish. Still I've read and heard some people saying, that a bit of shit belongs to anal sex. So I think after all it's ok to shortly point that out. You should like to clean it because:

- Obviously: You don't like shit and it's smell.
- When you're properly clean and empty, you can just push and pull as you like and there is (almost) no danger, that some brown accident will happen.
- The cleaner it is, the more possibilities you have. As an anal enthusiast-to-be, you would maybe like to stick your tongue in it or do some very nasty but still clean play with whipped cream or stuff?
- It's much more comfortable to only feel the things that you want to feel in there.
- Also apart from everything sexual, it just feels very good being so empty.
- If you are interested in yoga: Cleaning your rectum is a kriya yoga exercise too. It's very spiritual!

3.2.2 How to clean

The details you'll need to find out for yourself. Here I'll provide you with the most important pointers:

1. First of all, very trivial, you need a device which you can fill with water in order to then fill this water up into your rectum ([consider to donate and get an anal douche as a gift](#)). **Attention: Check the quality of your water! To be safe, take mineral water (without sparkling).**
2. You don't want to clean your device after each filling, so first clean your anus with some toilet paper.
3. Now it gets a bit tricky, because every rectum may react differently to the water and its temperature. Some will cramp up a bit, others won't. If you never tried this before, only use little and tepid water. Cold water is better because it induces a little stimulus of getting everything out. If it's too warm it maybe doesn't really want to come out. Anyway, the first filling is only to motivate your rectum to empty itself, so about 20-30ml is enough.
4. While you are standing in front of the toilet and **slowly** filling in the 20-30ml, you should already give a bit of pressure with the abdominal muscles. This may prevent the water wandering up. Now lay the device aside, sit on the toilet and give a little push. No further explanation needed...
5. After you're done, maybe you have to repeat no. 2.

6. Load your device. Whatever you use, around 100ml is enough. Do the same like in no. 4. but this time, push a little bit more and try to get the water out with one push. As soon as there's no more water coming out, immediately relax your sphincter! Then alternate with short pushes and total relaxation. As you don't want to get hemorrhoids, push „from the bellybutton“, not from too low and keep the pushes really short. To avoid too much pressure on the sphincter, do some kegels after each push.
7. Repeat this procedure until you feel empty and clean or at a maximum of 5-7 times.
8. Not sure yet or got bad digestion? Wait 15-30 minutes and try again 2-3 times (i. e. fillings).
9. Very good indicators that you are done:
 - a) After you pushed out „the last drop“, check it on the toilet paper. When it's transparent and a bit slimy, this is the best indicator that your rectum is very clean now.
 - b) You manage to get out all the water with only one push.
 - c) You feel empty and clean.
10. You're paranoid? Then wait 5-10 minutes, fill in and push out about 10-20ml and check no. 9. a), DONE!
11. Ok, almost done. Just to be thorough: Wash your hands and the device with hot water and soap.

Remark: It's not a bad idea to do the whole procedure after you've had to take a crap anyway. You know, yoga, spiritual!

4. How to begin and how to go further

4.1 Best way to begin – The 3 step guide

I promote my 3 steps guide. Once you are fine with the sessions of step 3, **THEN** you're ready for anal sex. First let me tell you what is needed to go through these 3 steps:

- For step 1 you need some lubricant (water based or silicone based) and some fingers.
- For step 2 you additionally need a small toy, e. g. a butt plug, with maximum diameter of about 3 cm/1.2 inch (I suggest [to donate and receive such a plug as a gift!](#))
- For step 3 you additionally need a medium-sized toy, e. g. a butt plug, with maximum diameter of about 4 cm/1.6 inch (as above in step 2)

Remark: Make sure the lubricant is usable with the toy. Depending on the material you need a different kind of lubricant. And don't buy „jelly“ toys! They can be carcinogenic. The safest materials are glass and silicone.

4.1.1 Step 1 session

Do - not - rush! Start nice and slow!

1. Start, nice...
2. ...and, slow!
3. It's best to try it all alone first, so you'll know for yourself what it feels like.
4. As your rectum doesn't really lubricate itself, it's better to use too much than too little of lubricant. We start the first session with fingers only. Probably even without penetration or at most with the fingertip.

Remark: Do some experiments with the kegel exercise for each of the following movements. It helps to relax the sphincter and it just feels great.

5. Massage your anus, i. e. your sphincter. Use your index or middle finger (or both) and try the following movements:
 - a) go up and down the anus slowly, with little pressure

- b) Same thing with right and left, feeling and massaging the sphincter
- c) if you already like a bit of penetration, do a) and b) with putting in your fingertip, i. e. for a) starting below the anus → go up → in → out → up → above the anus and back again. And for b) start right beside the anus → to the right → in → out → left beside the anus and back again. Try these movements in different variations: slow, fast, applying almost no pressure, applying a bit of pressure etc.
- d) put your fingertip in and give pressure against one side, respectively against the sphincter. While doing this, do some massaging movements. Then change the pressure point and repeat.
- e) Like d), except you don't stay on the spot, but you try to make a circle with your finger, i. e. pushing radially outwards against the sphincter while making massaging movements (a lot of multitasking!).

Remark: This should be the maximum for the first session. It's up to you to involve your genitals too. I suggest that in the beginning you mainly focus on how anal stimulation alone feels. Then of course, you are allowed to do whatever you want.

So, if everything about step 1 feels great, then you're ready for more:

4.1.2 Step 2 session

Repeat step 1 until...:

1. ...until you feel ready to put in a second finger! Try the same movements as in step 1.
2. Now you can do a very nice feeling finger-move. First, to explain, point your index and middle finger to the air. Put your fingertip of one finger on the other. Then slowly change, i. e. move the other fingertip on the top. In your ass, you first want to do this very very slowly. Then you can go faster up to a kind of finger snapping.
3. It's time for the small plug! As always, begin nice and slow. Use enough lubricant and gently push it into your anus. You also can do this with some breaks, while doing some kegels: Push in a little, kegel break, relax and push in further, kegel break, and so on. Experiment!
4. Play around, rotate it, move in and out while rotating, whatever feels good. And don't forget to kegel! This will help your sphincter to relax more and more.

Finish a step 2 session as you will. Just enjoy it, masturbate, have sex with your partner(s) and let him/her/them play with the plug. Suit yourself!

Still everything fine? Then we want to move on!

4.1.3 Step 3 session

Again and again: Start nice and slow! Take a few minutes to go through step 1 and step 2

1. Do the same movement with your small toy like you did with your finger in step 1 e): Press it radially outwards against the sphincter and do some kegels.
2. When you feel there's space for more, lay aside your small toy and take your medium one:
 - a) Even more important: Use enough lubricant!
 - b) Push in the tip of the toy, relax your sphincter, **sloowly** push in the plug further and further. If it already fits, great!
 - c) If not, stop when you feel a stretch where you're not sure if it's a nice or an uncomfortable one. While holding the plug to make sure it stays in place, do some kegels and/or pull it out a little bit while doing some nice rotations.
 - d) Now relax again and tenderly press the plug further in. If you're still not sure (communicate with each other, if you're not at it alone!), repeat b) and c). What often helps is to do strong kegels, i. e. strong and long (about 5-10 seconds) sphincter contractions to then totally relax and push in your toy.
 - e) If you still feel too much of a stretch, after trying b) and c) 3 times, no problem! Only allow stretches which are still feeling great! Stop the session there or go back to the small toy and do whatever you have to do.
 - f) The medium toy is completely inside and feels good? Now try everything you did with the small toy before (and don't forget the kegels!).
 - g) Especially when you feel an enjoyable stretch, doing some slow rotations is very nice.
 - h) Also try some pushing in and pulling out a bit faster.
3. Repeat no. 1. with the medium toy. Everything fine? Then: Congratulations! **NOW** you are ready for your first slow and gentle anal sex session!

4.1.4 Conclusion

Here we are. Can you see now, why this book is so fucking important?! Compare the procedure described in **IV**. (= anal sex without cleaning, without preparation, just somehow getting the cock pressed in) with my „immense“ 3 step guide. There are worlds in-between! Or even solar systems, universes!

If your story is similar to the one in **IV**., you're still just reading and didn't try anything until now, let me tell you once more: As much as it did hurt, it can bring you much more pure bliss!

Remark: Also if you already see yourself as an advanced anal player, I'd recommend taking at least a short look at step 1 and step 2. It's the same as in sports, where you should not give 100% without warming up first. Depending on what you want to do, 3-5 minutes is ok.

4.1.5 What else?

If you're not coming from there, look out for more on my super awesome site: makeanalgreatagain.com!

Sooo, as told before: My main goal writing this book is to explain the basics on how you do anal play the right way, rectify misconceptions, disclose its dimension to propagate and spread this tool to sexual completeness and highest ecstasy! So that's it.

And don't forget:

Spread it!

Sincerely yours,

A. N.