

## Self Indulgence

### **Getting Started:**

Being able to suck your own cock definitely requires some amount of flexibility. But if you don't have any existing back problems, and don't have a huge gut, and if your dick is average length, with a little practice you should be able to get your lips wrapped around your own cock! The key is maintaining your flexibility and staying in reasonable shape. There are several ways to accomplish getting your mouth on your cock. But it seems to boil down to two main techniques. The simplest is of course just bending forward. The other technique involves rolling over on your back, which is what I normally do. Hopefully sometime soon I will have some examples of myself for you. Meanwhile here is a description of my technique.

*How I usually suck myself off...*

Get in position on the bed with your head about 2 feet from the headboard. Roll backwards with your legs going over your head until your feet touch the wall or headboard. "Walk down the wall" slowly curling your abdomen until your cock gets to your mouth, arms through your legs, pulling yourself to your cock.

*Note:* When I come I have to try not to tense up my back too much while in this curled position. If I am not completely limbered up or am tired occasionally I over-stretch my muscles on the orgasm.

### **Breathing:**

If you are having trouble reaching your cock, there is a yoga breathing/stretching technique that you may find helpful, especially when trying to "walk down the wall". As you reach the limit that you feel your back will let you bend; stop, breath in and hold the breath for a second. Then exhale fully. On the exhale try to relax your back and stretch yourself toward your cock just a little bit more. Then breath in again and rest a moment. Repeat this again several times trying to stretch a little further each time. If you practice this a little at a time, over a fairly short period you will probably notice a significant improvement in being able to get your dick to your mouth. Remember to always be careful to not hurt your back when attempting this tasty indulgence. Know your limits and don't try to do more than you are able at one time.

### **Quick Tips:**

**CAUTION:** If you have any existing back problems, disk problems, and especially low back problems, you should exercise extreme caution in attempting to selfsuck. It might be advisable to not even attempt this trick at all. But if you are in reasonably good shape otherwise then proceed on through the tips.

1. Stay hydrated: make sure you drink plenty of water on a regular basis to help reduce the chances of muscle cramping.

2. If at all possible try to suck yourself with as little in your abdomen as possible, i.e. no food in your stomach and after a good bowel movement. The fewer things in the way the better!
3. Practice will get you there eventually! Just keep trying in small amounts, and over a period of time (maybe a few weeks) you should be able to at least lick the head of your dick. The important thing is to not over do it by trying too hard all at once.
4. The younger you are, the easier it will probably be for you simply because generally you are more flexible when you are young. Age does not matter as much as being able to stretch and maintain your flexibility.
5. If it feels like you are just too tight or tired - DO NOT force yourself! Better to wait for another time when you are more limber and better rested. If you pull your muscles or throw out your back you will be waiting a long time before you can try another selfsuck attempt.
6. Always stretch and warm up before attempting to selfsuck to avoid injury to your back. Always be sure to stretch well afterward also to help prevent sore muscles.
7. Do not attempt first thing in the morning or late at night when muscles are tight or you are tired.
8. If you put your legs over your head, always roll up on a bed or cushioned surface to avoid knocking your back out of place.
9. Any physical activity that increases your flexibility is an advantage. Yoga is especially good or even Tai Chi may help.
10. A hot shower helps get the muscles warmed up and relaxed.
11. You may find that you can reach your dick more easily after a light work out.

**Conclusion:**

If you find that you simply cannot reach your cock, just enjoy coming into your own mouth. I especially like eating my own sweet & tasty precum! I tease myself as long as possible milking out as much precum as I can. I love sucking it out or drizzling it in my mouth and on my lips. Sometimes rubbing it all over the head of my cock and then licking it off. Can't get enough of it! Yum!!

Don't forget to e-mail me and let me know if this was helpful to you!

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Bending Forward <http://www.geocities.com/ucan22000/feature.html>

Rolling Over On Your Back <http://www.geocities.com/ucan22000/feature2.html>