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14 STEPS FOR
Going Down
ON A
Goddess





Giving and receiving oral sex is one of the most pleasurable and orgasmic experiences.

It's an incredibly passionate and deeply intimate way to connect with your partner.

For most people with pussies, the anticipation and buildup are just as important as the oral sex itself, and treating your partner like a Goddess is how you're going to make this the ultimate experience.

In this guide, I'm going to explain to you exactly how to do this, along with other exquisite oral sex tips that will have her writhing in pleasure.

By taking your time and making the experience as special as possible, you're allowing your partner to fully drop into the experience and feel all of the pleasure that she's capable of feeling.

With this guidance, you'll be able to give your partner the most divine oral sex that sends her into ecstatic bliss.

Note: we use "she/her" in this guide, but it is for anyone who wishes to give oral sex to a person with a pussy.

So here are the steps for going down on a Goddess:





1

Set The Space

To give the ultimate oral experience, you want to treat her like a Goddess from the very beginning! That means setting the space and creating a temple for your woman. Lay down soft fuzzy blankets or nice sheets, light candles, burn incense, make a playlist, have massage oil ready, and do anything else to make her feel special and completely relaxed.



2

Honor The Goddess Within Her

Recognize her body, her energy, and the life within her as an expression of the Goddess.

Spend ample time looking at her and feeling her entire body and essence. You want to feel into her Goddess-like energy and connect with her on that level. Tell her what's beautiful about her, what you're grateful for, and what you love about her. This type of energetic attunement will make the experience far more special for her and allow you to feel what she wants.



3

Set The Expectation

Make oral sex the main destination for her, not a means to get her turned on for sexual intercourse or "returning the favor." To make this a truly special offering to her, make it all about her and her pleasure. Let her know that there is no expectation for her to orgasm or do anything else. You simply want to go on this journey with her. Whisper in her ear that this is all about her and she doesn't need to do anything except relax and enjoy.



4

Worship Her Whole Body

Slowly move your hands over each part of her body, giving thanks and praise to it. Touch every part of her body that you're called to. You can lightly stroke her body with your fingers and nails, massage her, kiss her, and send loving, thankful, sexy energy through your hands to her body. Arms, legs, stomach, back, scalp, and hair - they all feel amazing when touched. Many women also get turned on from breast massages and nipple play, so spend time touching, kissing, and licking there too. Feel a deep sense of connection and presence with her body as you do this.



5

Tease Her

Kiss around her pussy without actually touching it yet. Kiss her inner thighs, her pelvic bone, and as close as you possibly can to her vagina without kissing it directly yet. Go sloooooow and really build up the tension. The anticipation will add to her turn on and make the oral sex way more pleasurable.



6

Worship Her Pussy

Honor her vagina as an embodiment of the Goddess. In Tantric tradition, the vagina is the home, source, and soul of a goddess. Recognize her power, vibrancy, and wisdom, and see her as the force of nature she is. Not only were you birthed from a vagina, but it is also the source of so much pleasure. Gratitude, reverence, and respect will set the tone for a magical journey. Spend a lot of time slowly kissing every area of her vagina.



7

Explore Her Pussy

You're going to want to spend a lot of time dancing around the whole area before you focus on her clitoris. Spend time slowly licking all up and down her inner and outer labia and over and around her entire clitoris. It's as if you're warming up this entire area. If she's into it, you can even lick and kiss her anus, but first ask if that's okay.



8

Focus On The Clitoris

Now you're going to want to focus on the clitoris. Circle around the clitoris and add variety to the licking motion. Try up and down, side to side, and twirling around it with your tongue. Really explore the clitoris with different size circles and stroke lengths. Try a flat tongue and a pointed tongue. Flat tongue and side to side seem to generally be the preference, but it all depends on the person. You can even try sucking on it. Pay attention to how she's reacting, and if she likes something, sustaining that same type of stimulation will be highly pleasurable for her.



9

Notice And Follow Her Pleasure

Really tune in to her body and pay attention to which tongue movements and areas of her pussy make her moan and shake in pleasure. As she gets super turned on, her clit will grow harder and bigger. Continue to lick and use your full mouth, lips, and tongue. Once you find the magical spot and stroke, stay consistent and steady with the same stroke.



10

Add Extra Stimulation

While exploring her vulva and clitoris with your tongue, start massaging her butt, thighs, and areas just around her vulva to add extra stimulation and pleasure. Reach one or both hands up to her breasts, too, and see if that enhances her experience.



12

Stay The Course

When she's nearing climax, you may be tempted to speed up or change pressure or stroke, but the best thing to do is keep doing exactly what you're doing. Get into a rhythm and dance with the goddess. You can place a hand on her heart, which moves the sexual energy up for enhanced pleasure and an expanded experience of love. Staying slow and steady with the stroke that is getting her to peak allows her to surrender to the orgasm. Going too hard and fast can disrupt the orgasm, overstimulate the nervous system, and make it difficult to have multiple orgasms.



13

Extend The Orgasm

When she orgasms, her natural inclination may be to close her legs and pull away, but often if you hold onto her and keep going, you can extend the orgasm. This is where knowing your partner and the dynamic between the two of you is helpful. You can communicate beforehand that you want to try to keep going after she's climaxed and that she can tell you to stop if it's too much. Once the orgasm is subsiding, you can bring her back to a more relaxed state with slow and steady tongue movements, and sometimes bring her to climax again.



14

Honor What She Wants Next

After the experience, it's up to the both of you whether you move into intercourse or end the sexual experience there. If she'd like to be done, lay with her, kiss her, and allow her to integrate the experience. Place a hand on her heart to invite her into a safe space of love and sharing what she experienced.



The key to all of this is safety.

After an intense sexual experience and orgasm, women can react in different ways. Some may laugh hysterically, some may cry, some may want to just lay there, some may want to cuddle and kiss - it can be different each time and for each woman.

The best thing for you to do is honor that this is a sensitive time and follow her lead or ask her what she wants in the moment.

Enjoy this luscious oral sex guide and prepare to rock your Goddess's world!