

Booty Power: The Undiscovered Country

by David W. Indest, PsyD

**“I have to admit it: I am a BootyMan.
What follows comes from my personal education and
experimentation with booty. Thank you to all the gay, bi,
straight, and other men I've met
over the years. It was all about love.”
- David Indest**

- This informative document is written by an out and proud gay man and is designed to educate adult readers everywhere, be they gay, straight, bi, curious, questioning, or unsure. It is practical, fun, and straightforward in its discussion of anal sex and anal health. If candid discussion of anal sex and anal health offends you, please stop reading.
- The views expressed in this publication are solely those of the author. The author is not a medical doctor so does not purport to provide expert medical advice. Medical questions should be directed to physicians with sensitivity to anal sexuality.

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Why the booty?

The booty is a source of pride and pleasure for many people. It is rich in nerve endings (just like the mouth and lips) and intimately joined with our sexual feelings. Many people have already experienced this through exploring their own bodies, having sex with others, or even having a good bowel movement (BM).

As children, we intuitively explored our bodies and found that the mouth, genitals, and booty “touched us back” – that is, they felt really good when we touched them. Unfortunately, many of us were told that our booties were “unclean,” “dirty,” or “sinful,” and this has made many of us ashamed to enjoy ourselves and our lovers.

We hope that this website will help you learn about your own body and better enjoy that Dark Continent, that Undiscovered Country, The Booty. Welcome Home!

Absolute Beginners

Where to start?

If you're just getting acquainted with your booty, here are some suggestions:

- Take our Self-Guided Tour!
- At least a few days a week, practice with yourself and learn about your body
- Experiment with different lubes, techniques, condoms, and positions – discover what's right for you!
- Find a partner who is patient and willing to help you explore yourself
- Find a partner who will let you play with his or her booty
- Read some booty books. We recommend the essential *Anal Pleasure & Health* by Jack Morin (1998). See resources at end of this document!
- Learn about booty anatomy
- Remember: the more comfortable you are with yourself and your booty, the more you will be able to relax your ring and enjoy bootysex!

Bootyluscious!

Hot tips for making bootysex more enjoyable

(* **Slip & Slide** – Lube, lube, and more lube! You can't use too much, and the worst you can do is wet the sheets. If you're using water-based lubes, remember that they can dry out during sex, so you need to add more lube; you can also use a little water or spit to get them slippery again. If things start to get too tight, or you or your partner starts to feel uncomfortable, don't be afraid to pull it out and relube it before plunging back in again. Oil-based lubes are no good for latex condoms and can melt them.

(* **Domestic Preparedness** – To douche or not to douche? If you're going to put something in the booty, then you need to have enough room: the larger and deeper, the more room you'll need. While many people like to douche (use an enema) before bootysex, this may not be necessary or the best thing to do to keep your booty healthy. Just having a good BM up to 2 hours before bootysex can make plenty of room. As you become more familiar with your body, you will start to realize the feeling of having enough room versus needing to try to clear the runway by having a BM.

Enemas can wash away the natural protective coating that helps lubricate your internal booty; they can also irritate or damage the cell lining. Both of these things make it more likely you will get a scratch or tear, or contract a sexually transmitted infection (STI) from a partner who happens to have one. If you are absolutely committed to using an enema, here are some suggestions for making it work better for you:

- Douche at least a few hours before you're planning on having bootysex – the longer the time between douching and bootysex, the better your protective coating can grow back.
- Use plain warm (NOT HOT) water. If you're going to add anything, maybe just a pinch of sea salt and a pinch of baking soda to make the solution more like your natural internal environment.
- Do not use anything that could irritate your inner booty! Some people mistakenly believe they need to sanitize the booty, but this will only ruin the natural environment and make you more likely to have health problems. In our many booty-beautiful years, we have heard stories of people adding bleach, alcohol, detergents, and other harmful chemicals to enemas: please avoid these at all costs! Even commercial enemas are designed to empty the bowels, not to prepare the booty for bootysex, so they too strip away your natural coating.
- Avoid enemas that are hot or cold: too hot will scald your inner lining, and too cold will make you tighten up.
- Avoid commercial douches designed for vaginas. The rectum is more sensitive and has a different pH.

- Use a small amount of liquid. If you use a large amount, you are likely going to leave some liquid higher up in your booty, and it is going to come out during sex and make a mess.

(*) Booty Beautiful – Some people like a squeaky clean booty that smells like soap; others like a booty that retains its essential muskiness without having any “leftovers” in it; and others like the booty *au naturel*, just as it comes. The important thing is that you and your lover(s) are able to communicate about your likes and dislikes and reach an agreement. If you’re fortunate to be enjoying a booty but you feel it needs a little tidying up, try asking your partner to go to the bathroom and “make room,” or go get a warm washcloth and do some gentle wiping to set the stage. A warm washcloth is also a great way to relax the booty.

(*) Paving the Way – All right folks, the booty is no drivethrough, it is a veritable buffet, so if you want to enjoy it, take your time. Take the time to warm it up and loosen it up before you even think about sticking anything in there. Foreplay (kissing, stroking, rubbing) helps anybody become more relaxed, which will also help the booty relax. Follow that with some booty-focused foreplay: gentle caressing of the bootycheeks, stroking and tickling of the outer ring, some good spanks, and some licking. Nothing relaxes and lubricates the booty like tongue action: *rimming* is licking the ring. If you take the time to lick the outer ring, then spend some time sticking your tongue inside it, you will be able to sense your partner relax as the ring does. The booty ring muscle is stronger than the tongue muscle; as you are able to push your tongue in farther, that is a sign that the booty is truly relaxing. I think you’ll both be happy with the results – a nice moist, relaxed, and very eager booty!

(*) Patience is a Virtue – Rushing to get through the ring is the A#1 worst thing to do if you want to enjoy bootysex. It takes time for the ring to relax and get over the initial clenching. After you first stick something in the booty, you will notice a clenching. If you wait until this passes, then the ring relaxes, and you can go a little farther in. You can even use this to your advantage by clenching the booty as hard as you can around the finger, toy, or delightful dick while you keep it perfectly still; once the ring relaxes, you can insert it a little more. You can repeat this over and over until the ring is very relaxed. The important points are not to thrust during clenching and to allow the booty to relax completely before inserting a little more. Some people find pulling out and reinserting helpful as a way to work with the natural clenching process – but you must do this gently and slowly if the booty still needs to relax.

Others like to squat over their toys or partners so they can control the whole process and keep it tuned to their bodies. Experiment with different angles and positions until you find the ones that work best for you.

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If your partner is hellbent on ramming it in without any preparation or consideration, you may want to negotiate a learning experience with him or her, where you get to play with his or her booty. This is an excellent way to help a partner develop empathy and learn valuable lessons of gentleness and patience. ;) Learning about your own booty is also one of the best ways to learn about someone else's.

(*) Practice Makes Perfect – The ring is a muscle, so it needs exercise and training if you want it to do well. If you want to become more relaxed during bootysex or if you enjoy stretching you ring or using larger toys (or having larger partners ☺), take time every day or every other day to play with your own booty or train yourself with your favorite toy. Have patience, but be diligent. You and your partners will be rewarded with a booty that responds better to your wishes and enjoys the play better without as much clenching, spasming, and pain.

(*) Take a Break – Don't be afraid to have a little time out if things are not feeling quite right. It may give things time to relax a little more. Move on to other parts of the body and come back to the booty a little later, check it out, and see if it's up for another visit.

(*) Soft Is Beautiful – Even a hard penis is not as hard as a finger or a hard-plastic booty toy. The average length of a penis is about 5 inches, and even the "horse-hung" guys are only 10-12 inches or so at the extreme. Beware of sticking things longer or harder than this in your booty. When choosing what you want in your booty, choose something softer, with some give in it. Booty toys now come in a variety of materials that are softer and more pliable. You can warm them up before you play with them by soaking them in warm water for 5-10 minutes: your booty will appreciate the thought!

(*) Fingernails on a Chalkboard – Trim those nails before they go in the booty! It's best to do it a day or two before bootyplay so that the sharp edges have time to wear down. Or you can file them to make sure the edges are smooth. Some people find wearing latex, surgical, or rubber gloves makes fingers and hands slide more easily in and out and protects the booty from nails – but remember to use lots of lube with gloves. Long fingernails are no fun going in and can easily tear or puncture.

Once More with Feeling!

A Little Slap & Tickle

Before rushing to go into the booty, spend some time on the outside. The asscheeks (*buttocks*) are also sensitive, and playing with them is a good way to start relaxing. Try gently stroking the buttocks with the tips of your fingers or the edges of your fingernails: try to see how lightly you can do this.

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Many people find this very titillating and a good intro to tickling the ring.

On the other end of the spectrum, some people enjoy a good spanking. Start light and gradually increase the pressure with guidance from the spankee. Spanking increases the blood flow to the buttocks and also makes the booty clench and release with the rhythm of the spanking: both of these can help the ring relax. Spanking followed by rimming is a sweet contrast that many people find irresistible!

Emotional Issues

Remember that learning to relax is essential to enjoying bootysex. If you want to relax, you need to feel comfortable, at ease, and trust your partner. If you feel badly about your body, ashamed of your booty, or worried about “doing it right” or about making a mess, then you will have trouble relaxing.

If you’ve been physically, sexually, or verbally abused, you may have problems relaxing your booty or trusting another person. If patience and all the other pointers we’ve suggested are not helping, seek counseling and support groups to help you learn how to make peace with these feelings. Always remember that it’s your body and you have the ultimate choice in what you do with it!

Shit Happens

What about poop?

OK folks, it IS the booty, and you’re going to have to deal with it. Shit is a part of life – it’s your food after it has been digested, and you will poop it out so that it becomes food for bacteria and other creatures. Circle of Life – it’s a beautiful thing!

Many of us have been taught that poop is evil and shameful, but it is just a natural part of life. So please don’t blame yourself or your partner if there are smells, sights, or sounds that you’re not completely comfortable with. Maybe you need to take a bathroom break and try to clear some room in the booty. Maybe you need to get your partner a warm, wet washcloth or a towel to clean up with. Just remember to reassure yourself and your partner with a casual “That’s OK.”

Some people are dead-set against even the slightest traces of poop smell and so use enemas or deodorant soaps. Remember that you can never completely remove all traces of poop from the booty, and to try to completely sanitize the booty can actually harm it. If you want to clean up before bootyplay, try to have a BM and wash the booty with warm water. Avoid anything that will irritate your booty.

If you find contact with poop very unpleasant, use condoms to cover penises and toys, and use gloves for hands. This makes clean-up a lot easier!

Red Flags

How do I know when something's not right?

Burning Sensations

A burning feeling can mean that there is an irritating lubricant, a small tear, a hemorrhoid, or just a little poop in the chute

- Try going to the bathroom and having a BM and see if that doesn't help
- Switch to a lube with different ingredients
- Stay away from lubes formulated for the vagina with spermicides or detergents (like nonoxynol-9): these can irritate the booty
- Some people are allergic to latex – try using condoms made with polypropylene instead
- Persistent burning even when you haven't just had sex can be a sign of a sexually transmitted infection
- See *Bleeding* below

Hot stuff!

It's a good idea to wash anything before you try to put it in your booty. Fingers can sometimes have something on them that can cause burning or irritation: some things to watch out for are certain soaps or detergents, alcohol-based products (including hand-sanitizing gels), cosmetics, and spicy foods such as red peppers, jalapenos, etc. Advanced booty explorers may enjoy some of the "warming" lubes on the market, but these are often too strong for most booties and may decrease your booty's natural resistance to various infections.

Aches & Pains

Pain or a dull ache on inserting something in the booty is often caused by clenching of the inner ring of the anus.

- Warm up the booty to relax it before sticking anything inside
- Use lots of lube!
- Be patient: don't rush to stick it in, and when you do, do it a little bit at a time
- If the booty clenches, stop inserting. Clench the booty as hard as you can, then relax it and insert a little more. It's like magic!

Bleeding

If you're patient and treat the booty right, there should be no bleeding from bootyplay. Bleeding is always not a good sign, but a tiny bit of blood (a streak or sliver of pink or red on the toilet paper) may not be that unusual. It IS a sign that something has gotten irritated or torn, and you should take that as a signal to next time

- Use more lube
- Spend more time relaxing the ring
- Go down a size in what you're sticking in the booty
- Be less rough during thrusting

If you have a small tear in the ring (called a *fissure*), this may take a few days to heal because every BM and aggressive wipe of toilet paper can re-open it. The best thing to do?

- Give your booty time to rest and recuperate (Stop with the bootyplay, already!)
- Increase your soluble fiber intake through your food choices (more fruits and vegetables) or a supplement such as Citrucel, or use an over-the-counter stool softener
- Use wet toilet paper or a commercial booty wet wipe (like Tucks) to wipe yourself after bootysex or a BM. Avoid wipes or soaps with fragrances that might irritate your booty
- Find a hypoallergenic lotion or moisturizer that is fragrance-free and that does not irritate your booty: use it after bootyplay if your ring is feeling dry or irritated
- Don't strain (push really hard) to have a BM and don't read on the toilet – they both increase the blood pressure in the ring and can increase bleeding or aggravate hemorrhoids
- If the tear is large, worsens, or does not heal in a few days, please seek medical advice

If you have bloody diarrhea or are passing lots of blood in your BM, it is time to get medical advice right away! Causes can be:

- A serious fissure
- A hemorrhoid
- A tear or irritation in the bowel
- An ulcer
- A sexually transmitted infection
- An infection of the digestive tract

Remember, just because you have bootysex, it may not be the cause of the bleeding. There are many other things that can happen in the digestive system to cause bleeding, so it is important to get some medical advice. If you do see a medical provider about a booty problem, it is important that you be honest with him or her about your enjoyment of your booty just in case it might be a cause of the problem or slows your recovery. Believe me, you will not be the first person they have seen who likes bootyplay!

Blood from higher up in the digestive system (from ulcers or tears in the stomach or upper intestines) often comes out as black, tar-looking BMs because the blood gets digested on the way and changed from red to black. Passing red blood tells you the problem is closer to the end of the digestive system, such as in the ring, or sigmoid colon.

Unseen Complications

If you insert something particularly hard or long up the booty, you can tear the colon. You might feel some pain at the moment, or you might not; however, over time, you may begin to experience more pain, pressure in your abdomen or pelvis, and fever. If you begin to experience these, please seek medical help immediately! Waiting could endanger your life. Remember to be honest and tell your medical provider that you think you may have injured your rectum or colon.

Drugs: Friends & Foes

Some people use drugs during sex to relax themselves either emotionally or physically, or to intensify the sensations. If you decide to use drugs during sex, it is important to know yourself and your body well, and what a certain drug does for you. You can get so involved in the sensations of sex that you tune out your better judgment or your body's warning signs of pain or discomfort. This can become a problem if you use larger or harder things to stick in your booty. The higher you go in the colon and the harder the object, the more risk you have of tearing the colon, which is dangerous. The sensations in the colon are such that you might not notice a tear, and drugs can tune out those sensations even more. If you are going to use drugs during bootysex, here are some ways to make it more enjoyable:

- Be clear with yourself about what you are and are not willing to do with your booty before you have sex or get high
- Try to negotiate your limits with partners before you have sex or get high
- Don't attempt to take anything in your booty a lot bigger than you are used to and have trained with already
- Don't use drugs to try to force the process of relaxation

Dis-eases

If you are a woman who enjoys bootysex, make sure anything you stick in your booty doesn't later end up in your vagina. The vagina and the booty have very different natural environments. Friendly bacteria in the booty can be very unfriendly in the vagina and cause infections. Toys can go from the vagina to the booty but not back into the vagina.

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Self-Guided Tour

Getting to know the landscape!

We encourage a hands-on approach, so wash your hands, get a mirror and a flashlight, and lube up a finger or two! Put the mirror on the floor, squat over it, and position the flashlight and mirror so you can see where you're going. Now get that finger ready....

Our first stop, Your Anus! The anus is the round opening that controls your bowel movements. It is also called the sphincter, ringpiece, ring, "O"-ring... (well you get the idea). It is a ring of muscle that through most of the day keeps itself tightly closed without you having to even think about it. When you have a BM, this muscle ring opens to let it out. Because most of this happens automatically, you may need to spend time getting acquainted with your ring and learning how to clench and relax it just like any other muscle in your body.

In reality, there are two rings of muscle: an inner and an outer one. The outer one is more under most people's control and is the one you clench or relax to control your BMs. The inner one usually functions more automatically and tends to clench as things enter the ring from outside; however, with practice and paying attention to your booty, you can learn to relax this inner ring more easily too.

Take your lubed finger and gently just touch the outside of your ring. Notice whether it puckers more or relaxes. Spend some time just gently stroking and circling the outside of your ring. Don't rush to enter: take the time to enjoy the sensations.

When you're ready for the next step, try gently pressing the tip of your finger against the ring, so it just barely starts to go inside. By pressing slightly then easing off, you will start to get a sense of the "give and take" of this outer ring as a muscle. You can start to learn what you need to do to relax as well as clench it.

Next stop, jumping through the hoop: gently slide your finger so the tip goes all the way through to the inner ring. It will usually clench at this point and may push your fingertip back out. That's OK: you can wait about half a minute until just after the clench, and when it starts to relax, you can slide the tip in gently again. You can go back and forth like this until you feel comfortable and the ring is nice and relaxed. Rushing this part is the most common mistake people make when exploring the booty! Take the time to enjoy it.

Your inner ring's natural inclination is to clench, so you have to proceed slowly, gently, and patiently, until the clenching stops and the ring is relaxed enough to welcome visitors. Once you are more comfortable, you can even use this to your advantage by deliberately clenching the ring around your finger for a moment so that it will relax even more once you unclench it. The clenching or cramping of the ring muscle makes bootyplay much less enjoyable; once you become more comfortable with relaxing it, you will be able to proceed to the enjoyable sensations of sliding something in and out of it or stretching it open.

Enter Rectum

Once you get past the ring, you enter an open area called the rectum, which is about 8 to 9 inches long. However, it is not a straight tube – it has a slight “S”-shape to it. The rectum has soft walls that can stretch easily and are lined with muscles that can make it expand and contract. You can learn to relax these muscles, which will make bootysex more enjoyable.

As you explore the rectum, it's important not to try to force things because of the two curves in it and its very soft lining. You need to find the right angle to get through the opening rather than push against the walls of the rectum. This is different for every person, so by going slowly and exploring what feels right for you, you can discover your very own special angle.

By gently stroking the walls of the rectum, you can discover a whole new kind of sensation than you found with the ring: you may feel a pleasant fullness or delight in the feeling when you pull back and leave the rectum empty. This feeling is very close to that of needing to have a BM. If you had a BM before your bootyplay, then you probably do not need to have another. As you revisit your booty, you will start to notice the difference between needing to have a BM and having something else inside your rectum, and you will also learn how to better relax the muscles of the rectum.

An additional joy of exploring the rectums of men is finding that little lump that is the prostate. Gentle stroking and pressing against the prostate will send most men to heaven. Forget cooking, folks: the way to a man's heart is through his booty and to the prostate! Stroking and gently pressing against the walls of women's rectums can also stimulate sexual feelings “from the inside out” to their vaginas.

Last Stop: The Colon

The connection between the rectum and the colon is another area with its own set of sensations. Now remember, the rectum is usually 8 to 9 inches long, so you're going to have to insert something longer than that to reach this point: This is absolutely not for beginners! Get to know your booty very well before you consider attempting anything like this. Your colon is actually six feet long! It goes up a lot farther than the rectum.

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The colon collects poop and holds it before it enters the rectum for a BM; because of this, if your bootyplay reaches the colon, you will also likely encounter some poop – it just comes with the territory.

Some people especially enjoy the feeling of fullness of having a partner insert their hand into the colon: this is called *fisting*. In reality, you don't insert a fist into the ring, you cup the fingers together to form a wedge shape. Some people like to stop with the rectum, but others may enjoy going farther up into the colon.

Fisting takes a lot of practice, patience, and trust: it is absolutely not for beginners. If you've watched movies with fisting, just remember that those people are professionals – they are the athletes of buttsex! – and you are not seeing all the preparation and foreplay that happens before and during fisting. If you want to try fisting, you need to spend a lot of time gradually increasing the width of what you put in your booty and the depth of the penetration: you need to become very practiced and aware of how to relax the booty.

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Resources for Further Booty Learning

Men Like Us : The GMHC Complete Guide to Gay Men's Sexual, Physical, and Emotional Well-Being

By Daniel Wolfe

<http://www.amazon.com/gp/product/0345414950/102-8189293-6588114?v=glance&n=283155&v=glance>

Anal Pleasure & Health: A Guide for Men and Women

By Jack Morin, PhD.

<http://www.sexuality.org//reviews/rvapah.html>

The Ultimate Guide to Anal Sex for Men

By Bill Brent

<http://www.amazon.com/gp/product/157344121X/102-8189293-6588114?v=glance&n=283155&v=glance>

The Bottom Line: All You'll Need to Know about Your Arse and His

By Terrence Higgins Trust

<http://www.tht.org.uk/home/informationresources/publications/gaymengeneralinformation/bottomline124.pdf>

The Joy of Gay Sex: Third Edition

By Charles Silverstein and Felice Picano

<http://www.amazon.com/gp/product/0060012730/102-8189293-6588114?v=glance&n=283155&v=glance>

Gay Men's Health Crisis
Frequently Asked Questions about Gay Sex – And Some Answers
<http://www.gmhc.org/health/gay/faq.html>

Power On Peoria – Power Through Awareness
<http://www.poweronpeoria.org/home.html>