



I have been sounding for over 36 years in one form or another. It started with being curious and sliding long smooth things into my penis. The sensation felt good and the sight of my penis accepting something so taboo sent me over the top. Feeling and seeing my shaft becoming so full was enough to make me cum. Stroking my  with a rod inserted made me feel like I never wanted to take it out. Soon it became an addiction and a challenge at the same time.

My Father had an art supply store so I had an endless supply of art brushes with long skinny handles to slide in and out my hole. I really

had no idea what I was doing. I just knew it felt so good. Now through the years I have done my research and have educated myself. With knowledge and experience, I can practice the erotic art of sounding and enlarging my urethra in a healthy way. This can be lots of fun for couples too and in most circles is referred to as Medical Play and a part of BDSM.

I get a couple of letters a week from you guys and a girl or two who want to know more about proper sounding. I can only tell you how I do it and let you go from there. If I tell you something you already know, forgive me. If you have anything to add, please do leave a comment so we can all learn and as always, tell us of your experiences.

STEP 1. GET THE RIGHT TOYS!: Buy a good quality set of Hegar Sounds on eBay for \$20-\$40. They are polished stainless steel and are as slick as glass. They are easy to clean and tapered. You will love the leather case they come in. It keeps everything all neat and tidy. Great for travel so you can take along the fun! Watch out for airport security here! LOL! Better leave them in your luggage.

STEP 2. CLEAN! CLEAN! CLEAN!: Wash everything with antibacterial soap and warm water twice. That means your hands, penis and sounds that you will be using during your session. Keep everything on a fresh clean towel. Never touch your hands to anything that isn't clean. I usually take a shower first so I'm all clean all over and don't have to worry. (For those that like to get really kinky, if you are using dildos or other anal toys in your play; never mix it up. Just don't touch anything going into your anal area and then touch a sound. This will produce an infection later that you will soon regret.)

3. LUBE IT UP AND KEEP IT LUBED!: Use Astroglide lubricant. Smooth some over the sound and a drop or two in your opening of your glans. Go slow and start small and work your way up. Remember training or stretching your urethra to accept these sounds takes time, lots of time. Don't push it too far too fast. Know this; as you go along and your urethra stretches, it will not go back to its original size unless you don't sound for a year or so. If you feel lots of pain, stop. It will hurt some as you stretch but be careful and go slow. You will have to

pull it out and re-lube several times. This is normal because the lube is absorbed into the urethra wall. If you see a little blood, don't worry but it's your body telling you to stop. Let it rest a week or so and then go back.

4. TRICKS OF THE TRADE!: Here's a little trick. You can use some Orajel to numb your glans and urethral. This makes it a lot more pleasurable but be careful. You can over do it and not know it. Just go slow. You can also use some antibiotic ointment with Benzocaine. This will keep your urethra lubed and add a numbing agent to the mix so sounding will go easier and provide more pleasure. As time goes by, you will see that the last sound you used goes in quicker and easier than the last session. After your sounding session expect some discomfort when you urinate. It will burn or even sting. That is normal. Your urethra is very tender from being stretched and your ph level in your urethra is down to 0. After a day or so it will get back to normal and the discomfort will go away as it heals.

4. PREVENTIVE MEDICINE!: Always remember to drink a full 10 ounce glass of room temperature cranberry juice of at least 27% juice and take up to 4 cranberry supplements right before your session. The room temperature cranberry juice will get into your system faster. I call this the ATOMIC BACTERIA BLAST! The theory behind this is to flush out your system of any unwanted bacteria that may infect your bladder or worse your prostate. You always should urinate right after a session so to flush out any unwanted bacteria lying in the urethra before it has a chance to migrate into the bladder and prostate area. Always follow this rule and you should be alright.

To conclude, be safe; keep everything clean and enjoy what my wife calls Man Dildos. There are many variations of sounds out there. Some even go as deep to be slipped into your bladder. You will love the sensation of something sliding into you and being full at the same time. Trust me. There is nothing like it on Earth! Be cool and make sure to go slow. LOVE YOU GUYS!!! Huey

Submitted by [MikeHugo](#) on September 23rd, 2009