Hey Mart!

Sorry it took a while to answer you; I needed to really think about writing down my process correctly to give you a better chance of success. What I'm writing you is the process that works for me.

First, a bit of my history on the subject; back in 2000, I accepted a new job in a different city, 350km away from home so we put our house up for sale. It took 6 months to sell and meanwhile, my wife stayed home while I was living in a hotel during the week days. Bored at night, I started working on techniques for self suck and self fuck. Over the 6 months I became proficient at both ventures. Once we moved to our new house, I had to drop my fun and stick to occasional masturbation.

Fast forward to earlier this year, I traded PMs with another forum member and the topic of self-f and self-s came up. The next day, I tried self-f in the shower and low and behold, it worked the first time! As for self-s, I'm much older and no longer as flexible as I was back then. I am however working every day on my flexibility to achieve my goal. I gave myself one year to get there. We'll see…

Now for how I'm able to self-fuck:

Unlike many s-f videos found on-line, my penis has to be completely flaccid to start. My process is to get it in my behind and once inside, work on getting it more firm for the ride. Once in, it never gets to more than ½ to 2/3 erect; that's all I need to get great sensations and come if I want to (although I seldom do).

1. it helps if you engage your imagination for sexy scenes to get you in the mood although for me the thought of s-f does it.
2. After a BM, standing up with legs apart, I insert my lubed finger in my anal canal and if it's not too messy, I proceed. If it is, a thorough hand wash and it's edging time; I postpone s-f for another day.
3. I grab my glans and stretch my cock as long as I can for several seconds to loosen things up a little.
4. I lube the top side of cock along with the glans but not the whole member,
5. I lube my bung hole and a wide area around it (water based lube);
6. I spit on my fingers and further lube my ass hole getting the whole area nice and slippery,
7. Important; with the fingers of my right hand, I grab the tip of my cock and twist it bottom side up (frenulum facing up) and gently stretch it out while the palm of my left hand is on my pelvic bone and finger pushing the base root of my cock down hard between my legs and hold it there. Don’t let the core at the base come back up,
8. While holding the left hand tight in place, move the right hand around your leg and grab the tip of the cock (still inverted) and stretch it backward and over the hole,
9. With your right hand fingers, press your flaccid member to force pop inside; you'll probably need to press hard but you need to try to relax your sphincter. Remember, your fingers are pressing the frenulum side so it's the top side that goes in first. At first, this is the tricky part as it slips out but if you maintain the downward pressure from your left hand, the tip will go in and stay in.
10. Once in, it's the fingers of the left hand that are stroking your cock up and down making it grow inside while still pressing the core downward.
11. Once in and getting harder, the sensations are great for me. It doesn't go in very far but it's the whole exercise that is exciting.
12. As it gets harder, you lose control of what side is up or down but, at this stage it doesn't matter anymore. For me, it's easier to push it in top side first.
13. By now, once it stays in, both hands are at the front working magic.

Good luck and let me know if it works for you. Be patient, it might take a while to get the hang of it.

Have fun and say safe!