

A woman's torso is shown from the chest down to the waist, wearing a black bikini top. Her hands are positioned to fisting her pussy. The background is a dark purple with a checkered pattern. The overall tone is sensual and explicit.

GABRIELLE
MOORE
Better Sex. Better Life.

Five Finger Orgasms

*YOUR STEP-BY-STEP GUIDE TO
DEEP FISTING PLEASURE*



Hello again, and welcome to another episode of “*Erotic Encounters*”!

This week’s *Erotic Encounter* has been sponsored by “*Naughty Fingers*”, my most advanced sex education program all about improving your fingering finesse.

Remember! As an “*Erotic Encounters*” member you receive a 70% discount when you order your copy of “*Naughty Fingers*” today.

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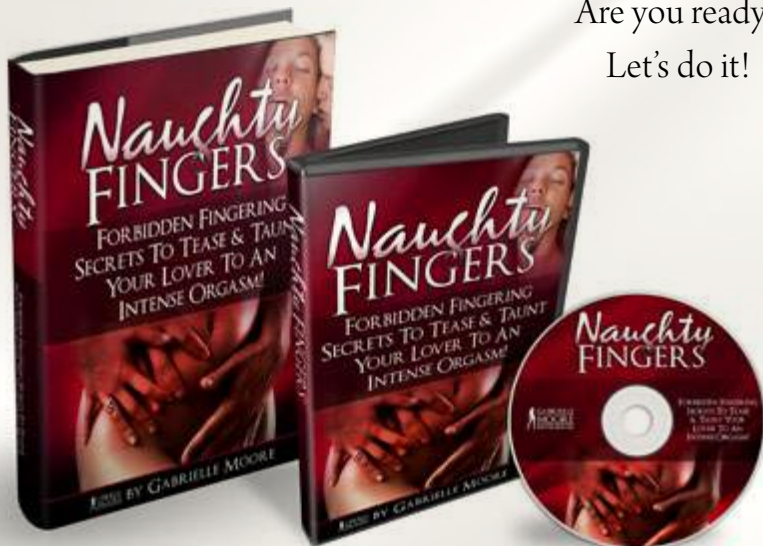
Are you ready to embark on your *Erotic Encounter*?

I WANT YOU to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about fingering.

Are you ready?

Let’s do it!



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Your Step-By-Step Guide To Deep Fisting Pleasure

Has your lover ever indicated, in the heat of the moment, that she wants something... *more*? Does she desire you deeper, wider, or just the overwhelming sensation of being completely full? With the number of men out there concerned about how much "size matters," fisting seems like the logical next step to filling her up!

It can be a daunting idea for people who have never seen it done. Yes, a fist really can fit all the way inside a woman. Even better, it can be incredibly pleasurable if proper care is taken. If you can, take some time to enjoy fisting-themed erotica or pornography *with your partner*. It is important for her to understand her body's capacity and capability, especially if she is nervous. You may want to pre-screen your choices, or ask her to search for some herself if she is comfortable.

There has been a growing interest in vaginal fisting in recent years, as kinky couples and adventurous lovers come out of the woodwork in search for sexy, educational resources. There are some sites on the web that discuss the intricacies, but few give the focus and attention to detail that this play deserves.

Well, sexplorer, your search stops here! Get ready to go from finger to fist in ten easy steps!





WHAT YOU NEED

Within easy reach of your play area, in a nearby table or bench, you will need to have the following items ready for play:

- Gloves – even if safe sex isn't an issue in your monogamous relationship, the slick surface of latex, nitrile, or vinyl gloves will help smooth the way to a more enjoyable experience.
- Lube – silicone works best for fisting, especially with gloves. Avoid oil and water-based lubricants which are likely to absorb easily into the skin. You want this lube to last, so try testing out a few varieties beforehand and find a favorite. Travel sizes won't work for this big adventure – you are going to need at least a regular size bottle of lube. If you expect to play with fisting often, plan ahead and buy economy sizes in bulk.
- Water – both to drink, and in a spray bottle or on a damp cloth to help cool off and clean up. A water bottle with a nozzle, a tall and unbreakable tumbler with a straw, or even a sippy cup will work best to avoid the possibility of spillage.
- Protective accessories – extra sheets, towels, or absorbent water-proof pads (also known as "chux") will help protect your mattress or furniture from lubricant, vaginal juices, and female ejaculate. If you have a mattress-protector already, just keep in mind that your sheets could be mighty wet when all is said and done. Either enjoy your play early in the day (so you have time to do some laundry), or have an extra set of sheets handy for collapsing into sleep!

THE TEN STEPS

Take each of these steps slowly. Fisting does sometimes "just happen" out of the blue during intense play, but for most players, you will need to work your way up to it. Set aside a large chunk of time – I'm talking **several hours**, not just an extra-long lunch break. If you don't have the time to spend on loosening up and getting her ready, you can take shorter periods to practice building up one finger at a time, but don't expect to get all the way there if you aren't willing to put in the time. Don't rush it! Nothing ruins the mood more than the pain of going too far, too fast.

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1. CREATE SAFE SPACE

The most important aspect to enjoying your fisting experience is ensuring that both you and your wife feel safe, relaxed, sexy and comfortable. Although this is a learning process, try not to think too technically. Start the night with some romance!

Though it shouldn't need to be said, I'll say it anyway. **Do not pressure your lover into fisting.** If she isn't interested, don't push it on her, or try to surprise her, or attempt to convince her that it's good for her and something you absolutely need. Talk about it as a fantasy openly and honestly, but if she doesn't want to participate, neither of you will have a good time.

Set up your space so that all your supplies are easily accessible. The room should be warm enough that you can both be comfortably naked without catching a chill or pulling the blankets up to your chin. You will both want to be awake and alert, but calm and relaxed, so take some time to consider what time of day works best for you both. Since this is going to take a while, interruptions are less than ideal. If you can't get some time alone without the kids coming to call on you, or the dog scratching at the door, or the phone ringing off the hook, then plan ahead. Hit up a hotel and put the Do Not Disturb sign on the door.

Don't eat a large meal right beforehand, but do make certain you are both well-hydrated. While you probably don't want to drink so much water that one of you has to pee during the experience, you do want to ensure that she is prepared to enjoy ejaculation, especially if it is her first time. Preparing with hydration can make it easier for her to squirt, and decrease the chances of unpleasant odor.

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Don't use alcohol or drugs to "loosen up" beforehand, because these substances can make

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it very difficult to discern good feelings from bad pain. Don't ignore your own or your wife's feelings as the experiment progresses. If it just doesn't seem like the right time tonight, reschedule! I'm sure you can find something else fun to do together in the meantime. If your wife has a naturally occurring menstrual cycle (ie. She doesn't take hormonal birth control) then try to aim for a time around ovulation, when her vaginal canal will be deeper and her cervix softer, making her more receptive to deep probing.

Be sure to get clean by showering beforehand, together if this helps get the two of you worked up. Clean, trim, and file your nails so that are short *and* smooth. Jagged edges or sharp corners can ruin a well-intended fingering session. She may also find that shaving her lower lips and bikini area helps to create a smoother surface for entry, but it isn't absolutely necessary. Experiment and explore to see what works best for you.

2. GET WARM

You should know by now that foreplay is almost *always* an important factor in lovemaking, but it is especially vital for fisting. Before you even think about exploring her nether regions with your fingers, you need to take some time to warm each other up. Kiss, cuddle, talk dirty to each other, and enjoy some sensual massage... whatever it takes to get the blood pumping and the juices flowing!

AROUSAL ISN'T JUST ABOUT THE PHYSICAL CHANGES. GETTING TURNED ON ALLOWS A WOMAN TO SINK INTO THE SOMATIC EXPERIENCE OF SEX AND TRULY BECOME HER BODY.

Arousal isn't just about the physical changes. Getting turned on allows a woman to sink into the somatic experience of sex and truly *become* her body. This process opens her up and makes her receptive to things which she can only enjoy in a state of heightened arousal. Fisting is *definitely* one of these things. Whatever it takes for her to get into it and get wet, just do it. It will all be worth it in the end!

3. GET INTO POSITION

You may want to stick with one position throughout the entire experience, or switch it up as you increase the number of fingers inside her. Whatever position(s) you choose, be sure you are both very comfortable. You don't want to end up having a cramp, or getting uncomfortable because your body is contorted or twisted up like a pretzel, your legs are stuck under you at an awkward position, or the angle of your arm is difficult to work with for any length of time.

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Most women will be comfortable lying on their back, and you should get close enough that you can penetrate her up to the wrist without having to lean on your other arm for any length of time. A pillow or some kind of sex furniture which angles her hips upward toward you may help achieve a comfortable angle for you. Try sitting between her legs, or having her scoot to the end of the bed or couch so you can sit on a pillow on the floor. Experiment a bit beforehand to find the most comfortable position for you to sit in, because switching part-way through could be tricky with only one hand to support you!

Some women will prefer to be fisted from behind in a "doggie-style" type position. At this angle, you can sit or kneel alongside her, leaning against her hip for support, holding on to her shoulder or using your free hand to stimulate her breasts or clitoris. In this position, she may want an extra pillow or two to help support her, and something on which to rest her head. You will want to ensure that your palm and inner wrist stay facing her belly, so keep in close contact and practice before you get a full fist inside to make sure your reach is adequate.

Whatever position you decide on, make sure **both of your hands are free**, so you can easily apply more lubricant without removing your fingers from inside her. She may need to be soothed or comforted as the sensations get more intense, so having your extra digits free is going





to come in very handy. Don't let it get pinned underneath you or caught propping your body up to the right angle.

4. GET WET

It does not matter how much your lover self-lubricates, you are going to need some added juice... and lots of it. Start with a small dollop and work your way up, adding a little bit of lube every time you add another finger. When you have a wet, gooey mess in front of you and you think you have enough lube, add more. Use a quality product that won't gum up, and try to keep it in or around her vagina. She may find it easier to get aroused or experience orgasm with clitoral stimulation, so you may need to "clean up" the area a bit with a wet cloth or towel to create enough friction.

After the initial lubrication, take a moment between each of the next six steps to add more lube. It's easy to use too little, but virtually impossible to use too much. Don't be stingy. If you have come prepared, you shouldn't have any worries about mess or cleanup, and you certainly shouldn't be concerned about running out. If you don't have enough lube to get really messy, don't even start. Wait until you have everything you need on hand.

IF YOU DON'T HAVE ENOUGH LUBE TO GET REALLY MESSY, DON'T EVEN START. WAIT UNTIL YOU HAVE EVERYTHING YOU NEED ON HAND.

5. THE FIRST FOUR FINGERS

Fisting is an art that should be explored one finger at a time. Start with only one or two fingers and add each digit slowly as she stretches. Take it very slow, unless she specifically asks you for more, and even then proceed with caution.

When you have three fingers inserted, they should begin to form a triangular shape, with your index and ring finger on top of your middle finger. Upon inserting the fourth finger, you should have your index and pinky on top of the ring and middle fingers, forming a kind of cone shape.

Be sure that no matter how many fingers you are using, or what position she gets into, your palm stays facing her belly. Give her a status update each time you add another finger. Praise her, let her know how sexy she is and how amazing she looks with your hand so deep inside. Ask her for feedback if she is hesitant to speak up, and pay close attention to her physical cues.



6. ADD THE THUMB

When it's time to add the thumb into the mix, place it in the centre of your palm, on top of your middle and ring fingers, between your index and pinky fingers. When it is finally time to add the thumb, bring your digits together so they form a "duck" shape, as if you were going to make a finger puppet, with the other four fingers staying in the same position and the thumb resting on top of the index and pinky.

Be sure your thumb isn't "locked" in place, because as you allow your full hand to be engulfed, your fingers should naturally curl into a fist. When this happens, **your thumb needs to be inside the curled fist** to prevent injury.

7. OPEN WIDE AND CURL UP INSIDE

The widest area of your hand, also called the bridge, will be the most difficult progression. With your fingers and thumb inside her, gently open them up to stretch her vaginal opening, slowly and carefully. Remind her to relax into the sensation, disengaging her PC muscles. Massage her perineum, which can help with the relaxation and allow her opening to stretch further. This gentle massage isn't just great for fisting – it is often used on expecting mothers to prevent tearing during birth.

If there is going to be a point where you decide "not tonight" then this is probably it. **Do not push!** She may experience some slight pinching or pain, so it is up to her to decide if it's that "good" kind of pain, or the "bad" kind. She may find it helpful to gently pull her labia apart, preventing it from being tugged inside as you stretch her open. Remember that once you are fully inside, you will not be able to extract your hand quickly, so ensure that you are comfortable. Add more lube!

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Remember, this is not a punching fist! When you make it past the bridge, your fingers should naturally curl down over your thumb so that it is covered, and the nails of your other fingers are directed into the meaty part of your palm. You may find that your hand naturally turns, while your wrist remains straight, directing the exposed thumb knuckle towards her cervix.

8. INTO THE PAUSE

When you do take the next step and get your hand fully inside her, fingers curled into a fist, take a moment to simply wait and let her get comfortable with the feeling of your hand buried up to the wrist. She may find the feeling enjoyable, or she may feel strange being so full up. She can place her hand over her pelvis and feel you inside before you start to move. She will almost certainly feel the pressure on her G-Spot, so remind her that if she feels that tingle akin to the urge to urinate, she shouldn't try to tighten up or hold back. Prepare yourself for the floodgates to open! Once again, add more lube.

9. FIST PUMP!

Now it's time to begin with some very *slight* movement. Do not move to fast or too hard, and definitely don't pull your hand all the way out. You don't want to extract the bridge during this stimulation, so be gentle and explore different kinds of movement. As your hand slowly rubs up against her insides in such a tight space, it is likely that her G-Spot will be heavily stimulated. She may want clitoral stimulation to go along with it, which you can do with your other hand, or she can take care of herself. If you are in a comfortable position for it, you can even perform oral sex with her fully penetrated.

With your hand so deep inside her, you will be able to feel every nuance of her orgasmic experience, from the slow build up of rippling muscles to the heavy, rhythmic contractions of a deep vaginal orgasm. When she comes, her uterus and cervix will push down towards your fist, and her muscles





will clamp onto your hand with what is likely to be an incredible force, especially if she has been practicing her kegels! Do not panic. The pressure can be a bit scary if you have never felt its power before, so take a few deep breaths. If you get a cramp, stay still and wait it out. Pulling out quickly, especially with all her muscles engaged, could cause her painful damage. Keep calm and enjoy!

10. EXIT STRATEGY

When she is sated (and you will know when she's done), her vaginal muscles will naturally relax from the extended stimulation. You should find it fairly easy to *gently* remove your hand from inside her vaginal canal, but if you find it at all difficult, be sure to add more lube. Go slow! When you have extracted your digits, you will probably want to remove your glove and give your hand a bit of a massage... or, she can do it for you in thanks for such an amazing experience!

If you made it all the way to fisting, but she didn't experience an orgasm, take this time to cuddle, get close, and see what kind of sexy situations you can get into together. You are likely to find that her vaginal canal takes at least an hour or two to regain its elasticity and tightness, so don't freak out and make a big deal about how loose she has become! If you are eager to get off yourself, see if she's interested in giving you pleasure in some other way. Better yet, you can always help yourself along while your hand is still inside her. If you are in the right position (doggy style works best for this), she can even reach around and stimulate you with her hands while you are going to work with your fist.

IF YOU MADE IT ALL THE WAY TO FISTING, BUT SHE DIDN'T EXPERIENCE AN ORGASM, TAKE THIS TIME TO CUDDLE, GET CLOSE, AND SEE WHAT KIND OF SEXY SITUATIONS YOU CAN GET INTO TOGETHER.

POST-FISTING

One or both of you may notice tenderness or even soreness the next day. Don't panic if it seems like her vaginal muscles are still loose even a few days later. Have her engage in kegel exercises to ensure her elasticity remains, and give her time to come back to normal. The versatile muscles of the female reproductive system are incredibly intricate, but she isn't a machine! Give her time to recover, and use that time to practice some hand stretches yourself.

Fisting can open up not just her physical body, but her emotional body as well. Don't be frightened if during or after the experience, she exhibits some extreme emotions, perhaps

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even crying. So long as the problem isn't physical pain, allow her to fully experience these emotions with your support. Within a day or two after the experience, sit down together and talk about how it felt, what you enjoyed, what could have been better, what you could try differently the next time... if you want there to be a next time.

Fisting isn't for everyone, and it certainly isn't for every time. Enjoy it as the once-in-a-while for special occasions treat that it is, and cherish every moment.



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about fingering go ahead and download my "*Naughty Fingers*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to www.MyNaughtyFingers.com/eroticoffer to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

Sensually yours,
Gabrielle Moore

