



GABRIELLE
MOORE
Better Sex. Better Life.

Orgasmic Awakening

*PROVEN SECRETS FOR ACHIEVING
EFFORTLESS FEMALE ORGASMS*



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

This week’s *Erotic Encounter* has been sponsored by “*Female Orgasm Secrets Revealed*”, my most advanced sex education program all about the intricacies of the female orgasm.

Remember! As an “*Erotic Encounters*” member you receive a 70% discount when you order your copy of “*Female Orgasm Secrets Revealed*” today.

To download your copy, just click the button at the bottom of this page after you finish watching or listening to this week’s episode, or go to

www.FemaleOrgasmRevealed.com/eroticoffer

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 female orgasm.

Are you ready?

Let’s do it!



**New Edition
With Sensual
Pictures**

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Proven Secrets For Achieving Effortless Female Orgasms

How many times have you found yourself wondering, “What makes her tick?” Your lover’s brain may seem like a confusing mess of fleshy wires to you, especially when it comes to finding your way to an elusive orgasm, but with a little scientific knowledge and a bit of cooperation, that amazing mass of neural networks can be explored in an entirely new way that will literally **blow her mind**.

SHE MIGHT BE ORGASMIC AFTER ALL!

So here’s the thing... most women who finally find “the big bang” after years of trying to experience orgasm discover something incredible - that they’ve been having orgasms all along! When our only conception of orgasm comes from explicit media and pornography, the “When Harry Met Sally” style over-the-top moaning and groaning, women can develop unrealistic expectations from their own bodies. Orgasms can range in length from a few seconds to minutes, in intensity from very mild uterine fluttering to several minutes of screaming ecstasy.

If everyone is telling her to expect only the explosive end of the spectrum, she could be missing the amazing experience already right in front of her. If she feels any kind of release of tension, a shift in the breath pattern, a tiny shudder, even a deep and satisfying sigh... she might just be having an orgasm! The key to improving her experience is in identifying these feelings and recognizing them as the tiny orgasms that they are. Through guided orgasmic experiences, visualization, fantasy and exercise, she can learn to seek out these familiar feelings in the sexual experience and follow them down into the depths of ecstasy.



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MASTURBATION MAY NOT BE THE KEY

Most of the books and other resources for women who have difficulty experiencing orgasm sing a chorus of the same tune: all she has to do is **relax** and **take responsibility** for her pleasure. These are wonderful pieces of advice. In fact, I've given them myself. Ultimately though, for women who have difficulties accepting desires they haven't quite grasped, or who simply struggle to hold on to the feelings of orgasm when they happen, there may be more to the store. This advice just doesn't work for everyone! Sure, there are many women out there who just need a more attentive partner, who need to learn how to let go of stress at the end of a long day, or who require the time it takes to get to know her own body... but there are also women who need something different.

Most of us grow up with a very specific cultural script about what "normal" sex looks like, and what women "should" want and enjoy. The thing about sexual norms is that they don't apply to everyone. "Normal" is a word we throw around to describe some kind of ideal... one that doesn't really exist. Could the difficulties your lover experiences have more to do with what she likes than what her body is capable of doing?

Have either of you considered that your wife might not actually enjoy receiving oral sex? It is possible! Men tend to assume that all women crave endless hours of oral sex, but this isn't always the case... and it doesn't necessarily have anything to do with body shame. It's also possible that she may find masturbation boring or stressful, or simply unfulfilling. She may want to feel vulnerable rather than empowered during sex, or she may be attracted to or interested in something unorthodox, even kinky! The trick to figuring out how to reach out for orgasm is understanding the emotional aspects of her pleasuring, the sensational triggers, and applying them at just the right moment. Finding that thing that "clicks" with her is your key to working together, to bring her orgasmic potential to life.

THE TRICK TO FIGURING OUT HOW TO REACH OUT FOR ORGASM IS UNDERSTANDING THE EMOTIONAL ASPECTS OF HER PLEASURING, THE SENSATIONAL TRIGGERS, AND APPLYING THEM AT JUST THE RIGHT MOMENT.

ASK THE RIGHT QUESTIONS

Ultimately, figuring out what she needs in order to experience her first, or regular, orgasms means answering some very important questions. Take some time individually to consider the answers for your own personal experience and have your wife do the same. Print the

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questions out twice and work on answering them in your own time. Give a copy to your lover so that she has a chance to muse on them as well. Don't ignore your own self-exploration in order to focus on hers – seeing the picture from both sides is incredibly important for discovering a shared path that you should take. Take your time, a day or three, to consider the questions and to fantasize about their answers. When you have both answered all ten questions, share your answers with each other, combine your thoughts. When you have an idea about what ingredients you have to work with, we can better work out an exact recipe for finding orgasmic bliss.

1. WHAT DO YOU FIND CONFUSING OR MYSTERIOUS ABOUT YOUR ORGASM?

Do you or your lover have any burning questions about orgasm? What have you always wanted to know? What has this article prompted you to learn?

The things you *don't* know about your orgasm might just be the exact things you *need* to know. If you have any questions that haven't already been answered by my other articles and books, what are they? Write them down, so you can come back to them later with a scientific mind and a researcher's eye. Even better, send them to me, so I can help you on your quest!

Be thorough. Remember the old saying that the only stupid question is the one that isn't asked? Take it to heart. How can you possibly improve your orgasmic experiences if you are too shy to ask the important questions? Don't be. Just do it!

2. WHAT KIND OF RESEARCH HAVE YOU DONE TO ANSWER YOUR QUESTIONS?

If you have tried searching for the answers to some of your questions, where did you look? What did you find? Were the answers useful at all,



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or did they only serve to confuse you more? Make a list of all the work you've done so far trying to discover the essence of these mysteries.

Do you see anything in common with your chosen solutions and research methods so far? Is there anything missing? Examine your answers carefully and consider if there is another way you could be going about this search, something you might be missing. Think outside the box!

3. WHAT, IF ANYTHING, HAVE COME FROM DISCUSSIONS ABOUT THESE QUESTIONS WITH YOUR PARTNER?

Have you talked about these questions with your lover in the past? If you have avoided sharing, what is the reason? Is there fear holding you back? Take time to meditate on the restrictions keeping you from engaging on this topic and get to the heart of your fears, discomfort, pain, or anguish.

WHAT HAS YOUR LOVER CONTRIBUTED TO YOUR LEARNING? WHAT, IF ANYTHING, ABOUT YOUR LOVER'S ATTITUDES TOWARDS SEX HAS MADE IT MORE DIFFICULT FOR YOU TO UNDERSTAND YOUR OWN PLEASURE?

If you have had conversations about your questions, have these discussions helped or hindered your search for answers in any way? What has your lover contributed to your learning? What, if anything, about your lover's attitudes towards sex has made it more difficult for you to understand your own pleasure? What could your partner do differently in these conversations to help you feel comfortable and progress in your sexual discovery?

4. WHAT DO YOU FIND CONFUSING OR MYSTERIOUS ABOUT YOUR LOVER'S ORGASM? WHAT, IF ANYTHING, HAS COME FROM DISCUSSIONS ABOUT THESE QUESTIONS WITH YOUR PARTNER?

Same questions! What do you want to understand better about your partner's orgasmic experience? Have you tried researching these questions? What came from your research? Have you discussed the questions with your lover? How did those discussions go? Again,



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if something is holding you back, explore those feelings to their root. What do they mean? Where do they come from?

5. WHAT THINGS HAVE YOU DESIRED BUT BEEN UNABLE TO SAY TO YOUR PARTNER DURING SEX?

Can you remember a time in your past sexual experiences (with your partner) when you wanted to communicate something to your lover - before, during, or after a sexual experience - but felt unable or unwilling to do so?

What was it you wanted to say? Why was it so important to you? What held you back?

6. WHAT WOULD HAVE MADE IT EASIER FOR YOU TO EXPRESS THIS?

What could you or your partner have done to make it easier for you to express yourself? Is there something they said that held you back, which could have been remedied by a more open and accepting attitude? Was it lack of interest and engagement that kept you from speaking? Is there some word or action that your partner can keep in mind which will prompt you to speak your mind with open, honest integrity?

How do you think this particular sexual experience, or your sex life in general, would have been different if you had been better able to communicate your thoughts and feelings during this particular experience?

HOW DO YOU THINK THIS PARTICULAR SEXUAL EXPERIENCE, OR YOUR SEX LIFE IN GENERAL, WOULD HAVE BEEN DIFFERENT IF YOU HAD BEEN BETTER ABLE TO COMMUNICATE YOUR THOUGHTS AND FEELINGS DURING THIS PARTICULAR EXPERIENCE?

7. WHAT HAVE BEEN YOUR FAVORITE SEXUAL EXPERIENCES?

Think back. To answer this question, it's important for you to immerse yourself in memory. Close your eyes. Relax. Lay back in bed if that helps. Take yourself to the room where it happened, if possible. Use sensual aids like a certain smell or bit of music to bring you back to that time and place. Take deep, slow breaths and begin to conjure up a memory. Think about how you felt, through all of your senses. What did it smell like? Was there a particular taste in your mouth or in the air? What sounds filled your ears? What sights dominated your view? *How did it feel?*

Describe the experience in detail, as much as you can remember. If some of the details are

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fuzzy, don't worry - you can fill them in when you get to question nine. For now, just focus on your memories of the actual experience, as best you can.

If the details of what *happened* don't come easily, instead focus on what those experiences made you feel. What emotions did you experience? Did you feel any kind of physical changes or sensations that were different from your usual sexual experiences? Was there anything particularly unique about it that you can remember, even if you don't think it was particularly sexual? For example, were you eating a different diet, or drinking a specific herbal tea? Was your sleeping schedule different, or the location unusual? These things may not seem important, but it's amazing what small aspects of your lifestyle can contribute to sexual enjoyment! Come up with everything that you can think of before moving on.

8. WHAT IS THE SEXIEST THING YOU'VE READ OR SEEN ON FILM?

Follow the same path of questioning through memories of things you may have read or seen in movies and pornography. For those women who have led a sheltered life, afraid to express and indulge in sexual imagery, her closest encounters may be in romance novels, or even romantic comedies! Don't let this stop you from exploring these ideas. Go with it. Whether it's a filthy, kinky story or something as innocent as a car commercial, try to identify *exactly* what it is about the scene that portrays "sexy" to you.

Immerse yourself in the senses of the scene. Think about the emotions it conjured in you. If the first thing that comes to mind is "X character is sexy!" then go about determining exactly



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what about that person turned you on. Not all of our lovers can be Brad Pitt, but if you understand the emotions that he brings up in your psyche, you can learn to create those same emotions in your own sex life!

9. WHAT IS YOUR MOST EXCITING AND ENJOYABLE SEXUAL FANTASY?

Take it one step further. Use the same questions regarding your own sexual experiences and erotic media, and this time explore your hottest fantasies. What about them arouses you? What kind of thoughts and images do you use for arousal? Are there different ideas that sneak into your head as you get more aroused? Is there something specific that pushes you over the edge toward orgasm?

Think about it carefully. What is it about these fantasies, especially at the moment of release, or the moment of the most enjoyment, that really gets your blood pumping? Is it specific sensation, a specific person, or some kind of emotional dynamic that sets the mood? Pinpointing exactly how these erotic moments make you *feel* is the key to unlocking the power of your orgasm.

10. WHAT WAYS CAN YOU EXPLORE THESE FAVORITES FURTHER, ENJOY THEM EVEN MORE, OR PERFORM THEM A LITTLE BIT DIFFERENTLY TO CREATE A VARIETY OF SEXUAL SCRIPTS FROM WHICH TO SEEK ORGASM?

This is the most important question to answer, so take your time with this one!

THESE QUESTIONS CAN BE THE SCARIEST OF ALL, BECAUSE SOMETIMES THE THINGS WE THINK ABOUT IN OUR FANTASIES JUST AREN'T POSSIBLE IN REAL LIFE.

If your fantasies centre on sensation, how can you replicate that sensation in your sexual exploration with your partner? If you eroticize a specific person, what is it about that person that gets you off? How can your lover bring a similar energy to your lovemaking? If there is some overriding emotional experience that exists in your fantasies, is there a way to safely allow yourself to feel those things with your partner?

These questions can be the scariest of all, because sometimes the things we think about in our fantasies just aren't possible in real life. If this is the case, does fantasizing about these things *while engaging with your lover* make it easier or more difficult to experience pleasure? Why, or why not?

Make a list of at least five new things you can try with your lover over the next week. If you

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can think of ten, then keep on listing them! The greater the possibilities, the more likely you are to stumble across the right combination, at the right time, to hit all the right buttons.

SELF-EXPERIMENTATION

Self-experimentation is a little bit science, a little bit self-exploration, and a lot of dedication. The most important aspect of this journey is record-keeping. If you don't already have a journal, get one. In fact, get two, so you each have one, or better yet, get a binder that can be divided into three parts – one for your self-reporting, one for hers, and one that can act as a scrap-book of your shared experiences.

What should you keep track of in your sexual self-experimentation journal?

1. PHYSICAL PHENOMENA:

Here you should be recording the basics of what makes up your daily actions and physical measurements. The list of what to track can be endless, so you may want to start with a few simple things and expand on them as you go along. Good things to start with include hours and quality of sleep, weight and measurements, food and beverages you consume throughout the day (including water), any medications or herbs you are taking, exercise and other physical exertion, and hours spent at other tasks like work, cleaning, time with the kids, and romance.

All of this recorded data can be tracked numerically and plotted on a graph, if having a visual guide is helpful, so you may want to keep your self-experimentation journal in a

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spreadsheet on your computer and print it out to keep in your binder. Google Forms allows you to create your own daily questionnaire and see the data visually in a variety of outputs.

2. SUBJECTIVE EXPERIENCE:

Include subjective experiences as well. How do you feel at different parts of the day – upon waking, in the mid-morning, at noon, in the early afternoon, nearing sunset, in the early evening, at bed time? What kind of sexual feelings did you have throughout the day, if any? Did you have any fantasies? Try writing them down to get a clearer view of what dominates your sexual brain. Keep track of feelings of illness or discomfort, experiences of sexual arousal, sexual encounters, and orgasms, if any.

Many subjective experiences can be quantified in a similar fashion to physical phenomena by assigning a scale. How did you feel on a scale of one to ten? What was your level of arousal? What was the intensity of your orgasm?

HUMAN BEINGS HAVE AN INCREDIBLE CAPABILITY FOR EMPATHY, SO THE THINGS YOU DO, THINK, AND FEEL MAY HAVE MORE EFFECT ON HER EXPERIENCE THAN YOU REALIZE.

You may wish to include a section strictly for free-flow journal writing, which can help you get to the root of your emotional experiences in ways that quantifying them cannot. Taking time for meditation or contemplation can be important to achieving this level of self-awareness, so don't shrug it off. Just because it is your wife's orgasm that we are seeking out doesn't mean that your experience isn't important. Human beings have

an incredible capability for empathy, so the things you do, think, and feel may have more effect on her experience than you realize.

3. FERTILITY:

If your wife is experiencing her monthly cycle naturally (ie. Not taking hormonal birth control) then charting her fertility can be incredibly important for pinpointing the times in her cycle when she is most likely to experience heightened arousal.

Modern fertility-charting involves the tracking of a few different factors – basal body temperature, the state of the cervix, and the timing of menstruation. Her cycle count starts on the first day of bleeding, Day One, and continues until the day before she begins to bleed again. Typically, ovulation occurs 10-14 days after menstruation, and menstruation occurs another 14 days or so after ovulation.

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The first sign of approaching ovulation is a change in the texture and lubrication of the cervix. As she nears this time in her cycle, the opening of the cervix widens ever so slightly, it becomes softer and the vagina begins to self-lubricate, including a specifically textured “cervical mucous” which helps to create a more habitable environment for the introduction of sperm.

The second sign of ovulation is an increase in basal body temperature, which generally occurs the day of or the day *after* ovulation (thus, is not the best factor for predicting ovulation for the purposes of either prevention or conception).

There are dozens of charts and programs available for free online for charting (either on your own printed graphs or using computer-based software) that can help you both to understand her subjective sexual experience as it changes throughout the month. In conjunction with the other aspects of her self-reporting, patterns will begin to emerge.

THE PLAN

Expect a minimum of 4 weeks, or one full menstrual cycle, before you begin to establish patterns. You may see hints of them earlier than this, but after at least a month of simple observation and reporting, the real experiment begins. What have you learned from all this tracking? What are you going to change?

Don't do anything too drastic – trying to change everything at once will lead to inevitable failure. Identify one change you can make to try and encourage better intimacy and sexual pleasure for *both* of you, then do it!

No matter how you and your wife answered the questions above, no matter what things you have identified from your self-experiment that need changing, it should be obvious by now that arousal and orgasm are about a whole lot more than just a series of robotic movements and actions. Anyone can memorize a few good moves, but it takes an experienced and dedicated lover to explore the mysteries of the mind. Show her just how much you care, and take a dive into the deep end. You won't regret it.



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 female orgasm go ahead and download my program, "*Female Orgasm Secrets Revealed*". You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

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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

