



GABRIELLE  
MOORE  
*Better Sex. Better Life.*

# The Three- Dimensional Lover

*YOUR GUIDE TO BEING THE MAN  
SHE FANTASIZES ABOUT*



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

This week’s *Erotic Encounter* has been sponsored by “*The Sex Starved Couple*”, my most advanced sex education program all about rekindling the flame.

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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 rejuvenating your sex life.

Are you ready? Let’s do it!



# The Three-Dimensional Lover



## Your Guide To Being The Man She Fantasizes About

**E**xperienced psychologists say that ravishment fantasy is one of the most common for both men and women throughout the world. It is yet often considered “dark” and “dangerous” even by many BDSM aficionados, despite its popularity. What is it about power and ravishment that makes it so powerfully alluring and frightening?

Though it is a both a male and female fantasy, I most often here women talking about their desires and it is often something that seems shameful and worrisome. Men as well struggle with understanding the fantasy, since it places a lot of responsibility on you to both perform and keep her safe.

The first step is in understanding what drives her desire for ravishment. Need to be reminded?

*rav-ish*

[rav-ish] verb (used with object)

1. to fill with strong emotion, especially joy.
2. to seize and carry off by force.

RAVISHMENT IS ABOUT  
PLAYING WITH POWER  
AND CONTROL, WITHIN  
THE BOUNDARIES  
OF A CONSENSUAL  
RELATIONSHIP.

Ravishment, more appropriate than the more-often used no-no word... rape which goes against everything that ravishment is about, boiling down to consent. Real rape, forceful or not, involves a lack of consent and is of course a serious crime. Ravishment is about playing with power and control, within the boundaries of a consensual relationship.

What is it about ravishment that is so attractive? What makes it such a powerful fantasy?

- Catharsis: for victims and survivors, or for anyone who has grown up in a world where the politics of sexual power is so skewed, where real sexual violence is so prevalent, ravishment role playing is one way that we all process the emotions that this reality presents in our lives.

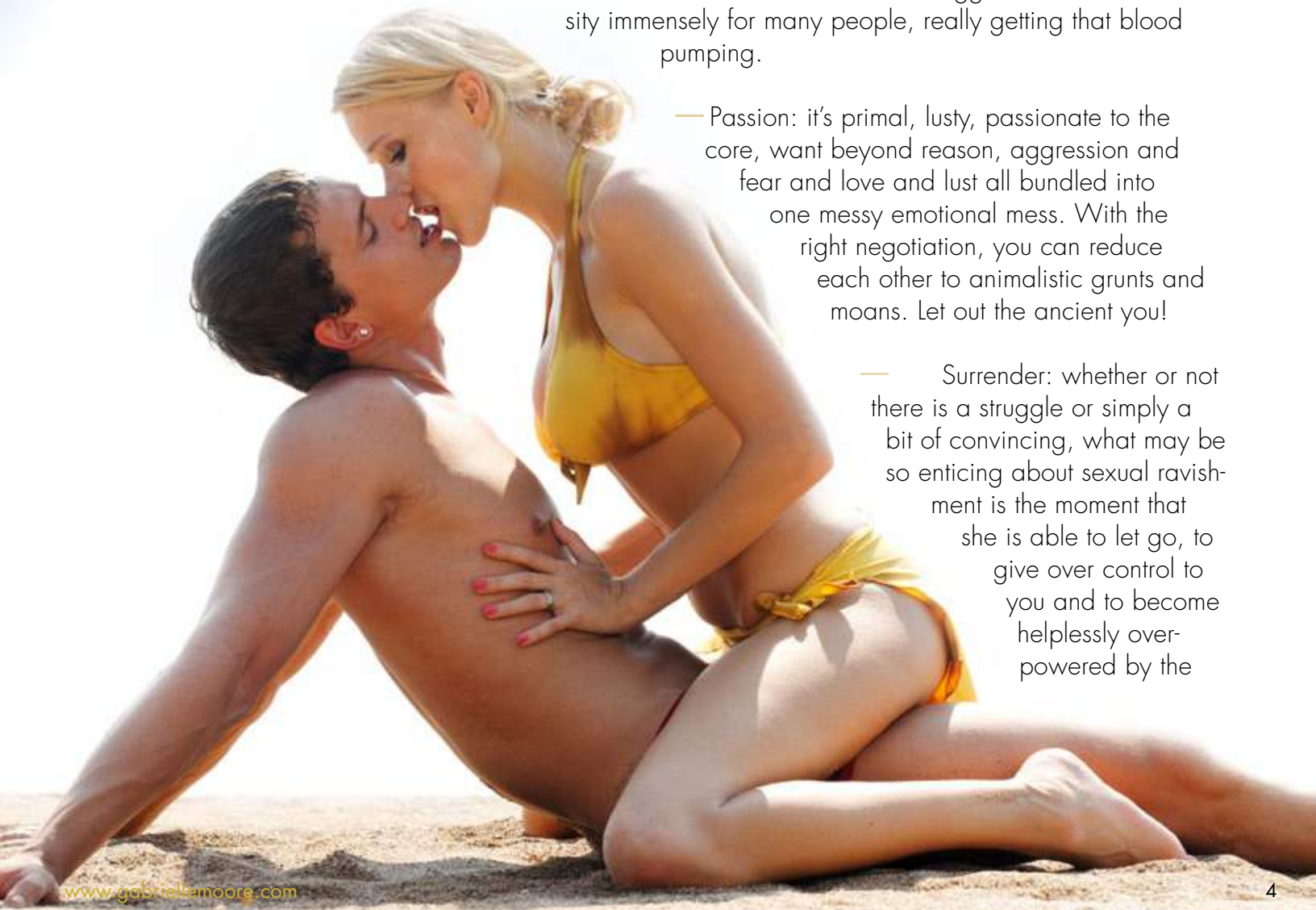


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- Contrast: it's a paradox, you see? They say "you can't force the willing" and that is the strange thing about ravishment fantasy. The contrast between pleasure and aggression, the idea of wanting to be forced to do something on its own gets the mind racing. She may like to feel a little bit of pain with her pleasure, or bondage with her freedom.
- Desire: you are overwhelmed by your passion; you cannot help but ravish her because your desire is so great. The desire to feel desired drives many people and is often behind the drive to enjoy ravishment fantasy.
- Intensity: hard and fast and rough, ravishment is incredibly vigorous, gets the heart racing and the brain screaming, the body fighting and the mind moving at a million miles a minute. Restraint and struggle increase this intensity immensely for many people, really getting that blood pumping.
- Passion: it's primal, lusty, passionate to the core, want beyond reason, aggression and fear and love and lust all bundled into one messy emotional mess. With the right negotiation, you can reduce each other to animalistic grunts and moans. Let out the ancient you!
- Surrender: whether or not there is a struggle or simply a bit of convincing, what may be so enticing about sexual ravishment is the moment that she is able to let go, to give over control to you and to become helplessly overpowered by the



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pleasure of the experience. She has the chance to feel free to do all those things she “shouldn’t” do because they are bad or dirty.

### PLAY SAFE

Obviously this is one of those fantasies, no matter how romantic or rough, that requires a great deal of preparation and negotiation. You need to be prepared for the possibility of things ending abruptly, must be careful with all of your tools, must learn to talk about your desires in great detail beforehand and come to some very important decisions.

**Bonus** safety tip: if you ever feel like really pushing her up against the wall with gusto, put your hand behind her head first. You’ll feel more in control, she’ll feel safer, and no one will end up with a concussion.

### TOOLS OF THE TRADE

The best “props” to use for this kind of fantasy are clothes – they are easy to replace, totally inconspicuous and give you the perfect outlet for a bit of force. If you want to tear someone’s clothes right off, you may want cut the seam a little bit, just enough to make the ripping easier. The effect will be the same without as much chance of slipping and accidentally punching her in the face!

IF YOU WANT TO TEAR SOMEONE’S CLOTHES RIGHT OFF, YOU MAY WANT CUT THE SEAM A LITTLE BIT, JUST ENOUGH TO MAKE THE RIPPING EASIER.

Your other tools will depend on your scenario – a mask, silk scarves, a pair of scissors, or a toy gun? Whatever it is, be sure you know what you are doing. If you are using any kind of bondage, keep blunt-tipped scissors handy to cut any ropes that you may not be able to undo in an emergency. If you are using *anything* sharp at all, do so with extreme caution, for obvious reasons.

### SAFE WORDS

Any kind of fantasy that plays with force, coercion, or even just gentle convincing, can involve words or body language that might suggest your lover is less than consenting. Since you know that she is consenting with your prior negotiations, the first step in that process is setting up a safe word. Since she may want to say things like, “No, stop” out loud, there

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needs to be something she can say instead that warns you when and if she indeed does want to stop.

The safe word is important for you as well. Playing the aggressor isn't easy either and many men will find situations where it makes them uncomfortable and they aren't able to continue. There is no reason why you can't use the safe word too. A green/yellow/red system works very well for most people. Light stop lights, green means keep on going, yellow means slow down and use caution, and red means to stop everything right away.

You can simply ask your lover during play, "What color?" and if she is unable to answer you, take some time to let her come back into reality a bit. Green light lets you know that you can keep on going just as you are because everything is great.

If she says yellow, it means she probably isn't enjoying one specific thing, and that changing it means the scene can go on – perhaps her hand is falling asleep, or she has something in her eye, or the word you just said triggered a negative emotion but she is still in control.

If she says red for any reason, the scene stops without any questions asked. The same is true if you say the word, so don't panic if things don't go quite as planned. Go with the flow and don't take the scene too seriously. If you're not having fun, what's the point again?

If she is ever unresponsive, assume that she is saying "red" and do what you can to get some sense out of her. Many people experience a non-verbal state during power play and it can take some skin-on-skin contact, coaxing and comforting to get her back to being about to talk about what she was feeling.

A GREEN/YELLOW/RED SYSTEM WORKS VERY WELL FOR MOST PEOPLE. LIGHT STOP LIGHTS, GREEN MEANS KEEP ON GOING, YELLOW MEANS SLOW DOWN AND USE CAUTION, AND RED MEANS TO STOP EVERYTHING RIGHT AWAY.



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## NEGOTIATE

Take some time to think about what parts of ravishment fantasy appeal to you most. Talk to your lover about what aspects get her hot. How do you each want to feel? What scenarios are you excited about experiencing together? If you or your wife has a difficult time talking about the details, try writing out the fantasy in other characters, people who can do whatever they want, because they aren't you.

Don't just spend your time talking about what you do like though, talk about what you don't like as well. If there is something that sets you off in the wrong direction, your lover should know to avoid it. If you aren't sure, talk about it and try it out sometime, prepared to stop whenever it's necessary.

Take some time to think about your experiences and come back to talk about them afterwards. It will help you to plan and play together better in the future.

## THE SCENES

These scenes are just the tip of the iceberg, the starting point for you to begin exploring your own erotic ravishment dreams and desires. Don't stop at my ideas! Take these, try them out, see what works for you and what doesn't, what you like and what you don't, and then come up with your own thoughts and plans for ravishing role playing. Get creative!



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## DONJUAN

He is the ultimate seducer, the “pick up artist” and the woman-chaser. He’s a smooth operator on every front and though he’s pushy, he’s not about the fight so much as the game. He likes a shy girl, someone he can convince to bare all for him, to go from wallflower to wildflower and give herself over to the pleasures of the dark side.

She responds well to your touch, but shies away just enough that you can’t quite grasp her breast or slip your hand inside her skirt. The more insistent you become, the more nervous she allows herself to get, her breath coming faster and her heart racing. Play a game of back and forth, touching her, coaxing her to touch you, pushing at her boundaries but not outright crossing them.

PLAY A GAME OF BACK AND FORTH, TOUCHING HER, COAXING HER TO TOUCH YOU, PUSHING AT HER BOUNDARIES BUT NOT OUTRIGHT CROSSING THEM.

Your hands can become more forceful as the scene plays on, but she begins to resist less and less as her body responds with pleasure at your touch. She might say something like, “I can’t” or “Please” but doesn’t go straight for the “No” just yet. Kiss and caress her, be romantic and passionate, pop a few buttons but try not to rip anything, on purpose anyway.

No need for ropes or scarves or other bondage in this scene... simply use the weight of your own body to pin your lover down. The missionary position is so popular for a reason! Many women love the sensation of a strong body on top of the, holding them down to the ground, keeping them in place as they become vessels for pleasure. Don’t waste your best asset.

## THE BREAK IN

An intruder fantasy needs to be well-thought, well-planned and well-constructed, well in advance. It takes some work and some effort, so it isn’t the best starting point for beginners, but with a bit of practice you should have no problem negotiating your way through this fantasy. It can play out in a dozen different ways, or more, so find out what pushes her buttons, and yours, and go from there. Try writing it out in fictional form to see what speaks to you.

Try it out late at night. Make sure you both know what’s going on and when. In fact, you may want to specifically script the first few lines, just so everyone knows that they are who they are supposed to be! The intruder is you, the lovely damsel your wife. Part of the allure of break-in ravishment involves the hint of anonymity, so you may want to wear a mask.

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Close your windows – you don't want your neighbor calling the police! That would take some explaining.

What are your intruder tools? This scene could play out in so many ways. Do you want to simply seduce her in her sleep? Do you want to blindfold her, tie her up, "force" her to perform specific acts? Does she want to be teased, forced, aroused, threatened or made to beg? How does she really want to feel when her heart is thumping in her chest and you are both close to orgasm?

### **BONUS: MAKE IT WET!**

It's not a movie classic for nothing – the intruder attack in the shower scene is hot no matter what you do. Be careful though, it's slippery in there! Get naked before you enter the bathroom, make sure you're hard, and prepare to have your way with the lovely, luscious body under that hot stream of water inside.

GET NAKED BEFORE YOU ENTER THE BATHROOM, MAKE SURE YOU'RE HARD, AND PREPARE TO HAVE YOUR WAY WITH THE LOVELY, LUSCIOUS BODY UNDER THAT HOT STREAM OF WATER INSIDE.

### ANONYMOUS

The anonymous kind of ravishment doesn't need to be forceful or aggressive to be sexy. Have you ever had the opportunity to go to a costume party? Going out in public with your lover, but pretending you don't know each other, can be made even sexier with costumes!

Have sex out in public or bring your "anonymous" lover home to bed. Don't call each other by name, and don't treat each other like long term lovers. Instead act as if you are two young people, in the heat of lust, doing something crazy and taboo by having sex with a complete stranger.



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Lovers of the anonymous fantasy may also be fond of the glory hole. Sure, she knows that it's your penis sticking through the wall, but the mere idea that maybe, just maybe, she isn't entirely sure about what's happening, the feeling of being in public and being exposed, and combined can be completely exhilarating. For "anonymous" sex role playing, you should come up with an extra safe word. Decide on a short, call-and-response phrase that you can use to identify yourself if your partner panics.

It's simply – during your little anonymous encounter, if she ever has a moment of panic where she thinks maybe, just maybe, you aren't the person you are supposed to be, she can say her half of the phrase, to which you can respond, assuring her for the moment that you are indeed her lover without completely breaking the mood of the scene.

FOR "ANONYMOUS" SEX ROLE PLAYING, YOU SHOULD COME UP WITH AN EXTRA SAFE WORD. DECIDE ON A SHORT, CALL-AND-RESPONSE PHRASE THAT YOU CAN USE TO IDENTIFY YOURSELF IF YOUR PARTNER PANICS.

### TAKEN BY SURPRISE

You don't need a creepy white van or the risk of arrest to play with a "surprise attack" or kidnapping scene. In fact, you don't even have to leave the house, though it certainly helps! Your lover should have some idea about what you're planning, when, how and what. She doesn't need to have all the details – the whole point is the element of surprise after all – but if you try to take her completely by surprise and she isn't expecting it, you could end up with a whole lot of trouble on your hands!

What kind of public places can you manage to find nearby for sex scenes and role playing? Public bathrooms and change rooms make for good choices, or you can always rent a motel room or even borrow a friend's apartment. The options are essentially endless, because it is the unique elements of surprise that matter the most here.

Show up where your lover least expects it, push her up against a wall in the alley or the door in the change room. Slip your hand up her skirt under her desk or the table at the restaurant at lunch. Bite and nibble below the neckline, grope at her breasts and her inner thighs. Bring her back to a safe location, push her up against the wall, pull on her hair, breath in her ear, keep a hand over her mouth.

If you are feeling extra frisky, you can play a bit of cat and mouse, letting her go and then subduing her again with the power of your strong body.

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## HONEY, I'M HOME

Are you the ones with the plans to go out and come home? Switch things up a bit and plan to take her, ravage her when you get home from work at the end of the day. You can play with this scenario using a bare minimum amount of power play. You don't need to be rough or aggressive, because your urgency is what shines here today.

You want her, and you want her desperately. You want her so badly that you don't bother with niceties, you don't take the time to undress her slowly, you take her right where she stands when you walk in the front door, her back up against the wall, her arms pinned behind her back or above her head.

You can tease and tantalize and take your time, or you can ravage her like a wild beast that can't help himself from pawing and mauling at her.

## BEEN A BAD, BAD GIRL

This little game can go on for a long time... are up for a bit of blackmail then? Break out the camera!

Play this role in stages. Stage one, be the Don Juan who gets the sexy girl out of her clothes and into the camera light. Snap some great, sexy shots of her in the bedroom. One day, why not send the photo to her at work via messenger, or leave it in a plain manila envelope on her pillow one morning.



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Write a note and get creative! Make a perfect mix out of her shy girl and her bad vixen. She's been a naughty girl and she needs to have her secret sexpot exposed to the light of day. Can you handle it? Can you be the man she needs to bring the best of her sexy self into your relationship, 100% all the way?

Expose her; empower her to be the sexiest kitten in the litter. Give her the space to be as sexy as she can stand to be, put it on hot and heavy. Take the pictures, show them off, tell her all the naughty things you want her to do for you to keep them a secret, and play it up for as long as you can! You can keep it going for days, weeks, maybe even months.

How long do you want to play the role? None of these are permanent, but you can use them to build stories that can last you for a lifetime if you want! Heck, if it works, if it gets you both off, if you're hot under the collar and ready to rock and roll, and no one is getting hurt... go for 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 reviving intimacy, go ahead and download my program "*The Sex Starved Couple*". 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.TheSexStarvedCouple.com/eroticoffer](http://www.TheSexStarvedCouple.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

