

7 Day Orgasm

by GABRIELLE MOORE



DAY
5

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX

*Tantric Tricks, the G-Spot Roadmap
and other advanced techniques for
deeper ecstasy*



WWW.GABRIELLEMORE.COM

7 Day *by* GABRIELLE MOORE *Orgasm*

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

CONTENTS

1. TANTRIC SEX LESSONS

- The wrap party
- The lab experiment
- Use your breath
- The pubic pull

2. THE ART OF ORGASMIC MEDITATION

- Yogic Principles
- So how do I actually do this?

3. THRILL EVERY INCH OF HER

- Tantalizing Touch 1: Naughty Neck Nibble
- Tantalizing Touch 2: Tailbone Tickle
- Tantalizing Touch 3: The Package Pump
- Tantalizing Touch 4: The Frisky Finger Lick
- Post-passion Caresses All Women Crave

4. FEED YOUR SEX DRIVE

- Horny Herbs
- Erotic foods
- Chocolate and drinks

5. TAKE HER G-SPOT TO MOUNT O-VEREST AND BACK

5.1. TENSION-UPPING FOREPLAY TRICKS

- Bliss On Tap

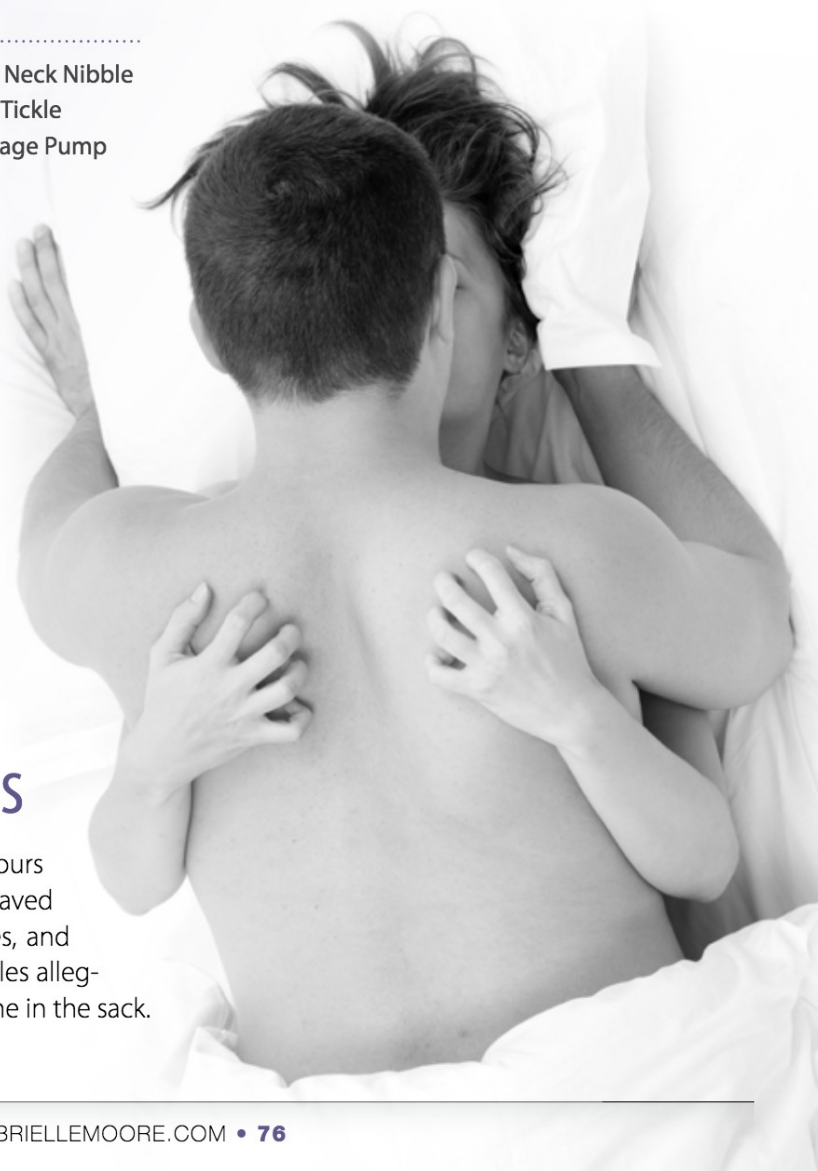
- The Windshield Wiper
- Gimme a "C"

5.2. POSITIONS THAT HIT THE SPOT

- G-Spot Joyride
- Full Press
- Behind You 100 percent
- Missionary Control
- Lap Dance
- Served Hot

1. TANTRIC SEX LESSONS

Some couples say it gives them hours long of pleasure, others swear it saved their relationships and/or marriages, and even your favorite Hollywood couples allegedly dabbled in it to enrich their time in the sack.



I am, of course, talking about **TANTRA**: the 5000-year-old practice that promises to improve your sex life.

If you decide to try it, don't expect to be schooled in strange, intricate positions, tantric sex is more about **CONNECTING ON A DEEPER LEVEL THAN JUST PLAIN SEX**. It's about making love, not getting off.

But what is hot tantric sex in the end? Seems you're constantly bombarded with tips on how to do it, where to do it, when to do it and who to do it with. But hold on- knee-trembling, mind-blowing, bond-building tantric sex isn't about nabbing the nearest attractive girl and perfecting the latest Kama Sutra technique.

Sizzling tantric sex depends on the delicate balance of four ingredients, and the first one you need to have on board is Intimacy.

What it's about is **BALANCING FOUR KEY ELEMENTS**. What am I talking about? Well, sizzling tantric sex depends on the delicate balance of four ingredients, and the first one you need to have on board is **INTIMACY**.

"Intimacy in the bedroom is the difference between going on at it full stop and taking your time to feast on each other and transform what you're doing in an act of making deep, intense love", says Emma Taylor, author of *Nerve's Guide to Sex Etiquette for Ladies and Gentlemen*. "It bonds you as a couple and makes you more affectionate outside the bedroom, too."

If you don't want to feel like a fly on the bedroom wall, the second thing to work on is **MENTAL RELAXATION**- allowing yourselves to be in the moment. The best technique in the world will have little effect if your attention is focused on the fact that the ceiling needs painting.

The third element to heighten tantric orgasmic potential? **PHYSICALITY**- the positions and techniques.

The fourth is perhaps the one you most often forget- **CONFIDENCE**. "People take sex far too seriously", says Pam Spurr, author of *Sex, Guys and Chocolate*. "You shouldn't approach it like two scientists working on a formula. Being able to do it in full confidence, being able to laugh about sex slip-ups, rather than being humiliated is a more positive approach."

Try my hand-picked selection of four tantric-play friendly ideas that incorporate these elements- and prepare for maxed-out tantric pleasure. Trust me, this little quartet will seriously froth your latte.

THE WRAP PARTY

For really intense, emotional tantric sex, try having her sitting on your lap with you inside her and her legs wrapped around you. Then gently rock back and forth.

This is the ideal position for intense eye contact and clitoral stimulation by hand. Tantric gurus promote it for its **"SHARING OF BREATH"**, and they should know- practitioners are famed for being able to make love this way for hours on end.

They call this position **THE YAB YUM**, and adorn it with tricks such as **"SEX-CENTRE" TOUCHING** (placing your hand over your partner's privates to "give and receive love") and **THE ULTIMATE TANTRIC MASSAGE** (long strokes from her inner thighs up to her heart).

Use a warming lubricant to give an extra tingle to the whole thing. For women, a sensation-enhancing lubricant can be the difference between good sex and great sex. And the bigger her orgasm, the more powerful her vaginal contractions- utter bliss to your penis.



FOR REALLY INTENSE, EMOTIONAL TANTRIC SEX, TRY HAVING HER SITTING ON YOUR LAP WITH YOU INSIDE HER AND HER LEGS WRAPPED AROUND YOU. THEN GENTLY ROCK BACK AND FORTH.

THE LAB EXPERIMENT

After a good soak in the bath, try this twist: Go straight to a massage, ending at the front of the upper thighs. Not only are they **SHIATSU SEXUAL-TRIGGER POINTS**, but they happen to be in the right direction for some labial massaging.

Labial massaging can be done with sensual water-based lubricants (oils can damage condoms, so they're not recommended). Stroke your thumbs down her labia towards her buttocks in small

7 Day *by* GABRIELLE MOORE

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

circles and then back up again. This will stimulate the full length of her clitoris, including the part that extends 9cm inside her.

Tantric teachers recommend this type of massage for its powers of **OPENING UP A WOMAN'S SEXUAL ENERGY**, which empowers her to truly let go and do what she wants in the bedroom.

By opening up the **SEX CHAKRAS** in her body with your fingers, focusing solely on the **YONI** (tantric term for the vaginal area), multiple orgasms will ensue.

Also, being massaged puts her body in a more relaxed state. Her heart rate and blood pressure go down, and even her stress hormone levels go down. Plus, it teaches her body to respond to touch, which ultimately can make her more open and receptive to sexual touch.

By opening up the sex chakras in her body with your fingers, focusing solely on the Yoni (tantric term for the vaginal area), multiple orgasms will ensue.

USE YOUR BREATH

I already told you about **THE IMPORTANCE OF BREATHING IN SYNC**, but breathing per se is also a very important aspect when it comes to the sexual tantric philosophy.

Start by letting your parted lips linger somewhere on her body, like her stomach or chest, then slowly exhale. The rush of hot air will create a temperature change in her skin and heighten arousal.

Try this trick: take a long, wet lick up her neck, and follow it with a warm breath. Or try going really fast, alternating between licking and cool blowing on her nipples. It's a stimulation bonanza for sure.

A couple of heated rounds like this and she's gonna want to go for the main course, so **REEL HER BACK FOR MORE TANTRIC ANTICIPATION**. Work your way south to her lady parts, pucker up and blast a circle of cool air around her labia, as if you were putting out the candles on a cake. **BREATHING COOL AIR ON A HOT REGION WILL ACTUALLY MAKE HER AROUSAL LAST LONGER.**

THE PUBIC PULL

How good does it feel when someone runs their fingers through the hair on your hair? Well, it can be even more amazing down bellow.

If she trimmed her pubic region but left a sexy patch of hair for your pleasure, go for it. **THE AREA COVERED BY PUBES HAS MORE EROGENOUS REAL ESTATE THAN YOU THINK**, because it's tied to the nerves in the genitals.

Anytime you manipulate her pubic hair, you're indirectly manipulating the insides of her vagina. **THIS COMBO MAKES THE BUILD-UP SLOW BUT STRONG**, leading to a big tantric outcome.

While she's lying on her back, cup and gently massage her labia with one hand while you lick up and down her clitoris with the tip of your tongue. When she starts to get aroused, lightly pull at her pubic hair with your free hand, twirling individual hairs between your thumb and forefinger as you continue to titillate her clitoris. Lightly knead the skin underneath with your fingertips to tug at even more sensitive areas. The simultaneous sensations will blow her mind.

2. THE ART OF ORGASMIC MEDITATION

Yes, with tantric tricks sex is going to be spectacular... but there's more you can do to make her climax (and yours) longer, stronger and insanely pleasurable.

If you want to take tantric teachings to a whole new level, you must give **ORGASMIC MEDITATION** a fair shot. By the sound of it, you might think it's just another complicated word that actually entails a bunch of mumbo-jumbo techniques that don't actually do much to your sex life, but it's not true.

We live in modern, better times, it's only natural we have better sex as well. Orgasmic meditation promises this and much more. Nicole Dae-done, author of *Slow Sex: The Art and Craft of the Female Orgasm*, feels strongly about **THE TRANSFORMATIVE**



7 Day *by* GABRIELLE MOORE

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

POWER OF THE FEMALE ORGASM, and she's on of the biggest advocated of practicing regular orgasmic meditation.

What does orgasmic meditation do? Well, it lets you live in a **CONTINUALLY AROUSED STATE**, which means you shift dramatically from a place of turning on, off and on again, to just staying turned on.

Imagine every touch felt as exciting as the first time your crush held your hand or went down on you? This is what orgasmic meditation offers. And here's the clincher: any moment of physical contact then shows all the signifiers of what you know as orgasm: contraction, swelling and so on.

Imagine every touch felt as exciting as the first time your crush held your hand or went down on you? This is what orgasmic meditation offers.

To put it simply: **THE ENTIRE SEXUAL ENCOUNTER FEELS LIKE ONE, BIG, LONG ORGASM.**

And this is because this **ORGASM IS NOT JUST IN THE GENITALS**- it extends through the body and has more waves and curves with less of the peaks and crashes of traditional climax. This is why it can last so long. What you actually get is an extended period of time of those few moments just before climax.

Of course, orgasmic meditation doesn't deny you of the traditional boom seconds of release. After all, climaxing is a part of orgasm- but it is not the sum total.

FOCUSING ON CLIMAX ALONE IS LIKE READING JUST THE LAST LINE OF THE BOOK. You can do it but you'll miss out on the whole story.

YOGIC PRINCIPLES

During orgasmic meditation you remain clothed while you're partner is naked from the waist down. She lies on the bed with her legs spread and knees supported by pillows. You sit to her side with one leg over her body and, with the tip of your forefinger, stroke her clitoris gently for 15 minutes, with the lights on while you talk to each other.

As with most types of meditation, the idea is to **FORGET ABOUT THE END GOAL** (achieving climax) and instead practice **"MINDFULNESS IN THE MOMENT"**. Think of it as **YOGA FOR HER CLITORIS**.

When our attention wavers during sex, we tend to pile sensation upon sensation (harder, faster, and kinkier) to try to refocus on being turned on, so we can get to climax. This is misguided. We

7 Day *by* GABRIELLE MOORE *Orgasm*

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

should stop seeing sex as a science, where the correct combination of ingredients will produce desired effect. We should **THINK LESS AND FEEL MORE**, so we don't kill sex with a strict recipe.

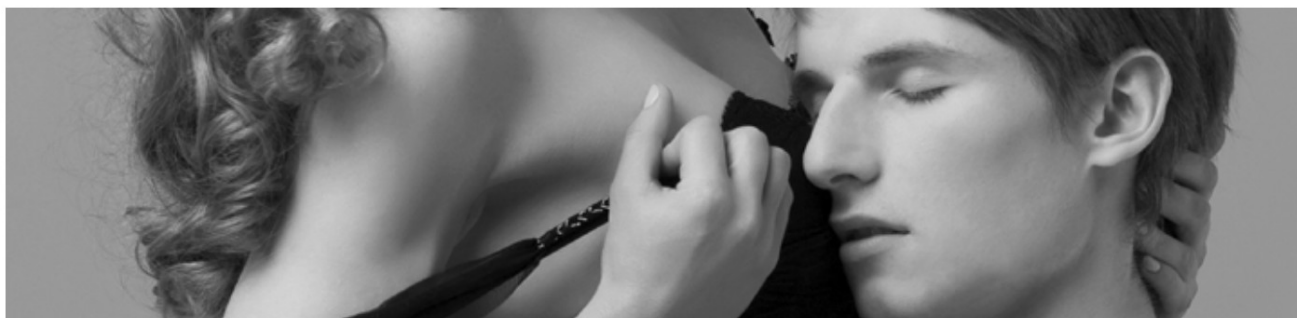
The recipe analogy is deliberate. Orgasmic meditation is closely linked to the so-called **SLOW SEX MOVEMENT**. Like slow food, which advocates slowly eating sustainable, healthy food, slow sex should make you feel nourished as you savor it. Slow sex deepens your relationship with your partner and your own body, so you can experience orgasm from the inside out.

Orgasmic meditation is like learning to re-taste your food- and it's the first step towards practicing slow sex.

Orgasmic meditation cultivates three key skills. First you learn **ATTENTIVENESS** to what you're feeling.

The second is **SIMPLICITY**- you strip away outside influences and focus solely on sensation (vibrators, fantasy and hard touches are frowned upon during orgasmic meditation and slow sex).

Lastly, it teaches you to cultivate **DESIRE**- just by learning to recognize it as you're inundated with pleasurable feelings.



ORGASMIC MEDITATION IS LIKE LEARNING TO RE-TASTE YOUR FOOD- AND IT'S THE FIRST STEP TOWARDS PRACTICING SLOW SEX.

And here's the good news for an-orgasmic women: orgasmic meditation promises that, with practice, it can bring out the orgasm in every woman, every time.

SO HOW DO I ACTUALLY DO THIS?

Admit it: you're intrigued. If you never thought you'll give in to such quasi-philosophical approaches

7 Day *by* GABRIELLE MOORE

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

to sex, think again and agree to experiment with orgasmic meditation. And after all, you also have to take into consideration the following fact: this will turn her on like never before and everybody knows a turned-on woman will want regular sex more often too.

So here you have it, the seven steps to orgasmic meditation. If you do one 15-minutes session a day, you'll be primed for truly erotic sexual encounters.

- **DAY 1: GET CONNECTED.** You can encourage feelings of closeness between you and your partner by **FEELING EACH OTHER'S HEART RATES.** During oral sex, place one hand on her heart. During sex, try to get into a position where you can hold your ear close to your partner's heart.
- **DAY 2: CLITORAL MAPPING.** Divide her clitoris into the face of a clock, then stroke each "hour" while she tells you how it feels, so you both get to know it well.
- **DAY 3: STRETCH IT OUT.** Ban intercourse for the night so you're forced to discover new ways to please each other. Either you're only allowed to use your mouths or your hands, or you can stimulate each other's lower half or upper half.
- **DAY 4: PLAY WITH UPS AND DOWNS.** First, stroke her hot spots upwards, she'll feel sensations of light-heartedness and buoyancy. Then it's all about stroking downwards. This should make her feel rich and grounded.
- **DAY 5: THE SPEED STROKE.** Both fast and slow strokes have their place. Learn by trial and error what too fast, too slow and just right feels like.
- **DAY 6: MAKING OFFERS AND REQUESTS.** Being forced to ask for specific strokes helps her ask for what she wants and helps you learn more about what her body needs when it comes to the secrets of her arousal.
- **DAY 7: BE A TEASE.** During orgasmic meditation it's a good idea to take her almost there. Basically, once a woman reaches the point of no return, there isn't much she can do but abandon herself to it and enjoy it. But what you do before that point is instrumental in heightening her sensations afterwards. One trick is the classic tease. You should aim to bring her close to the point of no return, and then stop all stimulation. Do this again and again. Usually, when women have been brought close to orgasm repeatedly, they have a powerful one when they get to finally give in and go wild.

Basically, once a woman reaches the point of no return, there isn't much she can do but abandon herself to it and enjoy it.

3. THRILL EVERY INCH OF HER

You already know that the female body is a hotbed of feel-good zones, many of which extend far beyond her pelvis. But getting a handle on the right way to stroke, lick, and caress these head-to-toe, hiding-in-plain-sight pleasure points can mean the difference between a standard sack session and ahhh-mazing, tantric booty.

“Not all these spots respond to the same type of touch; some have thinner skin or more responsive nerve endings, so the pressure and speed you use needs to be tailored just right to really blow her away”, explains Patti Britton, coauthor of *The Complete Idiot’s Guide to Sensual Massage*.

Below, I lay out six randy regions- some involving her lady parts, some located on other areas of her body, and a few combinations of the two- plus the exact type of touch to treat her to. These mind-blowing moves will electrify your partner’s whole body and leave her begging for your touch.

TANTALIZING TOUCH 1

Naughty Neck Nibble

While you’re making out with your partner, let your mouth meander over to the side of her neck, right beside her ear.

“The skin next to the earlobe is probably the most sensitive on her head, so feeling your lips here will make her tingly all over”, says sex therapist Pepper Schwartz, author of *Everything You Know About Love and Sex Is Wrong*.

Because it’s such a precarious point on her body, she might not relax enough to really feel all **THE BLISS THIS PART OF HER UPPER NECK CAN BRING HER**. So start with gentle tongue swirls, and gradually progress to slightly more forceful nibbles and nips, the kind that suggest animalistic passion.

Magnify each sensation even more by nibbling in a zigzag or figure-eight pattern, something hard for her to predict, so she won't know where your mouth will head next. You'll know you're doing it right if she arches her neck, turns it upward, and moves in closer to you- these are the same moves her body sometimes makes when she's in the throes of lovemaking.

TANTALIZING TOUCH 2

Tailbone Tickle

At some point, you've probably given your partner a back massage to get her in the mood. But there's a specific spot along her spine you should target if you really want to turn her on: **HER TAILBONE**, aka his coccyx, located just below the small of her back.

"Beneath this triangular bone is a bundle of nerves that connect to her genital area", explains Steve Bodansky, coauthor of *Extended Massive Orgasm*.

The tailbone is also linked to the main muscles of her butt, so touching her here will send waves of pleasure throughout her entire below-the-belt region.

Have your partner lie on her stomach- a submissive pose that'll lift her libido even before you lay a hand on her. Glide your fingertips in tight circles across her tailbone, slowly fanning out and making your circles larger so you graze her buttocks. Then focus on just her tailbone again.

BLISS BONUS: Urge her to spread her legs while you touch her tailbone. With her legs open, she'll feel more vulnerable, and that makes your every touch feel more arousing.

PRE-TOUCH PREP: File your nails to eliminate rough edges, slather on moisturizer, and run your hands under warm water to make them more body-friendly.

TANTALIZING TOUCH 3

The Package Pump

This two-part touch builds major erotic anticipation. While sitting behind your partner with her knees bent and her legs spread, reach your hands around and trace your fingers along her inner thighs, from her knees to her groin. **THE SKIN HERE IS SOME OF THE THINNEST ON HER BODY**, and it rarely receives any erotic attention. Your light caress will leave her aching for direct stimulation.



After several minutes of inner-thigh teasing, inch one hand up to her labia and cover them with your palm. Pump over them lightly at first, but pay attention to how she reacts: Some women like a rougher labia grip and even enjoy having them pulled a bit, while others like it soft and gentle.

Whatever level of pressure your partner prefers, the fact that you're sitting behind her and she can't anticipate where your hands might head next, will keep her on high alert.

TANTALIZING TOUCH 4

The Frisky Finger Lick

Most of us tend to think of our fingers as tools we use to arouse someone else. But in fact, they're **MINI-EROGENOUS ZONES** capable of bringing your bedmate to a high boil. Each finger is packed with freestanding nerve endings, fine-tuned to detect the slightest sensation.

Clue your partner in to just how sensitive her digits are by taking her hand in yours, placing it against your lips, and gently sucking on her middle finger.

Clue your partner in to just how sensitive her digits are by taking her hand in yours, placing it against your lips, and gently sucking on her middle finger. Hold her finger by the base and move it in and out of your mouth sensually. Pay extra attention to her knuckle, a nexus of nerve endings.

What's really mind-blowing about this touch: 'The feel of your wet lips mimics the way your mouth feels on her clitoris, so this move is a provocative way to show her what may be in store later.

POST-PASSION CARESSES ALL WOMEN CRAVE

STROKE HER STOMACH

Lie behind her and lightly drape your hand across her belly. You'll prolong the feeling of physical closeness that slips away after sex is over and your bodies are no longer entwined.

CUP HER HAND

Resting your hand on top of hers (without squeezing down or lacing your fingers) is a reassuring and intimate gesture.

TOUCH HER HEART

By placing your palm in the center of her chest, you'll help steady her post-orgasm breathing and heartbeat.



CERTAIN FOODS CONTAIN NUTRIENTS OR CHEMICAL COMPOUNDS THAT HEIGHTEN THE AMOUNT OF DESIRE YOU EXPERIENCE, AND ENHANCE SEXUAL PERFORMANCE AND PLEASURE.

4. FEED YOUR SEX DRIVE

The word “aphrodisiac” is bound to set off your “lame!” alarm, but I delved into the sexy side of science and found foods that live up to the label.

There is indeed a range of herbs, vitamins and foods that actually do rev up your libido. Experts agree with me: “Certain foods contain nutrients or chemical compounds that heighten the amount of desire you experience, and enhance sexual performance and pleasure”, says Cynthia Mervis Watson, author of *Love Potions*.

Devour a few of these tasty treats together with your partner every day and you should notice the benefits pretty soon.

HORNY HERBS

The first one I find when I start my search for the famed sexy aphrodisiacs is probably the most famed of all them- **A VERSION OF SPANISH FLY.**

Be warned that real Spanish fly can be dangerous, so go for a medicinal blend. It contains a mix of

herbs, including Chinese hibiscus, samiana, saw palmetto and passion flower, as well as homeopathic Spanish fly, and is meant to **INCREASE SKIN SENSITIVITY, STAMINA AND ORGASMIC SENSATION.**

Mix it up with juice and give it to her as a night-time treat. She'll soon turn into an unbridled, insatiable love goddess (ok, this might be a slight exaggeration, I admit it, but she'll most surely be hornier and more willing to try some of the more tricky Kama Sutra positions).

EROTIC FOODS

The symbolic connection between figs, bananas, asparagus and mussels, and the male and female sex organs is pretty obvious. But what else can they do?

ASPARAGUS AND AVOCADOS are rich in vitamin E, which helps your body churn out hormones like testosterone, estrogen and progesterone, which then circulate in your bloodstream and stimulate sexual responses. In her case, it amplifies clitoral swelling and lubrication, for heightened pleasure

BANANAS. Another reason to think about sex when you chow down on this phallus-shaped fruit: bananas deliver potassium, a nutrient key to muscle strength. For a woman, this maxes an orgasm, because the contractions will be even more intense.

OYSTERS. I know, I know- oysters as an aphrodisiac sounds like a cliché, but these shellfish are brimming with zinc, a mineral that cranks up the production of testosterone, which has been linked to an increased sex drive. Next romantic dinner out order oysters for entrees.

POMEGRANATES owe its passion power to antioxidants, which protect the lining of blood vessels, in turn allowing more blood to course through the body. The upshot? Increased genital sensitivity.

WALNUTS. These nibble-worthy nuts are packed with omega-3 fatty acids, which keep sex-hormone production at its peak. Pumpkin seeds and flaxseeds also contain omega-3s, so enjoy a handful.

VANILLA. After your dinner, treat yourselves to a small scoop of ice-cream flavored with vanilla bean. This mildly stimulates the nerves, making your sexual sensations feel even better.

WATERMELONS. This juicy fruit contains the phytonutrient citrulline, which leads to an increase in

The symbolic connection between figs, bananas, asparagus and mussels, and the male and female sex organs is pretty obvious. But what else can they do?



the amount of nitric oxide in your bodies. That spike causes blood vessels to relax and speeds up circulation. As a result, she'll become more aroused in less time.

HOT CHILLI. Capsaicin, a chemical found in fiery peppers, increases circulation to get blood pumping and stimulates nerve endings so you'll both feel more turned on.

CHOCOLATE AND DRINKS

The cocoa in chocolate contains a chemical called **PHENYLETHYLAMINE**, a stimulant that triggers the feeling of wellbeing and excitement that make sex seem like a good idea.

Red wine contains **RESVERATROL**, an antioxidant that helps boost blood flow, and improves circulation before and during intercourse. It also relaxes you faster than an aromatherapy back massage.

A glass of champagne is supposed to **INCREASE CIRCULATION THROUGH THE PERIPHERAL BLOOD VESSELS**, such as those in the penis.

TEQUILA is also high on the alcoholic aphrodisiac list, according to Glenn Wilson, author of *The Sensual Touch: A Guide to More Erotic Lovemaking*, while, in Mexico, **DAMIANA LIQUEUR** has long been used as an arouser.

5. TAKE HER G-SPOT TO MOUNT O-VEREST AND BACK

In a previous section, I provided you with the instructions on how to find this tiny button of ultimate bliss. But knowing how to find this extra-sensitive area inside her vagina is just the beginning of the fun.

Like her clitoris, **THE G-SPOT CAN BE INCORPORATED IN COUNTLESS WAYS INTO EVERY STAGE OF SEX**, from foreplay to orgasm, making what she already thought was an amazing experience even more passionate and deeply intimate.

And she won't be the only one reaching a whole new level of satisfaction. As you use these touches, tricks, and positions to turn her on like never before, you'll get randier right along with her. By the time she gets to the grand finale, you won't know where her body ends and yours begins.

To sum it up, the question isn't if the G-spot exists- docs have seen it on MRI scans- it's how much

7 Day *by* GABRIELLE MOORE *Orgasm*

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

satisfaction you can get from it. I suggest you take this guide (and your partner) to bed and tap in to the insane pleasure this tiny part of her anatomy can produce.

TENSION-UPPING FOREPLAY TRICKS

Here's something else her G-spot has in common with her nipples and clitoris: The more sensation that builds up, the bigger the release she'll feel when she orgasms. Use these strokes during foreplay to increase her sensitivity slowly and lay the groundwork for a major explosion.

Bliss On Tap

A GENTLE TWO-FINGER TAPPING MOTION AGAINST HER G-SPOT WILL STIMULATE THE AREA and focus her attention right where it should be. Slip two fingers inside her, and then tap her G lightly, alternating taps with each fingertip. "The taps excite the nerves near her G over and over, so each one feels like it's the first time she's being touched," says

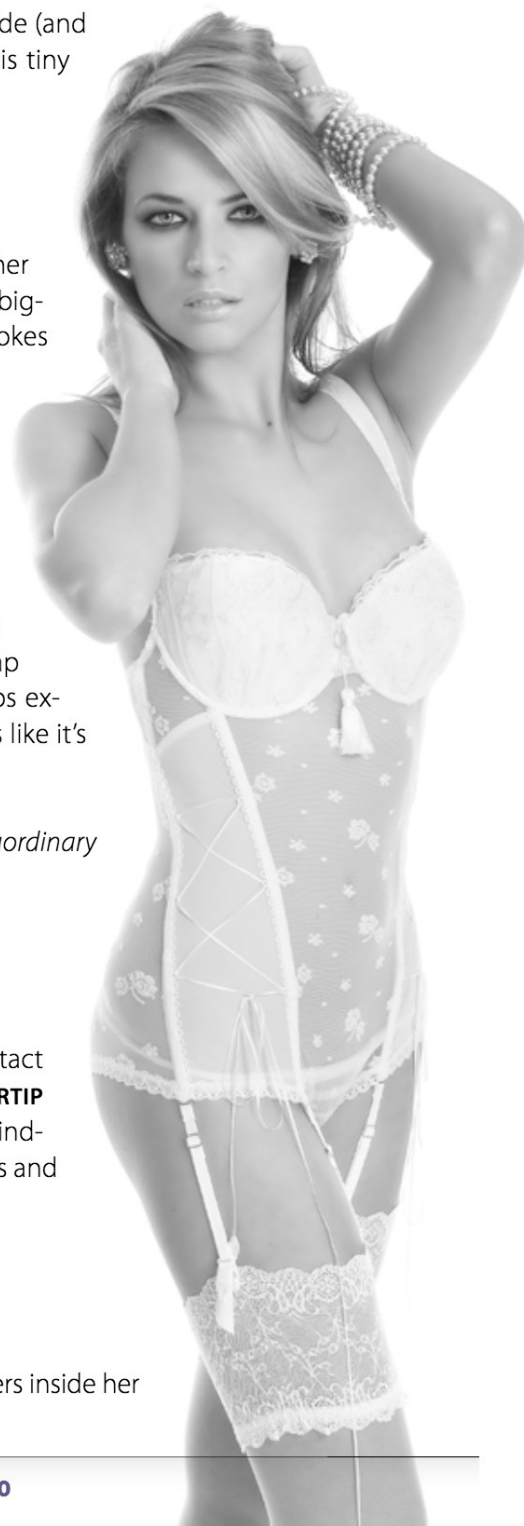
Yvonne K. Fulbright, author of *The Better Sex Guide to Extraordinary Lovemaking*.

The Windshield Wiper

While tapping creates one type of tension, constant contact provides another that's just as good. **GRAZE YOUR FINGERTIP ACROSS HER G-SPOT** the way a window wiper swipes a windshield. The side-to-side touch sets off nearby nerve endings and creates a spillover effect of pleasure around her G-spot.

Gimme a "C"

While spooning against your partner, insert one or two fingers inside her



7 Day *by* GABRIELLE MOORE

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

vagina and gently stroke her G. After a few minutes, place the pad of your thumb just above or below her clitoris, so your whole hand forms a C shape. Massage her clitoris while applying light then firmer pressure to her G-spot as she becomes more aroused. **THE NERVES OF HER CLITORIS EXTEND ALL THE WAY BY HER G, SO HAVING BOTH SPOTS STROKED AT THE SAME TIME CREATES INTENSE DESIRE.**

Thumbs-Up

Have her kneel on the bed, her knees comfortably spread and her torso upright. Kneel right behind her and ease in your finger or thumb pad so you're touching her G-spot. "As you softly tease and stroke it, **CARESS (AND/OR KISS) HER BREASTS SIMULTANEOUSLY**, especially her nipples, so both erogenous zones swell and harden in arousal", says Laura Berman, author of *Loving Sex: The Book of Joy and Passion*.

The best sex style for stimulating her G is woman on top: She controls the depth and pacing, and tilting her body back just a little allows your penis to massage her front vaginal wall.

POSITIONS THAT HIT THE SPOT

Ever been in the middle of sex and you thrust at a certain angle and—*hello!*—a wave of pleasure that's different, deeper, and so damn good washes over her body?

It was probably your penis hitting your partner's G-spot. Don't just wait for that happy accident. These positions will ensure that your member strokes her G repeatedly.

G-Spot Joyride

The best sex style for stimulating her G is woman on top: She controls the depth and pacing, and tilting her body back just a little allows your penis to massage her front vaginal wall.

Have her straddle you, her feet flat on the bed, knees bent and pointing to the ceiling. While she leans forward, hands on your hips for balance, she should move her hips up and down. She'll soon find what angle is hottest for her and never want to let go of it.

Full Press

Here's an awesome position for when you're feeling lazy: Have her climb on top of you as you're lying on your back, then have her lean backward so her back rests on your chest, while you slide your penis inside her. You have to thrust only a tiny bit for her to feel your penis against her G. Place your hand on her pubic mound, so it corresponds on the outside to where her G is inside her body. Pressure from both sides will up her pleasure.

Behind You 100 percent

Doggie-style offers easy G access. Have her get on her hands and knees, her butt angled high. She should keep her legs close together as you kneel behind her and enter her. By keeping her legs tight, she restricts the vagina so it feels really snug, and your penis strokes her G with each motion.



DOGGIE-STYLE OFFERS EASY G ACCESS. HAVE HER GET ON HER HANDS AND KNEES, HER BUTT ANGLED HIGH. SHE SHOULD KEEP HER LEGS CLOSE TOGETHER AS YOU KNEEL BEHIND HER AND ENTER HER.

Missionary Control

Missionary doesn't really get her G-spot going—when she lies on her back and you stretch over her as you penetrate her, your penis rubs mostly against her lower vaginal wall rather than the upper wall, where her G is.

This twist puts you two on a more G-friendly angle. Have her lie back, propping her pelvis with a few pillows under her butt, then tuck her knees into her chest before you enter her. As with the previous move, her vaginal walls will be pushed closer together, allowing your penis to graze her hot spot.

7 Day *by* GABRIELLE MOORE

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX



Tantric Tricks, the G-Spot Roadmap and other advanced techniques for deeper ecstasy

Lap Dance

This position provides maximum closeness. While you sit cross-legged, have her scoot onto your lap and ease your penis inside her, extending your legs comfortably. Hold her hips while she reclines—she can grab your shoulders for support. The upward angle lets your penis stroke her front vaginal wall; with your bodies wrapped tightly together, you'll feel incredibly intimate.

Served Hot

Next time things heat up in the kitchen, have her lean back on a high table or counter, bracing her arms against the surface for support. She should wrap her legs around your waist, and angle her hips so you can enter her as you stand.

You want her vagina to be parallel to or slightly above your hips (you may have to bend your knees a bit), allowing your penis to aim toward her navel so it can connect with her G-spot. Stand still while she moves her vagina in circles around your penis, feeling the shaft glide against her front vaginal wall.