



# MASTERING HER G-SPOT

Advanced Techniques  
To Give Her Intense  
G-Spot Orgasms!



BY GABRIELLE MOORE

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Mastering Her G-Spot | BY GABRIELLE MOORE

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G-Spot Orgasms!*

# INTRODUCTION

I know nothing about sex, because I was always married.” ~ Zsa Zsa Gabor

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If you're reading this e-book, I congratulate you! I know you must care deeply about your wife or girlfriend if you want to learn how to please her more. If you are reading together, I'll give you twice the congratulations—when partners explore new lovemaking techniques together, the resulting intimacy strengthens their relationship and opens new doors to pleasure.

You might be reading this book because you want to bring some excitement into your relationship. Maybe you're in a new relationship with someone who loves adventure and trying new things. You might also be in a relationship that has lasted for years and are reading my book because you want to spice things up a little. The reason doesn't matter. All that does matter is that you're reading this book because you want to learn something new.

Even the best relationships can get stale after a while. Although you and your partner still love each other deeply, it's still easy to fall into a routine when you've been together many years. I should know!

## EVEN THE BEST MARRIAGE GETS DULL

After years of marriage, I had become a frustrated wife. I knew there was something wrong with our sexual relationship, but I didn't understand what was going on or how to fix it. My wonderful husband no longer satisfied me in bed, and I almost always faked my orgasms, but I was too embarrassed to talk to him about it.

The problem was that over the years, our sex life had grown routine. Sometimes it seemed downright boring. We loved each other and enjoyed spending time together—and we continued to make love from time to time—but after about fifteen years, it didn't seem like there were any surprises left. I even thought about cheating on him or getting a divorce.

But then I remembered how much I loved him and how much fun we'd had in the early years of our relationship. I wanted to experience the intimacy we'd lost. I wanted for us to have better sex. When I finally found the courage to talk with my husband about how I felt, it turned out that he felt the same way as me! He wanted us to have a stronger, more exciting relationship, including great sex.

We agreed that we needed to learn a few new things in bed. We read a few sex guides, but we found that a lot of the information was boring or didn't work for us. We decided to explore our bodies together and discover techniques and methods that *did* work for us.



## MY SEXPERTISE IS AT YOUR DISPOSAL

After years of research, I now know beyond doubt what satisfies men and women in bed. I became a sex-advice expert, and now I help hundreds of thousands of couples around the world; More than 400,000 subscribers follow my tips and advice every day. I've written hundreds of [ARTICLES](#) and [BOOKS](#) about sexuality, which have been published worldwide. I've even been featured in the media, including *Men's Fitness* magazine.

Now that I've spent so many years researching sexuality and techniques, many of my friends and colleagues consider me a sex expert. I have to admit—I agree with them! I love to share my knowledge with others, especially when I can help my readers have happier, healthier, more intimate sex lives.

## MY DRIVE FOR BETTER SEX

One night a few years ago, I was out having cocktails with my girlfriends. After catching up, our conversation turned to our relationships. At first, our comments were rather tame, mostly complaining about our husbands, as women do on a girl's night out. But after we'd each had a couple of Cosmopolitans, we started talking about our sex lives.

I have to admit that when I heard their stories, I was astonished to learn how many of my friends were also bored in their relationships. They didn't make love as often as they used to, and when they did, they stuck to the same moves, usually spending only five or ten minutes on the act.

Now as I said, my husband and I were in the same pickle. We didn't have the time or energy to rejuvenate our relationship. Instead of making a point of trying new things, we used the same tried-and-true positions and techniques, sometimes without much foreplay. Most nights, we went to bed without even touching each other.

Now that I've spent so many years researching sexuality and techniques, many of my friends and colleagues consider me a sex expert. I have to admit—I agree with them!

When I realized I wasn't alone, I knew I had to do something about it. I began to research ways to have better sex, reading books on the subject, taking classes and speaking with doctors. I also interviewed hundreds of women, men and couples, learning from their experiences.

About one third of the women I spoke with were very satisfied with their relationships. Their partners were eager to give them pleasure, and they often tried new things together, such as different positions, sex toys,

role-playing and oral sex techniques. What I found most interesting was that these women were under the age of 30 or had only been married for a few years.

The other two thirds of the women I interviewed admitting to being stuck in a rut. They only had sex with their partner every month or so—sometimes not even that often!—but it was always the same old thing. They often didn't have orgasms during partner sex, but it didn't seem that important any longer. They still loved each other, but the feeling of being "in love" had long passed, and their lovemaking reflected it. The majority of the women in this group were over 40 years old and had been married for over 15 years.

When I spoke to men, their stories were similar. Almost all the men who had been married more than ten years admitted that they didn't have sex with their wives nearly as often as they'd like, and when they did, it wasn't very satisfying. They usually had orgasms, but their partners sometimes didn't. Although their wives and girlfriends didn't seem that upset, the men often felt inadequate.

When I talked to my husband about my research and discoveries, he was a little shocked—not because of the results, but because I'd never raised the subject of our sexual relationship with him. As we talked, we found that we were both in the same place in our marriage. We loved each other, but longed for more excitement in our sex lives. I was surprised to find he'd felt this way for a few years. He'd never told me his thoughts and feelings before.

That's when I realized that the biggest problem in our relationship wasn't our sex lives, but our lack of communication. When we'd first been married, there had been a lot to talk about. We were still getting to know one another, and we had thousands of things to tell each other. But as the years went by, we had fewer secrets to share; our lives became about the everyday. We had stopped communicating, and therefore stopped learning about one another.

Right then and there, my husband and I resolved to spend more time really talking to each other, sharing what makes us happy and telling each other about our needs and desires. From that point on, we've never stopped exploring each other's bodies and minds.

## WHY ISN'T IT WORKING?

While I was performing my research, one of the most interesting topics I explored was the G-Spot, the area inside a woman's vagina that can feel incredible when pressure is applied to it. When a man and woman know how to make their bodies work together, the pleasure from G-Spot stimulation can be intense.

Before I became a sex expert, I had no idea the G-Spot even existed, let alone where it was or what to do with it. As soon as I read up on the subject, my husband and I started exploring this new form of sexual play.

I'd like to say our exploration changed our sexual lives, but the truth was that nothing we'd read really worked. We tried everything: touching with our hands, trying different positions and using sex toys. We enjoyed our efforts, but I didn't feel anything different.

I was determined to find out why none of the traditional techniques for G-Spot play were working for us. I spoke to doctors, my sex-expert colleagues and a great many women. After I had gathered all the information I could find, I started experimenting with my findings.

After a great deal of practice—which neither my husband nor I minded!—I came up with several new techniques for G-Spot play that we really enjoyed. For the first time, I had explosive orgasms that seemed to go on forever. I can't wait to share these techniques with you!

## ABOUT THIS BOOK

I wrote this book to help women and men learn more about the G-Spot. You'll find out where it is and what to do with it, but that's only the beginning. Once you begin with G-Spot play, a whole new world will open up to you and your partner. I'll help you explore that world.

I'll tell you a little about the history of the G-Spot—yes, it has a history!—including how it was discovered and what scientists think about it. You'll learn where it's located, how to find it, why G-Spot stimulation feels so good and the secret to increasing her pleasure when stimulating it. I'll explain why traditional positions and techniques don't work well and share my experiences with those that do.

I'll share why my new techniques work, including the anatomy and positioning involved with G-Spot sex. You'll learn how to make your bodies work together, using new positions and techniques. Most important, you'll see that taking the time to





learn about and incorporate new ideas for G-Spot play will increase your intimacy and ability to communicate your honest feelings to your partner.

I'll explain my new techniques in great detail, giving you specific instructions about how to try each new position and technique. You'll learn how to create a sensual environment in which she'll feel comfortable trying new things, and I'll tell you how to make sure you are able to communicate your needs and listen to hers. You'll see how, with a little tweaking, you can make even traditional positions work for G-Spot sex. We'll also cover sex toys, manual stimulation, oral sex, multiple orgasms and female ejaculation. You'll also learn the wrong way to stimulate her G-Spot.

Next I'll give you tips on how to introduce your partner to G-Spot play. Not every woman will be interested in this form of lovemaking, so I'll share my ideas for broaching the subject and communicating your desires to her. I'll even give you sample scripts that will allow you to prepare for difficult questions that might arise.

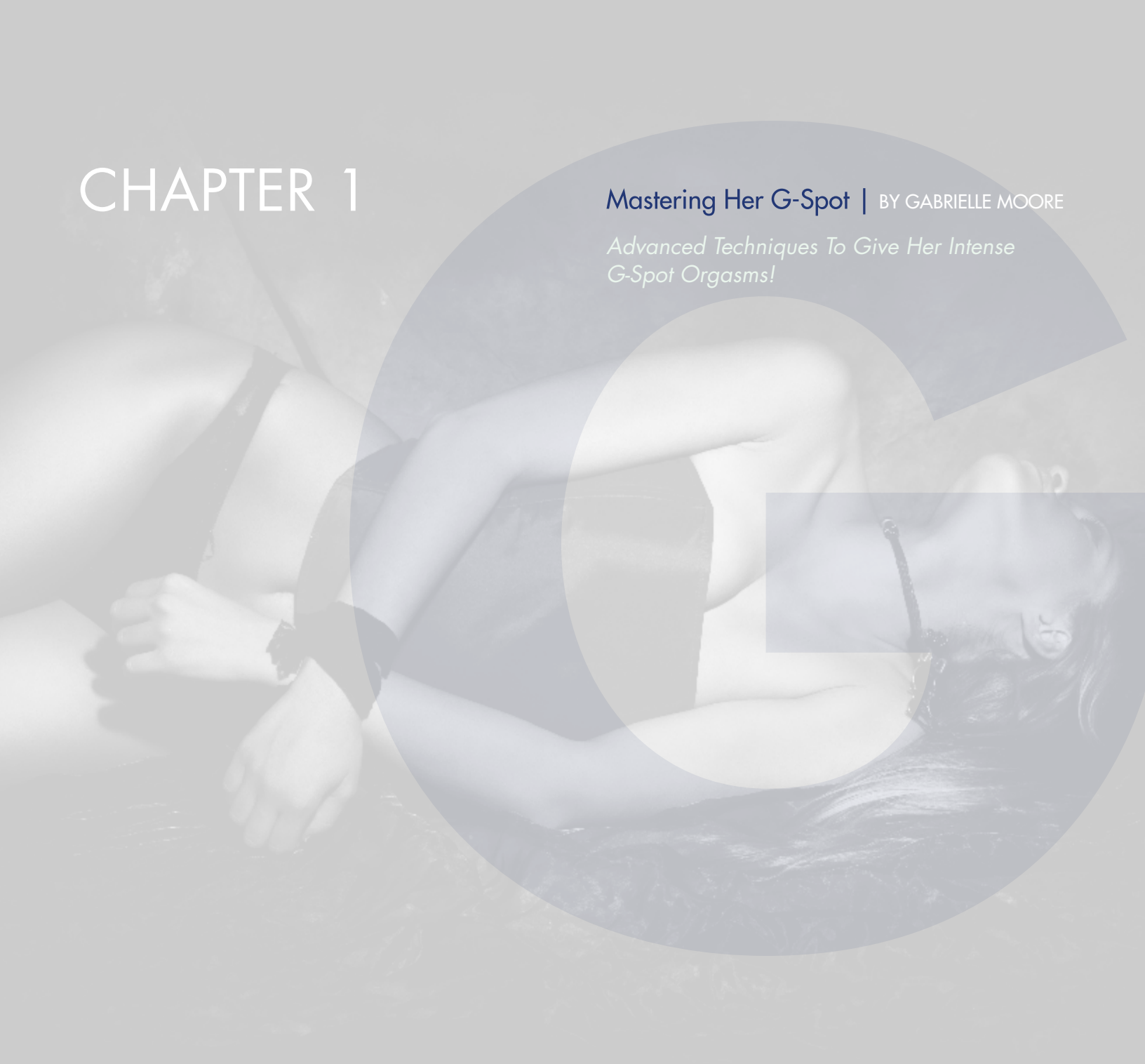
I'm excited to be able to help you and your partner enjoy something new together. I think you'll find that after you read this book, you and your partner will experience amazing orgasms together. Your intimacy will grow, and you'll be able to communicate with more empathy, understanding and openness.

Are you ready to find out more? Let's get started!

# CHAPTER 1

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## THE INTRICATE ANATOMY OF THE G-SPOT

Before you and your partner can enjoy G-Spot play, you'll need to understand the anatomy of a woman. The G-Spot is notoriously difficult to find, and many people who are able to locate it aren't really sure what to do with it. When you understand your partner's body, you'll have more success giving her a G-Spot orgasm.

The design of her body isn't conducive to G-Spot pleasure unless you and your partner adjust your lovemaking style to specifically incorporate the techniques I'll share with you in this book. If you don't, she probably won't feel stimulation to her G-Spot, and she'll miss out on one of the most intense forms of pleasure possible.

In this chapter, I'll share a little background about G-Spot research, and then I'll teach you where the G-Spot is and how to stimulate it. You'll learn why G-Spot play feels so good, and I'll share my secrets for giving your wife or girlfriend more intense sensations during G-Spot sex.

## G-SPOT SEX: WHY AREN'T YOU DOING IT?

After I began to research male and female sexuality, one of the first things I did was to find out more about the G-Spot. I studied the anatomy of the G-Spot, where it is and how it works. I also spoke to doctors, sex experts, women, men and couples about their experiences with the G-Spot. My findings were surprising.

I have to admit that when I found out how many people had never tried this form of sexual play, I was alarmed. I had no idea that so many people were unaware of G-Spot play or orgasms.

Of the 40 or so people with whom I spoke, more than half didn't understand how the G-Spot worked, and very few people had ever experimented with it.

Of the 40 or so people with whom I spoke, more than half didn't understand how the G-Spot worked, and very few people had ever experimented with it. Three women had been fortunate enough to experience an orgasm during G-Spot play, but all three said that it had taken a lot of practice to find pleasure from it.

As I've always said about new forms of sexual play, practice makes perfect. Even if it takes a long time to achieve success with G-Spot stimulation, it can be awfully fun trying. If at first you and your partner don't experience success with my new techniques, keep at it, and you'll find your tenacity has paid off.

Not all women respond to G-Spot stimulation, which is a shame because it feels so good! Part of the problem is that women have different erogenous zones, so what works for one woman doesn't necessarily work for another. But I think the most common reason is lack of knowledge about this hidden pleasure zone.

If I had a dollar for every time someone asked me about the G-Spot, my husband and I could spend a month in Hawaii. What this tells me is that a lot of people are curious about the G-Spot, but few really understand how it works. Let's start with a little history.

## THE "DISCOVERY" OF THE G-SPOT

In the 1940's, gynecologist and research scientist Ernst Gräfenberg began to study the female reproduction system, especially the sensitive area where the urethra is closet to the vaginal wall<sup>1</sup>.



Although Gräfenberg was actually studying the area in terms of how it affected female ejaculation, his findings about the G-Spot were his largest contribution to human sexuality. In fact, they made him famous! As you may have guessed by now, the "G" in G-Spot stands for Gräfenberg<sup>2</sup>.

In the late 1970's, sexologists John Perry and Beverly Whipple took up where Gräfenberg left off, again studying female ejaculation and the area they referred to as the urethral sponge<sup>3</sup>.

Also in the 1970's, researchers surveyed thousands of women about their experiences with G-Spot play. The results were inconsistent. Some women claimed they didn't have a G-Spot; others said they didn't feel any different when they stimulated it.

The researchers ultimately found that although biological studies could neither prove nor disprove that the area Gräfenberg studied existed, there was enough evidence, through biological research and personal accounts, to give the idea serious consideration. They named the area the G-Spot in honor of Gräfenberg's research.

A French study in late 2009 used an ultrasound to monitor women during intercourse. By examining different changes in the women's bodies as they reached the various stages

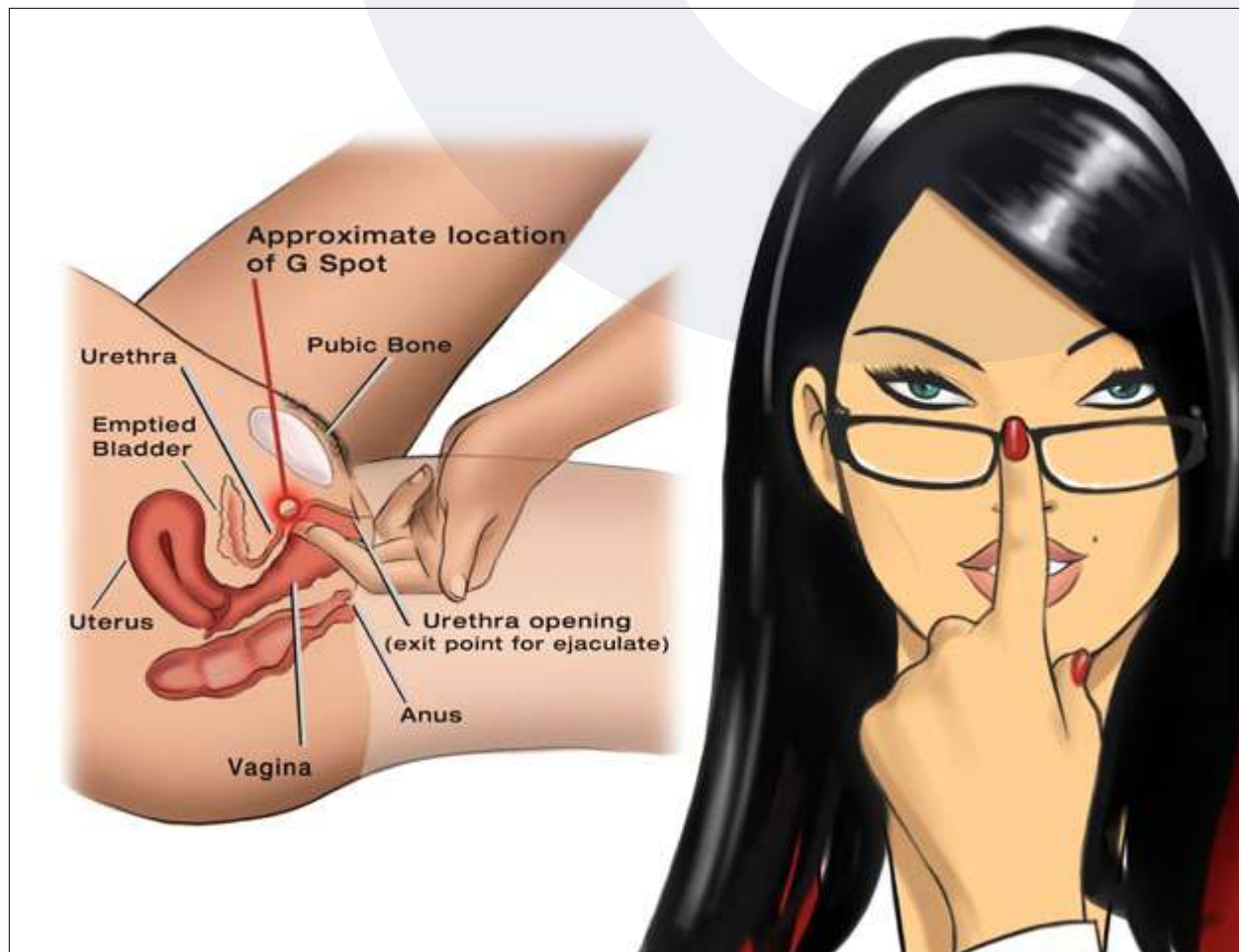
of sexual arousal, they found physiological evidence of the G-Spot. Although the scientific community has not yet universally accepted these findings, the Journal of Sexual Medicine is reviewing them.<sup>4</sup>

Also in 2009, a research team at King's College London performed the largest study on the G-Spot, interviewing 900 pairs of female twins.<sup>5</sup> Their findings were inconclusive. According to study co-author Dr. Andrea Burri, "It is irresponsible to claim the existence of an entity that has never been proven and pressurize women and men too."<sup>6</sup>

So what do these findings tell us? Not a lot.

## SCIENCE IS DIVIDED

In 1982, Whipple and Perry, along with sexologist Alice Kahn Ladas, published *The G-Spot and Other Recent Discoveries about Human Sexuality*<sup>7</sup>, a book that turned out to be quite controversial—and an international bestseller!





Part of the controversy was based on the disagreement it caused in the scientific community. Many doctors claimed the G-Spot didn't exist. The main reason was because it's extremely difficult to locate the G-Spot when a woman isn't aroused. Because scientists perform the bulk of their anatomical research on cadavers, who of course don't become sexually aroused, the scientists could not determine for sure if the G-Spot even exists.

Some women reported positive experiences with G-Spot play, but not enough for the research scientists to prove to their satisfaction that there was anything special about the G-Spot. Many even felt that the only reason some women respond to G-Spot stimulation is because it's next to the inner part of a woman's clitoris.

In our exploration of each other's bodies and minds, we naturally find new sources of sensual pleasure. If you follow my advice and practice my techniques, you and your partner can enjoy an intensely pleasurable form of sexual expression.

## X MARKS THE SPOT

Okay, it's time to reveal the Big Secret—where the heck is the G-Spot???

The G-Spot is actually not that difficult to find, provided you know what you're looking for. Use this diagram as a reference, and I'll help you find your partner's G-Spot.

As you can see, a woman's anatomy has a lot of different parts. Many of them are so squished together that it can be tough to tell what's what, especially if you're a man. Some women aren't 100% certain about their own biology, so if you're reading this with your wife or girlfriend, make sure she reads this part, too.

Some women aren't 100% certain about their own biology, so if you're reading this with your wife or girlfriend, make sure she reads this part, too.

If you look at the diagram above, you'll see a small area highlighted in yellow. That's the G-Spot. Congratulations! You've found it! But looking at a picture is one thing, and finding the G-Spot on your partner's body is quite another. The best way to locate it is for her to try first.

Ask her to lie down on the bed with her knees up. She should gently insert the forefinger and middle finger of her right hand about two inches inside her vagina. Have her feel for a rough spot on the upper part of her vagina. The best way to find this area is if she makes a "come hither" motion with her fingers.

G-Spot pleasure stems from pressure on the area. Have her press her G-Spot, pushing

it against the pubic bone. If she feels that pressure, chances are good that she's found her G-Spot.

She may not feel anything pleasurable yet, but she might feel the urge to urinate. That's because of the G-Spot's location. Part of the pleasure from G-Spot stimulation is the way it feels for her when you press it back into the internal part of her clitoral muscle, which is located very close to the bladder.

The G-Spot can be much easier to find when she's aroused. The entire area will feel more sensitive when the clitoris is engorged with blood and the sensitive nerve endings on her internal labia are tingling. Applying firm pressure during this time may help her feel something stir in the area.

Once she finds the spot, it's your turn to explore. Lie next to her on the bed and slip your fingers inside her just as she did, from the same direction. Feel for an area that is thick and bumpy or ridged. Her G-Spot is in the center of that area.

If either of you are having difficulty finding it, stroke her arms and thighs to relax her. Tell her not to feel discouraged. If she can't find it the first time she tries, there's always next time. Neither of you should be in any hurry to explore new forms of lovemaking together. Finding new ways to please one another can be a wonderful journey—try to enjoy it and focus less on the destination.

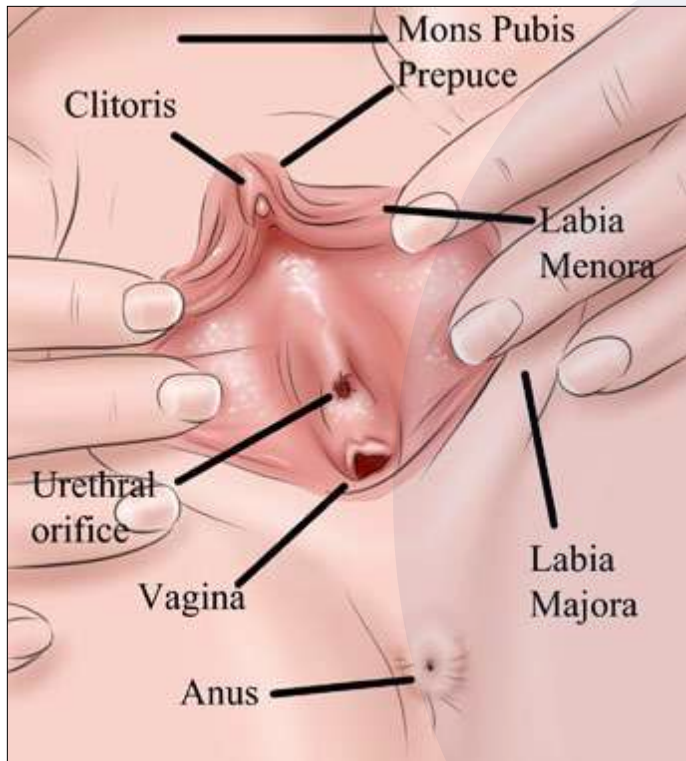
## THANK YOU, SKENE'S GLAND!

A woman's sometimes-confusing anatomy is the very reason G-Spot stimulation feels so good: There's a lot going on down there. All the parts interact with one another to provide a variety of intense, pleasurable sensations. When you stimulate one part of her vagina, you're contacting two or three more, all of which can respond to the right touch.

One of the most important parts of a woman's anatomy is the Skene's gland, which is located behind and surrounding the G-Spot. Also known as the "paraurethral gland," the "female prostate"<sup>9</sup> or the "urethral sponge," the Skene's gland is thought to be the source of female ejaculation.

As you apply pressure to the G-Spot, it engages the nerve endings in the Skene's gland, through the narrowest part of the urethra and into the back and upper part of the clitoral muscle. When combined with stimulation to her labia, vulva and vagina, G-Spot pressure can cause waves of pleasure, orgasm and even ejaculation.

Scientists don't yet know enough about the Skene's gland to prove beyond a doubt



that it is responsible for female ejaculation or G-Spot orgasms, but many scientists believe that part of the reason G-Spot stimulation feels so good is that pressure to the area also stimulates the Skene's gland.

Unfortunately, they've also found that a small percentage of women don't have a Skene's gland<sup>10</sup>, which could be the reason why not every woman responds to G-Spot stimulation. If your partner falls into this category, don't despair. Although she might not experience a G-Spot orgasm, she will still love the attention you'll pay to her body as you're finding out what pleases her.

As you study the anatomy diagrams and explore your wife or girlfriend's body, pay attention to the different parts of her vagina, especially around the G-Spot.

You'll learn that the entire area is sensitive and responsive to your touch.

The best way to understand why G-Spot stimulation feels so good is to find out for yourselves. Get to know what parts of her sex organs contribute to her overall pleasure. When you really understand how the parts of her anatomy interact, you'll have much better luck navigating her body.

## HER BODY ISN'T BROKEN!

So what happens if she doesn't experience pleasure from G-Spot stimulation? Unfortunately, too many women internalize their inability to respond to G-Spot play, thinking they're defective in some way.

Some women even have G-Spot "enhancement" surgery to make the area larger and more sensitive! As a firm opponent to plastic surgery on our reproductive parts, I am appalled that women think they need to do this, especially when there are so many ways to experience pleasure without going under the knife.

Sex therapists agree with my thoughts. According to Dr. Petra Boynton, a British scientist who has written extensively on this debate:

*We're all different. Some women will have a certain area within the vagina which will be very sensitive, and some won't — but they won't necessarily be in the area called the G-Spot. If a woman spends all her time worrying about whether she is normal, or has a G-Spot or not, she will focus on just one area, and ignore everything else. It's telling people that there is a single, best way to have sex, which isn't the right thing to do.<sup>11</sup>*

Let me tell you my own story. The first few times my husband and I tried G-Spot play, nothing happened, no matter what we did. I became very upset and depressed. I believed that something was wrong with my body because I didn't feel anything special from G-Spot play. I blamed myself.

As a result, I began to feel self-conscious and inhibited. I was so worried that my body was somehow defective that when I tried to make love with my husband, I couldn't loosen up and enjoy the moment.

When I spoke with my husband, I learned he was having similar problems. He'd been trying very hard to bring pleasure to me, but no matter what he did, I didn't feel any different. In fact, things seemed to be getting worse.

He'd read my [ARTICLES](#) and was familiar with a woman's anatomy. He'd thought he was doing everything right, but everything was turning out all wrong. He had begun to feel pressured and inadequate. He started to doubt his ability to pleasure me. When we made love, he felt himself drawing back from me.

This went on for some time, until I began my G-Spot research. When I learned that I wasn't abnormal or defective, I was hugely relieved. My body wasn't broken! My husband and I just didn't understand that the techniques we'd been using didn't work for me.

Everyone's body is different and will respond to stimulation in its own way. There is no right or wrong, only different levels of pleasure.

Everyone's body is different and will respond to stimulation in its own way. There is no right or wrong, only different levels of pleasure. By focusing so much on the payoff—a G-Spot orgasm—instead of enjoying our experience, we created new problems: worry, sexual inhibition, negative emotions and feelings of low-self

esteem. That's the opposite of what lovemaking should be!

I wish there were a way to tell every woman that she isn't dysfunctional if she doesn't respond to G-Spot stimulation. There's no reason for her to feel as though her body doesn't work right. Keep in mind that for many women, G-Spot play is totally new, and not

everyone's body knows how to respond to it at first. With time, communication and lots of practice, she may come to love this form of play.

So what can you do to help her? Well, you've made a good start in reading my book. It means you really care about your partner and want to do everything you can to make sex more satisfying for her. By learning and practicing my techniques, you'll have greater success with G-Spot play, and you and your partner will grow closer and more intimate.

## DON'T FORGET!

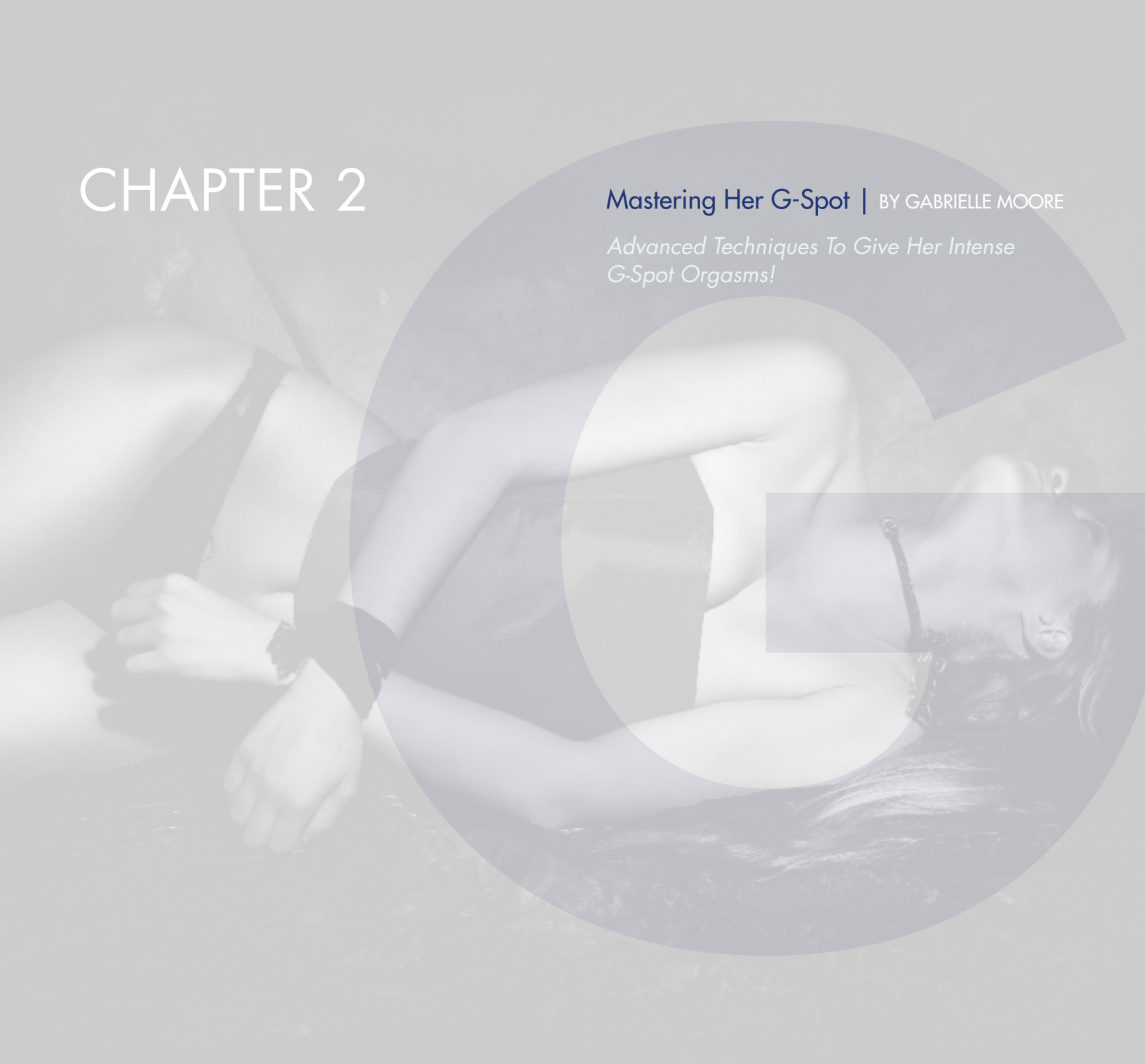
- The G-Spot was named after Ernst Gräfenberg, the first scientist to theorize about the G-Spot. Perry and Whipple then took over its Gräfenberg's research, studying female ejaculation and the G-Spot.
- Various scientific studies have failed to conclusively prove that the G-Spot exists. However, many women have experienced pleasure from stimulation to the area.
- The G-Spot is located on the upper portion of the vaginal wall, about two inches back from the vaginal opening.
- She can find the G-Spot by lying on her back, inserting two fingers into her vagina and making an upward "come hither" motion.
- The Skene's gland, which surrounds the G-Spot, could be responsible for female ejaculation.
- Not every woman responds to G-Spot play. If your partner doesn't, she isn't defective; she could either be one of the few women who don't have a Skene's gland, or she could need a different kind of stimulation.



# CHAPTER 2

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## THE ORGASM DEBATE

There has been a great deal of debate about clitoral orgasms vs. vaginal orgasms. From what I've learned from all my research and experience, there's no difference between the two. An orgasm is an orgasm. What can differ, though, is the intensity of the orgasm and how long it takes her to reach it.

Most women think vaginal intercourse feels wonderful, but only a relatively low percentage of them achieve orgasm through vaginal sex alone. Of the women I spoke with who reported having orgasms through typical vaginal intercourse, most rated the quality of their orgasms as a 4 or 5, sometimes lower. Of course, quite a few women reported they had level 5 or above orgasms when they had vaginal intercourse.

The main reason is, again, a woman's anatomy. Although the vagina is sensitive and responds well to certain kinds of stimulation—women have sense of “fullness” that is often very exciting—it doesn't have nearly as many nerve endings as the clitoris.

It shouldn't surprise you to learn that virtually every woman I spoke with not only enjoyed clitoral stimulation, but also frequently reached orgasm solely through it. A sensitive organ at any time, the clitoris becomes engorged with blood when a woman is aroused, making it even more sensitive to your touch.

As I've said, everyone's body is different. I know one woman who has multiple orgasms almost as soon as her lover penetrates her. I know another who has never had an orgasm through vaginal sex alone. Your experience will vary according to your partner's physical and emotional needs.



## RATE YOUR ORGASM

Throughout my book, I may refer to orgasms on a scale from one to 10, according to these criteria:

|    |   |
|----|---|
| 1  | NO ORGASM                                       |
| 2  | SMALL WAVE OF PLEASURE THAT COULD BE AN ORGASM  |
| 3  | SHORT, UNSATISFYING ORGASM                      |
| 4  | OKAY ORGASM                                     |
| 5  | TYPICAL ORGASM                                  |
| 6  | GOOD ORGASM                                     |
| 7  | GREAT ORGASM                                    |
| 8  | INTENSE ORGASM                                  |
| 9  | LONG, INTENSE AND POWERFUL ORGASM               |
| 10 | BLINDING, EARTH-SHATTERING, MIND-BLOWING ORGASM |

I want to stress that everyone's orgasms are different. Your wife or girlfriend should consider this scale her personal scale, not relative to anyone else's experience. When she rates her experience, she should think about what is typical for her.

## THE MYTH OF THE VAGINAL ORGASM

The first person to theorize about vaginal vs. clitoral orgasms was Sigmund Freud, also known as the father of modern psychology.

In his 1905 publication, *Three Essays on the Theory of Sexuality*, Freud stated that the idea of a clitoral orgasm was "purely an adolescent phenomenon." He postulated that when women reached puberty, their bodies automatically switched to having vaginal orgasms without the need for any clitoral stimulation. In fact, he theorized that women who could only have an orgasm through clitoral stimulation were physically and sexually immature.<sup>12</sup>

It should come as no surprise that many women who couldn't achieve an orgasm through vaginal intercourse alone felt pretty darned awful when they learned about Freud's theories.

Can you imagine what it must have been like for those poor women? Many of them had probably tried over and over again to experience the ultimate pleasure during vaginal

intercourse, and when nothing worked, they might have thought something was wrong with their bodies or minds.

Unfortunately, the majority of psychologists and sexuality researchers accepted Freud's school of thought until the late 1960's, when Masters and Johnson published *Human Sexual Response*.<sup>13</sup>

After studying the phases of male and female sexual stimulation, Masters and Johnson determined that the stages of physical arousal were similar with respect to vaginal and clitoral orgasms. However, they also theorized that that most women respond best to clitoral stimulation, whether alone or accompanied by vaginal penetration.

*Human Sexual Response* was groundbreaking because its theories were the exact opposite of Freud's. If a woman needed clitoral stimulation in order to have an orgasm, there was no reason she shouldn't have it.

According to researchers at the University of L'Aquila, women who experience vaginal orgasms are statistically more likely to have thicker tissue in the anterior vaginal wall<sup>14</sup>. As a result, the researchers believed, they could develop a test to determine whether or not a woman has a G-Spot.<sup>15</sup>

After Masters and Johnson's books became more widely read and the women's lib movement gained force, more and more women began to experiment with different types of sexual stimulation. For the first time, women were taking control of their bodies and trying out new ways to pleasure themselves. More and more women discovered how to achieve more powerful and intense orgasms than they ever thought possible.

## THE TRUTH ABOUT CLITORAL ORGASMS

Once Masters and Johnson debunked Freud's theories about clitoral vs. vaginal orgasms, researchers spent a lot more time focusing on the anatomy of the clitoral orgasm. Their findings were conclusive and unanimous: There was nothing sexually or emotionally immature about achieving orgasms through clitoral stimulation, whether alone or in combination with vaginal intercourse. In fact, most women could only experience an orgasm if clitoral stimulation was involved during lovemaking.

Once again, it comes down to anatomy. Most people think the entirety of the clitoris is the small, hypersensitive button above the vaginal opening. They don't realize that what they *think* is the clitoris is only its glans, the very tip of the iceberg, so to speak.

According to Masters and Johnson's findings, the clitoris is actually much larger than

you think it is. Shaped like a horseshoe, the internal part of the clitoris surrounds the glans, the open end at the bottom. As a result, they theorized that all orgasms are clitoral orgasms.<sup>16</sup>

One of the reasons vaginal penetration feels so good is that when your penis fills her vagina, it expands, engaging with the internal part of the clitoris. Her level of pleasure will vary according to her specific biology.

## THE G-SPOT ORGASM—DOES IT EXIST?

As I explained earlier, most women have a G-Spot. However, not every woman will respond to G-Spot stimulation. Even if she does enjoy having her G-Spot touched, she may not achieve an orgasm during G-Spot play. In fact, it's unlikely that G-Spot stimulation alone can result in an orgasm.

But it's not impossible! The techniques I'll share in the next chapters will greatly improve her chances of achieving a G-Spot orgasm. You'll learn how positioning and pressure affect the kind of pleasure she can enjoy, as well as my techniques for G-Spot, oral and vaginal play.

But what does a G-Spot orgasm feel like? It really differs from woman to woman. Vaginal sex feels good because of the sense of fullness, and clitoral orgasms feel good because of the numerous sensitive nerve endings in the clitoris. G-Spot orgasms increase the intensity of both experiences.

Vaginal sex feels good because of the sense of fullness, and clitoral orgasms feel good because of the numerous sensitive nerve endings in the clitoris. G-Spot orgasms increase the intensity of both experiences.

If you'll think back to the diagram I showed you earlier, you'll remember that women's reproductive anatomy is very complex. But in terms of orgasm, that complexity makes the experience richer. When you combine all three forms of stimulation—vaginal, clitoral and G-Spot—the orgasm she experiences can be intense, forceful and long. She can even experience multiple orgasms and female ejaculation!

## MULTIPLE ORGASMS

No one knows why some women have multiple orgasms at the drop of a hat and others never have them at all. Unlike other kinds of female sexual response, there's no



physiological correlation between specific organs—the G-Spot, the clitoris, the Skene’s gland—and her ability to come multiple times.

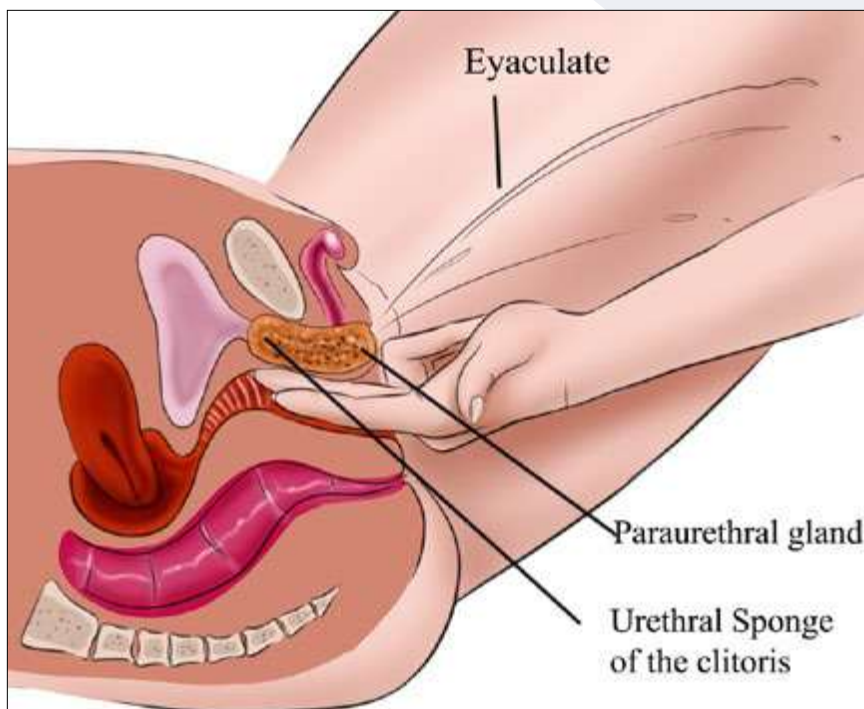
Think of it this way: Why are some people ticklish and others aren’t? It’s just the way it is. But even when you aren’t ticklish, doesn’t it feel nice to have someone stroke your inner arm? Does it matter if you don’t collapse into a fit of giggles?

If you can go into your sexual encounter with the same mindset about multiple orgasms—that they aren’t essential, but a nice topping on a delicious cake—you’ll both enjoy the experience, no matter what the result.

If you’d like to help her try to have a multiple orgasm, all you need are patience, good timing and the ability to read her body language. As she comes the first time, keep applying the same stimulation, whatever it might have been: clitoral stimulation, vaginal penetration or G-Spot play—or all three! Ease back a little, as she’ll be hyper-sensitive after an orgasm, but otherwise continue giving her pleasure after she crests the first time.

Some women will be too sensitive to continue. If this is the case, stop immediately. But if she indicates it’s okay to keep touching her, continue to apply strong G-Spot pressure and clitoral stimulation. She may just ride another wave or two.

## FEMALE EJACULATION



If you’ve been lucky enough to have sex with a woman who ejaculates, you know what an amazing experience it can be for her. At the moment of orgasm, she explodes, ejaculating fluid just as a man would during his own orgasm. Because female ejaculation is so rare, there’s something very special about experiencing this act of ultimate release.

The statistics surrounding female ejaculation are much more heartening than those

about the G-Spot. In the 1990's, researchers distributed an anonymous questionnaire to 2,350 professional women in the United States and Canada. Of the 55% of women who responded, 40% reported having a liquid orgasm; 82% of women who reported they experienced G-Spot sensitivity also said they ejaculated during orgasm.<sup>17</sup>

To understand how female ejaculation works in relation to G-Spot play, let's review what I've already taught you about the G-Spot.

As you apply pressure to the G-Spot, it engages the nerve endings in the Skene's gland, through the narrowest part of the urethra and into the back and upper part of the clitoral muscle. When combined with stimulation to her labia, vulva and vagina, G-Spot pressure can cause waves of pleasure, orgasm and ejaculation.

G-Spot play is the perfect way to coax her body into ejaculating. There's no special additional technique with respect to G-Spot sex for making her ejaculate; applying the manual, oral and sexual techniques in this book will cause her to ejaculate if the anatomy of her body allows her to.

If she ejaculates, don't tease her or show her you might feel a little grossed-out about her ejaculation. It's a very rare, special feature that many women simply don't have. Enjoy it for what it is: the physical result of an amazing, earth-shattering, mind-bending orgasm.

If she doesn't ejaculate, don't blame yourself or her. Sometimes it's just not meant to be. But does it really matter? You're going to have so much fun trying my techniques that if she doesn't experience ejaculation, your lovemaking experience will still be erotic, passionate and extremely satisfying.

If you'd like to learn even more about female ejaculation, download [THE FEMALE LIQUID ORGASM REVEALED: UNLEASH THE EROTIC SECRETS OF FEMALE EJACULATION](#). Designed for advanced, sex-obsessed couples, this e-book will share the erotic secrets that can make your lover ejaculate.

## PRACTICE KEGEL'S FOR INCREDIBLE ORGASMS

Kegel exercises are a discreet movement women can perform to strengthen pubococcygeus muscles (PC muscles) of the pelvic floor, which include the uterus, bladder and bowels. Normally used to help women with incontinence, especially after childbirth, Kegels have the added benefit of building the muscles in her vaginal walls.

Wow, that doesn't sound very sexy, does it? But there's a kick: With stronger vaginal muscles, she can grip your penis and release your penis during sexual intercourse. If you've never felt this sensation, it's incredible.

Here's how she can perform Kegel exercises.

- **FIND THE RIGHT SPOT.** The easiest way to find the muscles she'll need to work during Kegel exercises isn't very sexy either, but it works. When she's urinating, have her try to clench her muscles and stop the flow of urine. She'll feel her pelvic floor move upward, and her vagina will squeeze tightly.
- **ISOLATE.** It's important that she isolates the correct muscles and doesn't use the others during Kegels. It'll be easy for her to contract her whole pelvis, including her buttocks, abdomen and thighs, but she needs to focus only on the pelvic walls.
- **SQUEEZE.** Kegels are all about contracting and releasing. Once she identifies the right muscle, have her contract for five seconds and then release for five seconds. She should try to keep a steady rhythm going and work up to 10-second contractions.
- **STICK TO A WORKOUT SCHEDULE:** For the best effects, she should practice Kegels at least three times of day for at least five sets of 10 repetitions per day. Since she can do Kegels anywhere, she won't have to stop what she's doing, but can continue on with her day while she practices.

If you'd like to learn more about women's orgasms, read my best selling e-book, [FEMALE ORGASM SECRETS REVEALED](#), in which I share step-by-step directions for how to give women mind-blowing orgasms.

## DON'T FORGET!

- Freud claimed that vaginal orgasms were adult and clitoral orgasms were a sign of physical and sexual immaturity, but in *Human Sexual Response*, Masters and Johnson proved that any orgasm is a good orgasm.
- The clitoris is much larger than most people think it is! It surrounds the clitoral glans and extends throughout the labia.
- Not all women experience multiple orgasms or female ejaculation for two reasons: ineffective techniques and/or the absence of the Skene's gland.
- Kegel exercises can strengthen the PC muscles, thereby producing more intense orgasms.

# CHAPTER 3

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## G-SPOT PLAY - WHAT WORKS & WHAT DOESN'T

“For women the best aphrodisiacs are words. The G-spot is in the ears. He who looks for it below there is wasting his time.” ~ Isabel Allende

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I have found that the single-most common reason that couples don't have satisfying G-Spot sex is that they're doing it wrong. Please don't misunderstand me—there's no wrong way to have sex. But if you and your partner have been trying to incorporate G-Spot play into vaginal intercourse and have found it's not really working for you, you're probably not using a position that works well for G-Spot sex.

In this chapter, I'll explain why traditional positions don't work well and why most sex toys aren't effective for G-Spot pleasure. Then I'll reveal why my new techniques work so well and show you how great G-Spot sex can contribute to increased intimacy and better sex with your partner. By the end of the chapter, you'll understand why my new techniques work and be ready to learn how to perform them.

## WHY TRADITIONAL POSITIONS DON'T WORK

When I began researching G-Spot play, one of the first things I learned was that the missionary position<sup>18</sup> is the worst position possible for experiencing pleasure through G-Spot stimulation. But statistically speaking, missionary position is the most popular sexual position. In fact, if a couple only has sex in one position, it's probably going to be missionary.

Unfortunately, during regular missionary sex, your penis probably won't even come into contact with her G-Spot, let alone stimulate it. It's no wonder so few couples have had luck with G-Spot play. Her body's anatomy is working against her.

A man's penis is usually straight when aroused; during missionary sex, the penis will plunge upward, but it won't usually interact with her G-Spot, and although it may graze her G-Spot, without firm, direct pressure, she won't enjoy any added stimulation.

Another position that doesn't work very well is rear entry. Sex books will tell you that it's one of the best positions for G-Spot play, but that hasn't been my experience at all. It's true that this position lines up your anatomy in a way that's more likely to stimulate her G-Spot, but it doesn't always feel great. In fact, I've found that the regular rear-entry position doesn't work for me at all, especially when we're engaging in G-Spot play.

During rear-entry sex, when my husband has tried to focus on my G-Spot, it felt jarring and unpleasant. All I could think about was going to the bathroom. His penis was applying too much pressure, and the rhythm was all wrong for me. I began to feel very



uncomfortable, perhaps even a little sore. Yes, rear entry gave his anatomy more of an opportunity to touch mine, but it just didn't feel good.

I'd had similar problems when I tried to play with sex toys. Vibrators and dildos certainly felt good, but they didn't do much to stimulate my G-Spot. I tried different toys, but nothing really worked, even toys designed for G-Spot play. I didn't know if I was using them wrong or if they were just the wrong kinds of toys from me.

Fortunately, I was dedicated to finding out exactly what positions and which kinds of touch would give me a G-Spot orgasm. My husband and I kept exploring, paying attention to our bodies and how they interacted together, until we found new ways to make G-Spot play pleasurable.

## WHY MY NEW TECHNIQUES DO WORK

After a great deal of research, which included reading books, speaking with doctors and sex therapists and trying different techniques with my husband, I began to have a better understanding of how my body worked.

I found out how important anatomy is and began to have an idea of why people became so frustrated when they tried to enjoy G-Spot pleasure. I knew that if I used my extensive sex expertise and good, old-fashioned trial and error, I could invent a few new ways to make G-Spot play more satisfying.

I began to develop techniques that increased my pleasure. My husband and I tried approaching the missionary position from different angles, but we didn't have much luck. We had better results with the rear-entry position, but the angle still wasn't right. But as we continued to explore new ways of touching, we started to find that when we adapted different positions to make G-Spot play easier and more satisfying we were soon enjoying our new form of love play.

After a great deal of research, which included reading books, speaking with doctors and sex therapists and trying different techniques with my husband, I began to have a better understanding of how my body worked.

The first thing I did after that was to write down my techniques and share them with my friends and colleagues. I was delighted to find out that my ideas were working for them! Not everyone had the same experiences with every position and technique, but almost all the men and women who tried my new ideas enjoyed heightened pleasure and greater intimacy with their partners.

Many found they could have orgasms solely through G-Spot sex—a few women even reported that they had stronger, more intense orgasms than they'd ever had before.

Just as with sexual intercourse, G-Spot play will work and feel differently from person to person. Understanding anatomy isn't enough—you also need to understand the importance of staging your sexual environment, enjoying extended foreplay, using the right lubrication and toys and applying the right kind of stimulation and pressure to her G-Spot.

My techniques incorporate all these elements into your lovemaking. If you follow my instructions carefully, you'll understand why G-Spot pleasure isn't just physical; it's also sensual and emotional.

## MY SECRETS FOR G-SPOT STIMULATION

First off, if you've found her G-Spot, congratulations! I have to admit that it took my husband and me quite a while to locate it. Once we did, though, we had a lot of fun figuring out what worked for me. All that practice paid off when I had my first G-Spot orgasm. All I can say is WOW!

The secret to G-Spot stimulation has two parts: foreplay and pressure.

Extensive foreplay is especially important for enjoying G-Spot sex because the area around the G-Spot is much more sensitive when she is fully aroused. Just as the blood rushes to her clitoris when she's ready for sex, the G-Spot also becomes engorged with blood, making it extra-sensitive and more responsive to your touch.

The other secret to G-Spot stimulation is firm, constant pressure. When you and your partner are exploring G-Spot play, it's easiest to approach her from behind. Slide your forefinger and middle finger into her, your palm facing downward, and gently press down on her G-Spot. Once she let's you know she's found it, press harder until she begins to respond. Play



around with the firmness she needs. Some women only need a gentle touch, but others need very hard pressure.

Never forget that every woman's body is different. Your partner's body may not respond at all to G-Spot stimulation, despite the tricks and techniques I'll explain in this book. If that's the case, don't worry about it. When you explore your partner's body, you may find new erogenous zones she didn't know excited her. Either way, it's a positive experience that can only bring you closer.

## TWO HARD-AND-FAST RULES

My G-Spot positions and techniques all revolve around two basic principles: finding it and applying constant pressure to it. As we covered earlier, women feel the most intense pleasure when you apply strong, constant pressure to her G-Spot, so if you can't access the area well enough to keep your fingers on the button, so to speak, she won't feel much at all.

Always follow these two rules:

- 1. FIND IT FIRST.** If this is the first time you and your partner are experimenting with G-Spot play, take a few minutes to make sure you can find her G-Spot. If you wait until after penetration, you'll have a more difficult time finding it for the first time. Make sure she's fully aroused, and then let your fingers do a little spelunking.
- 2. APPLY CONSTANT PRESSURE.** I know, I keep saying this. That's because it's so important. In order for her to feel G-Spot pleasure, her anatomy requires that you press firmly, until she tells you it feels good, and then keep the pressure even during sex. This is almost as tricky as it sounds, but my techniques will make things a lot easier for you.

I want you and your partner to know how happy I am that you are willing to try new things. I know that it might seem impossible at first to follow my second rule, but with practice and experimentation, it will become easier to give her the firm touch she needs in order to experience a G-Spot orgasm.

## ANATOMY IS EVERYTHING

My new techniques work so well because they take into account the complex anatomy of a woman's sexual organs and erogenous zones.

As I taught you in earlier, the female anatomy isn't designed for easy access to the G-Spot. During normal intercourse, a man's penis doesn't always come into contact with a woman's G-Spot. When it does, it usually slides right past it without applying pressure.

Think of it this way: In traditional positions, your penis slides in and out, not up and down. Since the G-Spot is on the upper part of the vagina, even if your penis did come into contact, physics would prevent you from being able to apply upward pressure with the upper side of your penis—unless you are very, very talented!



To make G-Spot stimulation work, you have to take extra steps to ensure you are able to not only reach her G-Spot, but also apply enough constant, concentrated pressure to the area. Even when you are in the correct positions, if you can't sustain the pressure she needs, she still won't have the optimum G-Spot experience.

Fortunately, my new techniques address the problem of anatomy and show you how make it work for you, not against you. No, you won't have to learn how to move your penis up and down! You will have to learn a few new moves, though, including:

- **MODIFIED MISSIONARY:** My techniques for making this traditional position work for G-Spot pleasure.
- **MODIFIED REAR ENTRY:** Techniques for getting even more out of the classic G-Spot position.
- **SCISSORS:** A gentler position perfect for newcomers to G-Spot sex.
- **WOMAN ON TOP:** Positions that allow her to take control of your lovemaking and guide you toward an incredible G-Spot orgasm.
- **SPOON POSITIONS:** Reclining positions that are perfect for a lazy weekend morning in bed.
- **COWGIRL POSITIONS:** Different styles she can use to ride you like a cowgirl and achieve a rollicking orgasm.

- **TANTRIC POSITIONS:** Classic sexual positions I've adapted for modern-day G-Spot play.

Try every new technique at least a few times. You might find out that the position you found so foreign or funny might turn out to be the technique that brings you and your partner the most pleasure.

Some of the positions I'll cover might seem strange to you at first; you and your partner might even giggle when you try them for the first time. But try every new technique at least a few times. You might find out that the position you found so foreign or funny might turn out to be the technique that brings you and your partner the most pleasure.

## WHAT NOT TO DO DURING G-SPOT PLAY

When you try my new positions, make sure to follow my directions carefully. Although it's unlikely that you or your partner will strain anything while practicing my G-Spot techniques, stop immediately if you experience pain or discomfort anywhere in your body.

Also keep a few other rules in mind:

- **DON'T APPLY TOO MUCH PRESSURE.** Be firm and consistent, but don't press harder than she likes it, or your lovemaking session might end early. Encourage her to talk to you while you're stimulating her G-Spot and tell you when she needs more or less pressure.
- **DON'T IGNORE HER URGE TO URINATE.** Because of its proximity to the bladder, G-Spot pressure can spark the urge to urinate. If she says she has to go, pause for a minute and let her, or she can experience pain during your G-Spot sex.
- **DON'T FORGET TO USE LUBRICANT.** To prevent chafing or tearing, always use plenty of lubricant when you have sex. With G-Spot sex, it's especially important she stays slippery and wet because of the pressure you'll be putting on her G-Spot. You don't want to damage her sensitive flesh.
- **IF IT HURTS, YOU AREN'T DOING IT RIGHT.** My new techniques are meant to bring you and your partner pleasure, not pain. If you're doing something that brings either of you discomfort, then you should stop right away and figure out the source of the problem. It's possible the position just doesn't work for you.
- **DON'T WORRY!** Every new endeavor can be tricky and a little confusing at first.



As you practice my techniques, don't feel bound to do exactly what I say. Incorporate my methods at your own pace, and don't worry if you do things a little different. Keep her pleasure and yours as your primary focus, and you'll soon find that your worries will disappear.

Remember, there is no right way or wrong way to have sex! My techniques and methods are only a gateway to discovery for you and your partner. Let them be just that: a door that allows you to step together into a whole new world of sensual pleasure.

Good G-Spot sex can also have a few delightful bonuses: multiple orgasms and female ejaculation. Not every woman's body has the physiological capability to experience either type of added pleasure, but if your partner is physically able to ejaculate or have multiple orgasms, G-Spot play is the way to find out.

## DON'T FORGET!

- Traditional positions, especially the missionary position, don't work very well because your penis won't come into contact with her G-Spot.
- My new techniques work because they take into account the anatomy of a woman's body.
- The secret to G-Spot stimulation is applying constant pressure.
- Be careful not to apply too much pressure, use lubrication or worry if things don't go right the first few times you try G-Spot play.

# CHAPTER 4

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## INCREASING YOUR INTIMACY

Perhaps the best benefit to trying my techniques is the increased intimacy you and your partner will feel after working together to bring each other a new kind of pleasure.

If you remain open-minded and continue to communicate with your partner, you'll move to a new level in your relationship, even if you've been together for 20 years. In fact, exploring G-Spot play can be the best thing for a relationship, especially if it has been a long one.

The most obvious form of intimacy is physical: You'll be thinking about your bodies in entirely new ways and trying out techniques that involve a great deal of physical expression. But as I've said, the benefits to G-Spot play—and any new form of lovemaking—go beyond the physical.

One of the things I'll teach you in the next chapter is how to effectively communicate during your sensual encounters. When you master the technique of interacting with one another on a deep level of understanding, you'll find that the effort involved with learning how to express yourself more effectively will pay off in increased intimacy and a closer physical and emotional relationship.

## EXPRESSING YOUR NEEDS

The first thing you'll learn is how to tell your partner what you need in order to feel good. I advise you to talk about your needs before you engage in new physical play. Surprises in the bedroom can be fun, but since G-Spot play involves new positions and techniques that don't always work on the first try, communicate with your partner about what you want out of the experience before you try it.

You might feel uncomfortable verbalizing your feelings about sex, but with time, you'll begin to be able to identify what feels great and what doesn't. It might take a few conversations, but because emotional intimacy is so important to your physical and mental relationship, each time you talk, you'll get a little closer to true expression of your desires.<sup>19</sup>

The next step is communicating your needs while you and your partner are making love. It might be even more difficult to express yourself while you're in



the act of physical intimacy. Communication is especially important if you and your partner feel be embarrassed or inadequate if things don't go right the first few times.

Once you and your partner can really say what you want and desire from sex, you'll find that sex becomes more pleasurable for both of you. You'll learn and grow from one another both sexually and emotionally.

## TALKING POINTS FOR TOUGH CONVERSATIONS

Talking about G-Spot play—or any kind of new sexual play—can be challenging the first few times you try. To make the conversation flow more smoothly, remember these tips.

- Don't jump on her the moment she comes home. Give her time to unwind and relax. If she's tense, offer to give her a back rub. If she simply isn't in the mood to talk, leave the discussion for another night. Don't push her into having a conversation, or she could become angry and defensive.
- Don't make a big deal of the conversation. Instead of sitting her down for a serious "talk," bring up the subject when you're doing something normal, like eating dinner together. In fact, the best way to prepare her for an important discussion is to make her dinner or order take-out. She'll be relaxed and more open to a frank discussion if she doesn't have to cook.
- Always start the conversation by complimenting her and telling her you love her. Make sure she understands that you're talking to her because you want to make sex better for *her*.
- When you ask her questions, frame them in a way that doesn't prompt a guilty or shameful response in her. For example, don't tell her you want to find out why you can't make her come. That's like her asking you if she looks fat in her jeans! Instead, say, "I know you have a difficult time having an orgasm when we make love, and I want to do everything I can to change that. Will you tell me a little about what you need?"
- Don't be critical! As soon as you start critiquing her performance, she'll feel like you're blaming her for her bad performance. You are not there to tell her what she's doing wrong. The point of your conversation is to find out what you can do to please *her*.
- If she does want to know what she can do to please you—and wait for her to ask you directly!—stick to the facts, but temper them with compassion and

diplomacy. For example, if you'd like her to perform oral sex on you more frequently, tell her that you love it when she performs fellatio on you and would do love to have it every day because she's so good at it. You may not get your wish, but if you make it clear that fellatio is something she's really good at, you'll be more likely to receive it more often.

When you've had a great conversation about sex, make sure you put what you've learned into play. If she bares her heart and soul to you, only to have you ignore what she told you, then it's unlikely that she'll talk to you again about her needs and desires.

Implement her suggestions right away! If you don't know how to perform something she'd like to try, then learn how to do it together. At the end of this book, I've provided a list of all my sexual technique programs. Why don't you and your lover read through them together?

## LISTENING TO EACH OTHER

Good listening is essential for communication. When your partner shares her feelings with you about what she needs in order to reach an orgasm, always listen to her and encourage her to tell you more. Never make her feel silly or stupid when she's telling you what she wants. If she feels as though you aren't listening to her or are amused by her self-expression, she'll shut down emotionally.

Using active listening techniques is a great way to make sure your partner knows that you're listening to what she's said and understand what she's trying to convey.

When she has finished expressing herself, show her that you were listening by reviewing what she told you so that she understands what she said.

Active listening is really simple. While your partner is talking, listen without interrupting her. Focus on what she's saying and resist the temptation to keep a list of things in your mind that you want to respond with when she's finished speaking. Just then, your thoughts and opinions aren't the focus. The only important thing you should be doing is listening to what she has to say.

When she has finished expressing herself, show her that you were listening by reviewing what she told you so that she understands what she said. For example, if she was telling you that the reason she's so uncomfortable when you give her oral sex is that she feels dirty, you might respond by saying, "Although I think you smell and test delicious, I understand that you don't always feel clean enough to enjoy it when I give you oral sex." You could then propose a solution, like bathing together first.



You may feel like you're just parroting back what she said to you, but you'll actually be showing her that you are really listening to her. When she believes that she has your attention and that you want to learn from what she's telling you, she'll relax and feel more comfortable discussing subjects that previously made her squirm.

## LEARNING TOGETHER

Once you and your partner have established solid communication skills, you're ready to learn about your bodies together. If you've ever tried a new experience with your lover, such as a cooking class or a new sport, you know that learning together can be an exciting way to find renewed pleasure in each other's company.

You might also have found that before you could really enjoy your new activity, you hit a few bumps in the road. Learning anything new takes effort and practice, and when things don't go right, many people are apt to argue, become defensive or experience frustration. The trick is to get beyond those negative surface emotions and concentrate on your goal: having more satisfying sex with your lover.

If you know how to express your needs and listen to your partner, implementing my new techniques can be smooth and enjoyable, with minimal opportunity for disagreement. Yes, you might still have problems at first learning how to perform the actual techniques, but if you turn to each other for help and support, you'll find the new emotional bond you'll be building will be strong enough to sustain you, even when you're certain you'll never get it right.

I can almost guarantee that if you and your partner are patient and compassionate with one another, if you learn and practice good communication skills, you will find pleasure in my new techniques. All you need to do is keep an open mind and practice, practice, practice!

## EXPLORING EACH OTHER'S BODIES

A natural part of learning new sexual positions and techniques is discovering what stimulates both of you. The only way to truly find out this information is to explore each other's body in new ways.

Think of your partner's body as an amusement park. You have your favorite rides and go on them all the time, but lately you haven't been having quite as much fun on them. They've grown boring over time and no longer contain surprises or thrills.

There are many other rides in that amusement park, many of which you've never tried. Determined to really enjoy yourself, you try a few of those new rides. You might find that you enjoy a few of them a great deal, but others are not so great. The only way you're going to find out which rides are the most fun is to try them all.

Exploring each other's bodies is just like your experience at that amusement park. Missionary-position sex and oral sex might be your favorite rides, but you're missing out on a whole lot of enjoyment and pleasure if you don't try a few other attractions. You may find that your favorite rides are still your favorite, but you might also discover a few new rides that are even more fun and satisfying.

Take your time and go over every inch of your lover's body, and make sure she has the opportunity to do the same with you. Stroke each other's arms and legs, bellies and chests, backs and buttocks, feet and hands, pretending you've never touched each other before. Pay attention to how your bodies respond; when you find something that excites either one of you, incorporate that element into your lovemaking.

## THE MIND-BODY CONNECTION

"Sex is emotion in motion." ~ Mae West

If you've read my other [BOOKS](#) and [ARTICLES](#), you already know what a believer I am in the connection between our bodies and our minds. Without that connection, your lovemaking will never achieve the level it needs to be for you and your partner to truly enjoy yourselves.

The best way to build the mind-body connection is to focus on both parts equally, paying special attention to the most important sex organ in a woman's body—her brain!

The best way to build the mind-body connection is to focus on both parts equally, paying special attention to the most important sex organ in a woman's body—her brain! You can be the best lover in the world, but if you don't stimulate her mind and engage her emotionally, neither of you will have truly satisfying sex.

For women, satisfying sex begins before you even touch her. It begins with her emotional needs.

When your partner tells you she's not in the mood for sex, she might be feeling tired, worried, stressed out or overwhelmed by life. If she's feeling any of these things, can you really

blame her for not wanting to make love? In fact, if you press the issue, she may become angry or tearful. If her mind isn't feeling good, her body won't respond to your touch.

But it's possible to help your wife or girlfriend get into a better mood. In the next chapter, I'll share my techniques for appealing to her mind before you interact with her body. Creating a sensual environment is an inspired first step. By pampering her, you'll show her that you understand her needs and want to meet them. She'll probably begin to relax more, and sex might seem more appealing, even when she's had a long day.

Once you engage her mind, you can begin to engage her body. Start slowly and pay close attention to her physical and spoken responses to your overtures. Compliment her and tell her how much you love her. As your verbal foreplay begins to relax and excite her, she'll become ready for physical foreplay.

Don't rush right for her G-Spot! Spend plenty of time exploring her erogenous zones and communicating your desire for her. As she becomes more aroused and her body responds fully to your touch, you can introduce clitoral, vaginal and G-Spot play.

Throughout your lovemaking and afterglow, continue to engage her mind. Even if you don't like cuddling as much as she does, spend some attending to her needs for communication. You'll find sex to be even more enjoyable for both of you.



If you'd like to learn more about rejuvenating your long-term relationship, read my e-book, [DOUBLE HER DESIRE: SECRETS TO SKYROCKET YOUR LOVER'S SEXUAL DESIRE](#), in which I teach you the secrets of bringing passion and romance back into your relationship.

## THE EFFECTS OF MOOD ON LOVEMAKING

Before you initiate any kind of sexual play, especially new techniques, *both* of you must be in the mood to make love. I cannot stress this fact enough!

No matter how eager you and your partner are to enjoy my new techniques, if you aren't both physically and emotionally present, you won't have a satisfying experience, even if you follow every step correctly.

You probably won't have much trouble figuring out what kind of mood you're in, but it might not be so easy to determine what's going on in her head. She might be too busy, exhausted or overwhelmed to tell you what she's really thinking.

If you learn how to identify her sources of stress, communicate with her and read her body language, you might be surprised to discover how easy it is to understand the inner workings of your partner's most important sexual organ—her brain.

## WHAT STRESSES YOU OUT?

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"Sex relieves tension—love causes it." ~ Woody Allen

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Examine the stressful factors in your lives. Although every day will be different, you'll probably find that the same kinds of experiences continually make a negative impact on your and your partner's mood. Keep an eye out for common problems<sup>20</sup>, such as:

- Feeling physically or mentally unwell
- Not eating right or getting enough exercise
- Worrying about problems you can't control
- Feeling overwhelmed by daily life
- Getting poor or too little sleep

- Working too many hours at an unsatisfying job
- Not taking enough time for yourselves
- Having conflict with friends or family
- Dealing with financial difficulties
- Experiencing an imbalance between home, work and leisure
- Worrying about sexual inadequacy or dysfunction

Naturally, these stressors will affect you and your partner differently. You probably won't have the same exact issues as one another. It's highly possible the stressors you do share will affect you both in different ways.

If you continue to pay attention to how stress affects you and your partner, hopefully you'll see a pattern and be able to predict when she will and won't be receptive to sexual play. At the same time, you'll learn how to manage your own stress and use lovemaking to help release it.

Don't forget to assess your own feelings. Men often feel as if they have to perform every time their wives or girlfriends are in the mood. If you are experiencing too many stressors at once, you won't enjoy lovemaking as much either.

## MANAGE YOUR WORRY LIST

My husband and I were eager to try new forms of sexual play, especially G-Spot sex. We'd read a lot about it, and we thought it might be something we'd both really enjoy. We were so excited to try Gabrielle's new techniques, but when it came down to implementing them, we didn't have a lot of luck...at first.

We discovered right away that the biggest obstacle to our intimate exploration was stress. When we didn't talk about our thoughts and problems, we didn't have luck connecting on the deeper level we desired.

No matter what we did with our bodies, our minds were preoccupied with the many disappointments and aggravations of the day—the meetings that didn't go well, the arguments with our bosses and co-workers, our worries about money...you name it! Our troubles felt like a huge swamp that we had to wade through before we could loosen up enough to enjoy each other.



Well, we had to put a stop to that! There was no way we were going to be able to focus on giving each other pleasure if our minds kept getting in the way.

One night, we sat down and talked about the different issues that kept creeping in when we were trying to be intimate. We were surprised to learn that the same kinds of things caused us anxiety, even though our responses to our anxiety were very different. I became moody, and Bill shut down completely.

We made a list of everything we could think of that bothered us throughout the day. I have to admit, our lists were a lot longer than either of us thought they'd be. When we realized how many different stressors we had, we felt a little demoralized. How were we going to deal with all these thoughts? Would we ever be relaxed enough to really enjoy one another?

Then we took a more critical look at our lists. Right away, we noticed several items that weren't important enough to worry about in the first place, like being annoyed when the other person put the toilet-paper roll on backward. I'm not saying either of us ever let something so petty get in our minds during sex, but this was the kind of thing that built all day, chipping away at our patience, until we had little energy left for lovemaking. We vowed to strike those items from our lists of stressors forever.

One night, we sat down and talked about the different issues that kept creeping in when we were trying to be intimate. We were surprised to learn that the same kinds of things caused us anxiety, even though our responses to our anxiety were very different.

Then we thought about the "big issue" items on our lists, like worrying about finances, our jobs or the future. Although these are all important concerns, there's no point in thinking about them when we're trying to be intimate. We resolved to recognize when we were letting broad problems get in the way of immediate pleasure and redirect our energies into each other.

We made a pact that unless the problem demanded an immediate solution or somehow affected our ability to be intimate with one another, we'd set it aside when we made love and talk about it later. It was difficult at first, but with a little practice, we were able to retrain ourselves to live more in the moment and less in a state of anxiety.

## CONNECT WITH HER EMOTIONALLY

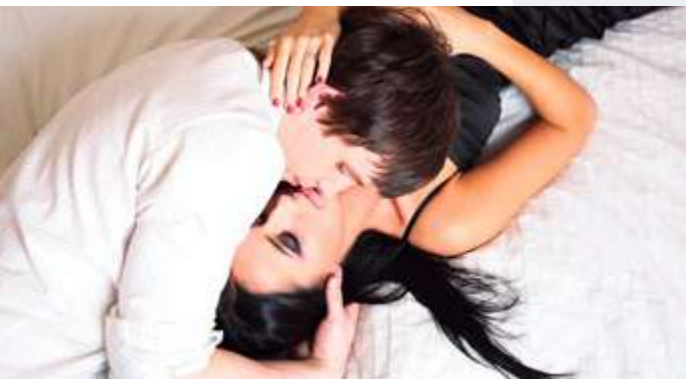
If you think she might be in the mood for making love, the best way to find out for certain is to talk to her. But not everyone is good at discussing how he or she feels, especially

when they aren't feeling good at all, so try to avoid "heavy" conversation. Instead, ask her about her day—and listen! Ask questions to show her you're paying attention to her and care about what she thinks and feels.

When she's had a chance to shake off the day's problems and worries, talk to her about your day. As I said before, you deserve to be in a good mood for sex, too. If you're honest with her and share your real thoughts and feelings, you might find you're even more in the mood.

Remember the mind-body connection: When you engage your lover's mind, you take the first step toward satisfying sex. By communicating your true desires and hopes, you grow closer together.

## WATCH HER BODY LANGUAGE



Do you know the expression, "Her lips said 'no,' but her eyes said 'yes'"? Sometimes it's true. Many times we'll tell our lovers we aren't in the mood or aren't ready for sex, but what we really want is to be persuaded, either by touch or talk. While you're listening to her words, pay attention to what her body is telling you<sup>21</sup>.

If you see any of these signs, explore the possibility that she may be interested in making love:

- Touching her hair
- Smiling and laughing in response to things you say
- Leaning forward or toward you
- Touching your hands or arms
- Flushed appearance
- Dilated pupils

But sometimes the reverse is true. When she says "yes," her body language indicates she's really not that interested in making love. She may want to please you or experience closeness, but if her heart isn't in it, the experience won't be satisfying for either of you.

Paying attention to her words, thoughts and feelings is a great start, but you'll also want to make sure her body language backs up what she's communicating verbally.

Look for these warning signs:

- Her face and/or body are turned away from you.
- She's holding her arms crossed tightly in front of her.
- She's slumped over or has a tough time keeping her eyes open.
- Her face shows indications of exhaustion.
- She's rubbing her face or temples, trying to relieve tension.
- She has dark circles under her eyes.
- She doesn't make eye contact.
- She seems distracted or depressed.

If you notice these signs of unhappiness and stress, don't try to pressure her into intimacy just then. But don't give up hope, either! Compassion, empathy and great listening skills are powerful motivators. Even if the last thing in the world she seems to want is sex, talking to her might change her mind. It can't hurt to try, right?

## DON'T FORGET!

- My techniques include ways to increase the emotional intimacy between you and your partner. Communication is a two-way street: Both of you must express your needs and listen to one another.
- Talking about what you prefer in bed might be embarrassing or uncomfortable at first, but good communication is the first step toward satisfying lovemaking.
- Learning new things together can be challenging, but as you explore each other's minds and bodies, you'll find it easier to communicate and express your needs.
- There is a strong connection between our bodies and minds. If you don't recognize and nurture that connection, your lovemaking won't reach the level of intimacy you need to best explore G-Spot play.

# CHAPTER 5

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## SETTING THE STAGE FOR SEX

**O**ur environment has a huge impact on our mood. If your wife or girlfriend comes home to chaos and a messy house, she probably won't feel very much like being intimate with you. It's more likely she'll want to smack you for leaving her a bunch of work to do! Take the time to create a romantic, sensual environment, and she'll be much more likely to become aroused by the idea of sex.

Too many people ignore the importance of the five senses. If you think about the word "sensual," you'll realize that it's based on the word "sense." If you don't appeal to all five of her senses, you're denying yourselves the fullest sexual experience.

Here's how to engage all five senses for an amazing sexual experience.

## SIGHT

Your lovemaking "stage" should give off an aura of invitation. When she sees you've taken the time to make your home nice for her, she'll probably feel an amorous response. If nothing more, you will have won a bunch of brownie points.

Start with a clean palette—in this case, a clean home. The last thing in the world that women want to do when they come home after a long day is walk into a dirty house filled with someone else's mess. If you hope to have a romantic tryst, clean up the place; if that's not possible, hire a maid! You'll be astonished at your partner's response to this thoughtful gesture.

If your partner doesn't care much about whether or not the house is squeaky-clean, at least make sure you put away the dirty dishes and take out the trash. Tidy up the bedroom and bathroom, and change the sheets and towels.

Next consider the lighting. Most women consider the best light for lovemaking to be candlelight. Arrange candles around the bedroom and bathroom, especially in front of mirrors, where the reflected light will add to the beauty of your experience.





Also consider *removing* her sense of sight, by which I mean using a blindfold or scarf to add mystery to the evening. When we rely less on vision, our other senses become more acute.

## SMELL

It should go without saying that a stinky home isn't very sexy, but I'll say it anyway. No one wants to make love in a room filled with the stench of your dirty socks.

Cleaning up should freshen the room considerably, but to create a truly delicious-smelling environment, light some incense or scented candles. Buy a couple of bouquets of fragrant flowers for the bedroom and bathroom.

Try to use scents that complement each other, like vanilla and lavender, gardenia and musk or rose and honeysuckle. Don't be too heavy-handed—a little bit of scent goes a long way! Instead, focus on providing similar scents in different forms, such as flowers, candles, scented salts, oils and incense.

## SOUND

Good music is essential to a sensual environment. Even if you and your partner enjoy loud rock or rap music, put on something more romantic for this experience. At the beginning of your lovemaking session, opt for something soft and pleasing, like classical, jazz, soft rock or R&B. As your night progresses and your senses of adventure and playfulness take over, the music can be more intense.

As an alternative to music, you might try listening to a "sounds of nature"-type CD, such as ocean waves, rainforest sounds, thunderstorms or forest sounds. This suggestion may sound hokey, but our bodies really do respond to the primal sounds of nature.

## MY FAVORITE CDS FOR MAKING LOVE

When I choose music to make love to, I look for deep, intense music that isn't loud or jarring. I know that a lot of people prefer hard rock beats while they're pleasuring each other, but my tastes run more toward creating a soundtrack for intimacy and passion. Here are my favorite albums to for making love.

- **SADE, LOVE DELUXE:** The warm, romantic voice of Sade's smooth jazz vocals is the perfect warm-up music for a night of lovemaking.

- **CRAIG ARMSTRONG, *THE SPACE BETWEEN US*:** I love this album because it's the perfect length for making love, and the order of the songs coordinates with the intensity of our lovemaking at different stages. It begins quietly and intensely, the perfect atmosphere for foreplay, and then crests to a big finish just in time for my crashing orgasm.
- **PETER GABRIEL, *PASSION*:** Although *Passion* is the soundtrack to the film *The Last Temptation of Christ*, there's nothing religious about this CD! Based on the passionate sounds of African and Middle Eastern music, this album creates an exotic, erotic environment.
- **ENNIO MORRICONE, *THE MISSION*:** Similar to Peter Gabriel's *Passion* in that it's also a movie soundtrack that relies on instrumental music to convey intense emotion, *The Mission* is a beautiful, little-known tapestry of sound that will fill your lovemaking with emotional intensity.
- **MASSIVE ATTACK, *BLUE LINES*:** This club favorite is a surprisingly passionate soundtrack for a wild night of sexual pleasure. Something about the drum and bass line drives me wild.
- **CHRIS ISAAK, *HEART SHAPED WORLD*:** This moody, low-key album features the sensual singing of Chris Isaak, which is perfect for a tender, loving sexual encounter—especially “Wicked Game,” one of the sexiest songs I’ve ever heard.

I also love to have sex to the music of Barry White, Chet Baker, Miles Davis, Sarah McLachlan, Van Morrison, Nina Simone and Led Zeppelin. As you can tell, my tastes run to the eclectic!

## TASTE

Appealing to her sense of taste is one of the simplest ways to spark arousal. Pick up a bottle of champagne or wine, fresh berries or grapes, an interesting cheese or two and some fresh bread. You might also try a few more exotic foods, such as caviar or oysters.

Select light, tasty treats that are bursting with different kinds of flavors and textures. Take turns feeding each



other, sharing the tang and sweetness of the food and drink, catching the juices with your lips and tongues.

## APHRODISIACS

Since ancient times, different cultures have sworn by the aphrodisiac qualities of certain foods<sup>22</sup>. But do they really work? Decide for yourself.



- **PINE NUTS:** Since Roman times, pine nuts, also known as pignoles, have been considered an aphrodisiac in Western European cultures. Toss some on a salad or serve pasta with pesto made with pine nuts.
- **OYSTERS & MUSSELS:** Notorious aphrodisiacs in many cultures, these shellfish are usually eaten directly from the shell, which can be erotic to watch, especially when your partner lets the meat slide down her throat.
- **CAVIAR:** Treasured as an aphrodisiac as far back as the ancient Turks, caviar is not only precious and expensive, but it also contains nutrients thought to strengthen and nourish nerve cells, which can result in a heightened sexual experience.
- **BANANAS:** Watching a woman sensuously peel and eat a banana can be highly arousing, probably because it reminds men of a certain “something else.”
- **ASPARAGUS:** Among other nutrients, asparagus is high in folic acid, which increases the production of histamine, a substance that is necessary for men and women to be able to experience an orgasm.
- **CUCUMBERS:** This phallic-shaped vegetable isn’t just nutritious: Studies have shown that the smell stimulates women’s olfactory senses.
- **TRUFFLES:** Although these treats don’t have any proven aphrodisiac qualities, the sheer act of eating such a rare and expensive delicacy is exciting and arousing.
- **CHOCOLATE:** The Aztecs knew the power of chocolate for enhancing sexual desire, but science has now proven that it really is an aphrodisiac, thanks to large quantities of tryptophan and phenylethylamine, substances that increase pleasure in the brain during sex.

## TOUCH

No, I don't mean your physical touch! When you're creating a sensually inviting environment, pay attention to her sense of touch, meaning the things she'll come into physical contact with before, during and after lovemaking.

Depending on what pleases her most, make the bed with soft, clean sheets made of cotton, linen or silk. If she enjoys wearing lingerie, bring home something silky and delicate to the touch. When you greet her at the door, make sure you're wearing clothes that will make her want to touch your body, like cashmere.

Stimulating the sense of touch is trickier because we seldom isolate this sense for particular pleasure. When you're thinking of ideas for how to appeal to touch, keep in mind three principles: luxury, softness and texture. Faux-fur and chenille throws often combine all three textures, as do plush robes and fluffy bath towels.

## PREPARE YOUR BODIES AND MINDS

Once the stage is set for romance, your next step is to make sure that both of you are in a good physical and mental space to enjoy sex, especially when you are trying a new form of sex like G-Spot stimulation.

Use the communication techniques I taught you earlier to gauge her mood. Once you sense that her mood is moving from stress to relaxation and pleasure, it's time to make your move.

When you're setting the stage for romance, don't forget to attend to your hygiene and appearance. Even if you're planning to bathe together later, clean yourself up and make sure you look and smell good. Wear clean, flattering clothes and, if you both like it, wear your favorite cologne. She'll notice this extra effort, believe me!

When she comes home from work, give her a little time to unwind. Listen as she talks about her day. Use the communication techniques I taught you earlier to gauge her mood. Once you sense that her mood is moving from stress to relaxation and pleasure, it's time to make your move.

But don't rush in too fast! She might be turned on when she sees you have something special planned, but don't carry her to the bedroom first thing. Take the time to start the evening right with a few romantic activities.

## ROMANCE HER

If you and your partner have been together for a long time, you probably already have a good idea of what appeals to her romantic nature. However, since you'll be trying new sexual experiences, why not preface the event with new romantic experiences? Here are a few of my favorite ways to spend a romantic evening with my husband:

- **WINING & DINING:** If her favorite thing to do is eat fine food, why not make her dinner? Going out to eat is a lovely way to spend the evening, but if your goal is to make it to the bedroom, it's much better to stay in, where you can control the environment and ensure the evening remains as special as you want it to be.



If you normally cook for the family, try something more unusual or exotic, like Cornish hens or Ahi tuna. When you select wine for the evening, try something new, perhaps something a little more expensive than you'd normally buy. This is a big event, right?

- **SEXY GAMES:** Try one of the many couple's games on the market. Even if you find them silly, enjoying them together builds intimacy and sparks your sense of adventure. If board games aren't your thing, try something simpler, like blind-man's bluff or a naughty version of Marco Polo.
- **READ HER POETRY:** This might sound like a cliché, but women love it when their men read them poetry! If you write poetry, you automatically win. If not, go online and find a few love poems to read her. You might feel ridiculous—and so might she!—but just as with the games I suggested, sharing the experience, whether sensual or silly, is romantic in and of itself.
- **GIVE HER A BACK RUB:** Who doesn't love a strong, deep back rub? Start with her arms and shoulders, and then move on to her back and neck. At this point, don't grope her or expect her to be ready for sex; focus on relaxation, and pleasure will soon follow.

Although you should always take the time to fully experience and enjoy each aspect of the romantic evening, there will come a point when you'll both be ready for more. You'll be eager to begin the physical aspects of your exploration.

Slow down! You may want to grab each other right then and there, but if you prolong



your pleasure just a little longer, you'll find the resulting intimacy and urgency will add a tantalizing aspect to your G-Spot lovemaking.

## SHOWER TOGETHER

My favorite way to begin lovemaking is to shower with my husband. I hate feeling dirty during sex, so I always like to make sure we're both clean on the outside before we get dirty on the inside.

Showering together is an incredibly intimate experience. The warm water, your nakedness and your physical closeness all combine to produce a slippery, sensual atmosphere that almost demands sexual play. Wash each other's bodies and hair, and luxuriate in the sensations you feel when you touch her and she touches you.

Wash each other's bodies and hair, and luxuriate in the sensations you feel when you touch her and she touches you.

Later on, you might enjoy experimenting with G-Spot play in the bath or shower. Believe it or not, several of my favorite positions for G-Spot sex are particularly well-suited to bathing, including oral and manual play, as well as [WATERPROOF SEX TOYS](#).

When you finish bathing, dry each other off. Rub lotion onto each other's skin, and savor the tactile sensations you create and experience. If you're ready to move onto foreplay, lead her to the bedroom. If you'd like to try something different, read on.

## EXPLORE SENSUAL MASSAGE

Experimenting with sensual massage<sup>23</sup> is an intense, deeply satisfying way to connect with your partner. Like traditional massage, sensual massage involves rubbing the tension out of each other's back, shoulders and limbs.

The difference is that with sensual massage, your focus is on using these movements to create an erotic experience. Think of sensual massage as including everything a professional masseuse *wouldn't* touch during a massage, and then touch all those parts!

Although you can enjoy a sensual massage with dry, warm hands, using slippery, sweetscented oil, lotion or cream will create a silky texture that lubricates your hands, enabling you to dig into her muscles and lightly tease her erogenous zones

If you'd like to try sensual massage, I have a few tips<sup>24</sup> for you!

- 1.** Create a sensual environment, including low lights, soft music and scented candles.
- 2.** After she removes her clothes, ask her to lie down on the bed.
- 3.** Pour a little massage oil into your hands and rub them together to distribute and warm the oil.
- 4.** At first, use a light touch, running your hands over her body. As she begins to relax, use deep, smooth strokes.
- 5.** Start by massaging her shoulders and arms, then move onto her back, buttocks, legs and feet.
- 6.** Ask her to turn over, and begin massaging her shoulders, arms and legs.
- 7.** Next, using a light, sensual touch, begin stroking her breasts and belly.
- 8.** As she becomes aroused, gently stroke her pubis, perhaps stroking her clitoris.



Sensual massage can culminate in orgasm, but it doesn't have to. In fact, if you're experimenting with G-Spot sex, I advise you to hold off on having an orgasm during sensual massage. Use it to rev up her arousal, and then channel those desires into your G-Spot exploration.

If you'd like to learn more about erotic massage, check out my e-book, [EROTIC MASSAGE FOR BETTER SEX: SENSUAL MASSAGE TECHNIQUES TO RELAX HER MIND, BODY AND SOUL](#).

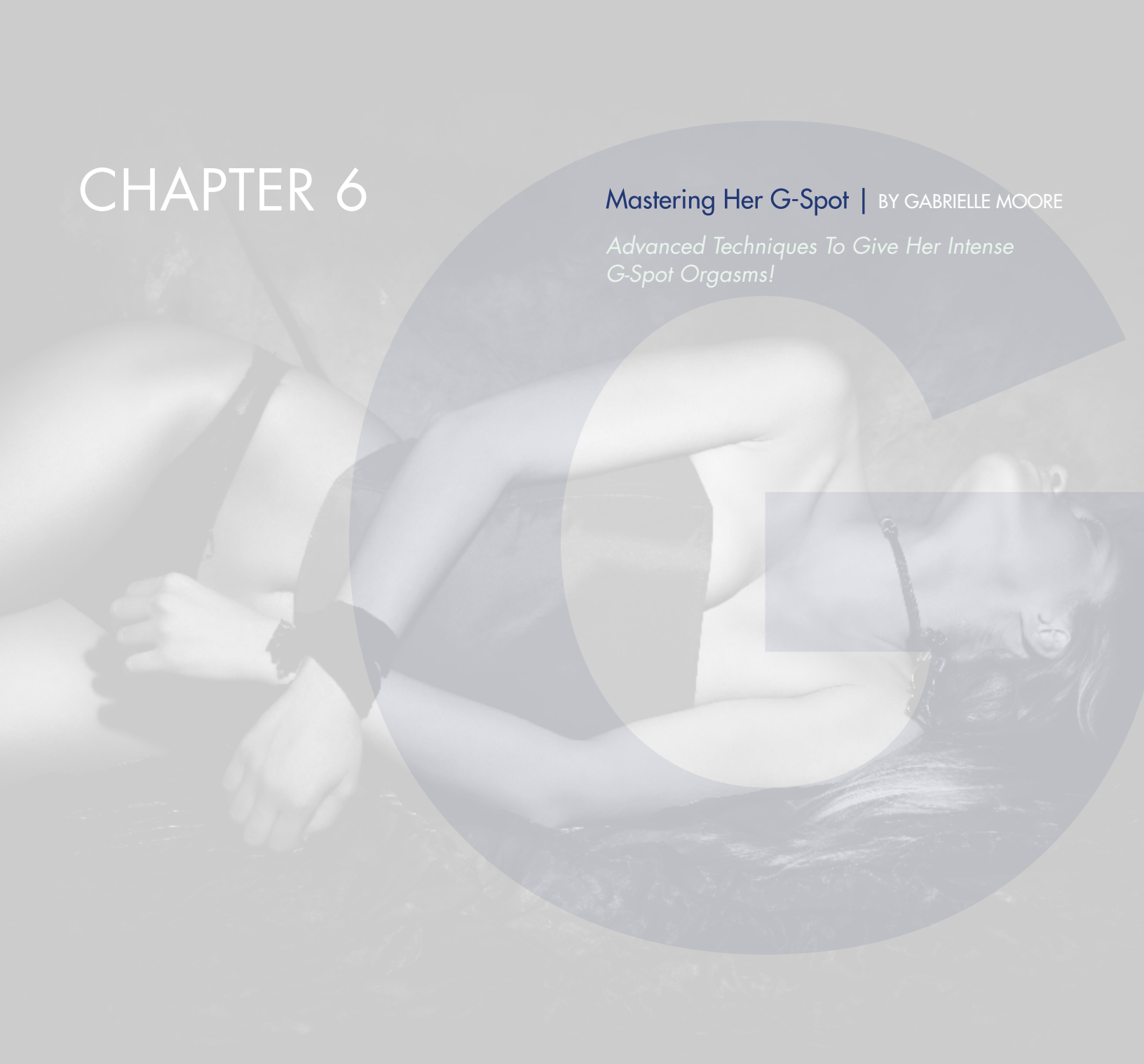
## DON'T FORGET!

- When you're setting the stage for romance, pay attention to the five senses: sight, smell, sound, taste and touch.
- Aphrodisiacs can increase your sexual desire.
- Before you begin with G-Spot play, prepare your bodies and minds for the experience.
- Romance is an important part of foreplay. Try wining and dining her, play sexual games or give her a back rub.
- Showering together is not only a sensual experience, but it gets you and your partner cleaned up for a night of sexual exploration.
- Sensual massage is a "dirty" version of regular massage in that you'll touch the parts normally covered by the masseuse's sheet.

# CHAPTER 6

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## FOREPLAY

“It is not sex that gives the pleasure, but the lover.” ~ Marge Piercy

I cannot place enough importance on foreplay! In all my **BOOKS**, I discuss different foreplay techniques and always stress one simple fact: For women, foreplay is sex. When you don't pay attention to the very important role foreplay has in lovemaking, you deny your partner—and yourself—a rich, full, satisfying experience.

Foreplay is never more important than when you're experimenting with G-Spot play. Remember, for her to find pleasure in G-Spot stimulation, her body must be fully aroused. Unless the area surrounding her G-Spot is engorged with blood, she won't be as sensitive to your touch.

In addition to the normal types of foreplay that work for you and your partner, try a few new ideas that will really rev up the excitement.

## DIFFERENT SEX, DIFFERENT AROUSAL



Men tell me that almost anything can turn them on—a simple brush of their partner's hand across their penis, a flirtatious look or seeing their partner in the nude. What they don't always realize is that sexual arousal works differently for women.

Sex researchers Masters and Johnson were the first to outline the four stages of sexual response in human beings: excitement, plateau, orgasm and resolution. Although men and women go through the same four stages, their respective journeys can vary in time and physicality.



## MALE SEXUAL AROUSAL

If you're a man, you can't understand the female cycle of sexual arousal unless you first understand your own<sup>25</sup>. You may think orgasm is simply a matter of getting aroused and getting off, but believe me, there's a lot more to it than that!

- 1. EXCITEMENT:** The physical signs of male sexual arousal are easy to spot. Your testes begin to elevate, the skin around your scrotum becomes thicker, and your penis becomes increasingly erect. If you don't proceed to Stage 2, your excitement will pass fairly quickly.
- 2. PLATEAU:** At this point, your testes are fully engorged and reach their highest point of elevation, your penis's corona becomes engorged with blood, and seminal fluid (which aids in lubrication) begins to secrete through the tip of your penis. At this stage, the desire for sex becomes very strong; if you aren't able to move to Stage 3, things can become painful.
- 3. ORGASM:** The fluids from different parts of your reproductive organs collect at the end of the urethra, creating a feeling of heaviness that men recognize as the signal of imminent orgasm, and then you experience the contractions you associate with climaxing. It's possible to hold back from completing this stage so you can continue sexually stimulate your partner, but only for a short time.
- 4. RESOLUTION:** During this stage, the penis goes back to non-erect size and all the blood in the testes returns to the rest of the body.

Men also have what is known as a refractory period, which means that for a certain time he will not be able to achieve another erection. That period of time varies from as little as two minutes to as long as two weeks. On average, as a man ages, his refractory period grows longer.

## THE STAGES OF FEMALE SEXUAL AROUSAL

Now that you understand how your own body works during sex, it will be easier for you to spot the differences in your partner's cycle of sexual arousal. Keep in mind that although some women go through these four stages very quickly, most require more time than men before they can move to the next stage.

- 1. EXCITEMENT:** Her nipples become erect, her vagina starts becoming lubricated, her clitoris begins to swell and grow larger, and the inner walls of her vagina begin to expand. Her breasts may even increase in size if she becomes highly aroused.

As these are all physical cues, it's important to pay attention to her body language, too. If she's touching you or kissing you, she's probably excited.

**2. PLATEAU:** Her heartbeat speeds up, her breasts may increase noticeably in size, her vagina swells, her vaginal opening begins to narrow, her clitoris becomes more erect, and the color of her labia darken in color. Only near the end of this stage will her body be ready for vaginal intercourse. Not all women experience this stage of arousal, which is why it's important to give her plenty of foreplay.

**3. ORGASM:** Intense muscle contractions through the pelvic area will occur during the orgasm—a woman can have three to fifteen of these contractions depending on the strength of her climax. She may also experience muscle contractions in other parts of the body as well. Most women's bodies become temporarily rigid at the highest point of their orgasm.

**4. RESOLUTION:** If a woman has achieved orgasm, she may be able to have multiple orgasms during the resolution stage. Otherwise, her body will return to normal, but at a slower rate than if she had climaxed. During resolution, her breasts and nipples can become very sensitive, so don't touch them aggressively.

Now that you understand the physical stages of sexual arousal in women, you'll be able to identify them in your lover, which will enable you to give her the foreplay and stimulation she needs to experience an incredible orgasm.

## DON'T TOUCH!

This piece of advice may seem counterintuitive, but one of the most erotic forms of foreplay involves no touching at all! I call it "pre-sexual touching," and the idea is to get as close to each other as possible without actually making contact.

If you aren't already naked, get that way, and then have her lie on the bed, face-down at first. Sitting next to her, run your hands over her hair, making sure you don't actually touch it. Her nerves will respond to the closeness of your hands by making her hair stand on end, in which case her hair will touch you.

Continue to move your hands down her body without making contact. If she keeps her head turned away, she won't know where your hands will travel next, but the nerve endings in her skin will register the static energy your movements create. Move your hands randomly over her body, so she'll have to guess where you're visiting next.

If you'd like, have her roll over on her back and continue this pre-sexual touching on her front side. After a few minutes of this exquisite pleasure, she'll beg you to put your hands on her for real.

## KISSING

When you've been married a long time, it's easy to forget how much pleasure you can find in simply kissing one another. Remember when you were first dating your partner? It seemed like you could spend the entire night kissing, didn't it?

Part of rejuvenating your sexual relationship is going back to that time, physically remembering sensations that excited you then and incorporating those activities into your lovemaking now.

Part of rejuvenating your sexual relationship is going back to that time, physically remembering sensations that excited you then and incorporating those activities into your lovemaking now.

Kissing is a great place to start. Before you move on to serious foreplay, spend ten minutes kissing each other. Don't fondle each other during this time; use your arms and hands to hold each other and deepen your

kiss. Focus entirely on the sensation of your lips meeting hers.

Although you'll definitely need to move beyond kissing to enjoy the techniques I'm describing in this book, you can still enjoy the pure pleasure of kissing as a form of foreplay.

## HEAVY PETTING

Instead of reaching straight for the "good parts," spend time touching each other's bodies. This move is particularly effective if you tried my pre-sexual touching technique. The absence of touch is erotic, and when you finally allow yourselves to come into contact with one another, you'll explode with sensation.

Start by gently stroking each other, delighting in the feel of skin-on-skin. As your passion increases, your urgency will grow, and you'll find yourselves touching each other with stronger hands, teasing out sensations you may not have known were possible. Now it's time to explore her erogenous zones.

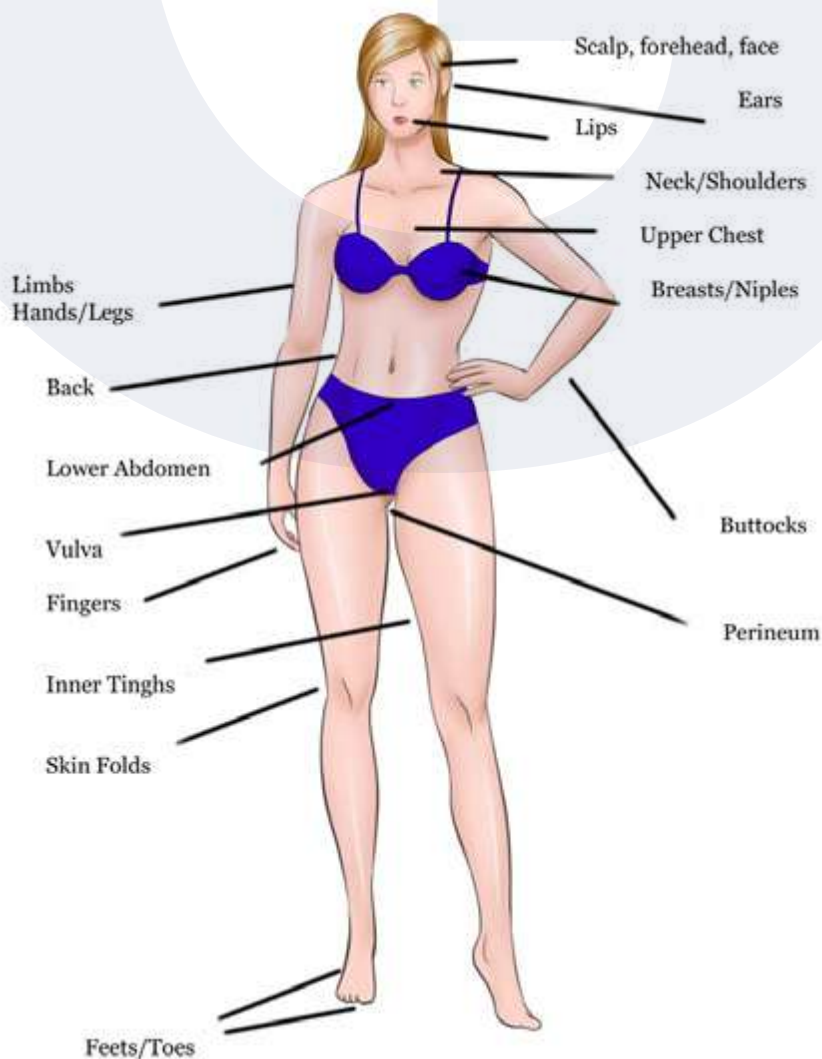
## EROGENOUS ZONES

If you aren't sure where her erogenous zones<sup>27</sup> are, it's time to find out! A few erogenous zones are easy to figure out—her breasts, neck, clitoris and vagina—but with a little exploration, you might find that she loves it when you please her in other areas, too:

- Earlobes
- Nape of the neck
- Hollow of the throat
- Underarms
- Undersides of breasts
- Belly
- Waist
- Inner thighs
- Buttocks
- Behind the knees
- Feet and toes
- Inner crook of the elbow

Don't be surprised if she doesn't respond equally to your touch on every erogenous zone. Every woman's body is different. Explore her own unique landscape and take note of what she finds particularly pleasurable.

Start your exploration by lightly touching one of her



erogenous zones, like the nape of her neck, an especially sensitive area. She will probably lean into your touch. If she does, keep going, using your lips to arouse her further.

Don't head for the "good parts" yet; see if you can discover a few more erogenous zones first. The area on the back of her leg, where her thighs meet her buttock, is incredibly sensitive to touch, as are the backs of her knees.

The deadliest erogenous zone is her inner thighs. With the right touch, usually light and tantalizing, you can have her moaning in no time, begging you to head north and touch her clitoris. Don't do it! Spend a little more time with her other erogenous zones, traveling back to the inner thighs when she least expects it. You'll soon have an incoherent woman writhing with uncontrollable passion.

If you'd like to discover more about how to turn on a woman on before having sex, download my e-book [TURN HER ON FASTER: ADVANCED FOREPLAY TECHNIQUES TO SEDUCE HER MIND AND BODY](#), which describes my completely new approach to the art of foreplay.

## AFTER-PLAY

When the fireworks are over and the world stops spinning, your erotic encounter is NOT over! The aftermath of a powerful orgasm can leave you both reeling. Although you might feel like falling right to sleep, you'll be missing the opportunity to share an incredibly intimate moment with your partner. If you take a few minutes to engage in what I call "after-play," then you'll cement the bond you just created during your incredible sexual experience.



## BRINGING HER BACK TO EARTH

If you've ever had a mind-blowing orgasm, you know that afterward you can feel physically sensitive and drained. A woman feels the same way, but her emotions are usually also involved. After she comes, don't pull away. Hold her as she struggles back to earth. Kiss her and stroke her hair gently. Make sure she feels your arms around her as her breathing and heart-rate calm, until she's fully back to reality.



## CUDDLING

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Most men are not big fans of cuddling after sex. It's been my experience that they'd much rather roll over and go to sleep. Although this is a perfectly valid way to feel, it's not the best way to connect emotionally and spiritually with your partner.

I think the disconnect with regard to cuddling is that men think women want it all night long. Although many women just might love that, most will understand if you need your space when you sleep.

But there's no reason you can't spend a little time cuddling with her when your love-play is over for the night. Even ten minutes is enough to demonstrate to your lady that you understand sex is about more than orgasms. You'll show her you realize her needs don't end with your orgasm, and she'll love you all the more for it.

## TALKING

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If most men don't care for cuddling after sex, then they usually downright dislike talking after sex. I can understand why! Personally, the last thing I want to do after I make love is have a long conversation about, well, anything.

**Talk to your wife about how she feels after orgasm and what she needs and desires.**

Unfortunately, not all women are like me. Some really need to talk when they're coming down from sex. If you enjoy a little after-play chatting, there's no problem, right? But if you're like most men, you'd rather do just about anything than talk after you've had an orgasm.

See if you and your lady can reach a compromise. Perhaps she could agree to keep her post-coital comments limited to "sweet nothings," meaning compliments and words of love. If she needs to talk about what she did and didn't like about your sensual encounter, she might understand that you'd rather discuss it the next day.

For your part of the compromise, you could agree that you'll listen the next day when she recaps your experience. You might also agree to five minutes of conversation before you cuddle her and fall asleep.

Talk to your wife about how she feels after orgasm and what she needs and desires. You may not be able to provide her with hours of cuddling and intimate conversation, but you could show her you love her and respect her needs by spending a few minutes giving her what she desires. After all, didn't she just give you an amazing orgasm?

## DON'T FORGET!

- Although the stages male and female sexual are similar, they are also very different.
- Most women consider foreplay as an essential part of sex.
- Don't rush into sex. Take time to kiss and stroke each other.
- Learn where her particular erogenous zones are located.
- After play can be just as important as foreplay.

# CHAPTER 7

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## BASIC POSITIONS MODIFIED

Before you attempt the “fancy” positions in the next chapter, you’ll need to master the basics. Up until now, you and your partner may only have tried a few positions during your lovemaking. For most people, these positions will be missionary, rear entry and, possibly, woman on top and spooning.

The good news is that if you and your partner enjoy these basic sexual positions, you won’t have to make too many adjustments to incorporate my new techniques. The bad news is that you may have to unlearn a few bad habits. Fortunately, you’ll have a great time while you’re learning.

## USING SEX CUSHIONS

If you’ve never used a prop or sex pillow before, now is the perfect time to try it. When you experiment with G-Spot play, you’ll be putting your body into positions that may feel unnatural to you. Having extra support will make it easier for you to relax and trust that your sexual activity won’t hurt your body.

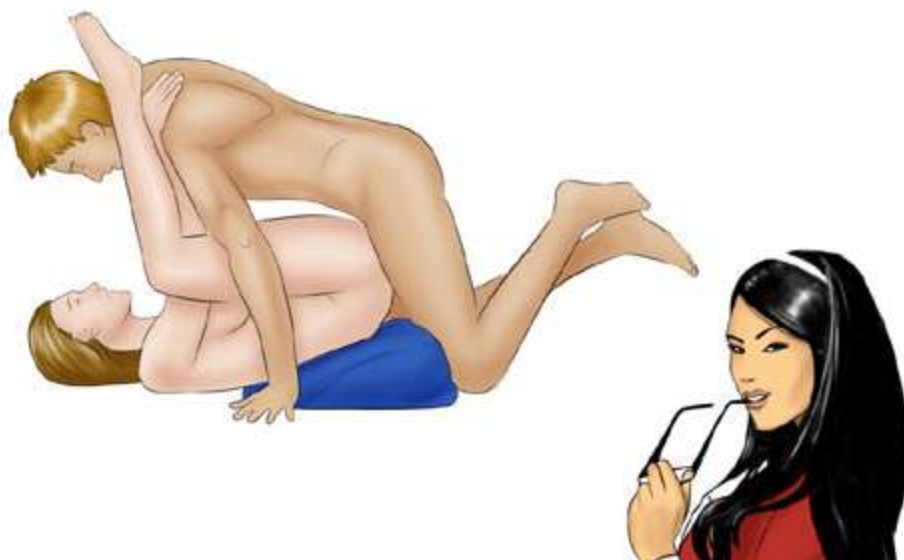
My husband and I use a [SEX CUSHION](#) when we’re tired or have worked out too hard to sustain some of the more acrobatic positions we love.

I didn’t like the pillow at first—I felt ridiculous on it!—but after he accidentally knocked me into the headboard one night while we were having sex in a rear-entry position, I’ve been glad of something to hold onto!

Originally designed to make intercourse easier for people with disabilities, sex cushions are just what they sound like: special pillows used for stabilizing the body during intercourse. Wow, that doesn’t sound very sexy, does it?

You’ll think the same thing when you see your first sex cushion. They’re ergonomically designed to support your body, so they aren’t much to look at, certainly nothing sensual.

Usually made of poly-fill and nylon, sex cushions are firm, wedge-shaped pillows in a



variety of shapes and configurations. The basic cushion is a right triangle, usually about 18" to 24" long. You can use the wedge from different angles, depending upon the kind of support you need when you try the different techniques.

I recommend using a sex cushion when you first try the G-Force and any other positions that require you or your partner to balance in new ways. Some women-on-top positions fall into this category, too. The point of sexual play is pleasure, not pain, and using a sex cushion ensures your pleasure-seeking session remains a pleasure.

Although you probably won't need to continue using a sex cushion as you master G-Spot sex, I strongly recommend that you use a pillow at first. Some of my techniques require you to move your bodies into new positions in which you could potentially strain your muscles. Prevent injury by making sure that you feel comfortable and supported at all times.

## MODIFIED MISSIONARY

As I've mentioned already, regular missionary sex doesn't work very well for G-Spot sex. It feels great, but when you're in this position, it's difficult to line up your anatomy so she'll feel G-Spot pleasure.

The problem is that the missionary position is the most popular position. According to Alfred Kinsey's studies on sexuality in the mid-20th century, as many as 70% of U.S. men reported using just this sex position, to the exclusion of all others.<sup>28</sup>

"In most cultures, it is not the most used position," says Beverly Whipple, PhD, RN, professor emerita of Rutgers University in New Jersey and secretary general of the World Association for Sexual Health. "Cultures would laugh when they saw the missionaries having sex in that position. That's why it was called the missionary position."<sup>29</sup>

Since you can't fit your hands between you to further stimulate her G-Spot, you might think that missionary sex just won't work. Wrong! I have to be honest with you. When I first read about the ineffectiveness of the missionary position for G-Spot play, I felt challenged. No one





seemed to think this position would work, but I was determined to find a way.

It should come as no surprise to my regular readers that with a little practice, my husband and I were able to find a modified position that allowed me to have a crashing orgasm. We were so proud to have proven everyone wrong.

The secret? A pillow. Yep, that's it! Here's what to do:

1. Have her lie on the bed as she would for regular missionary sex.
2. Place one or more pillows under her bottom, which will tilt her pelvis upward.
3. Lie on top of her and enter her as you would with the unmodified missionary position.
4. Using one hand to support yourself, move the other to her vagina. The pillows should have positioned her pelvis so that it opens more space between you.
5. If you are able to reach her G-Spot with your free hand, apply as much pressure as you can, until she tells you it's enough.
6. As you enter and withdraw, keep your hand in place and allow the movements of your pelvis to rock your hand into her. You won't have to use your finger muscles to keep the pressure steady; your concentrated pelvic motions will hold your fingers in place.

My husband and I love our modified missionary position because it brings our bodies into a great deal of contact with one another, and we have the chance to look into each other's eyes while we are making love. He doesn't strain his arm muscles trying to keep his fingers on my spot, and I don't have to waste energy trying to keep my hips elevated. We can focus purely on the feel of our bodies coming together. It's wonderful.

Keep in mind that although missionary is the most common position, and my new techniques are easy to master, it might take a few lovemaking sessions before you and your partner can really connect in this position.

## MODIFIED REAR ENTRY

Although most sex experts claim that rear entry on its own is one of the best positions for G-Spot sex, that wasn't our experience when my husband and I tried it. Our anatomy

lined up perfectly: He was able to drive his penis directly into my G-Spot. The problem was that his penis felt like a jackhammer! The level of pressure was perfect, but every time he entered me, it was as if a battering ram were trying to break down a door. Not sexy!

Another problem was that when he was giving me long, penetrating strokes, he didn't always land back in the same spot. Let me explain.

My husband and I enjoy it when he enters me deeply, and then pulls out almost all the way before entering me again. In a typical rear-entry position, he would pull out, and then drive back in, but he didn't always hit my G-Spot when he entered me again. It didn't feel good. At times, it almost felt painful.

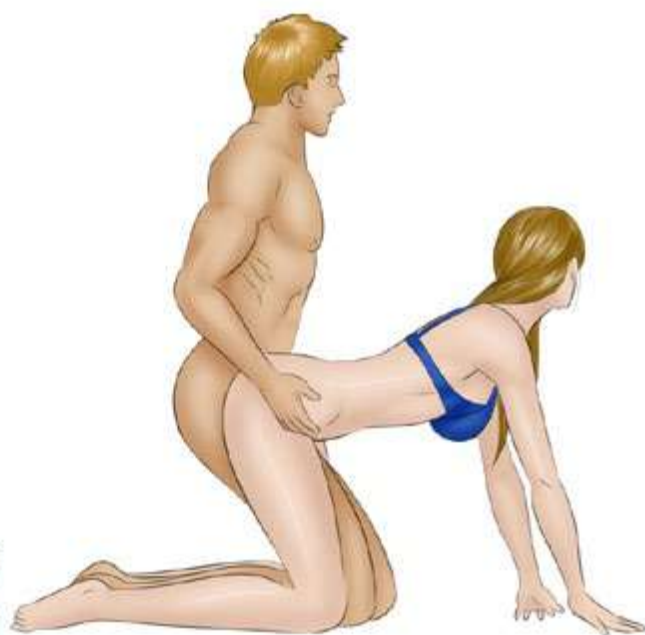
With a few modifications, however, we worked out a modified rear-entry position that worked beautifully. The secret is in your pelvic motions: Think short and deep, and you'll get the idea.

Here's what to do:

1. Have her kneel on all fours. She should spread her knees slightly, tilting her pelvis back and up. She'll probably be tempted to place her face down on the bed, but it's important for her to keep her back flat and her pelvis tilted up. Make sure she keeps her elbows locked and her head and spine aimed out and up.
2. Enter her from behind, as you would with typical rear-entry sex, penetrating her as deeply as is comfortable for her.

3. Holding her hips and keeping your own hips firmly in place, make a compact upward-scooping motion with your pelvis. Do not pull out more than an inch or two.

4. Continue making these stroking motions until she lets you know her G-Spot is responding. At that point, apply more pressure with your thrusts, concentrating your focus on pressing the top of your penis against her G-Spot. Moving your hips



and penis in small, tight circles is a great way to keep the pressure firm.

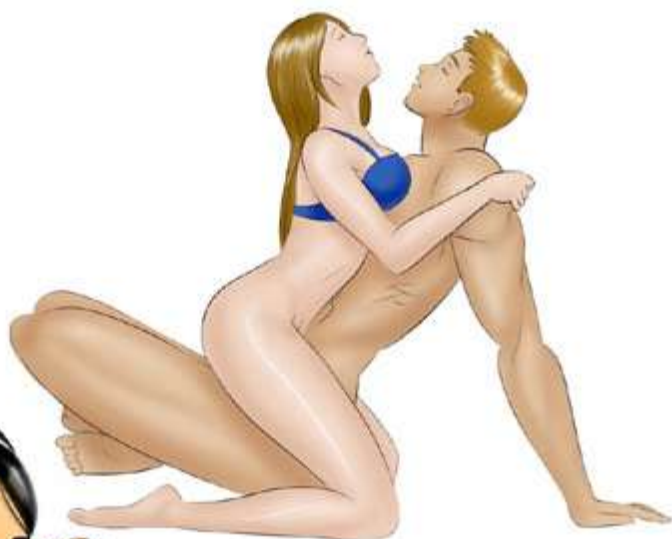
**5.** As you're penetrating her with your penis, reach one hand around her and touch her clitoris. Circle it gently with your forefinger, and then, as she responds, make your movements firmer and more concentrated, mimicking the motions of your hips as you grind into her.

When we discovered how well this position worked for us, modified rear entry was the only position we used for weeks. For the first time ever, it felt amazing. It was my first time experiencing orgasms from my vagina, clitoris and G-Spot at the same time. I felt as if I were going to explode—and then I did!

If you and your partner have any difficulty with this position, adjust the height of the pillows or experiment with different angles and thrusting depths. You might find that your partner enjoys longer or shallower strokes, or she might love it when you give her fast, hard strokes. Find out what works best for both of you.

## WOMAN ON TOP

Personally, I have the best time being on top, regardless of the kind of sex we're experimenting with. I enjoy so many things about this position! I like being in control of my own pleasure and feeling as if I'm really giving my husband pleasure. When I'm on top of him, I can look in his eyes and connect with him on a deep emotional level.



But one of the nicest advantages of the woman-on-top position is that he gets to sit back and relax a little. As you'll notice, most G-Spot positions involve a great deal of effort on his part. It's fun work, but it's work nonetheless. When I'm on top, he can really enjoy himself.

Here's what I do:

- 1.** After making sure he's comfortable on his back, I straddle him and ease myself onto his erect penis.
- 2.** Next I move forward and adjust myself until his penis is exactly where I



need it to be. This location will vary from woman to woman, so let her guide you during this phase of your G-Spot exploration.

**3.** Once I'm in place, I grind my pubic bone into his, lining up my clitoris and, behind it, my G-Spot, so that both sensitive areas are smashed between the two hard bones.

**4.** Next I grind into him in small circles, gripping his penis with the walls of my vagina. This feels amazing! If you sustain the motion long enough, there's a very good chance you'll have a G-Spot orgasm.

**5.** As I'm grinding into my husband, he uses his free hands to caress my body. I love it when he touches my breasts while I'm on top because it feels so primal. I also love it when he uses one of those free hands to stimulate my clitoris at the same time.

The best thing about this position is the control it gives your partner over her orgasms. She'll move according to her own natural rhythms, finding motions that pleasure her most, and sustain those motions as long as she needs to achieve orgasm.

## SPOONS

Spooning is an incredibly intimate way to experience G-Spot sex. It has all of the benefits of the modified missionary and rear-entry positions—you'll maintain full body contact while in the position most likely to give her an orgasm—but the position allows you greater access to her vagina, clitoris and G-Spot.

Once you've mastered the techniques I outlined in the rear-entry position, you'll have no problem enjoying G-Spot sex in the spooning position.

Here's what to do:

**1.** Lie on the bed in the cuddling position, like two spoons in a drawer, curling your body around hers from behind.

**2.** Enter her slowly from behind. In a spooning position,



it might be more difficult for you to remain inside her once you've entered her. To make things easier, have her raise her upper leg slightly and rest it on your upper leg.

**3.** Once you're inside, use the same techniques I described in the rear-entry position to stimulate her G-Spot.

**4.** You have two options for clitoral stimulation: either of you can do it. You'll both be in the perfect position to touch her clitoris. Hey, why don't both of you do it together?

I think that women like this position so much because of how intimate it is. Although you aren't facing each other, your bodies are in constant contact. Your hands are free to touch and caress her, and spooning is the perfect position for whispering sweet nothings into her ear while making love.

## THE SITTING SPOON

Once you've tried the spooning position, the sitting spoon is a piece of cake. You'll use the exact same technique in a slightly different position. Here's how to do it:

Get onto the bed together, and rest on your knees behind her.

Pull her onto you until she is deeply impaled on your penis and your bodies are in full contact, exactly as they were in the spooning position, but sitting.

At this point, either of you can "drive the car." If you want to be in charge, pull her against you as you grind into her. If she wants control, have her push back against you. Of course, compromise is best—try to develop a coordinated motion of pulling, pushing and thrusting.

As you push into her, thrust upward, making full contact with her G-Spot. Depending on how she likes it, give her short or deep, fast or long strokes. Just make sure you





keep that pressure firm! Holding her belly from behind will give you extra support.

Encourage her to touch her clitoris as you thrust into her, or let her hang on while you stimulate it for her. Don't forget to touch her breasts and hips, which can also help you drive into her in exactly the right spots.

My husband and I tend to use this position when we're feeling a little wild. Although it's still a pretty basic position, it feels a little more exotic, especially when switch to sitting spoons from the rear-entry position. It's actually a nice change-up, putting pressure on different parts of our knees and joints.

## "BASIC" DOESN'T MEAN BORING

Please don't think that because I've classified the positions in this chapter as basic they are boring! Quite the contrary—they are just as erotic and sexually satisfying as the advanced positions in the next chapter.

Good sex is dependent on a mutual connection, deep communication and extended foreplay. The actual sexual position doesn't matter that much, as long as it works. Although I'd like you follow my advice as best you can, especially the first few times, feel free to add your own modifications.

## DON'T FORGET!

- Sex cushions can help prevent injury during sex.
- The secret to my modified missionary position is an elevated pelvis.
- Modified rear entry is one of the easiest positions for G-Spot play—as long as you use your fingers to stimulate her during sex.
- The woman on top position allows her to take control of your lovemaking.
- The spoon positions afford you the opportunity for gentle, intimate G-Spot sex.

# CHAPTER 8

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## ADVANCED POSITIONS

“Don’t worry, it only seems kinky the first time.” ~ Author Unknown

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**A**fter you and your partner have spent time mastering the basic positions, you’ll be ready to try a few fancier moves. If you haven’t tried many different positions before, these techniques may seem difficult or even a little daunting.

You might feel uncomfortable moving your bodies in ways that are so different from what you’re used to. Some of these positions may feel embarrassing at first, but give them a try anyway. You’ll never know what will appeal to you and your partner unless you try.

If you feel any of these thoughts, you are perfectly normal. As we get older, it becomes more difficult to step outside our comfort zones. But if we never challenge ourselves or our expectations, we’ll never grow and develop as sexual human beings.

No matter how you feel at first, try each of these positions at least once. If a position doesn’t work for you, you don’t have to try it again. However, I would challenge you to give it another go even if your first experience wasn’t great. Sometimes getting used to new sensations takes more than one try.

As you experiment with these fancier positions, good communication is essential. You’ll be trying techniques that are brand-new to both of you, and by talking about your feelings and what you are experiencing, you can encourage each other and make each other feel more comfortable.

All right, let’s get fancy!

## THE SCISSORS

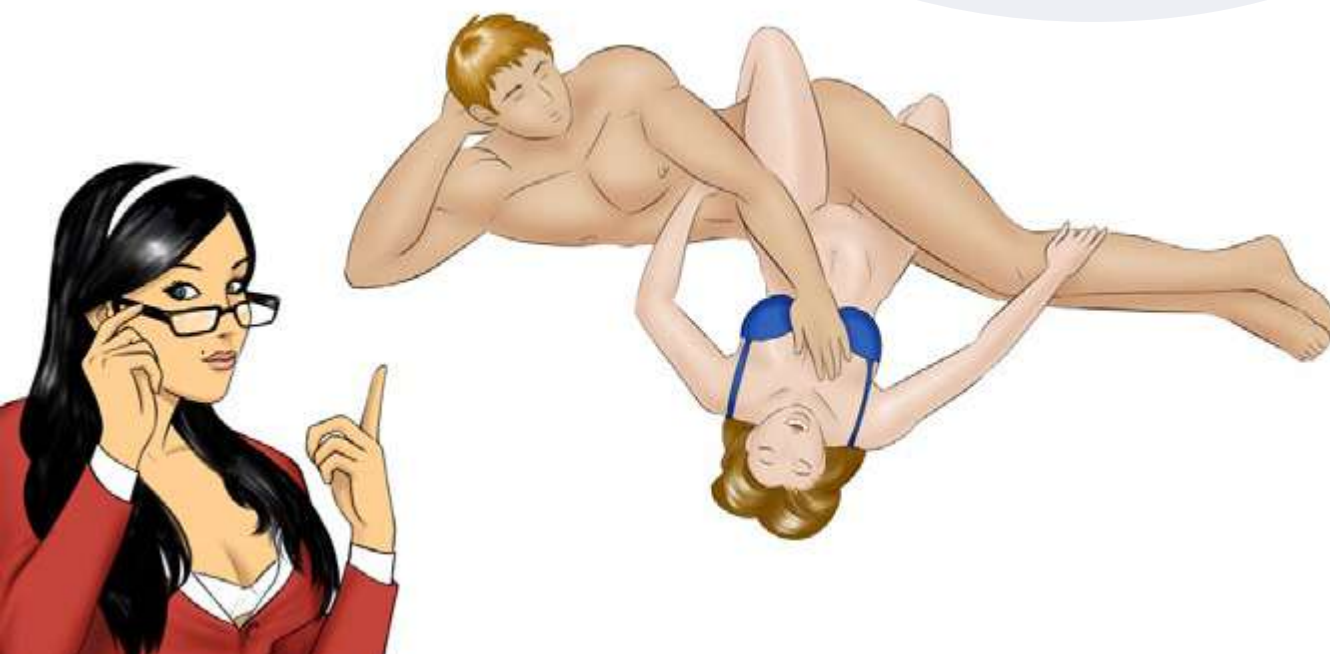
This position is so simple that it really belongs in the “Basic” section, but because it will probably be new for most of my readers, it will seem very fancy the first time you try it.

Scissoring is when your legs and bodies come together like two pairs of scissors, joined at the hinge. Here’s how it works:

1. Have her lie on her back on the bed.
2. Approach her sideways, with one leg and hip on the bed, and place your other leg over her thigh so that her leg is sandwiched between your legs.

3. Have her place her other leg over your hip, so that your leg is sandwiched between hers.
4. Once you've moved your bodies into the correct position, insert your penis into her vagina. Take your time with this part—your bodies won't be used to coming together in this position, so it may take careful maneuvering to maintain penetration.
5. Keeping your penis firmly within her, rotate your body until your head is closer to her feet.
6. From this position, begin thrusting into her. It might be difficult to support yourselves, so try to use a wall or bedpost to control your motions.
7. Once you develop a rhythm, add manual stimulation to the mix. You'll be in the perfect position to stimulate her clitoris—try pressing down on her vulva so that her clitoris is engaged as you thrust into her G-Spot. She is also in a terrific position to touch herself, including her G-Spot.
8. As you near climax, grab each other's hips to give yourselves better traction.

When we first started trying new forms of G-Spot play, the scissors position was really helpful in helping us figure out exactly where our bodies met, giving us a better understanding of how our anatomy worked. We still try this position from time to time, especially when we're having lazy Sunday-morning sex.



## REVERSE COWGIRL

I love Reverse Cowgirl so much that I have to shout it: REVERSE COWGIRL IS AMAZING! I love the amount of control it gives me over my orgasm, and my husband loves the amount of pleasure I feel when I have an orgasm in this position.

So why is reverse cowgirl so great? Because she can be in complete control of her body<sup>30</sup>—she can choose the exact position that pleases her most. She can control the speed and intensity of your lovemaking. She can pump up and down or gyrate, ride you with short, gentle strokes or pound you with fast, deep strokes.

Like the basic woman-on-top position, he can relax a little and let me do most of the work. It's a win-win for us—perhaps it will be for you, too.

Here's how reverse cowgirl works:

1. Lie on your back on the bed in a comfortable position.
2. Have your lover sit astride you, facing your feet, and lower herself onto your penis. Be careful with this step—you don't want to bend your penis or cause yourself any discomfort.
3. She will then need to bend forward, so that her face is near your knees, to align her body with yours.
4. Now she can use the techniques she mastered in the basic woman-on-top position, grinding her body into yours.
5. As she presses her body downward, toward your feet, hold her hips and pull her into you, increasing the pressure on her G-Spot.
6. Reach around to caress her clitoris, if you can reach it. If not, encourage her to touch herself so she can experience the maximum amount of pleasure.

I can't tell you how many of my girlfriends have become devotees of the reverse





cowgirl position. Although a few of them had a slow start with it, they found that with a few tries, they experienced the same kind of explosive orgasms as I do.

## REVERSE COWGIRL SITTING UP

As the name implies this position is a simple variation of basic reverse cowgirl.

Use the exact techniques I described in reverse cowgirl, but instead of lying forward, have her sit back into you. She'll experience the same benefits and rewards as in the original position, but she'll have more options for moving her body, for example:



- Using her feet as support, she can gently bounce up and down.
- She can lean forward onto her knees and back into you while you pull her closer.
- She can grind into you, making small pelvic circles.

- She can use her hands and feet to support herself while you thrust upward into her.

See, the variations are endless! Whichever techniques you try, remember to stay focused on your goal: stimulating her G-Spot. In this position, you'll both have lots of access to her clitoris, and you will have manual access to her G-Spot, as well. Try different combinations and see what works best for you.

## FORWARD COWGIRL

A favorite Kama Sutra position, the fusion so closely resembles a position I call forward cowgirl that I'm going to take the initiative and call them the same position. It's really a combination of the woman-on-top and sitting-up reverse cowgirl positions, so even though forward cowgirl seems fancy, if you've mastered the other two techniques, you'll find this one simple to perform.

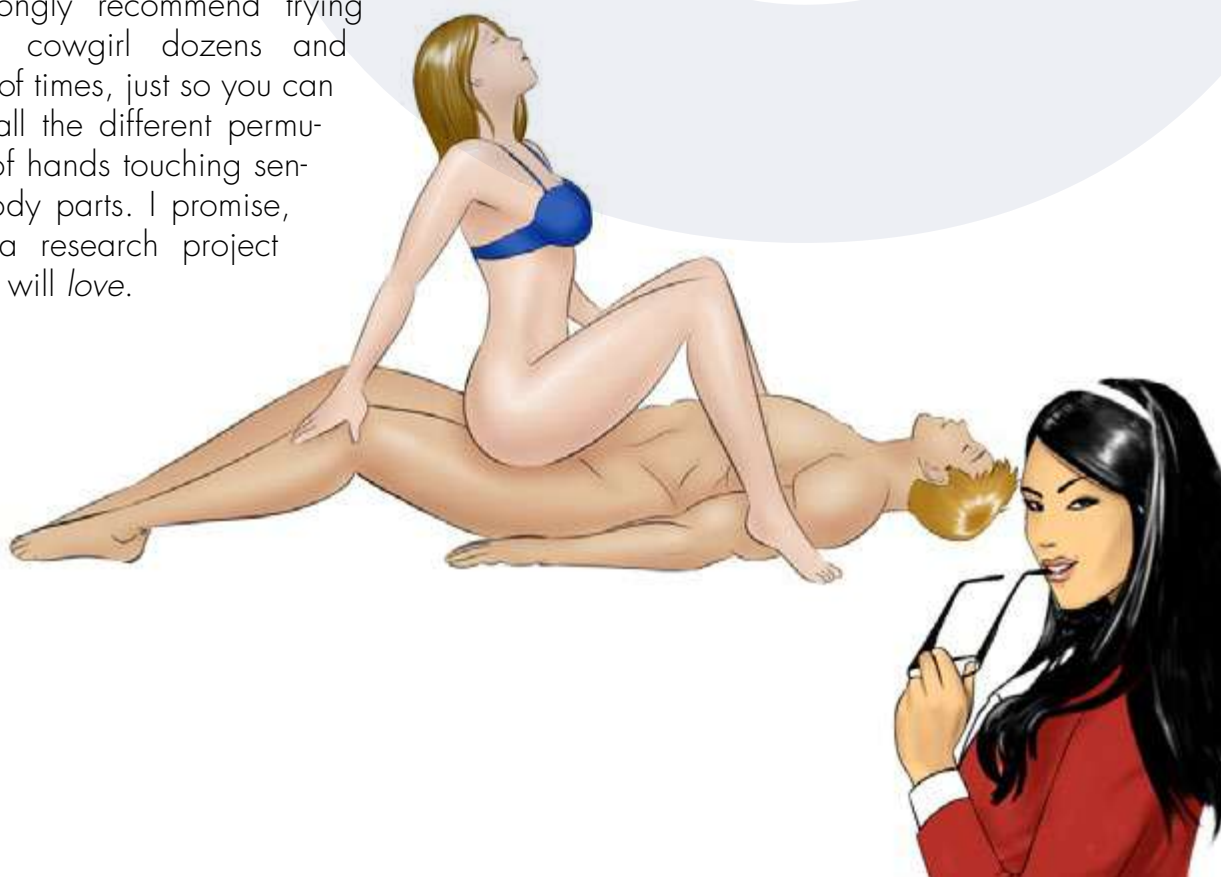
Here's how to do it:

1. Lie on your back on the bed.
2. Have her sit astride you, facing your head, and lower herself onto you.

That's all there is to it! Now that you're in the proper position, you can mix it and find the right combination of stimulation. For example...

- She can lean back against your knees and support herself with her arms while you thrust your penis against her G-Spot and caress her clitoris.
- She can lean forward, placing her arms above your head, while she thrusts down against you. Manual stimulation won't be as accessible, but this variation allows her to find and maintain firm, direct G-Spot pleasure.
- She can sit upright with her legs draped over your chest and shoulders. In this variation, she won't be able to use her legs to move herself, so you'll need to grab her hips and move your body against hers. She can use one of her free hands to enjoy clitoral stimulation.
- She can even ride sidesaddle! Once she's in place atop you, have her move both legs to the same side of your body. Again, you'll need to control the action and support her body, but there's something very primal about grabbing your woman by the hips and thrusting into her from a lying-down position, especially when is an erotic position like any of the cowgirl techniques.

I strongly recommend trying forward cowgirl dozens and dozens of times, just so you can try out all the different permutations of hands touching sensitive body parts. I promise, this is a research project that you will love.



## THE FLOWER PRESS

A tantric position<sup>31</sup>, the Flower Press is sometimes referred to as “legs over shoulder.” I much prefer the sensual sound of “Flower Press,” though, so that’s the name I’ll use.

Before we started playing with G-Spot stimulation, my husband and I had never heard of this position, let alone tried it. We had a few giggles trying to master the position, but when our bodies finally came together in just the right way, the giggles quickly turned to moans of pleasure.

It’s a complicated position, but once you get the hang of it, you’ll find it’s much easier than you thought. Here’s how to do the Flower Press position:

1. Have her lie on her back, and then enter her as you would for typical missionary sex.
2. Next she’ll raise her feet and put them over your shoulders.
3. Once her feet are in place, pull her upward and toward you until her knees are almost resting on your shoulders.
4. Bend down slightly until her buttocks are resting on the top of your thighs, supporting her body.
5. Begin thrusting as you normally would during my modified missionary G-Spot position, until you’ve aroused her G-Spot enough that it responds to your penis as it passes it. Tilt your pelvis upward so that you’re making the same scooping motion we covered in the modified rear-entry position. You’ll basically be driving the top and head of your penis directly into her G-Spot.
6. When she begins to respond, use firm, deep strokes to maintain the pressure on her G-Spot.
7. As she nears orgasm, use one hand to caress her clitoris, which should be easily accessible in this position.



The first time we tried the Flower Press position, we felt ridiculous, as if we were trying to defy gravity. But with a little practice and manipulation, we found a way to enjoy this position comfortably. The trick is in finding the right way to support yourselves while you enjoy this position. Once you get the hang of it, though, you'll find it's easier than you imagined.

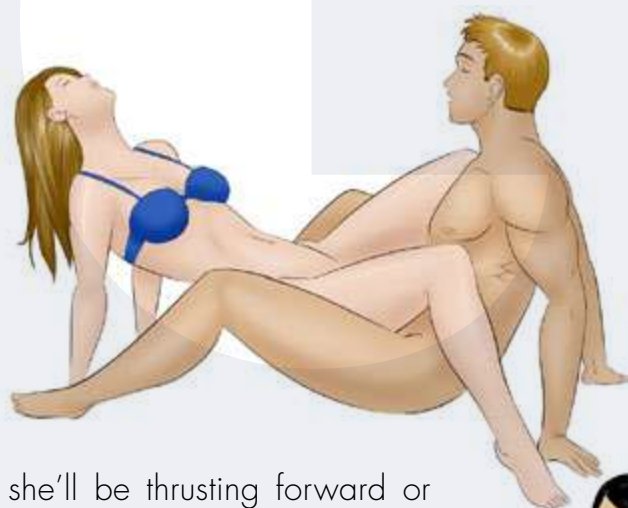
## THE ROTATED WOMAN

Of all the G-Spot positions, I think the rotated woman looks the most bizarre on paper, and yet it's also one of the most effective for experiencing powerful G-Spot orgasms. It might be a little difficult to get into position, but if you've tried the forward cowgirl, you already know how to do the rotated woman.

The only thing that differentiates forward cowgirl from rotated woman is the position of her body: Instead of riding you, she'll lie back against your legs, so that the two of you are parallel, only connected at the sexual organs. I know, it sounds difficult, but trust me, it isn't!

The physics of the rotated woman are a little different, too. In forward cowgirl, she'll be thrusting forward or down. In rotated woman, she'll be thrusting upward into you.

Because of the inherent awkwardness of this position, it may be difficult to find enough traction to continue a smooth rhythm. Use each other's arms and legs to help you thrust, especially when it's time to apply that firm, constant pressure to her G-Spot.



## THE G-FORCE

If you thought the rotated woman seemed acrobatic, then you'll understand why I've saved the G-Force for last. It's quite a workout, and you'll both need to be fairly limber to make the position work for you.

If you are physically up to trying this position, go for it! Yes, it takes extra strength and flexibility to enjoy the G-Force, but this position is the absolute best position for simultaneous clitoral, vaginal and G-Spot stimulation.

If you do it right and practice enough you'll be amazed at the strength, length, intensity and duration of her orgasm. In other words, the hard work is more than worth the result!

Here's how to conquer the G-Force (by the way, I didn't give this position its name, but I sure do like it!):

1. Have her lie on her back and pull her knees up to her chest, holding her ankles.
2. Kneel in front of her and take her ankles, allowing her to support herself with her arms while you set her into place.
3. Slowly penetrate her until you are all the way inside her.
4. Still holding her feet, keeping your penis inside her, move closer to her, raising her body, until her back is at a 45-degree angle to the bed and her thighs are parallel to it. If this is hard to visualize, study the diagram and it will all start to make sense.
5. Once she is in the G-Force position, you can begin to thrust in and out. In this position, your penis will come into direct contact with her G-Spot.
6. As you're thrusting, continue to hold her ankles, using your grip to move her body along with your rhythm. Thrust gently or ram hard—both kinds of thrusting feel incredible.
7. In this position, you will both be able to stimulate her clitoris. If you elect to do it, you can also apply stronger G-Spot pressure.

We really enjoy this position because it is the single-most effective one for G-Spot orgasms. My husband holds me in place while I use a G-Spot vibrator that also gives me clitoral pleasure. I have to say, the orgasms are incredible. Although we're not always physically up to having sex in the G-Force position, when we do, we have a night of mind-blowing, unforgettable sex.





More than any other G-Spot position, the G-Force will require time, communication and practice to master. Be patient with each other as you experiment, and don't forget to make sure you're both physically comfortable during this pleasurable workout. Once you experience your first G-Force orgasm, you'll understand what all the fuss was about!

## DON'T FORGET!

- The scissors position looks difficult, but in fact it's very simple.
- The cowgirl positions give her several variations for taking control of her pleasure during sex.
- The flower press can be easier to perform if you use a sex cushion.
- The rotated woman, although similar to reverse cowgirl, involves a different set of sexual muscles.
- Although the G-Force is the most challenging G-Spot position, it's also one of the best!

# CHAPTER 9

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## WHEN IT'S ALL ABOUT HER

Most of the time, my husband and I spend the evening giving pleasure to each other, but sometimes he surprises me with a night of passion purely for my sexual gratification.

First he meets me at the front door and carries me into the bathroom, where he runs a bath and tenderly washes my body and hair. Then he leads me to the bedroom and ravishes me all night long—and he refuses to let me return the favor. Those nights, it's all about my pleasure.

The first time he spent the night pleasuring me, I felt bad because I didn't think he was going to experience any sexual satisfaction. I soon realized that he was enjoying our love play as much as I was. With time, I got over my feelings of selfishness and concentrated on enjoying the wonderful gift he was giving me.

If you've never focused solely on your lover's pleasure, doing so is an exciting and unforgettable way to introduce her to G-Spot play. You have a number of options for bringing her to a crashing orgasm, including manual, oral and sex-toy techniques.

## LET YOUR FINGERS DO THE WALKING

I think that manual G-Spot play is really underrated. Too many people seem to think that using your fingers isn't that exciting, that oral sex and penetration are the only ways to go during partner sex. Although I understand those impulses—both acts feel amazing!—when you ignore the pleasures your fingers can bring her, you'll both miss out on an entire realm of love-play, one that will not only make her come, but also teach you more about how her body works.



Think about it: What better way is there to learn how to stimulate her G-Spot than by using your fingers and carefully watching her response? Although there's certainly nothing wrong with learning about G-Spot play through oral and intercourse techniques, there's a distinct advantage to starting with your hands: You'll have a better view of the action.

When you're giving her oral sex, there's a lot going on and a limited

space in which to view it. When you're having intercourse, you can't see much at all. When you're just getting started with G-Spot orgasms, you might try the manual approach at first. You'll be able to focus on what your hands are doing to her and watch her face and body language for clues about what really pleases her.

## DIGITAL PLEASURE

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Before you get started, you need to know a few facts about the clitoris. First off, it's very sensitive! I know, you already knew that. But to put things in perspective, the glans of the clitoris has more nerve endings than the entire head of your penis—and you know how sensitive that is. Be gentle with her until you know how her anatomy works and what her body tells you.

Okay, now let's get down to business! Here's how to give her an amazing G-Spot orgasm with your bare fingers.

- 1.** Start with foreplay. Don't head directly for her vagina. Instead, spend time kissing and caressing her face, neck, breasts and belly. Arouse her different erogenous zones. Bring her to a heightened state of sexuality before you even begin with manual stimulation.
- 2.** Once she's hot to trot, so to speak, lay her back on the bed, and make sure she's comfortable. Adjust the pillows to support her hips and neck so you can make sure that she's totally relaxed and ready to abandon herself to pleasure.
- 3.** Sit next to her on the bed near her hips, facing her side. This position will place you at the perfect angle for reaching her G-Spot.
- 4.** Start by gently touching the area around her vulva, including her belly, hips, thighs and the sensitive area just above her pubic hairline. When she starts to squirm and sigh, you know she's ready for more.
- 5.** Using the techniques I outline in the sidebar, "New Ways to Titillate Her Clit," begin to stimulate her clitoris. Use a few different ideas, and mix them up a little. After a few minutes, she should be fully aroused and very wet. Now she's ready for G-Spot stimulation.
- 6.** Keeping one hand free to caress her clitoris, use the other hand to stimulate her G-Spot. First slip one finger inside her and find her G-Spot. If it's engorged and sensitive, insert a second finger and apply gentle pressure. If not, spend a little more time on foreplay.

7. Watch her face and body as you touch her. Ask her to give you feedback on the pressure you're applying to her G-Spot, and adjust your touch accordingly.
8. When you've found the perfect amount of intensity, work on your rhythm. Try to coordinate the motions of both hands, so that your clitoral manipulations match the pace of your manual G-Spot stimulation.
9. As she nears the crisis point, continue to press upward into her G-Spot, and stimulate her clitoris with your other hand. She may prefer a consistent finger technique at this point, something without variation. Many women report that they have stronger, better orgasms if their lovers stick with the same stroke when she's nearing the height of pleasure.

Once you've mastered the art of giving her a G-Spot orgasm with your hands, it's time to move onto the trickier stuff: oral play.

## NEW WAYS TO TITILLATE HER CLIT



When your partner masturbates with her fingers, she probably knows exactly what she needs to get off. She might even do the same moves every time because they work so well for her.

When you're the one doing the finger-play, however, you won't be able to replicate her exact movements—unless you're lucky and maybe a little psychic! You'll need to find a few new movements unique to the way you are pleasing her with your fingers.

Consider these new techniques for clitoral play:

- **THE ROLL:** Place your thumb and forefinger on either side of her clitoris and roll it very gently and slowly. As she begins to respond, you can roll more quickly and intensely.
- **THE REVERSING CIRCLE:** The most common way to caress her clit is by tracing circles on it with a finger or two. In my move, you'll incorporate the element of surprise. As you're circling,



change directions back and forth. Don't use a particular rhythm; be unpredictable.

- **TRACING:** Some women don't like too much direct pressure on their clits. If your lover is like this, use one finger to trace the perimeter of her clitoris. Vary the pressure and intensity according to her body's response.
- **THE ABCS:** One of my favorite tricks is to trace the alphabet on my clitoris. This technique will feel incredible because the stimulation will vary so much. Trace the letters of the alphabet forward and backward—write whole words, if you'd like (how about "I love you"?).
- **TAPPING:** This technique is just what it sounds like: You'll tap her clitoris with a finger. I don't mean you should bang out a drumbeat on it—be gentle! Start with light slow taps, increasing the intensity and speed of your movements as she begins to respond.

Now that you know five new ways to touch her clitoris, mix them up a little the next time you make love. Try starting with tapping, and then move onto the roll, tracing and the ABCs. Finish up with the reversing circle.

Any of these strokes can be combined with G-Spot play, and you can also try the moves with your tongue during oral play.

## AMAZING ORAL G-SPOT PLAY

I believe that cunnilingus is the most intimate act a man can perform on a woman. When my husband gives me this gift, I can feel his love for me radiate throughout my entire body. He loves performing it, too, and it seems like he always comes up with some new trick to please me. He's so thoughtful!

Cunnilingus is the most intimate act a man can perform on a woman. When my husband gives me this gift, I can feel his love for me radiate throughout my entire body.

Most men I've spoken with about cunnilingus feel the same way as my husband. Although they don't receive any direct sexual gratification, they find a great deal of pleasure giving oral sex to their wives and girlfriends.

Oral sex and G-Spot play are an amazing combination! As you pleasure her orally, your hands will be free to explore other parts

of her body, including her G-Spot. While you're so focused on her vaginal pleasure, you'll be in the best position to observe her body language and give her exactly what she's asking for.

## “ORAL SEX MAKES ME FEEL DIRTY”

My friend Alanna spent most of her adult life disliking oral sex. She and I would talk about it over a glass of wine sometimes. Although she had a good body image and great self-esteem, she still felt unclean and unappetizing when her boyfriend tried to perform oral sex on her.

After she'd loosened up a bit, she was able to tell me why she felt this way. It seemed that when she was in her early 20's, she was dating a man who didn't like performing oral sex. He wasn't honest with her about it, though, so when she hinted that she'd like it, and then he turned her down, she felt rejected and unattractive, not understanding that the problem lay within him, not her.

For years afterward, she refused to allow anyone to give her cunnilingus, certain that the reason her former boyfriend wouldn't do it was because she was dirty down there. Her lovers told her that her fears were all in her head and that she smelled great and tasted even better, but she was never able to believe them, not even her husband after she married him. Her early negative experience had made oral sex a scary topic for her.

I empathized with her because that's exactly how I'd felt early in my marriage. My husband, bless him, had had very little experience performing cunnilingus. In fact, he'd never done it before we met. The first few times we tried, he seemed to be overwhelmed by the smell and taste of me. I felt so ashamed that I told him I didn't really like it and wouldn't mind skipping it.

One of the first things I did on my quest to become a sex expert was sit down with him and share my feelings about cunnilingus.

One of the first things I did on my quest to become a sex expert was sit down with him and share my feelings about cunnilingus. Much to my surprise, he laughed, telling me that it wasn't me that was overwhelming him, but his lack of expertise. What I mistook for revulsion or disgust was actually nervousness and low self-confidence.

Little did I know what I had missed out on for so many years! Once my husband and I shared our feelings and desired, we began to develop the techniques I'm sharing with you in this section on cunnilingus. I soon stopped worrying and allowed myself to relax and enjoy the pleasure he was giving me.

The result? Amazing orgasms every time he gave me oral sex.

## CREATE AN ORAL-FRIENDLY ENVIRONMENT

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Many women feel uncomfortable receiving cunnilingus because they think they don't smell or taste good. Even if you love the way she smells and tastes, she might have a difficult time believing you. During the experience, she might be so busy worrying about her body that she'll be unable to focus on your oral play.

If your lover feels this way, assure her that you love everything about her body, especially the way she smells and tastes. Take some time to make sure you've done everything you can to make her feel beautiful and special. Here are some ideas.

- Before you get started, take a shower together. Wash each other's bodies until she feels squeaky clean.
- Create a seductive environment, including clean sheets, music, fresh flowers and candles. She'll experience more pleasure if her body and mind are relaxed and stimulated.
- Make sure you're both comfortable. My husband and I have found that the most comfortable position for us is with me lying back on the bed with my knees over the edge and him kneeling on a pillow between my thighs.
- Compliment her. Tell her how gorgeous she is and how much you love the way she tastes and smells. You really can't do this enough!

When she's ready for you to begin, don't go for the gold. Go slow, and warm her up with my techniques for oral foreplay. Even if she has no inhibitions about cunnilingus, a slow approach will rev up her senses so high that when you do begin to pleasure her orally, she'll be begging for it.

## EROTIC ORAL FOREPLAY

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One of the reasons my cunnilingus techniques work so well is that I advise my readers to spend a lot of time physically preparing her body. Don't dive right in. Instead, use your hands and mouth to stimulate her erogenous zones before you begin your oral play. Here's what to do:

- Start by kissing her and softly running your hands over her body. If she seems tense, suggest a massage. Otherwise, continue to touch her lightly, watching her body for signs of arousal.



- As she begins to feel aroused, spend a little time visiting her erogenous zones with your fingers, lips and tongue. Take your time, and mix it up.
- When you can see she's hot and bothered, gently spread her legs, and get into position between her thighs. Gently blow on her inner thighs. This move should drive her wild!
- Next, stroke her inner thighs with the tips of your fingers. Kiss her lightly all the way up her inner thighs, beginning at her knees and working your way up. Keep your kiss light, like your touch.
- When you reach her vulva, nuzzle it a little, breathing lightly on it and touching it a little with your tongue.

By now, she should be flushed, panting, writing and moaning. In other words, she's primed for oral sex!

## PERFORMING G-SPOT CUNNILINGUS

Once she's completely aroused, it's time to get down to business. Make sure you're physically comfortable because you're going to be down there a long time—and loving every second of it.

Here's what to do next:

1. Gently spread her labia and kiss her clitoris. Begin to tongue it a little, getting the area moist and slippery. Gently nibble her if she likes it.
2. Before you begin with G-Spot play, spend time giving her purely oral pleasure. Don't rush it—take your time. You may even want to bring her to the edge, and then stop, a tantalizing move that gives her an explosive orgasm when you finally allow her to have one.

3. As you focus on her clitoris, use different strokes to stimulate her. Small, tight circles feel wonderful, as do brief lapping motions. Try the finger techniques I described in the sidebar; many work well for oral stimulation as well.
4. Not many women like a sloppy, mushy clitoral kiss, so try to keep your tongue firm as you lick her. Vary the pressure and intensity according her body language, or ask her to let you know when she needs more or less.
5. Use your tongue on other areas of her vagina, like her inner and outer labia. Nuzzle, nibble and tongue her there. You might even start penetrating her with your tongue. A brief break from clitoral stimulation can arouse her even more—she'll be dying for you to get back to it.
6. Begin licking her clitoris again, and insert a finger into her vagina. Stroke in and out a few times, and then add a second finger. Touch her G-Spot. If it's engorged and sensitive, she's ready for you to incorporate G-Spot play. If not, continue with your oral foreplay.

The great thing about oral sex is that she will experience a great deal of pleasure whether or not she has an orgasm.

7. As you continue to lick her clitoris, curve your two fingers upward and apply pressure to her G-Spot. Match the intensity of your tongue licks with the pressure you're applying to her G-Spot.

8. When you can tell she's getting close to coming, try a technique that drives me wild. Rapidly and firmly lick her clitoris as you press into her G-Spot, pressing

with the same rhythm as your tongue. Continue this move until she explodes.

The great thing about oral sex is that she will experience a great deal of pleasure whether or not she has an orgasm. In fact, you don't have to give her one just yet! If you hold back just before she comes, you'll build sexual tension. Then, when you do bring her to climax, the orgasm will feel even more intense.

## TIPS FOR BETTER ORAL PLAY

You might not think there's a wrong way to perform cunnilingus, but I guarantee things won't be nearly as fun if you don't follow these rules:

- Never lick her clitoris with a dry tongue! It can chafe and even hurt her if your tongue sticks to her body. As you get started, before she's wet, make sure your own mouth is filled with saliva.



- Don't dive directly for her clitoris. Use my techniques to slowly build up the tension and arouse her fully before you begin oral play.
- Variety is fun and keeps her on her toes, but when she's getting close to coming, pick a move and stick with it until she explodes.
- Encourage her to tell you what feels good. She may feel hesitant to do this at first, but if you give positive feedback to her requests, she'll see that communicating her desires really works.
- While you're performing oral sex, pay attention to her body language. If she moves to position herself differently under your tongue, go with it. It can be really difficult for men to know the exact spot she needs your tongue to travel next, but she'll tell you with her body.
- When you start with G-Spot play, apply gentle pressure at first until she warms up to your internal touch. As she becomes aroused, apply firmer pressure.
- Don't insert your fingers until she's fully aroused—maybe even begging for it! Many times the feeling of your fingers sliding into your body will send her over the edge. Make her wait for it.

Although my techniques usually work for most women, your lover's needs and preferences might vary. She might take only a few minutes to get off, or she might need as much as an hour before she can come. Some strokes may make her giddy, while others leave her cold. She might prefer light play or a deep, intense experience.

The point I'm making is that even if you follow my advice to the very word, your lady might need something different when you give her cunnilingus. Experiment with different techniques until you find something that gives her a rollicking orgasm.

If you'd like to learn more about how to give amazing oral sex, download [HOT LICKS: THE ULTIMATE 5 STEP PROGRAM FOR MASTERING THE ART OF GIVING HER EXQUISITELY ORGASMIC ORAL SEX](#), one of my most advanced programs, in which I teach you my best techniques, positions and secrets for giving a woman orgasmic oral sex.

## DON'T FORGET!

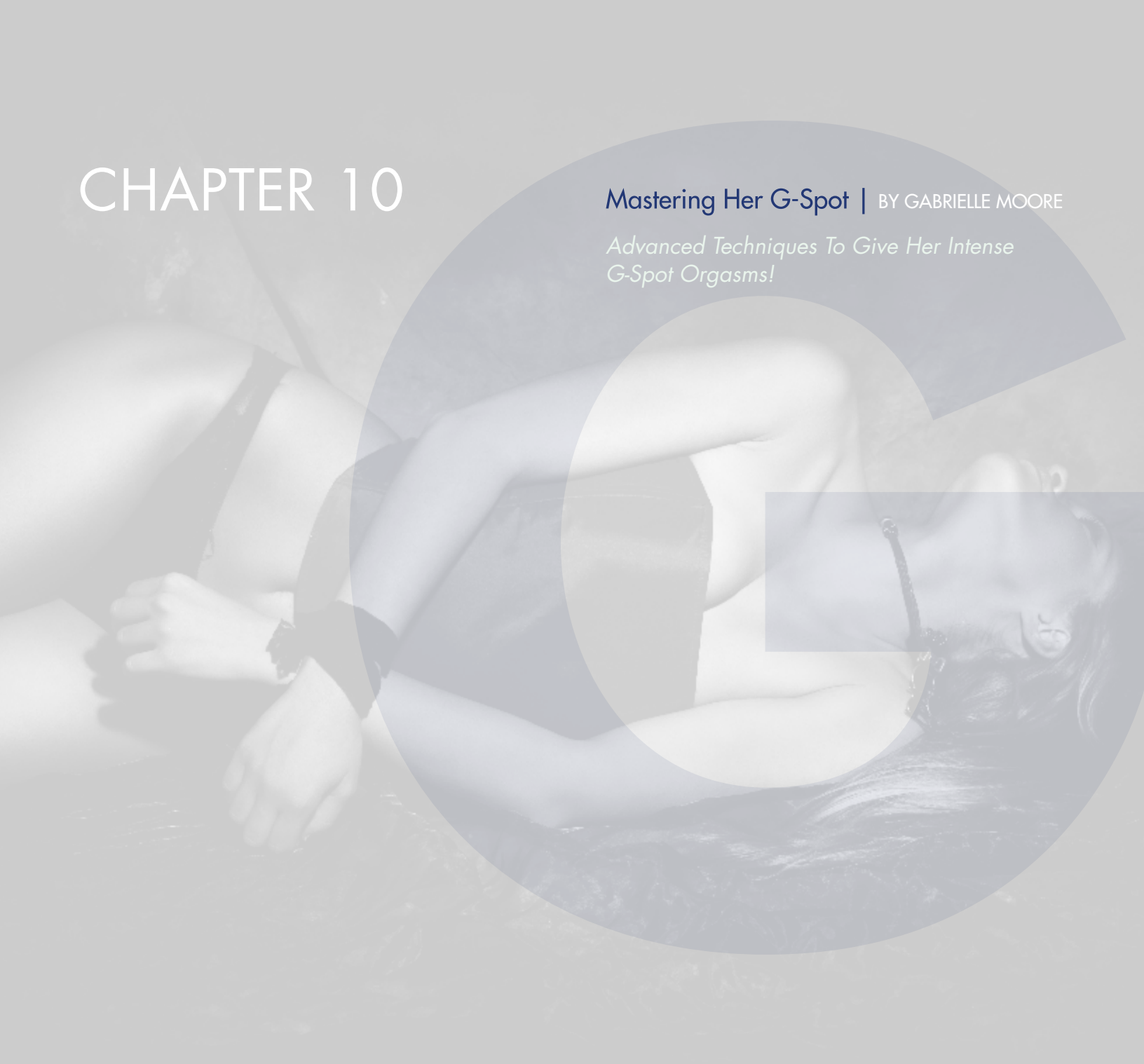
- Manual pleasure is one of the easiest, most direct ways to stimulate her G-Spot.
- Try using different strokes while you're revving her up for a climax.

- Variation is fun, but at the end she'll probably want you to perform the same motions until she comes.
- Some women don't enjoy oral sex because they have preconceived ideas about how they smell and taste. Showering together and giving her compliments will relax her.
- Create a sensual environment to create a comfortable atmosphere for oral play.
- Oral foreplay can arouse her so much that she'll have an explosive orgasm once you move on to cunnilingus.
- Incorporate G-Spot play by using your fingers to apply pressure while you perform oral sex.

# CHAPTER 10

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## SEX TOYS

“The best sex I have ever had was with my vibrator.” ~ Eva Longoria

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**M**y first experience with sex toys was a disaster. I was 20 years old, and I’d never used a vibrator before. My boyfriend at the time brought one over one night as a surprise for me. Instead of being excited about his gift, I was totally embarrassed.

I couldn’t imagine why he thought I’d want something like that. Was he trying to tell me there was something wrong with our lovemaking? And what if he meant for me to use it alone? He’d know I was masturbating! The mere idea turned my embarrassment into utter mortification.

Although I later found out that he’d only brought me the vibrator because he thought I’d like it, the experience scarred me in some ways. It was years before I felt comfortable around sex toys. It was too hard to forget how embarrassed I’d felt.

As I was later able to understand and accept, the main problem in the scenario was that he’d sprung the toy on me without any warning. He’d meant well, but his good intentions didn’t pay off as he’d thought. We stopped seeing each other not long after that.

You might be surprised at how many women have had similar experiences with sex toys, especially women born before the 1970’s, when talking about masturbation, toys and a woman’s sexual needs was just becoming acceptable in our culture. Before that time, the idea of mentioning your desires was verboten, especially regarding masturbation, which many people still regarded to be a sin.

Women in this slightly older generation have often never seen a sex toy, let alone touched one. They have no idea how much pleasure they could be experiencing because they’re too inhibited by what they learned when they were young.

So you can imagine that showing up with a vibrator might be quite an unwelcome surprise for your wife, especially if you are just starting with something as new as G-Spot play. Think of all the questions that could be running through her mind!

As always, I advocate trust and communication as powerful tools for introducing sex toys into your G-Spot play. Ask her what she thinks about sex toys. If she’s open to trying them, you’re already a step ahead. If she’s reluctant, don’t push her. She may come around in time, after she’s had a chance to think about it.

Once you get the green light, it’s time to go shopping. Visiting an adult store and taking a look at the merchandise is the best way to start, but many people feel more

comfortable ordering from an online store, like my [SEX TOYS STORE](#).

If you've never used sex toys before during partner play, you're in for a treat! You might think that sex toys are just for women to use alone when they're masturbating, but they're good for so many other forms of sexual play, especially G-Spot play.

## THE MASTURBATION NATION

Even now that my husband and I have great sex, I still masturbate. The main reason is that masturbation is a normal part of a healthy sex life, even if you have a partner. But another reason I enjoy touching myself is so that I can come up with new ways of giving myself pleasure, methods my husband is delighted to learn.



In my personal exploration and my discussions with other women, I've found we all tend to rely on what brings us most quickly to orgasm. After all, if it ain't broke, don't fix it, right? Wrong! The fastest way to sexual boredom is to stick with the tried-and-true. Only by mixing things up and learning new tricks can we remain sexually satisfied.

You or your partner might not feel comfortable talking about masturbation, especially if you grew up in a time when people still believed touching yourself would either send you to hell or make hair grow on your palms. Rationally, you might know things are different now, but it can be hard to shed a lifetime of sexual mores.

It might make you feel better to learn a few facts about masturbation. According to a 2010 Kinsey Institute's National Sex Survey, more than half of women ages 18 to 49 revealed they'd masturbated within the last 90 days of their interviews. As you might expect, the statistics drop for older women. However, one-third of 60 to 69-year-old women in relationships reported they'd masturbated recently. More than half of single women over 70 reported masturbating, whereas only 12.2% married women of that age group masturbates.<sup>32</sup>

What do these interesting statistics suggest? With a few exceptions, almost everyone masturbates, no matter what their age or marital status. I hope this information helps you and your partner feel more comfortable with the solo act. Although you may need to work up to it, you can have an incredibly erotic time masturbating with each other.



## MY FIRST SEX TOY

As I told you earlier, the first time I encountered a sex toy was a little traumatic for me. I was embarrassed when my boyfriend brought one home for me to try. I wasn't comfortable with the idea that he was giving me something to masturbate with. The idea that my boyfriend thought I masturbated mortified me. I could barely admit to myself that I liked it, let alone another person.

At that time, women were just starting to talk about sex toys, and there was still a lot of stigma attached to them. I didn't want to seem like a sex-crazed nymphomaniac, which is what I thought women who used vibrators must be like. It seemed wrong to have a vibrator lying around, where anyone could find it. What would happen if one of my roommates saw it?

The first time I had an orgasm with one of my new toys, I saw the stars my girlfriends had been giggling about for years. It was the best orgasm I'd ever had. I kicked myself for waiting so long to try it!

I didn't think about sex toys again for years. I noticed they were becoming more widely used, especially after they became so easy to purchase on the internet. Soon my friends were attending sex toy parties and buying all kinds of weird little toys. I became intrigued.

One day I decided I was going to see what all the hoopla was about. I went online, but I was totally confused by all the styles and options. Finally I bought a very simple vibrating dildo and a small, bullet-shaped vibrator. Within a week, the discreet brown package arrived at my door.

The first time I had an orgasm with one of my new toys, I saw the stars my girlfriends had been giggling about for years. It was the best orgasm I'd ever had. I kicked myself for waiting so long to try it!

Of course, it was many more years before I felt comfortable telling my husband about my new toys, but we eventually talked about it one night after we started to look for ways to improve our sex lives. I realized that with all the changes in my thinking about sex, I was no longer embarrassed to own a vibrator.

After that, my husband and I started using my clitoral vibrator during sex together. When he held it against my clit while we were making love, it was again the best orgasm I'd ever have. They just keep getting better!

Now we have a large collection of sex toys, including several vibrators, a few dildos and even some treats for him. We don't use sex toys every time we make love, but when we do, it's always explosive.

## PULSATING PLEASURE

Although there are million kinds of vibrators and sex toys—as you’ll see on my [SEX TOYS WEBSITE](#)—for the purpose of this book, I’ll discuss three basic kinds: phallic, clitoral and G-Spot vibrators. I’m not suggesting you can’t use other kinds of sex toys for G-Spot play; we’re just going to take it slow!

There are two basic kinds of vibrators: and [BULLET VIBRATORS](#). Bullet vibes are smaller, non-phallic-shaped vibrators attached by a cord to a handheld controller. There are limitless variations on bullet and wand vibrators.

As the name suggests, [PHALLIC-SHAPED VIBRATORS](#) are long and usually meant to be inserted into her vagina. These vibrators are available in a plethora of different sizes, shapes and lengths and are made from a variety of materials, including plastic, metal, latex, silicone or other realistic materials.

Although the many variations were designed to stimulate various parts of the body at different speeds and intensities, the basic principle is the same: Phallus vibes vibrate, and they’re intended for insertion.

[BULLET VIBES](#) come in literally any size, shape, material, color or design. Egg-shaped bullet vibes can be used as is or covered with a soft shell, like a [CATERPILLAR](#) or a [RUBBER DUCK](#). You can also find all sorts of novelty vibes, like the [LIPSTICK VIBRATOR](#). As with wand vibrators, bullets operate on one similar concept: They are small and provide an intense vibration perfect for clitoral stimulation.

Don’t think that wand and bullet vibes can only be used for vaginal and clitoral stimulation respectively. Bullet vibes on study cords can be inserted into the vagina, and wands can be used for clitoral titillation. Don’t be bound by the design or original purpose of the toy. Let your imagination guide its use.

## PHALLIC VIBRATORS

Even the most boring vibrator can be perfect for G-Spot play, provided you understand how to use them.

Even the most boring vibrator can be perfect for G-Spot play, provided you understand how to use them. The typical way a woman uses a phallic vibrator is to mimic vaginal intercourse, sliding it into and out of her body. Some women enjoy keeping it inserted for a long, vibrating orgasm. Learn

what your partner likes, and then improve on if you can.

Once you master the art of using a vibrator, turn it into a G-Spot toy by using just the tip of it. Start by circling her clitoris until she's panting and writhing. Next insert the vibrator and start easing it gently in and out of her. Use your free hand to continue touching her clitoris.

As she grows more excited and nears orgasm, press the tip of the vibrator into her G-Spot and hold it there while you use your fingers to bring her to orgasm. The combination of G-Spot pressure, clitoral titillation and vibration will be explosive.

If the toy won't reach her G-Spot, reverse it: Use the vibe on her clitoris while you use your hands to give her a G-Spot orgasm. You can also use the vibrator during intercourse, albeit on her clitoris. As you're pumping into her, just hold the tip of the vibrator to her clit.

## CLITORAL VIBRATORS



Smaller and easier to handle, clitoral vibrators provide a more concentrated, intense sensation. When masturbating, most women use clitoral vibrators to massage the area around their clitoris and vagina, but focus their attentions on the clitoris, adjusting the speed and intensity as she nears orgasm.

Although you wouldn't generally use a clitoral vibrator directly on her G-Spot—the toy's small size makes it difficult to control when you use it internally—you can certainly incorporate bullets in your sexual play.

During manual play, arouse her with a clitoral vibrator with one hand while you stroke her with the other. You can also mix things up, switching your hands and the toy. It might take some coordination at first to train your hands to do two different things at once, but it can be done!

You can also use vibrators during intercourse. Phallic vibrators won't be necessary for vaginal penetration—that spot will already be taken!—but you can stimulate her clitoris with one as you're making love using one of my G-Spot sex positions.

Clitoral vibrators are usually a little easier to use during intercourse because of their small size. Even in the roomiest of my positions, it can still be a challenge to move your hands into a position to stimulate her clitoris. With a clitoral vibe, you'll have a little more wiggle room.

## G-SPOT VIBRATORS

The first time I tried a vibrator [SPECIFICALLY DESIGNED FOR G-SPOT PLAY](#), I was astounded at the creativity that went into this clever little invention. Someone was really thinking!

Having all of the benefits of a phallic vibrator, [G-SPOT VIBRATORS](#) also provide direct G-Spot contact through the curved head, so that when you insert the vibrator, it hits her G-Spot without having to hold the vibrator in an uncomfortable position. The wavy design of the shaft allows the toy to vibrate up and down her clitoris as you're using the toy on her G-Spot. The sensations are really incredible.

I also love the [RABBIT PEARL VIBRATOR](#), which became famous on *Sex and the City*. It's basically a phallic-shaped vibrator with a few nifty additions. On the top of the vibe is a pair of "rabbit ears," which provide direct clitoral stimulation. The band of rotating "pearls" hits the G-Spot, providing intense, pulsating pleasure.

Use a G-Spot vibrator as you would a regular vibrator, incorporating all the techniques I described above. She will probably love the particular combination of stimulations she'll feel with a G-Spot vibrator, and you'll get off on the expression of joy that fills her face when she reaches her climax.

## G-SPOT DILDOS

Dildos are different from vibrators in one significant way: They don't vibrate. Shaped like phalluses, dildos are available in a wide range of sizes, designs, textures and materials.

Although I prefer vibrators, many other women, particularly those who orgasm easily during intercourse, love dildos. They can control the speed, depth and intensity of their thrusting, bringing themselves to a climax with the sensation of delightful fullness.

Women who prefer dildos will love ones specifically designed for G-Spot play. [G-SPOT DILDOS](#) are designed in a similar style as G-Spot vibrators, with a curved tip that hits her G-Spot when she thrusts the toy inside her.

## LUBRICANTS

Lubrication is incredibly important to G-Spot play. Never begin any kind of vaginal penetration without the benefit of [LUBRICATION](#), or you could damage the sensitive tissue of her vagina and labia. Dry G-Spot play doesn't feel good, and if you engage in it, you

could not only damage her tissue, but also rub bacteria into her, which can later cause a yeast or bladder infection. That's no fun for anyone, especially her!

You can buy lubrication in almost any texture or taste. Common kinds of lubricant are [OIL](#), [WATER](#) and [SILICONE-BASED](#). Petroleum-based lubes can irritate vaginal tissue, so it's best use only for anal play, and oil-based lubes are sticky and messy. Water and silicone-based lubes are the way to go.

## WATER-BASED LUBRICANT

I think the best way to stay slippery during sex is by using a [WATER-BASED LUBE](#). It's based on the world's most natural substance—water—so many women with sensitive skin or allergies enjoy healthy sex a lot more with a water-based lube. It isn't goopy or sticky, just slick and slippery. Compatible with condoms and all types of sex toys, water-based lube is the most versatile lube you can use.

You can apply as much water-based lube as you want, as often she needs it. The only drawback to using water-based lube is that it tends to dry out more quickly than you might like.

My two favorite lubes are also the most popular:

- **ASTROGLIDE:** [ASTROGLIDE](#) was the first lube I used and is still my favorite today. I love how slippery and light it is! It's also inexpensive, and you can get it just about anywhere, including drugstores.

- **WET:** When I want to play around with flavors, I turn to [WET](#). It's similar to Astroglide, except that Wet is available in all kinds of different flavors, which makes it especially fun to use during oral sex. It's a little thicker than Astroglide, so it doesn't dry out as quickly.

You can apply as much water-based lube as you want, as often she needs it. The only drawback to using water-based lube is that it tends to dry out more quickly than you might like. When it dries, it isn't sticky or goopy. In fact, you can't really feel it all. Either apply more or spritz her with a little water to reactivate the lubricating agents.

## SILICONE-BASED LUBRICANT

If you love to play around in the bath or shower, water-based lube won't work for you. As soon as it gets wet, it washes off. That's when you need a silicone-based lube. Completely waterproof, silicone lubes don't wash off unless you use soap and water. They stay slick even underwater and last longer without needing to be reapplied.



Although there are a number of silicone-based lubes on the market, I prefer [EROS BODY-GLIDE](#) because it's a high-quality lubricant that lasts forever. I don't think I've ever had to reapply Bodyglide during sex. It's more expensive, but I think it's well worth the price. It's concentrated, so you won't need to use much of it.

The only problem with silicone-based lubes is that you can't use them with silicone sex toys because the lube will degrade the material of the sex toy. So when you're playing with realistic vibrators or dildos made from silicone, make sure you use a water-based lube.

## MIX IT UP

Although there's absolutely nothing wrong with bringing her to orgasm with digital or oral pleasure, mixing things up can make your play even more exciting.

Start with manual play, using the techniques I explained earlier in this chapter. You can either spend a few minutes using your hands before moving on to different play, or you can touch her until she's almost ready to come, and then stop just before she does. She'll scream in sexual agony!

Next, you can prolong her exquisite torture by giving her oral sex. Again, you can either bring her to resolution or stop just before she climaxes. In both situations, you can stop the stimulation, and then bring her back with the same technique, or you can use a different one, such as manual, and then oral play.

If you'd like to make it a night to remember, begin with manual, move on to oral play, and then finish with intercourse, using one of my G-Spot positions. Another delicious touch is giving her multiple orgasms: manual, oral and then G-Spot. She'll thank you for days!

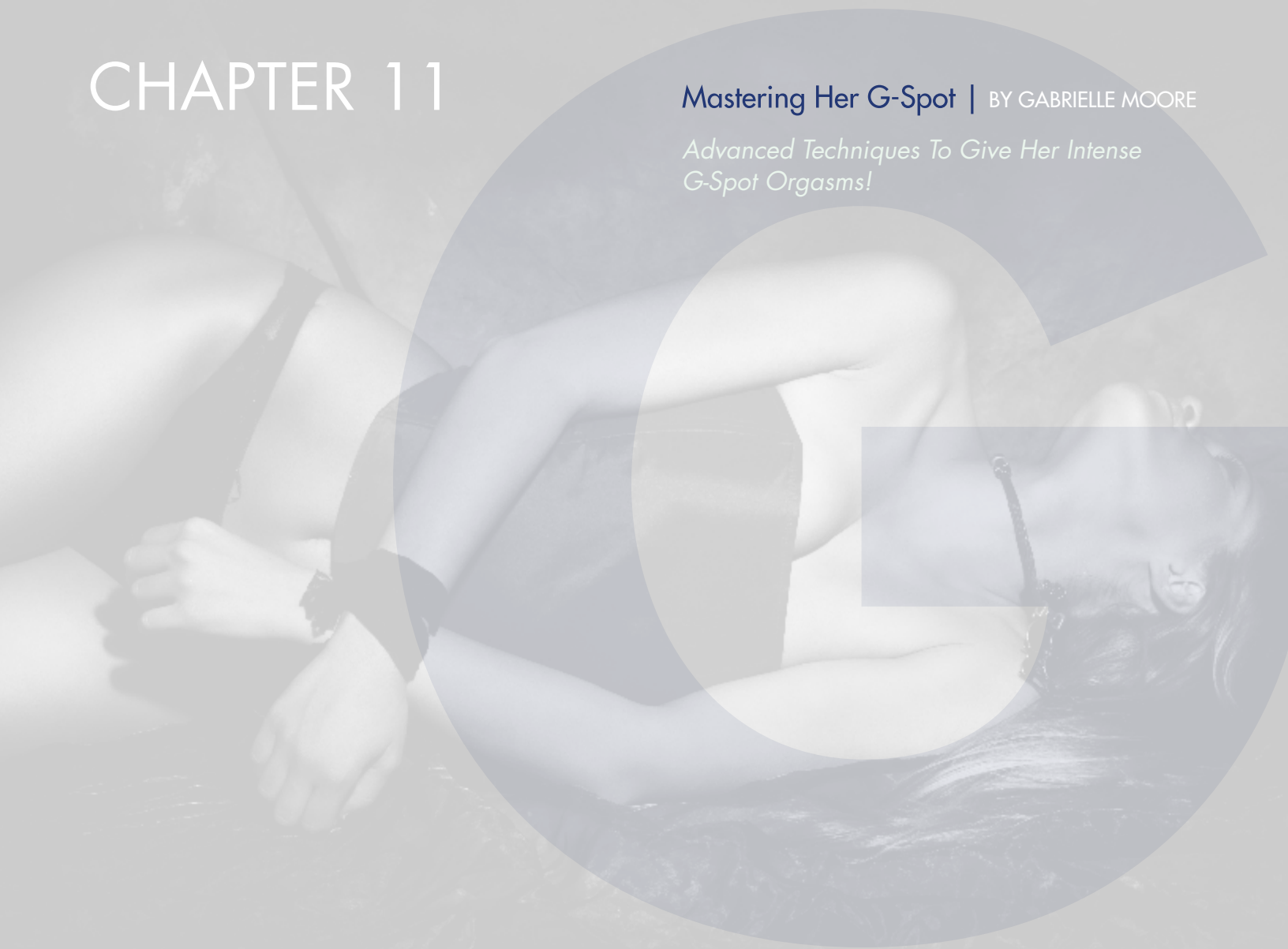
## DON'T FORGET...

- Sex toys can be an exciting and pleasurable addition to your lovemaking, especially when you use toys that are specifically designed to stimulate her G-Spot.
- Before you bring home a sex toy for your partner, talk with her about it first to make sure she's into the idea.
- You can use phallic-shaped vibrators internally or on her clitoris.
- G-Spot vibrators and dildos are specifically designed to hit her G-Spot with penetration.

# CHAPTER 11

Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*



## IMPLEMENT YOUR KNOWLEDGE

As I've mentioned, before you can put my techniques into play, your partner needs to be on board. Now is the time to put to use the communication techniques I've taught you throughout this book. I hope you paid close attention!

Try not to worry too much. Talking to your partner about something as intimate as sex can be uncomfortable the first few times, but if you use the tips I gave you, you'll feel more confident that you can express your desires, listen to her response and find a way to agree on what you'd like to try together.

Next time, use the techniques I taught you in Chapter Four to assess her mood and set the stage for good communication. Here's a brief review:

- Wait for the right time to have a "big" conversation.
- Express your needs in a calm, empathetic manner.
- Ask her what she needs, taking into consideration that she may not yet know herself.
- Listen to her and let her know that you understand what she's saying.
- Learn the new techniques together by reading this book together.
- Make sure you build a mind-body connection so you're stimulating all her erogenous zones, physical and mental.
- Discuss the things that stress you out and find ways to cope with them.
- Connect with her emotionally while you're talking and making love.
- Pay close attention to her body language.



To make things easier, I've created a couple of sample conversations for you to read. I don't expect that your experience talking with your wife will follow my exact scripts. Just use them as guidelines for approaching the G-Spot conversation.

## THE WRONG APPROACH

The first example I'm going to give you is what *not* to do. Pay careful attention, and don't let yourself fall into this conversational trap.

You: [calling from your chair in the living room] Hey, can you come over here for a minute?

Her: [in the kitchen, looking irritated] I'm right in the middle of putting away the dishes. Can it wait a sec?

You: Yeah, I guess...

Her: [comes into the living room] Fine, what is it?

You: Well, I just wanted to talk to you about this thing I want to try.

Her: What thing?

You: Just something I read about... [you look down at your hands, not sure what to say next]

Her: Look, I had a long day, and I'm really tired. All I want to do is finish putting away the dinner dishes and go to bed. Can you get to the point?

You: Hey, calm down. I just wanted to tell you about something fun I want to try.

Her: Calm down?? How can you say that to me? Do you know what kind of day I've had? The last thing in the world I need is for you to tell me to calm down.

You: Look, I didn't mean to start a fight. I just wanted—

Her: I don't have time for this. I'm going to bed.

Wow, did that conversation ever go bad! Do you know when it first started to go wrong? Before it even began. When your wife is in the kitchen doing the dishes, it is not the right time to talk about new kinds of sex you'd like to try. You also don't want to shout across the house at her, and you certainly don't want to tell her to calm down!

Here's what you should have been doing...

## THE RIGHT APPROACH

The first time you talk about your interest in G-Spot sex, try not to blindside your partner. If you bring it up out of nowhere, your wife might be apt to respond with confusion and perhaps a little defensiveness. Approach her after dinner or during another relaxing moment in the day. Here's an example.

You: Hi honey, are you busy right now?

Her: [she smiles and shrugs] No, not really. I was just going to relax and watch TV. I had a really tiring day today. What's up?

You: Aw, I'm sorry you had such a tough day. Do you want a back rub or something?

Her: No, that's okay, but it's nice of you to ask. What did you want to talk to me about?

You: I wanted to ask you about something that's kind of important to me.

Her: [she looks apprehensive] What?

You: It's nothing bad, sweetheart. I had an idea about something, and I'd like to find out what you think.

Her: Okay, now I'm intrigued.

You: You know how we've been talking about different things we'd like to try in bed? Well, I just learned about something I really think you'll like.

Her: Okay, now you have my interest!

You: I just read a great book about—

Her: Wait, you read a book about sex?

You: Yes...





Her: That's great, honey! We've been talking about this for so long, but we haven't done anything about it yet. I'm really impressed that you took the initiative with this. It means a lot to me.

You: [smile]

Her: Okay, so what did you want to tell me about?

You: What do you think about the G-Spot?

Her: [after pausing] Not a lot, really. I don't really get how they work. I mean, I know I have one, but I'm not really sure where it is.

You: Guess what? I do!

Her: [laughs] You want to bet on it?

And that's all there is to it! Bringing up your interest in G-Spot exploration really is that easy. Well, it can be if you use the right approach.

Because you took the time to make sure she was open to conversation, you set the stage for a friendly, stress-free talk about something that was important to you. By empathizing with her about her day, you showed her you are sensitive to her feelings. You didn't force your opinions on her, but instead asked her what she thought. Best of all, you showed her your commitment to her and your relationship by doing something unusual for you, something that impressed her—you took the time to read this book. I'd say you're well on your way to the bedroom!

## EXPLAINING MY TECHNIQUES

If your partner has been reading this book with you, then you're already well on your way to putting my words into action. If not, ask her if she'd like to read it. Explain that's its fairly short, and she'll learn things about her body she might not already know.

If she's too busy or unwilling to read the whole book, give her a condensed version of the first chapter, in which I explained what the G-Spot was and where to find it. Show her the diagrams I included, and point out the different areas I talk about in this book: the G-Spot, the Skene's gland and the real size of her clitoris, as well as how they interact to create pleasure while you're making love.

When she has a grasp on the anatomy behind G-Spot pleasure, see if she's ready to

start hunting for it. She may want to wait for another night, but if she's interested in starting right away, go for it! Ask her if she wants to find it on her own or have you help her, and then comply with her wishes.

If she becomes frustrated, explain that she'll have an easier time finding it if she's aroused. Suggest you have a little fun first before she tries again. If she responds positively, spend time kissing and stroking her, using the foreplay techniques I explained in Chapter Three. When she's ready, suggest she try again. If she still has trouble, explore together. Remember, if it doesn't work out the first time, you can try again another night. There's no hurry.

Once you are both satisfied that you know where her G-Spot is, you can begin to share my new techniques for pleasuring it.

## PREPARING FOR YOUR ENCOUNTER

Before you and your partner begin to experiment with my techniques and positions, study them together in my book. Decide what positions you'd like to try first and discuss any concerns you have about how to put them into action.

When you're in agreement about what you'd like to try, plan a night when you can devote a couple of hours to lovemaking.

Make sure you both understand how to position your bodies and what your different roles are during your lovemaking. You don't have to plan out every last moment, but you should have a good idea of who is going to do what, especially if you're incorporating sex toys or multiple kinds of simultaneous stimulation, such as clitoral, vagina and G-Spot play.

A few of my positions are a little more advanced, so you might not want to start with those. Modified rear entry is an ideal beginner's position. Chances are good that you and your partner have already had rear-entry sex, so adapting it with my new techniques won't be too abrupt a change.

When you're in agreement about what you'd like to try, plan a night when you can devote a couple of hours to lovemaking. Make sure you have everything you need, such as lubricant, a sex cushion, toys and plenty of water to quench the thirst you'll work up trying my new positions.

Follow my recommendations for creating a sensual environment and surprise her with romantic activities before you make love. Seduce her a little; even if she's planning to have sex, she'll still get a thrill when you woo her.

## YOUR LOVEMAKING CHECKLIST

When you're having G-Spot sex, remember to cover all these bases:

- Set the stage for romance.
- Plan a special activity like dinner or a sensual game.
- Bathe together and offer to give her a massage.
- Spend time kissing and touching each other.
- Give her plenty of foreplay and stimulate her erogenous zones.
- Try a new position (or two).
- When she comes, see if you can stimulate her G-Spot enough to give her multiple orgasms or help her ejaculate.
- When you're done making love, don't skip the after-play.

## TEACHING HER HOW MY TECHNIQUES WORK



The best way to teach her my techniques is to learn how to do them with her. After all, the information in this book is new to both of you, so you'll really be learning together. Try to keep that in mind when you're teaching her the positions: You are both students.

You may want to bring my book with you into the bedroom the first time you try each of my new positions. You might feel a little silly checking the manual as you're getting into one of my new positions, but you need to make sure you're doing them right, especially for a more advanced position like the G-Force.

As you go through the positions, refer often to my diagrams to make sure you both understand how to correctly position your bodies. Explain what the sex cushion is for, and practice using it before you incorporate it into the new position. Talk about lubricant, and

make sure she understands its importance in G-Spot play. Keep a bottle handy during your lovemaking, and apply more if she begins to feel dry.

If you'd like to incorporate my techniques for oral, digital or sex toy G-Spot play, explain them first to your partner. You're going to be doing new, different things to her body, so she should understand what they are and why you're doing them, as well as the theory behind them.

Most of all, relax and try to have fun with each other. Don't let expectations rule you; live in the moment and focus on increasing your intimacy. The reason you're exploring this new form of play is to enjoy making love to your wife and add new elements of excitement and sexuality to your romantic encounters together.

## DON'T FORGET...

- When you approach your lover about trying G-Spot sex, make sure that it's a good time for her to talk and that she's in a good mood.
- During your initial conversation, keep your tone light and empathize with her feelings. Explain what you'd like to do, and ask her what she thinks. Listen to her, and don't let your own expectations rule the conversation.
- If you can, read through this book together. If that's not possible, then give her a summary of the important information I gave you about her anatomy and my new theories for G-Spot play.
- Prepare for your first encounter by making sure you have all the supplies and props you need.
- Make sure that you and your partner agree about which new techniques and positions to try and that both of you understand how they work.
- Never forget that the reason you're implementing my techniques is to increase your intimacy and sexual satisfaction. Don't focus on the destination, but the journey.



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# CONCLUSION



Thank you for joining me on this amazing journey through the landscape of your lover's body and mind. I hoped you enjoyed learning my techniques as much as I enjoyed developing them and sharing them with you.

You learned so much in this book that I'm a little afraid you won't be able to remember it all, so before I say goodbye, I want to review my theories and techniques one last time.

## FINAL THOUGHTS ABOUT MY NEW TECHNIQUES FOR G-SPOT PLAY

In Chapter One, I explained the scientific research surrounding the study of the G-Spot. You learned that scientists are divided about whether or not the G-Spot exists. You also learned about the anatomy of a woman's body, specifically where to find the G-Spot. I explained that there's nothing wrong with your partner if she's unable to respond to G-Spot sex. As long as you keep practicing, you'll continue to enjoy the journey, regardless of its outcome.

Chapter Two was all about orgasms—clitoral, vaginal and G-Spot. I explained the difference between each kind of orgasm, including the scientific theories behind each. We also discussed multiple orgasms and female ejaculation, and the G-Spot's effect on both. Finally, I taught you how Kegel exercises can give you both better orgasms.

In Chapter Three, I revealed why traditional positions don't work very well for G-Spot sex and why my new techniques and positions do. I told you my secrets for G-Spot stimulation, including the two rules for fantastic G-Spot play. I taught you a little more about anatomy, explaining why your body wasn't designed to give her G-Spot orgasms unless you teach it to. Finally, I told you what not to do during G-Spot play.

In Chapter Four, you learned the importance of intimacy in your relationship, especially in sexual scenarios. I taught you how to express your needs, listen to hers and learn together. I explained the mind-body connection and how to achieve it. You discovered the effect her mood has on lovemaking, as well as how to learn her stressors and read her body language. I advised you to create a worry list, and then manage it.

Chapter Five described how to create a romantic environment for sexual play. I explained the importance of sight, smell, sound, taste and touch and offered ideas about how to incorporate each sense into your romantic evening. I gave you advice about creating romance at the beginning of your date. Finally, you learned how to give her a sensual massage.

Chapter Six explained the importance of foreplay in lovemaking, especially G-Spot

sex, which requires a high level of arousal. I took you through the four stages of male and female arousal, explaining how each stage differed for men and women. I suggested a few ideas for foreplay, including pre-sexual touching, kissing and heavy petting. I also gave you a map to her erogenous zones and explained how to find more on her body. I concluded with after-play, as should you!

Chapters Seven and Eight revealed my ideas about the best positions for G-Spot sex, including basic and advanced positions. I explained the modifications you need to make to the most common sexual positions, missionary and rear entry, and gave you step-by-step directions for enjoying each position.

Chapter Nine showed you how to make the pleasure all about her, whether you're fingering her or giving her oral sex. I taught you new tongue and finger strokes to delight and titillate her and gave you tips about how to make the experience comfortable and exciting for her.

In Chapter Ten, I told you all about sex toys, specifically the ones that will work the best for G-Spot play, including vibrators and dildos. You learned about different kinds of lubricant and why it's so important to use lube during G-Spot play.

In Chapter 11, I told you how to implement my new techniques into your love play. I gave you specific scripts that are proven to help you reach the level of communication you both need in order to begin with this exciting new form of sexual play, and I shared my secrets for bringing the book into the bedroom.

## NEVER STOP LEARNING

Now that you and your partner are committed to trying new experiences, there's a whole world of sexual play waiting for you to discover it.

Thank you so much for reading this e-book. I hope you have enjoyed learning about how to please your lover. Even though you are now an expert in G-Spot orgasms, you should still practice this form of lovemaking regularly. Not only is it fun, but you'll continue to learn more about each other's bodies as you grow and explore together.

But you're not done learning yet! Now that you and your partner are committed to trying new experiences, there's a whole world of sexual play waiting for you to discover it. Of all the pieces of advice I've given you in this book, this is my most important secret for a lifetime of sexual satisfaction: Never stop learning.

## MY OTHER PROGRAMS FOR BETTER SEX

If you've enjoyed reading this book, you'll be excited to know that I've written many more e-books and articles that can help you rejuvenated your relationship, recharge your sex life and enjoy better sex with your wife or lover.

### MY E-BOOKS

As a sex expert, I've written a number of e-books and developed programs for specific sexuality topics, many of which include G-Spot play. If you liked reading this book and would like to learn more about my new, secret techniques for better sex, I invite you to check out my other e-books.

#### HOT LICKS: THE ULTIMATE FIVE-STEP PROGRAM FOR MASTERING THE ART OF GIVING HER EXQUISITELY ORGASMIC ORAL SEX

One of my most advanced programs, *Hot Licks: The Ultimate Five-Step Program for Mastering the Art of Giving Her Exquisitely Orgasmic Oral Sex* will teach you my best techniques, positions and secrets for pleasing your woman orally. I'll teach you:

- How to irresistibly tease your partner with "mental" foreplay all day long so she can't wait to open herself up to being licked, nibbled and kissed to ecstasy.
- How to read her like a book so you can give her everything she needs to have a crashing orgasm.
- How to identify the silent cue she'll give, automatically signaling she is ready for more.
- How to become an orgasm detective by asking three revealing questions that will clue you in to what she wants and how to give it to her.
- How the different way men and women think could accidentally hold her back from enjoying oral sex and the simple shift in your thinking that will unleash her inhibitions.

Download *Hot Licks: The Ultimate Five-Step Program for Mastering the Art of Giving Her Exquisitely Orgasmic Oral Sex*: [HOTLICKSPROGRAM.COM](http://HOTLICKSPROGRAM.COM)

## FEMALE ORGASM SECRETS REVEALED

By far my best-selling guide, *Female Orgasm Secrets Revealed* will teach you why most men are never able to give their partners orgasms and what you can do about it. I'll share my knowledge and secret techniques and help you give her an orgasm every time. My course covers:

- The five most common myths about the female orgasm and the real truth behind them.
- Why most men think that some women simply cannot have an orgasm and why that way of thinking is wrong.
- Why size doesn't really matter when it comes to giving women orgasms—it really is about skill and intimacy.
- The reason why women think that there's nothing wrong with faking an orgasm and how that kind of thinking can wreck your marriage.
- The difference between clitoral and vaginal orgasms.
- The reasons why people think that women should only have vaginal orgasms and why that's just not true.

Download *Female Orgasm Secrets Revealed*: [FEMALEORGASMREVEALED.COM](http://FEMALEORGASMREVEALED.COM)

## TURN HER ON FASTER: ADVANCED FOREPLAY TECHNIQUES TO SEDUCE HER MIND AND BODY

So many men don't understand the real importance of foreplay! In *Turn Her on Faster: Advanced Foreplay Techniques to Seduce Her Mind and Body*, I teach you why traditional foreplay techniques aren't that effective and share my completely new approach to the art of foreplay. You'll learn:

- The secret art of nipple play and how you can maximize your lover's pleasure on this highly sensitive spot of the body.
- Unlikely, little-known "hot spots" of the female body you should target to give your partner an unforgettable foreplay experience.
- What most guys do wrongly during foreplay and the parts of her body you should focus on to give her maximum pleasure.

- How to handle your lover's breasts during foreplay, according to her specific type body.
- The simple, two-step technique you can use to turn her on... based on actual feedback by women!

Download *Turn Her On Faster: Advanced Foreplay Techniques to Seduce Her Mind and Body*: [TURNHERONFASTER.COM](http://TURNHERONFASTER.COM)

## DOUBLE HER DESIRE: SECRETS TO SKYROCKET YOUR LOVERS SEXUAL DESIRE

After many years with the same partner, it's easy to lose your sexual interest in one another. In *Double Her Desire: Secrets to Skyrocket Your Lovers Sexual Desire*, I'll teach you why this problem exists and how to turn it around and add sizzle, spice and romance to your relationship. I'll reveal:

- The reasons why she rejects you every single night—no she doesn't really get that many headaches!
- Why things aren't as hot in the bedroom as they used to be and what to do about it.
- Three things you should never do to try reignite her passion for you, and secret techniques you *should* do.
- Why pornography could be destroying your relationship and how to energize your imagination without needing it.
- Why suffering in silence over your dull sex life won't solve the problem and my hints for talking to your lover and coming up with solutions that will work for both of you.
- Ten things that will *never* arouse her.
- The nine-letter word that will solve the problem and get her sexually aroused tonight.





- What your woman is getting every day from her friends, children, pets and family, but *not* from you—and why it's important you give it to her!
- Three innocent sexual cues you can easily add to your daily life to get her sexually aroused.

Download *Double Her Desire: Secrets to Skyrocket Your Lovers Sexual Desire*: [DOUBLE-HER-DESIRE.COM](http://DOUBLE-HER-DESIRE.COM)

### EROTIC MASSAGE FOR BETTER SEX: SENSUAL MASSAGE TECHNIQUES TO RELAX HER MIND, BODY AND SOUL

One of the best ways to turn on a woman before sex is giving her a sensual massage. In *Erotic Massage for Better Sex: Sensual Massage Techniques to Relax Her Mind, Body and Soul*, I'll teach you how to take massage to the next level and give you step-by-step instructions for rubbing her the *right* way every time. My course includes:

- The difference between regular and erotic massage.
- Why the right kind of massage oil is essential to giving and receiving an erotic massage.
- Secret massage strokes that will leave her hot and trembling.
- The best positions and techniques for helping her enjoy sensual massage.
- Massage techniques you should *never* use during erotic massage.

Download *Erotic Massage for Better Sex: Sensual Massage Techniques to Relax Her Mind, Body and Soul*: [EROTICMASSAGEMASTERY.COM](http://EROTICMASSAGEMASTERY.COM)

### THE FEMALE LIQUID ORGASM REVEALED: UNLEASH THE EROTIC SECRETS OF FEMALE EJACULATION

If you and your partner are obsessed with better sex, then *The Female Liquid Orgasm Revealed: Unleash the Erotic Secrets of Female Ejaculation* will change your sex life forever! In it, I explain how female ejaculation works and share my secret tips for bringing your lover to a liquid orgasm. The course covers:

- Why many women are embarrassed that they ejaculate.

- The biology responsible for a woman's liquid orgasm and why not every woman can have one.
- Techniques for finding out if she is able to have a liquid orgasm.
- How to stimulate her G-Spot, which many people have found to be responsible for female ejaculation.
- What not to do when you're trying to bring her to ejaculation.

Download *The Female Liquid Orgasm Revealed: Unleash the Erotic Secrets of Female Ejaculation*: [LIQUIDORGASMSREVEALED.COM](http://LIQUIDORGASMSREVEALED.COM)

## EJACULATION BY COMMAND

One of the most common male sexual problems is that they don't last long enough to satisfy their women. Ejaculation by Command, the ground-breaking program I co-wrote with Lloyd Lester, helps men deal with premature ejaculation and other frustrating issue that could be causing them to orgasm too quickly. You'll learn:



- The anatomy of the male body and the medical reasons why men can't always control their ejaculations.
- How to talk to your wife or girlfriend about her needs and yours.
- Physical techniques for practicing control and building duration.
- Visualization techniques that will help delay your orgasm.
- The best positions for bringing her to sexual ecstasy while prolonging your ejaculation.

Download *Ejaculation by Command*: [EJACULATEBYCOMMAND.COM](http://EJACULATEBYCOMMAND.COM)

## MY ARTICLES

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As a sexpert, I've written hundreds articles about human sexuality, including health, psychology, techniques and my secrets for better sex. On my website, [GABRIELLE-MOORE.COM](http://GABRIELLE-MOORE.COM), you can read my complete sex-ed archive, which covers these topics:

- **[FEMALE ORGASM](#):** My secret tips, techniques and positions for bringing your lover to an earth-shattering orgasm through manual, oral and lovemaking techniques.
- **[FOREPLAY](#):** My proven techniques and new theories about turning on your lover before sex, including ideas for seducing her body and mind through romance and exciting new techniques.
- **[G-SPOT ORGASM](#):** Everything you've ever wanted to know about how to find and stimulate a woman's G-Spot, giving her amazing orgasms like she's never before experienced.
- **[LASTING LONGER](#):** Different theories about ejaculation and my proven ideas for how to please your woman more by lasting much longer during sex.
- **[ORAL SEX: CUNNILINGUS](#):** My many ideas, techniques, tips and secrets for giving your partner amazing oral sex that makes her explode every time.
- **[PREMATURE EJACULATION](#):** Learn how to make her reach an orgasm before you, even if you have premature ejaculation or another form of sexual dysfunction. You'll learn how to turn your problems into positives and pleasure her more than you thought possible.
- **[SEX POSITIONS](#):** Amazing new sex positions based on my years of research with discovering and perfecting new positions for mind-blowing sex.
- **[TANTRIC SEX](#):** Learn how to perform ancient tantric lovemaking techniques that will bring a new level of spiritual and sexual intimacy to your relationship.

I post new articles every day, so be sure to check back often for new information on your favorite sexuality topics.

## MY SEX TOY STORE

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At my [ONLINE SEX TOY STORE](#), you'll find all the toys and products I mention in this e-book, and many more! Explore different categories for items that will energize your sex life and bring greater pleasure to your partner:

- [ANAL TOYS](#)
- [BATTERIES & ODDS & ENDS](#)
- [BODY JEWELRY](#)
- [BONDAGE, FETISH & KINK](#)
- [BOOKS, ADULT GAMES & MUSIC](#)
- [COCK RINGS](#)
- [CONDOMS](#)
- [DILDOS & DONGS](#)
- [ECO-FRIENDLY SEX TOYS](#)
- [EROTIC BODY LOTIONS](#)
- [HEALTH & BEAUTY](#)
- [KEGEL & PELVIC EXERCISERS](#)
- [LINGERIE & CLOTHING](#)
- [LUBRICANTS](#)
- [MASTURBATORS](#)
- [MEDS & SUPPLEMENTS](#)
- [NIPPLE PLAY](#)
- [PARTY GAMES, GIFTS & SUPPLIES](#)
- [PENIS ENLARGERS](#)
- [SEX DOLLS](#)
- [SEX SWINGS & EROTIC FURNITURE](#)
- [STRAP-ONS & HARNESSES](#)
- [VIBRATORS](#)
- [VIDEO AND DVD](#)

If you've never purchased sex toys and products before, my website is the perfect place to start shopping. I offer every kind of product, toy and tool you could hope for, all shipped discreetly to your home. What do you have to lose?



Mastering Her G-Spot | BY GABRIELLE MOORE

*Advanced Techniques To Give Her Intense  
G-Spot Orgasms!*

# RESOURCES



While writing this book, I used a number of resources that I'd like to share with you. If you're interested in learning more about how a woman's G-Spot works, try reading up on the subject. Here's a list of books and websites for you to check out.

## BOOKS

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Here's a list of recommended reading for people who want to create a better relationship and enjoy exciting sex.

- Comfort, Alex (2009), *The Joy of Sex: The Ultimate Revised Edition*. Three Rivers Press.
- Donoghue, Paul J., PhD and Siegel, Mary E. (2005), *Are You Really Listening?: Keys to Successful Communication*. Sorin Books.
- Freud, Sigmund (1905). Trans. James Strachey (1960). *Three Essays on the Theory of Sexuality*. Basic Books.
- Hicks, Donald (2006), *Unleashing Her G-Spot Orgasm: A Step-by-Step Guide to Giving a Woman Ultimate Sexual Ecstasy*. Amorata Press.
- Hooper, Anne (2004), *Erotic Massage*. DK Adult.
- Hooper, Anne (2007), *Kama Sutra for 21st Century Lovers*. DK Adult.
- Kuriansky, Judy (2004). *The Complete Idiot's Guide to Tantric Sex, 2nd Ed*. Alpha
- Ladas, Alice Khan, Whipple, Beverly and Perry, John D. (2004), *The G Spot: And Other Discoveries about Human Sexuality*. Holt Paperbacks.
- Masters, W.H.; Johnson, V.E. (1966), *Human Sexual Response*. Bantam Books.
- Pokras, Somraj and Talltrees, Jeffre, PhD (2008), *Female Ejaculation: Unleash the Ultimate G-Spot Orgasm*. Amorata Press.
- Rosenthal, Saul M. (2000), *Sex Over 40: Completely Revised and Updated*. Tarcher
- Venning, Rachel, Cavanah, Claire (2003), *Sex Toys 101: A Playfully Uninhibited Guide*. Fireside.
- Winks, Cathy (1998), *The Good Vibrations Guide: The G-Spot*. Down There Press.

## WEBSITES

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If you'd like to learn more about female sexuality, especially as it relates to G-Spot orgasms, check out one of these websites.

**THE SEX INFORMATION AND EDUCATION COUNCIL OF CANADA (SIECCAN)** is wonderful nonprofit organization that provides sexual education and resources for Canadians.

[SIECCAN.ORG](http://SIECCAN.ORG)

**THE KINSEY INSTITUTE** is the foremost sexuality research and information organization in the United States, researching and publishing information about human sexuality for medical professionals and laypeople.

[KINSEYINSTITUTE.ORG](http://KINSEYINSTITUTE.ORG)

THE MEDICAL CENTER FOR FEMALE SEXUALITY provides information about all aspects of a woman's body and sexual health.

[CENTERFORFEMALESEXUALITY.COM/HUMAN-SEXUALITY.HTML](http://CENTERFORFEMALESEXUALITY.COM/HUMAN-SEXUALITY.HTML)

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION contains current research on a huge number of medical topics, including female sexual health. If you'd like to stay on top of sexuality tops and G-Spot research, check out their website.

[AMA.AMA-ASSN.ORG](http://AMA.AMA-ASSN.ORG)



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