

FLIRTING FINGERS

A photograph of a man and a woman in a close, intimate embrace. The man is leaning over the woman, who is lying down. They appear to be in a bedroom setting. The lighting is soft and warm, creating a romantic atmosphere. The woman has her eyes closed and a slight smile, while the man is looking down at her. The overall tone of the image is sensual and intimate.

THE
ADVANCED ART
OF FINGERING
YOUR LOVER
TO ORGASMIC
ECSTASY

Copyright © 2014 Insspira Publishing Inc.

The name of the work is Naked U. The records required by 18 U.S.C. 2257 and 2257A are kept by Direct Models Inc. by its custodian of records at 5535 Balboa Blvd Suite 103, Encino CA 91316.

Gabrielle Moore's "Naked U" has been produced by Insspira Publishing Inc.

"Naked U" and "Gabrielle Moore" are registered trademarks.

For more information about Gabrielle Moore's products visit:

www.GabrielleMoore.com

Table Of Contents

Introduction to Fingering	3
Hands are Sexy!	4
The Sense of Touch	5
The Key to Sensual Touch	7
Types of Erotic Touch	7
Erogenous Zones and Places to Touch	11
Advanced Techniques on How to Finger a Woman Section A: Getting Started	13
Creating a Sexy Space and Setting the Mood	16
Flirting, Foreplay and Seduction	17
Advanced Techniques on How to Finger a Woman Section B: Fingering Techniques	19
Technique 1: Vulva Massage, The Sexual Anatomy of the Vulva	19
Technique 2: Fingering and Fisting of the Clitoris and G-spot	26
Technique 3: Anal Pleasure and Fingering Techniques	34
Preparing for Anal Play	34
Anal Do's and Don'ts	35
In Closing...	40
References	41

Introduction to Fingering

Well hello sexy explorer. Glad you could make it! I'm really excited today to get started on teaching you some great advanced fingering techniques in this e-book, *Flirting Fingers: The Advanced Art Of Fingering Your Lover To Orgasmic Ecstasy*.

When it comes to the game of sex, most guys only think of the end game, that is, penis to vagina sex penetration. And, while that's all good, I want to show you other ways in which you can turn your partner on and give her amazing orgasms. You will also learn why the hands and fingers are so important to foreplay, seduction and sex play in general. You will soon see why using fingering techniques is a must learn skill when it comes to giving your partner G-spot orgasms and pleasure.

This e-book is written with the most up-to-date information on advanced fingering techniques. It features hands-on exercises and techniques to help you easily learn new sexy skills that you can start using on your partner today.

So, are you ready to join me?

Let's begin!



Hands are Sexy!

You may not think of hands as being a sexy part of a guy's body, but I bet your partner does. And, if she doesn't yet, she soon will. According to a poll by Askmen.com, men's hands comes in at the number 5 position in the sexiest parts on the male body as voted by women. Not because the size of your hands, in theory, compares with the size of your genitals, either. The allure of strong, sexy, muscular hands has to do with how it reminds a woman of what men can do with their hands like holding, feeling, touching, hugging, groping, squeezing and oh yeah, fingering! Hands can be very intimate indeed and can be amazing tools for lovemaking!

Hands Extraordinary Anatomy

"The human brain, with its open-ended creativity, may be the thing that makes our species unique. But without hands, all the grand ideas we concoct would come to nothing but a very long to-do list."—Carl Zimmer, The Common Hand, National Geographic

“*Hands can be very intimate indeed and can be amazing tools for lovemaking!*”

While we are not the only mammals to have evolved opposable thumbs, it is one of the things that sets us apart and has given us superiority over other animals. With the use of our thumbs and skillful fingers (the styloid process—a unique bone in the third metacarpal found only to humans), we have evolved the unique ability to make and use tools. Researchers believe this a 'critical trait that distinguishes modern humans from all other species alive today' and 'might be fundamental to the origin of the genus Homo.' These researchers also suspect that this feature is what allowed us to be able to create technology and may be responsible for our successful evolution, while other proto-humans went extinct. Who knew?

Hands are one of the most intricate parts of the human body. The skeleton of the human hand consists of 27 bones, over 60 different muscles and 48 nerves.

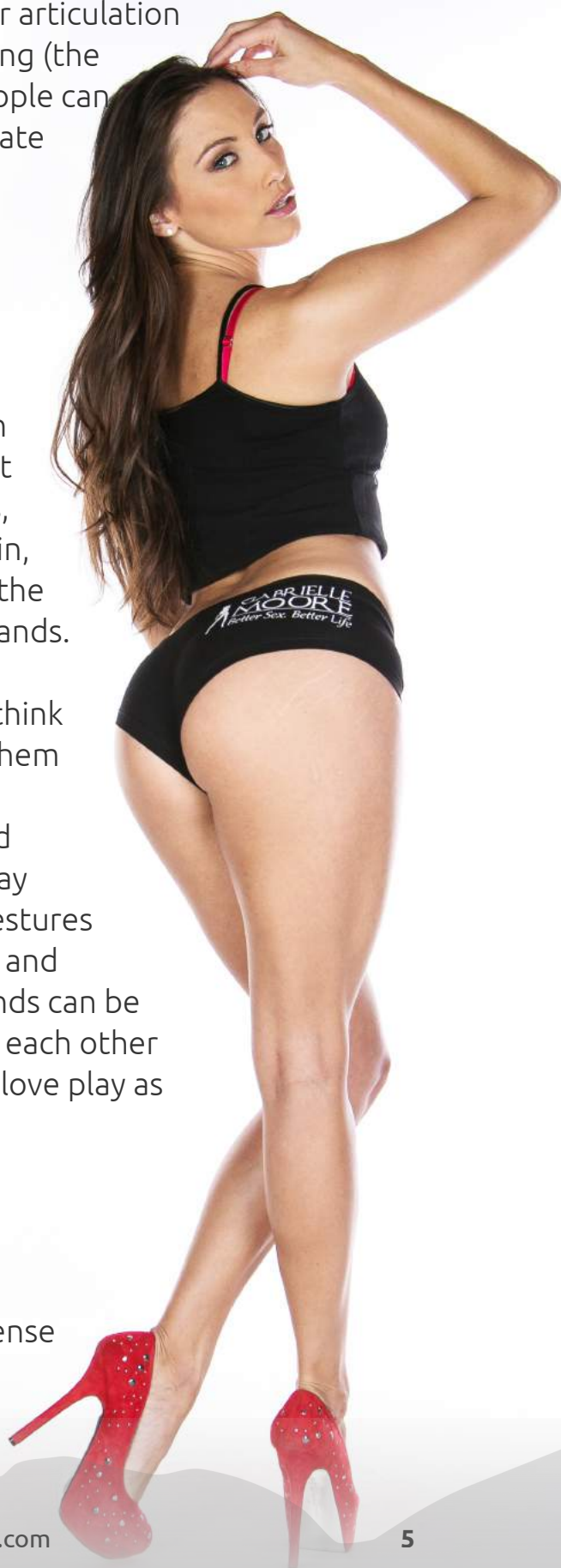
Whoa, talk about complex. This allows for greater articulation and dexterity of human hands from strong grasping (the power grip) to precision gripping. While some people can break boards with just their hands, others can create elaborate works of art.

The many muscles in the palms, forearms and fingers are uniquely designed to allow us to complete complex tasks without even thinking about it. The massive amount of nerve endings allows us to control very delicate procedures such as brain surgery. Our hands receive a vast amount of sensory information from millions of receptors, which allows us to detect touch, temperature, pain, pressure, sensations and ah, yes, pleasure! Thus, the sense of touch is intimately associated with the hands.

Even without all that science, when you come to think about it, hands really are extraordinary. We use them to climb cliffs, throw baseballs at 105-mph, count on our fingers, communicate (sign language), read Braille, perform very delicate procedures, clap, play music, shuffle cards, create sophisticated hand gestures through dance, weave baskets, hand carve violins and create beautiful works of art. Not to mention hands can be used to connect with someone physically, to hold each other and caress. And, our hands are amazing tools for love play as well. Let's hear it for our hands!

The Sense of Touch

According to Crystal Leonard in her article, The Sense of Touch and How It Affects Development



(2009), 'Your sense of touch develops before you're even born—it's the first sense to develop inside of the womb.'

It is through our hands and our sense of touch, that we first discover the world around us. Without a loving touch, newborn babies could not thrive and would die. A simple hug from a loved one can lower your blood pressure, while a handshake can tell you a lot about a person.

The sense of touch, called somatosensory (or tactile perception), is quite incredible. We can learn a lot about our environment and interactions with others through touch. Touch can be inquisitive (like an infant exploring new objects with his hands); healing (such as massage or the laying of hands); as well as intimate (caressing, holding, intimate touch). Even if we lost our other senses, our sense of touch would still allow us to navigate our world. Just think of Helen Keller!

Our skin is the largest organ on the body and is the sensory organ for touch. It is one of the most powerful sex organs we have, covering our entire body with excitable nerve endings that can thrill you and leave you tingling all over. Our hands are very expressive and have the ability through touch, to evoke strong and complex emotions, to give pleasure or pain. Touch can be sensual, gentle and erotic as well as soothing and healing. Touch can be exciting, stimulating, powerful and intoxicating. Your hands can bring your partner to orgasmic ecstasy, depending on the type of touch you use.



The Key to Sensual Touch

As we have learned, hands and fingers are very agile and we have numerous ways of touching that you can adapt for use during love play. The key to sensual touch is that the “giver” should experience as much pleasure from touching, as the “receiver” does from being touched. So if you enjoy touching your partner and it feels very erotic to you, it will feel even more erotic to her. Makes sense!

Another crucial component to amazing sensual touch is to be mindful, 100% present and to go slow rather than fast. This allows your partner to savor the sensation of sensual touch, to notice its nuances and to offer feedback and guidance. For the giver, it allows you to pay attention on what is going on with your partner emotionally and keep aware of how your touch is being received. Also note, that if you feel nervous, uptight or are holding tension in your body, this too can be transferred to the receiver. So it is very important for both parties to be relaxed and in a playful, sexy mood.

Types of Erotic Touch

In the ancient Hindu text, The Kama Sutra, the author Vātsyāyana devotes 10 chapters to ‘amorous advances’ and describes many types of touching including



hugging, embracing, kissing and more. In addition to those, there are many more that we can add to our repertoire.

Scratching—Scratching involves using the nails on the skin. It can be very delicate like barely touching the hairs on the back of the arm, which feels very ticklish, to deep scratching like down your back in the heat of passion that leaves marks. Oh my! The best places to use scratching marks are on the back, the breasts, the thighs and the buttocks.

Tickling—We all know what tickling can feel like. To some people it can be very annoying or even torture. But to others, it can be playful and teasing, especially when done with a very light touching. Just about any part of the body can be tickled: back of the arms, under arms, back of the neck, behind the ears, sides of the torso, wrists, inner thighs, public mound, insides of the wrists, palms and backs of the hands and of course the feet. Be sure she likes tickling before you try it though!

Teasing—A teasing stroke is a light grazing touch that is often playful, like tickling. You can use one finger or a few to draw teasing strokes over the sensitive parts of your partner's body like those mentioned above. Also, don't forget the lips, the breasts, the nipples, and other sensitive bits.



Sensual—A sensual stroke uses a bit more pressure than a teasing stroke, rather like a caress. It is usually slow, seductive and lingering. You can use your fingers, or the sides of your hands or full palms to create a sensual stroke.

Petting—As it sounds, petting is similar to how you would stroke your dog or cat. It is often used on the head, but can also be used on the pubic mound for arousal.

Rubbing—Rubbing is used in massage and is a very soothing type of touch. Rubbing can be used on muscular areas or anywhere the body holds tension. Rubbing is great for relaxing the body and the muscles and making her purr.

Kneading—This is a firmer type of rubbing that kneads the muscles like bread. It feels great on the shoulders to relieve tension, as well as other meaty parts of the body. Sensually, it can be used on the buttocks and thighs.

Fondling—Fondling is a soft, playful type of grabbing and is usually done on the breasts and butt.

Groping—This is a rougher type of fondling touch that is more aggressive and can symbolize ownership. It can be playful, or rough. To some women, having a strong man dominate them can be very sexy.

Pinching—Pinching can be erotic if done correctly. Light pinching of the labia can be highly erotic. Some women also enjoy having their nipples pinched as well.

Tugging—Tugging is rather like pinching, except you pinch and pull at the same time. Hair feels good if it is gently tugged, as well as the labia and nipples.

“*The most erotic place to spank is on the apple of the cheeks, or the sweet spot, which is the lower part of the buttocks, just above the thighs.*”

Tapping—This is a form of “percussion” play and can feel good just about anywhere on the body. Erotic tapping of the genitals is an erotic vulva massage technique used in Tantra. Tapping uses the fingers only.

Slapping—Slapping, like tapping is a form of percussion play, but uses the palms of the hands. It can feel good on the genitals, the breasts, the thighs and the buttocks.

Spanking—Erotic spanking is very popular now among couples as a way to spice up their sex lives. Couples with no interest in pain play, may still enjoy erotic spanking on the ass cheeks. Spanking can be very soft or hard depending on the person receiving. The most erotic place to spank is on the apple of the cheeks, or the sweet spot, which is the lower part of the buttocks, just above the thighs. Erotic spanking can be very sexy and erotic to both partners if done with consent and performed with care.

Poking and Prodding—These types of touch can feel great in the right places. While we may dislike someone poking us on the shoulder, a poke or prod in the vagina or anus can be very pleasurable. Rather than a quick annoying type of poke or prod, I’m talking more about a slow exploratory prod here.



Fingering—Fingering may consist of a wide range of finger type manipulations that is used on the genitals to stimulate a woman. We will of course, have more on finger techniques later in this e-book.

Fisting—While it may sound a bit scary, fisting (or using part of the hand, entire hand or fist) during vagina, and sometimes anal stimulation, can be quite exciting and erotic as well. In Part 2, we devote a whole technique to the art of vaginal fisting, which can be extremely orgasmic to some women. This is especially true for women who have had children and their vagina can accommodate much more than a fist. Also, great for women who want to experience advanced G-spot play.

Erogenous Zones and Places to Touch

The most obvious parts of the body we think of touching during love play are the genitals. This includes on women the public mound, the vulva, the clitoris, the U-spot, the vagina, G-spot and A-spot as well as the perineum, PS-spot and the anus and buttocks. We are going to explore many of these hot zones in Part 2 of this e-book.

However, there are other areas of the body which also react favorably to erotic touch including the breasts, nipples,



underarms, neck, ears, face, lips, eyelids, toes and feet, inner thighs, sides of the torso, backs of knees and inside elbows, the back and the head. So, don't neglect these areas, especially during foreplay, as they can be key to her arousal.

Now that we have learned all about touch and why the hands and fingers are so important, as well as types of strokes and the best places to touch, let's get on with Part 2, where you will learn specific techniques on how to arouse various erogenous zones with your fingers and hands.

Let's get our hands dirty!

Advanced Techniques on How to Finger a Woman Section A: Getting Started

Getting Ready

Before we begin with these exciting new techniques on how to finger your lover, I want to first prepare you for love play, so you can make the most of your adventure. Many of the tips here may seem like common sense (which they are), yet lots of guys don't take the time to get ready for love and instead want to jump straight to the erogenous zones. But, for women to achieve orgasm and obtain a high level of pleasure, we need the time to get aroused. So, it is important that you prepare yourself and your partner first, before diving right in.

Be Open

Since you are reading this e-book, I am going to assume you are already very open. However, keep in mind that being open also means not having certain expectations and going with the flow. Don't focus on results, or put pressure on yourselves to perform. Instead, treat this like a thrilling sexual journey to discover together.

Sex shouldn't always be so goal orientated or focused on orgasm. When we explore new techniques and ways of having sex together, it should be more about the journey itself and finding out what gives us pleasure. In that vein, you should also be supportive no matter what the outcome. If some of this is new to your partner, it may take her a while to get used to different types of stimulation before they feel arousing. Sexually, we are all wired differently, so keep that in mind.

Communication

You've probably have read this many times, that communication is the key to great sex. It really is! So, make sure she is on the same page as you are before you begin poking her with your fingers. She needs to be as excited about exploring this as you are. You can even share this e-book with her, so she will know what to expect during your erotic adventure.

For more exciting tips on how to spice up your sex life, check out my e-book *The Sex Starved Couple* at: <http://www.thesexstarvedcouple.com/>



Communication doesn't end with the "before having sex talk". During your sexual explorations, you need to both communicate on what is working and what is not. Tune into her body language. Ask her for verbal clues like "Don't stop", "Slower", "Faster", "Harder", "Softer", "Right there", and so on. Let her guide you so you know you are doing it right. Finally, don't forget to urge her on with your own words. Let her know how much this excites you and turns you on. I'm not saying you should be a chatter box during your sex play, but the occasional: "Oh, baby, you are really turning me on" will make her feel much sexier in your journey together.



Preparation

I love the idea of making a special date with your partner to explore these new techniques together. Partners should often (at least once a month) plan a date night to keep the sizzle alive.

Make sure to plan a few hours together to explore these new techniques, so you both have lots of time to play and savor the experience. You don't want to feel rushed. You want to give yourselves plenty of time to relax and play.

Eat a light meal beforehand, but nothing too heavy (you don't want to fall asleep!). She should use the bathroom beforehand and get rid of any waste. If you plan on trying the anal part of these techniques, she may also want to have a warm water enema a couple hours beforehand. Also, you should both take a bath or shower and be nice and clean. You don't want any bacteria getting into intimate places. In addition, make sure your hands are clean, callous free and fingernails neatly trimmed. This is very important with finger play! Remember, these are your main lovemaking tools and you want your hands and fingers to be in tip top shape.

Creating a Sexy Space and Setting the Mood

Create your love pad ahead of time to avoid interrupting your sexy time together. You'll want to create a safe, relaxed and sensual environment to get you both in the mood. This will ensure you have a passionate night of sex, rather than stumbling around in the dark looking for your play things.

To create your love pad try these tips:

- Dim the lights and light candles.
- Turn up the heat to create a cozy temperature.
- Turn off the phone and lock the doors. You don't want to be disturbed!
- Prepare your bed for sex play and massage. Cover your bed with a soft sheet. Gather towels to absorb any body fluids she may emit, such as female ejaculate. Have lots of pillows handy to prop her up and put her into position.

- Light incense, add mood music, or choose scented candles.
- Have massage oils and lots of lubricant on hand and within easy reach. Having a pump bottle filled with lube and one with massage oil will give you easy access. And, remember, you can never use enough lube during sexual exploration. You may want to even try erotic massage candles that once heated, you pour over your lover's body for massage. These are especially stimulating and erotic. Make sure they are special massage candles, as these do not burn when applied, like regular wax ones do.
- Have vinyl gloves on hand. This is especially important for anal play and fingering. Latex gloves will deteriorate when using oils, so I recommend vinyl gloves instead.
- If you are using sex toys have them assembled nearby as well.

Flirting, Foreplay and Seduction

Your date night can start earlier in the day with a little bit of flirting to build anticipation. Think of this as a slow seduction that starts hours before the actual event. Leave her hot little sexy notes that she can find around the house to remind her of what is to come later. Send her short sexy text messages throughout the day. Buy her some sexy lingerie and have it lying on the bed (in



your new love pad) so she can prepare to greet you with sexy confidence. The anticipation you create will turn on her sexy receptors and get her fired up for pleasure.

If you are eating beforehand you can have a sexy little meal prepared for both of you. Finger foods are always great and are fast and easy to prepare. Think crackers, oysters, nice cheeses and meats, olives, fruit, chocolate and maybe even some nice wine. Set it all on a tray and you can bring it into the love pad to enjoy in your sensual environment. Feed each other and savor the experience.

Put on some music and dance together nice and slow. This can definitely put most women in the mood. Holding each other and rubbing your bodies together will start to fire up her desire. Kiss her neck passionately, make-out. Rub her body through her new lingerie and let your hands become the tools for her erotic pleasure.

Once you are both excited you can begin your love play with an erotic massage. This will help you both relax and stimulate her as well. Learn more about erotic massage with my e-book Erotic Massage for Better Sex at: <http://www.eroticmassage mastery.com>.

Ah, foreplay! It is an essential part to any



lovemaking session and just as important (if not more so) than the sex itself. Your lady love needs lots more time than you do to become aroused. So take your time, go slow and drive her crazy by touching, kissing, licking, sucking and nibbling her everywhere first. Once she is totally aroused, all of her pleasure zones will become much more responsive. And don't forget oral sex as a part of your foreplay as well!

There are hundreds of amazing foreplay techniques you can learn and tools you can use. For more exciting ideas on this topic check out my book on mastering the art of foreplay, Turn Her On Faster which you can find here: <http://www.turnheronfaster.com>

ADVANCED TECHNIQUES ON HOW TO FINGER A WOMAN

SECTION B: FINGERING TECHNIQUES

Okay, by now you should be raring to go. This section contains 3 different fingering techniques for you to learn to set her world afire.

Be sure to read through each of the following sections before starting as each can play off one another.

Technique 1: Vulva Massage, The Sexual Anatomy of the Vulva

The Vulva

The vulva is a very sensual part of the female erogenous zones and contains most of her sexy bits. It is chock full of nerve endings and rich in blood vessels that make her flush with sexual arousal. It is the external part of the female genitals and contains the mound of Venus (or pubic mound), the inner and outer labia lips, the external clitoris, the urethra opening (and U-spot), the vaginal opening (or vaginal orifice), and the perineum (that thin skin between the vagina and the anal opening).

“*Leave her hot little sexy notes that she can find around the house to remind her of what is to come later.*”

➤ *Step 1: Introduction*

Vulva massage is a deeply erotic experience for both partners and is used in Tantra. It allows her to relax and enjoy the sensations. During the vulva massage you will learn what stimulates each zone best so you can save this information for later reference. So, be sure to take mental notes of which spots and techniques are really getting her hot.

If you want to learn more about the thousand year old art of Tantra and awaken your erotic potential, I recommend to you to download The Tantric Touch e-book at: <http://www.the-tantric-touch.com/>

In addition, be sure to:

- Breathe deeply and rhythmically with your partner.
- Stay focused and pay special attention to your lover's responses.
- Enjoy the sensation of touching her just as much as she likes to be touched.
- Occasionally ask for feedback and say thank you for her guidance.
- Keep talking to a minimum.
- Go slow, unless told otherwise.



➤ **Step 2: Get into Position**

Get your partner to lie comfortably on her back with her legs spread wide. She should have her knees slightly bent, fully exposing her vulva to your view. Prop pillows behind her back, as well as under her hips and knees for additional comfort.

You can kneel in front of her to begin, but you may also like to sit or lay beside her. Try different positions depending on which area you are stimulating and which position gives you the best access.

➤ **Step 3: Orgasmic Breathing**

Orgasmic breathing techniques are used in Tantra to expand both male and female orgasms. During the massage, she should practice deep, slow breathing. Deep breathing will encourage her to relax more and let go, as well as heighten all her erotic sensations and allow the sexual energy to flow through her.

➤ **Step 4: Awakening the Pubic Mound**

We are going to start our vulva massage at the top of the vulva on the Mound of Venus, or pubic mound. First rest the palm of your hand on her vulva, with



your fingers on the top of her public area. Keep it there for a moment so you can feel the heat emanate from her vulva region and she can feel the weight of your hand. Softly, massage the meaty flesh of her mound with the palm of your hand.

➤ **Step 5: Arousing the Outer Labia**

- With two hands, rub down over her outer labia lips, first with one hand then the other in a rhythmic manner. You can rub up or down or vary the hands, one up, one down.
- Next, use the outer sides of your palms and place them in the fold outside the labia next to her thighs, with the palms facing each other in prayer position. Press the palms together and squeeze the outer labia gently, but with firm pressure. Pull up away from her body gently while maintaining the squeeze on her labia. You can also rub or vibrate the hands together to increase stimulation. Do this again several times.

➤ **Step 6: The Labia Pinch and Slide**

Now, gently squeeze each outer lip (one in each hand) and slide down the entire length of each individually. You may also playfully and gently tug on her lips if she likes it. Continue this for a minute or two. She should now be producing a bit of vaginal fluid.

“Try different positions depending on which area you are stimulating and which position gives you the best access.”

➤ **Step 5: Opening her Flower**

Your partner should be good and wet at this point. Using one index finger, lightly run it down the crevasse between her outer labia. Next, add the other hand and still using the sides of your palms, rub each palm up and down in opposite directions, further opening her lips. Then open your hands like

opening a book and spread her outer and inner labia wide, so you can see her jewel (clit), urethra (and U-spot) and vagina opening. With your mouth about 6 inches away from her vulva, blow over it to give her an erotic shiver.

➤ **Step 6: Anoint her Vulva with Warm Candle Oil**

Before you began your foreplay session, I mentioned using a massage candle instead of massage oil. Let's pretend you've already lit one and it has been sitting for at least 20 minutes to allow plenty of oil to melt. The soy wax melts at a very low temperature and does not burn when applied. It feels warm and utterly erotic. Drizzle the warm sensual oil over her vulva and softly rub in.

➤ **Step 7: Tuning the Clitoris**

- With this technique you are going to tune the clitoris to its best frequency. Yes, the clitoris has a favorite spot which is usually on either side at about the 10-11 o'clock position, or the 1-2 o'clock position.



- Using lots of lube, you are going to rub around the top portion of the clitoris and hood, using tiny vibrating circles with your fingertip at each position on the clock from 9 o'clock to 3 o'clock to find out where your partner's sweet spot is. Ask her for feedback during this process and remember where her sweet spot is located.

➤ **Step 8: Jilling Her Off**

Gently grasp the clitoral hood between your thumb and index finger to coax the glans out of hiding from beneath the clitoral hood. Now, still without touching the clitoris itself, slide the hood up and down over the glans as if you were jerking (or jilling) it off. This is highly erotic.

➤ **Step 9: Fingering Her Vagina**

- Continue to stimulate her clitoris (the sweet spot) with one hand while you use the other hand to play with the opening of her vagina.
- Lube your fingers up really well and rub her vaginal opening. Use up and down strokes with the pads of your fingers. Don't enter yet. Just continue to do this until she starts to squirm or pushes her vagina towards you begging you to enter. This is going to drive her absolutely mad with desire.

➤ **Step 12: Entering Her Vagina**

- Okay, so we've got your partner all fired up. Let's give her a bit of relief by entering her vagina opening. But only just a little, to the 2nd knuckle. Gently explore and massage inside the vagina with your finger feeling up and down and sideways and back as you vary pressure.
- Continue to use the fingers of your other hand to stimulate the clitoris. Try different patterns such as circular swirls, up and down movements, and back and forth zigzag patterns.

➤ *Step 13: The End Goal*

While vulva massage can often result in orgasm, it is not necessarily the end goal. If she does orgasm, that is awesome. However, vulva massage is more about learning what turns her on as well as a way to relax her and prepare her for advanced sexual pleasures. So you can use vulva massage any time as a warm up to sexual intercourse, or to prepare her for advanced sex techniques like fisting and anal play, which are described in the next two techniques.



TECHNIQUE 2: FINGERING AND FISTING OF THE CLITORIS AND G-SPOT

Introduction

In this part we will go through all the steps that involve fingering and an advanced build up towards fisting. Even though I detail here steps towards fisting, this does not have to be your end goal. Remember that communication with your partner is crucial, and that there is no golden rule on what feels good or bad. It is up to your partner and yourself to decide the boundaries and to which point you feel comfortable and overall enjoying yourselves. Never go beyond what feels good for you two.

There are many reasons why a woman may want to try out fisting as a pleasurable experience to do with their partner. But, before we venture into the realm of fisting, there are several precautions you need to take first.



- **Communicate:** It is highly important to talk about fisting with your partner before, during and after the act.
- **Go Slow:** It may take several sessions before you can get your whole fist inside your partner. Take your time and each time you should be able to take it a bit further. During the first few sessions you may only get a few fingers inside of her. As long as it feels good, you're doing great.
- **Patience:** Be patient, allow her to relax and enjoy the journey. Remember not to be too goal orientated.
- **Relaxation:** Your partner must be totally relaxed during this process. Starting with vulva massage is a good way to warm her up.
- **Use Plenty of Lube:** Lube, lube and more lube!
- **Gloves:** Gloves make your hands very smooth and also protect the vagina from abrasions and bacteria.
- **Rule of thumb:** If it hurts, don't do it!

➤ **Step 1: Warm Up**

To warm up, I recommend starting with a Vulva Massage as described on Technique 1. This will get her sufficiently aroused beforehand.

➤ **Step 2: G-spot Love**

- Continue to stimulate her clitoris (don't forget her sweet spot) with your fingers and tongue. Alternating fingers and tongue changes up the texture and pressure, this will feel wonderful for her.
- Find her G-spot. It is about 2-3 inches inside on the belly side, which feels wrinkled and swells upon arousal. Learn all about G-spot orgasms and

female ejaculation in my e-book Mastering Her G Spot at: <http://www.masteringhergspot.com/>

- Simulate the G-spot as you rub it in a come hither fashion, by bending your fingers in a scooping motion towards the vaginal opening. As she responds to this, increase the pressure and press firmly into the G-spot as you stroke, rub and even thrust deeply into it. Make sure to get feedback on what type of touch and how much pressure she likes.
- If she has the urge to pee, this is good as she is getting close to female ejaculation. You are doing an awesome job!

➤ **Step 3: Exploring the A-spot**

Past her G-spot is the A-spot. Stimulating this spot will help with fisting, as it will activate plenty of vaginal lubrication. Using your middle finger, reach in as deep as you can until you find the smooth ridge and groove before the cervix. This is the A-spot. Stimulate the A-spot by curling and pressing your finger into the groove, much the same as the G-spot come hither stroke.

➤ **Step 4: A to G-spot Slide**

Now that she is well lubricated, begin to slide your finger from her A-spot back towards her G-spot in one long stroke. If she likes, you can insert an additional finger into her vagina. Reach deep, back to the A-spot, curl your fingers and scoop out, and then continue to slide down to the G-spot in one slow, firm, deep stroke.

➤ **Step 5: Pelvic Thrusts**

Encourage her to rock and thrust her hips out to meet you in a rhythmic manner. This will allow her to build up orgasmic energy and cycle it through her.

➤ **Step 6: Prepare for Fisting**

- You now have several of her hot spots all fired up. Continue to stimulate her clitoris as you attempt to enter her vagina with more fingers.
- Try 2-3 fingers, whatever she is comfortable with. Once inside, try opening your fingers a bit to stretch the vaginal opening. Continue to stretch the walls of the vagina by pressing on each side: top, bottom, side to side for a few seconds each and then release. Continue this as she starts to loosen up, applying more lube as needed.

➤ **Step 7: Corkscrew**

Twist your wrist clockwise and counterclockwise, with finger inside almost 3 knuckles deep like a corkscrew. Go as slow or fast as she likes.

➤ **Step 8: Stirring**

Slowly move your fingers around in a circle motion as if you are stirring a pot of jam. This should really start to relax her and feel great.



➤ *Step 9: Vaginal/Clitoral Clench*

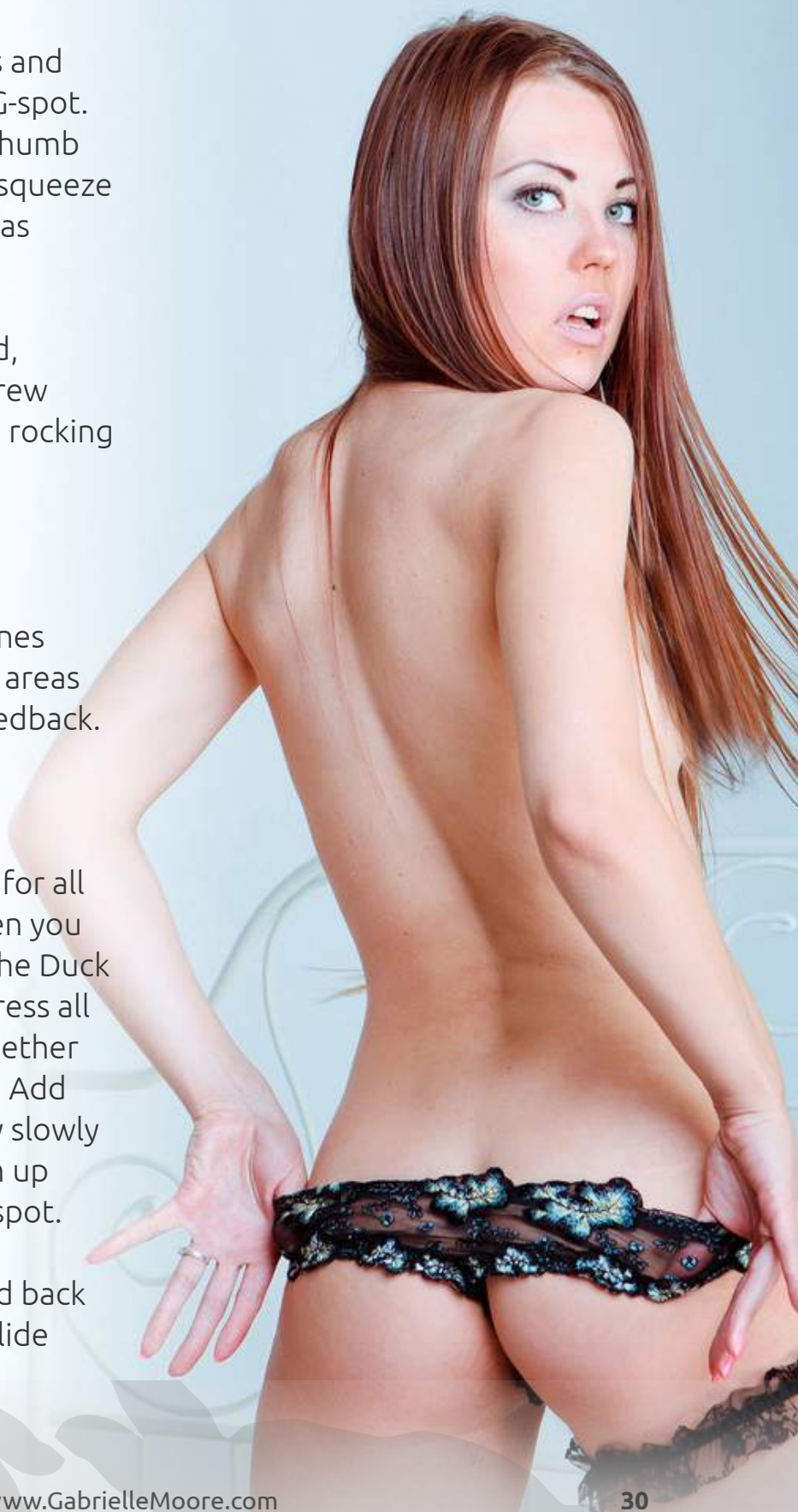
- Try inserting all four fingers and positioning them over the G-spot. On the outside place your thumb over her clitoris and slowly squeeze to add pressure to both areas simultaneously.
- Next, twist your whole hand, like you did with the corkscrew method, back and forth in a rocking motion.

➤ *Step 10: Experiment with Zones*

Experiment with the different zones inside her vagina. Find out which areas put her over the edge and get feedback.

➤ *Step 13: Ducking Inside*

- If she is ready for you to go for all four fingers and thumb, then you want to use what is called the Duck Technique. Basically, you press all your fingers and thumb together so they form a duck's beak. Add lots of lube and slowly, very slowly insert the entire hand, palm up facing her belly side and G-spot.
- You can also twist your hand back and forth slowly to help it slide



in. Don't start to move in and out just yet once you are inside. Just insert a bit at a time and then wait until she is ready for more. Continue to communicate during this process.

➤ **Step 14: Open Palm**

- Slowly, ever so slowly insert your fingers, thumb and open palm all the way inside. You may begin to push in and out in a slow, sensual movement, keeping fingers rigid and together. If she likes this try moving your fingers around a little inside.
- Next, if all is going well, try spreading your fingers gently apart. Stroke the walls with your fingertips and wiggle them a bit. Ask her what feels best.

➤ **Step 15: Finger Wave**

Still inside with fingers spread apart, start to do the wave with your fingers. Try fast or slow with various rhythms and pressure. Watch her body language.

➤ **Step 16: Knuckle Up**

Once you have passed the widest part of your hand into her vagina, your hand will naturally want to curl into a ball. Tuck the thumb under the fingers and just hold your fist inside of her for a while. Press your other hand on her belly to feel your fist inside. Isn't it amazing?

➤ **Step 17: Rock Her Boat**

- Now, gently rock your fist up and down in her vagina, using your wrist, so your knuckles press in and out of the G-spot. Be very gentle with this technique!
- Next, try twisting your fist back and forth. Be careful that it doesn't become too intense and as with any of these techniques, stop if she experiences pain.

➤ *Step 18: Fisting Orgasm*

- Continue to fist her vagina and finger her clitoris until she comes. During orgasm she is likely to squirt and experience multiple orgasms.
- Fisting orgasms are the most intense orgasms most women have ever experienced. You will be able to feel her orgasm start to build from the inside as her muscles start to contract. When she comes, her muscles will squeeze around your fist and may even force you out. This is normal, so no worries. If she doesn't push you out, wait until she finishes orgasm and then slowly and gently remove your fist uncurling the fingers as you go.

➤ *Step 19: Savor the afterglow*

- After orgasm, she will be in a heady state. She may laugh, cry, scream out, moan, or go limp. Take her in your arms and just hold her. Let her savor the afterglow and allow the energy go through her body. Enjoy the feeling of your intimate connection with her.
- At some point, when she becomes more familiar with G-spot and clitoral combined orgasms, you can try to get her to achieve multiple and continuous orgasms.



➤ *Step 20: Talk about the experience*

Make sure to talk about her experience soon after, while it is still fresh in her mind. Ask her what techniques she loved, and what she didn't like so much. Which spots were her favorite and most orgasmic? What really drove her over the edge? Log this information in your mind for future reference.



TECHNIQUE 3: ANAL PLEASURE AND FINGERING TECHNIQUES

Introduction to Anal Anatomy

The anus is the puckered opening to the anal canal or rectum. It is rich in blood vessels and sensory nerve endings which make it especially receptive to stimulation.

Just inside the anus is a ring of strong muscles that make up the anal sphincters, which allows you to hold your bowel movement. Past the sphincter muscles lies the anal canal (1-1 ½ inches in length) which is sensitive to touch, stimulation, vibration, and pressure. It too fills with blood and becomes engorged when aroused.

Beyond the anal canal is the rectum, which is about 8 inches of loose folds of smooth, soft tissue that enjoys pressure and penetration. It curves back towards the spine. It is very important to figure out the angle of the rectum before penetration, and to go slow when first exploring.

The colon is just beyond the rectum and is where feces are stored. It serves no sexual function.

Preparing for Anal Play

Make sure to have the following handy before engaging in anal play:

- **Anal Lubes**—The Anus does not self-lubricate like the vagina and only contains a thin layer of mucus. For that reason you will need to use lots and lots of anal lube. Thick water-based lubes work best. And, don't forget to keep applying it as needed as water-based lubes dry up.
- **Sex Wipes**—Anal sex can get messy. And, if you are going back and forth from anal to vaginal sex, it is a good idea to have sex wipes on hand to keep everything clean.

- Gloves and Finger Cots—Use latex gloves or finger cots on your hands during any anal play to keep your hands clean and to avoid scratching inside the rectum. Do not use latex gloves with massage oils or oil-based lubricants, as they can deteriorate.

Anal Do's and Don'ts

✓ ***Anal Do's***

- Have a bowel movement beforehand.
- Clean yourself thoroughly.
- Use a condom or latex gloves.
- Trim nails of rough edges.
- Relax, breath and take it slow.
- Use lots of lube. I mean lots.
- Stop if there is pain.

✗ ***Anal Don'ts***

- Hurry or force it.
- Pressure your partner into it if they are not ready.
- Never go from the anus to the vagina as the anus contains a lot of bacteria which can cause yeast infections and interrupt the natural flora of a woman's body chemistry.



➤ **Step 1: Rosebud Massage**

Developed by sexologist Joseph Kramer, the Rosebud Massage is a great way to warm up the anus for anal play, especially for beginners.

- Begin by massaging her butt with massage oil to get the blood flowing. Knead and squeeze the cheeks and rub them in big circular movements.
- Gently smack the fleshy part of her butt with your palms to the beat of music like playing a drum. You may try even firmer smacks on the apples of her cheeks (just above her thighs on the bottom of her bum cheeks). Vary this with deep kneading and rubbing.
- Next, lube up your finger and rub the pad of your finger around the anal rim, exploring the sensitive rosebud. Lube up the crack and slide the side of your hand up and down. She will soon be ready for insertion.

➤ **Step 2: G-spot Play**

You may use any of the G-spot techniques you've already learned to stimulate her G-spot. It is better to keep these simple, as you will be stimulating her anus at the same time. The come-hither stroke and G-spot thrusting are the two most popular techniques, however, ask her for feedback on what she likes best.

If she likes, she can stimulate her clitoris with her fingers or a vibrator, whatever she likes best.

➤ **Step 3: Anal Insertion**

- Like the vagina, the anus can also receive enormous pleasure from the insertion of fingers or toys. However, the anal canal and rectum are very delicate and not as resilient as the vagina. Without properly warming up the rectal tissue you can tear the lining. So be careful, gentle and go slow.

- Begin exploration with just one well lubed finger. Make sure to use gloves. During insertion, don't push. Allow her to relax, as you stimulate the anus by applying pressure against it.
- Slowly slide your finger inside, to the first knuckle. Don't move it around, just stay there and allow her to get used to the feeling of having something in her anus. Never rush this experience.
- Use gradual, gentle and slow exploration when penetrating the anus. This allows her to get used to the sensation and lets you know if she is experiencing any discomfort or pain. If it hurts, then she is not relaxed enough, you are not using enough lube, she isn't warmed up enough, or you are going too fast. So keep it slow and communicate.

➤ **Step 4: Mapping the Anal Canal**

With one finger still inside her anus, move your finger North-south-east-west with very subtle movement and pressure. This will allow her to get used to movement inside her anus and stretch it out a bit so you can add more pressure, if she likes. Continue to do this as you stretch the anal canal more to prepare it for more fingers.



➤ **Step 5: PS-spot Pressure**

Back to the vagina, your other hand can stimulate the back wall of the vagina (the PS-spot) mirroring the movement you are doing in the anus. You should be able to feel your fingers in the anal canal from the vagina. Press your fingers in both the vagina and anus together. Next, stretch towards the anal side and hold for a few seconds. Then stretch back towards the vagina side and hold for a few seconds.

➤ **Step 6: A Little In & Out**

Back to her butt, she should be ready for more fingers, so slide more inside. When she is relaxed you can start moving your fingers in and out, very slowly and gently. The anus is more sensitive than the vagina so proceed with caution. This should be slow and sensual, not hard and fast. Let your partner control the depth. Check in with your partner regularly when you move further inside to make sure it is still okay. You want to go past the anal canal now and into the rectum where you will be able to stimulate the G-spot through the anal/vagina wall.

➤ **Step 7: G-spot Again**

Begin thrusting into the vagina, to hit the G-spot with each stroke, again mirroring the movements you are doing in the anus. You can



use a bit more force in the vagina and thrust harder against her G-spot if she likes this.

➤ **Step 8: Anal G-spot Rub**

- Now, take your fingers out of the vagina, leaving in just the thumb and stimulate her entire vulva with your fingers. She can continue to stimulate her clit with her vibrator or fingers.
- Then, with your anal hand you are going to find her G-spot through the wall of the rectum, which is about 3 inches inside the rectum, through the anal / vagina wall. Remember this membrane is very thin. Rub through the wall in the come hither stroke to stimulate her G-spot from the rectum. This is probably going to blow her mind!

➤ **Step 9: Anal G-spot Orgasm**

- Continue to stimulate her G-spot via the rectum and with your other hand in the same position as above with your thumb in the vagina and fingers over the vulva, squeeze and rock your hand slightly back and forth. Vary this with the come hither stroke until she comes.
- Many women enjoy anal pleasure, especially if it includes another type of orgasm the very first time. This way they associate anal play with pleasure and orgasm. In time, anal play can produce its own explosive, mind-blowing orgasms and are very different and utterly intense!

In Closing

I hope you've enjoyed learning these advanced fingering techniques. Remember to check with your partner what feels good, paying attention on her reactions and learning from each experience. It has been said that practice makes perfect, so go ahead and start using your new skills right away to become a fingering sex master!

Good luck, play safe and have fun!



References

Part 1: Hands and Touch

Strovny, David. Top 10 Male Body Parts Women Love.

http://ca.askmen.com/dating/love_tip/41_love_tip.html. Last accessed 22nd April 2014.

Choi, Charles Q. (2013). Human Hand Fossil Suggests Complex Tool-Making Began Far Earlier Than Thought. LiveScience. Huffingtonpost.com

http://www.huffingtonpost.com/2013/12/17/human-hand-fossil-tool-making_n_4455315.html

Last accessed 22nd April 2014.

Choi, Charles Q. (2011). Top 10 Things that Make Humans Special. LiveScience.com.

<http://www.livescience.com/15689-evolution-human-special-species.html>

Last accessed 22nd April 2014.

Taylor, Tim. (2013). Hand and Wrist. <http://www.innerbody.com/image/skel13.html>

Last accessed 22nd April 2014.

Taylor, Tim. (2013). Muscles of the Arm and Hand. <http://www.innerbody.com/anatomy/muscular/arm-hand>. Last accessed 22nd April 2014.

Taylor, Tim. (2013). Nerves of the Arm and Hand.

<http://www.innerbody.com/anatomy/nervous/arm-hand>. Last accessed 22nd April 2014.

Zimmer, Carl. (2012). The Common Hand. National Geographic.

<http://ngm.nationalgeographic.com/2012/05/hands/zimmer-text>. Last accessed 22nd April 2014.

Wormser, Tamas. (1996). Faces of the Hand. Film. National Film Board Canada.

https://www.nfb.ca/film/faces_hand/. Last accessed 22nd April 2014.

Cicero, Shannon. (2009). The Sense of Touch. HowStuffWorks.com

<http://health.howstuffworks.com/skin-care/information/anatomy/touching1.htm>. Last accessed 22nd April 2014.

Leonard, Crystal. (2009). The Sense of Touch and How It Affects Development. Serendip Studio.

<http://serendip.brynmawr.edu/exchange/node/4356>. Last accessed 22nd April 2014.

AwnMuhammad. (2010). The Importance of Sense of Touch. Hubpages.com.

<http://awnmuhammad1.hubpages.com/hub/The-Importance-of-Sense-of-Touch>. Last accessed

22nd April 2014.

Arem, Arnold M.D. (2004). In Our Hands: A Hand Surgeon's Tales of the Body's Most Exquisite Instrument. Times Books. Kindle Edition. Last accessed 22nd April 2014.

Alpenfels, Ethel J. D.Sc. (1955). The Anthropology and Social Significance of the Human Hand http://www.oandplibrary.org/al/1955_02_004.asp. Last accessed 22nd April 2014.

Burton, Richard. (2009). The Kama Sutra of Vatsyayana. Project Gutenberg Online. <http://www.gutenberg.org/ebooks/27827>. Last accessed 22nd April 2014.

Part 2: Fingering Techniques

Clitoris:

Chalker, Rebecca. (2002). The Clitoral Truth: The Secret World at Your Fingertips. Seven Stories Press.

Sundahl, Deborah. (2004) Female Ejaculation & the G-spot. Hunter House Inc. Publishers.

The U-spot:

Castellanos, Madeleine M.D. (2003). Is the "U-spot" a New Spot? Advice from the Experts. GoodinBed.com. http://www.goodinbed.com/blogs/sex_doctors/2010/12/is-the-u-spot-a-new-spot/. Last accessed 16th April 2014.

A-spot:

Chee Ann, Chua MD. (1997) A proposal for a radical new sex therapy technique for the management of vasocongestive and orgasmic dysfunction in women: The AFE Zone Stimulation Technique. Journal of the British Association for Sexual and Marital Therapy, Vol 12 No.4.

(Updated April 2014). Anterior fornix erogenous zone. Wikipedia. http://en.wikipedia.org/wiki/Anterior_fornix_erogenous_zone. Last accessed 16th April 2014.

Shade, David. (2009). The Official Deep Spot Orgasm Video. Video. Masterful-Lover.com <http://masterful-lover.com/blog/deep-spot-orgasms/the-official-deep-spot-video/>. Last accessed 16th April 2014.

Kramer, Joseph Ph.D. (2007). The Best of Vulva Massage. The New School of Erotic Touch. DVD.

PS-spot:

EmandLo. (2010). 5 Things You Should Know about the PS-spot. Shine.Yahoo.com. <https://shine.yahoo.com/love-sex/5-things-you-should-know-about-the-ps-spot-1001618.html>. Last accessed 16th April 2014.

(Updated April 2014). Perineal sponge. Wikipedia. http://en.wikipedia.org/wiki/Perineal_sponge. Last accessed 16th April 2014.

Hartley, Nina. (2011). A Road Map to Pleasing a Woman Using Perineal Massage. Tuesdays with Nina. Sexis Magazine. EdenFantasys.com. <http://www.edenfantasys.com/sexis/sex/tuesdays-nina--perineal-massage-0524111/>. Last accessed 16th April 2014.

Erotic Massage:

Jesse, Caffyn. How to Touch: Erotic Massage Guidelines. Video. Youtube.com. Last accessed 21st April 2014.

Kramer, Joseph. (2007). The Best of Vulva Massage. DVD. The New School of Erotic Touch.

Fisting:

Addington, Deborah (2013-09-11). A Hand in the Bush: The Fine Art of Vaginal Fisting. Greenery Press. Kindle Edition.

Anal:

Kramer, Joseph. (2004) Uranus: Self Anal Massage. DVD. Joseph Kramer Productions.

Taormino, Tristan (2009). Pucker Up. HarperCollins, Kindle Edition.

Cramer, Elizabeth (2013). Better Anal Sex: 27 Essential Anal Sex Tips You Must Know for Ultimate Fun & Pleasure. Smashwords. Kindle Edition.