

# Intense anal STIMULATION

How to  
arouse her  
**ANAL**  
ecstasy

The Bible of  
**BACKDOOR**  
Thrills

*the*  
**ANAL**  
ADDICTION  
*edition*



GABRIELLE  
**MOORE**  
*Better Sex. Better Life.*

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# EXTENDED ANAL ECSTASY

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# SECTION 1 – FACTS & THEORY

## To really enjoy anal sex, you have to get out of your comfort zone

Ten bucks says you saw the the title of this episode and thought, Great – Tips that only porn stars can replicate. Pass. But hold up. If you think advanced anal sex is unbearably complicated and impossible to turn into reality with a partner that's not an experienced porn diva, you probably have the wrong impression – and you could be denying yourself some super-hot nights.

Advanced anal sex doesn't have to involve whips and chains or frightening toys that all women think twice about inserting you know where – it's simply about taking the anal ecstasy one step further and sampling things that you never thought would. The great news: Getting out of your comfort zone and trying new things makes the anal experience more intense for both of you... and therefore, much, much hotter.

Do I have your attention yet? There are a few reasons that you may not be having as much adventurous sex as you deserve. The first? You grow accustomed to a certain way of approaching bedroom games – in time you tend to always come back to a sort of model of what you and your partner think sex is supposed to be.

That would be fine, of course, if your idea of great sex meant always trying new things and experimenting with the whole array of pleasures at your disposal, but most often than not routine and complacency are the culprits for a waning of sexual enthusiasm.

You get so comfortable you start taking your sex life for granted and stop putting in the effort to try new things. The result? You end up having boring, going-through-the-motions sex, rather than the bed-breaking, sheet-soaking kind. "Couples often fall into a sex by numbers trap and have a hard time deviating from their routine. But if you don't snap out of that, you may find yourself having sex less and less frequently", says Michael Broder, author of *Secrets of Sexual Ecstasy*.

And the problem with being stuck in a sex rut is that you might not even notice it. Your sex life might have just gotten comfortable and they slowly you start to realize that it's gone a little too comfortable. And when that starts, before long at least one of you is going to get a little bored. It doesn't mean the sex is bad, it just means that you need to start making the effort again. "A relationship is like a bicycle, when one of the wheels is flat, it will still go, but not well. Even if only one partner is in that sex rut, it's going to affect the relationship sexually.



When you need something that your partner doesn't need, it's difficult to understand why they don't need it", says Eric Marlowe Garrison, author of Mastering Multiple Position Sex.

Of course, there's another reason you are not trying something different on a regular basis, especially when it comes to tasting adventurous anal sex. You are simply afraid to ask your partner for more backdoor fun. Whatever the reason you're not having enough mind-blowing romps, the overall conclusion is this: That's gotta change... and not just for your benefit. Our experts insist that it's a huge myth that women only want romantic, sensual sex. Even though they might not come right out and say it, women too crave wilder, more passionate sex, especially anal, because it makes them feel more powerful and in control of their own sexuality.

Another reason you should add more adventurous anal to your bedroom rotation? It's a biological urge – people crave passion, and when you pretend you don't, you shut down a large piece of yourself. Also, don't worry. Having wild anal doesn't entail chaining yourselves and whipping out the crazy stuff (although, hey, if that does it for you, go all out). Rather, truly advanced anal happens almost organically, as a result of feeling connected to each other and trusting each other fully and completely.

Plus, with Fifty Shades of Grey continuing to raise eyebrows and urge us to spice up our sex lives, you have to admit you yourself are feeling a mix of pressure and curiosity to turn it up a notch in the bedroom. I mean, who doesn't want to redefine who they are between the sheets if this means more pleasure payoff?

Talking to each other about taking anal one step further is another way for you and your partner to feel more confident towards trying it. But keep it light and fun – talk about moments you've shared and how you can improve them and go all out with your explorations. Reminding each other of how good you are together will make you both crave even more of that bond and it will make it easier for you to try new things.



Especially since in the case of women, every and all pleasure starts first in the brain. “Unlike most men, for women the brain plays such a huge role in sexual comfort, satisfaction and release. The ability to let go and enjoy whatever happens in bed is a critical part of the process”, says Darren Michaels, author of *Flipside Erotica – Both Sides of the Story*. This means that when you get your partner to trust you, she will let her guard down and let loose. When she can do this, new possibilities arise and stepping out of her comfort zone is much easier than before.

But do take it slow, will you? Stepping out of your usual routine does not mean stepping into leather and bringing out the whips on the first night – as I mentioned before. Instead, start by taking some small steps that you and your partner are comfortable with and have fun. Take a comfortable moment and reflect on your fantasies with the reminder that as long as you and your partner are safe and consenting, anything is game. An easy first step is to just talk about what your fantasies are. It’s very sensual to talk about these things – even if they are not enacted right away.

Then you can move on to incorporate new things into your everyday sex: trying a new toy, having sex in a different location in the house, trying a new position or acting out a particularly saucy dream one of you had. You can also try playing with power, which is incredibly sexy and a definite switch out of your comfort zone. There are a lot of ways to mix it up. If your partner is normally on top, you try getting on the saddle for a while. Or maybe you take over the moving, by choosing doggie style. Even try switching positions more than normal, to really feel like you’re mixing things up.

If this sounds like something you’re dying to try, keep on reading and I will teach you exactly how you can enjoy super-sexy, super-hot anal passion.





## How to make her wish the night would never end

Do you long to shower your woman with long and sweaty hours of anal ecstasy – just you and her and a bottle of lube? Have you ever wished you could take her breath away (literally and figuratively) with your lovemaking, leave her feeling as if she's just spent the night with the best lover in the whole wide world? Do you yearn to see her catching her breath, barely able to speak, just smiling at you in disbelief? Is such a night possible or it's only fiction worthy of saucy novels? Of course it is – if you follow these special anal lovemaking tips devised to assist any man seeking a Ph.D. in passion.

### *Presex preparation*

You're in the bedroom with your partner and things start to heat up. The plan is clearly to have sex, but before the clothes come off, what do you do? Do you run to the bathroom for one last quick rinse, make sure you have the condoms nearby, or just get down to business? A surprising number of people have what could be described as a presex ritual and I've rounded some important tips to help you create yours.



## **Lay a blanket over the bed**

Unfold a blanket over the bed, soft side up. This makes it more comfortable and means you don't have to wash the sheets if accidents happen. This also helps because you're definitely going to use a lot of lube (more on that later), which, by its slippery nature, gets everywhere.

## **Undress at least half an hour before doing it**

Doing so allows the body to reach room temperature and makes the erogenous zones more pliable and ready. This is crucial because the anus isn't as friendly and easy going as the vagina, so you need all the help you can get.

## **Make sure she's ready when you are**

Light tickles and soft caresses on her chest and belly tell her you're ready to get down to business and put her in the mood. Or you can use a move that you're used to do, for example a back rub. If you've always done this and she knows this means sex, you should definitely always count on it. The most important thing is to get her really turned on and comfortable. Her anal sphincter needs to be relaxed to allow something to pass through it. So do whatever works for her to feel fantastic.





## *Why women get the anal jitters*

Maybe it's the horror stories friends have shared. Perhaps you're too eager and fast and she thinks penetration will go along with the same rapidity and it will hurt. Or possibly it's...

### **She fears the uncleanness.**

Scientific studies have determined that this is one of the number one reason women shy away from it: they get nervous that traces of fecal matter might ruin the mood and put you off. Sure, this will most certainly have an inhibiting effect on any person so assure her this won't happen and in the off chance it did, you are not going to love her any less.

### **She thinks you want it so bad because she's not satisfying you otherwise.**

"When you want something else than she's been giving you so far, it's only natural that your partner will think she's subpar in bed. This way she loses confidence and becomes even less eager to have sex of any kind", says Linda DeVillers, author of Love Skills. You need to assure her this is not the case by maybe even starting the night off with oral and vaginal sex, so that she understands that anal sex is the cherry on the cake, not the whole dessert.

### **She's feeling the pressure to perform.**

She doesn't know how she should act and what constitutes a good anal performance from her part. It's only natural, especially if it's her first time. Think a woman doesn't worry about this kind of stuff? She worries. Will you laugh at her constricted face if it hurts? Be appalled that she's laying there quiet? Be kind and gentle and assure her you're there to help her get the most of it.

### **She fears you'll think she's slutty.**

What guy doesn't want a woman who will get a little freaky in bed and stop at nothing? Unfortunately, your girl may be afraid that if she agrees to be experimental, you'll assume she's too, uh, experienced. Women are aware that some men still have double standards when it comes to sex. She may fear that if she seems sexually advanced, you'll be turned off. To reassure her that you're enlightened, tell her you dig her daring the next time she's bold in bed. Or give her confirmation that you're equally as into it by revealing a fantasy of your own.

## *The importance of praising your lover*

Communication – isn't that what it's really about? She wants to be told that she's pleasing you, never mind that your moans have twice panicked your pet. So tell her. With words. However, making your partner feel pampered doesn't mean you go on making sugarcoated remarks

about her bedroom performance. Instead focus on things that she would genuinely love to hear from you. Furthermore, these remarks need not be necessarily raunchy but a slight sexual inclination is an added advantage, as it will let your partner perform better each time you get intimate. "Making sexual remarks gives your partner a kick that makes her feel indulged and enhances her confidence levels too. But it is very important to know what your partner likes to hear in bed. Moreover, ensure that you say the right thing at the right time, as it will instill a feeling of belonging", says Anne Hooper, author of The Ultimate Sex Book.

### *How to make her see stars*

As a general rule, anything involving your lips and the nape of her neck should make her see big magnitude stars. My guide to heavenly lovemaking contains the following techniques. Give her a fingertip massage up and down the small of her back, change the hot spots you're arousing to always keep her on her toes and up her excitement levels, blow lovingly and gently into her ear, gently sink your teeth into and nibble on her ever-so-hot midriff. You need to try every massage trick in the book to make her combust and be as ready as possible for the backdoor ecstasy. For more information on the sometimes forgotten but oh-so-amazing art of





erotic massage, check out my program on the matter, Erotic Massage for Better Sex - <http://www.eroticmassage mastery.com>

### **Amp up the risk.**

One way to score a major buzz is to up the risk of getting caught. Seduce your partner somewhere semi public. One idea: Leave the shades open while hooking up. In risky situations, your bodies release extra testosterone and activates neurotransmitters in the brain, which increase arousal.

### **Lock eyes during oral.**

Any woman secretly loves watching a man pleasure her (glance up when you're going down on her – she's probably looking at you). So capitalize on that by giving your lady a sexy stare mid action. This instantly creates intimacy. It also turns her waaay on.

### **Hit instant replay.**

The moments immediately after sex are crucial to sealing in the hotness. First, mentally savor the highlights. This will make the pleasurable effects last longer. Then several minutes post-booty session, turn to look at her and simply say, "Damn, that was good."





## SECTION 2 - ADVANCED MOVES FOR THE HOTTEST BACKDOOR PLAY

Okay, after going through the first two ebooks of the series, you now know how to give your partner an anal orgasm, either via manual or oral stimulation or via the right sexy pose. Congratulations, you're a diligent student and we commend you for it. But do you think your journey towards anal bliss ends here? No, sir! Because there are more things you can do to really amplify your partner's backdoor pleasure. Read on and continue your anal adventure. There's more to lust over!

### TECHNIQUE 1: Touch me there... and there: Double the anal trouble with simultaneous teasing

Blending two types of stimulation is the surefire way to give your partner one phenomenal fireworks-like finale. Yep, you can actually do that. It takes some specific techniques - which I am going to teach you in a minute - and a bit of practice, but it's a skill you can definitely master without a problem.

#### *Decode her kiss*

Whether hard and fast or gentle and erotic, her smooch can clue you in to her carnal cravings. Read on to learn what her lips are trying to tell you.





### **The sensual kiss**

Soft, lingering, and arousing? Yes, please! This kind of kiss is meant to ignite all of your senses – her hands roam over your body, and her lips will move gently over yours. “This kind of kiss says that she’s emotionally present and in the mood for a truly intimate experience. You can expect plenty of attention to be paid to your needs”, says Max Bush, author of *Sex Positions: Master The Climax With Advanced Guided Sex Positions For A Better Sex Life*. But hey, don’t forget about her. Match her mood by stroking her arms or kissing down her neck, then back up to her mouth. She yearns for...

### ***A sultry bathtub session***

Peel off each other’s clothes, then slide into a warm tub with you behind her. Take turns slowly lathering each other up with a soft sponge. With your hand on top of hers, start tracing slow, sexy circles around her breasts, belly and inner thighs. Next, move your hand from the base of her vulva to the top and back down again (with her hand still beneath yours, guiding you to where she wants to be touched). “The sponge bath stimulates highly sensitive parts of the vulva that are often neglected outside the tub”, says Ian Kerner, author of *She Comes First*. Once you’ve established the slow north-south rhythm, let go of her hand and take over the action. Before she gets too hot and bothered, switch places. Have your partner drag the sudsed up sponge from your chest down to your abs and then gently run it up and down your penis. The slick, warm feeling will create a toe-curling sensation. She should concentrate on stroking the underside of the shaft and along the frenulum, right below the head, where the skin is ultra thin and packed with nerve endings.



## **The timid kiss**

A tentative smooch seems chaste, but it might mean she's unsure of how to heat things up. If you want her to get down to business, you'll have to give her the green light. "Kiss her back with more intensity, maybe indicating that you want to use tongue. Then place her hand on a naughty part of your body, like your thigh. It's a signal that you want her, and it will give her confidence to make the next move", says Patti Britton, author of *Loving Sex for Loving Couples*.

She yearns for...

## ***A lusty lotus***

Bring things to a sexier level by trying this position: facing each other, have your partner wrap her legs around your back, pulling you close. Slide one hand down her belly and gently massage her clitoris – think tickle, not tug. Cup her breasts in the palm of your other hand one by one and graze her skin with your fingertips like a little octopus. When you want to get in on the erotic action, raise her up and pull her up and down your shaft slowly and rhythmically.

## **The teasing kiss**

When she nibbles on your bottom lip and then pulls away or kisses you everywhere but your mouth, she's baiting you. "She is feeling frisky and trying to get you into that playful sexual spirit. To show her you're up for it, suggest something more experimental, like a new sex toy or sex in the shower", says Margot Anand, author of *Love, Sex, and Awakening: An Erotic Journey from Tantra to Spiritual Ecstasy*. She'll also love knowing that her teasing games are having the desired effect, so tell her just how bad she's making you want her.

She yearns for...

## ***The feather blastoff***

She's a teaser herself, so you'll need serious teasing to send her into climax orbit. Tantalize her by blowing hot air to her hot spots, then move on to bigger guns. While she lies back with her legs splayed, take a feather and tease her genital area with it. Work from a delicate dusting to a pleasurably pulsating rhythm. Just avoid directly pushing it into the clitoris, because the pressure might be too much for that sensitive spot. Once you bring her to the thigh-quivering brink, change places and have her do the same to you.

## **The aggressive kiss**

If she grabs your face and pulls you in for a passionate makeout session, you can expect the same aggressive style in bed. In the mood for something a bit gentler? "Pull away, look her in the eye, and gently tell her to slow down and take her time. If she starts to pick up speed again, then show her you can double her eagerness", says Anastasia Ratajkowski, author of *Sex Positions: 101 Sex Positions to Make You Scream*. That should help her realize that the only way she's going to get her way is if she keeps up the pace with you.

She yearns for...



## *Perineum pleasure*

By now you've heard of the perineum, the patch of skin that lies between her vaginal opening and anus and is endowed with orgasmic potential. When stimulated in the right way, it can produce satisfying sensations. When she seems to be nearing the finish line during oral sex, gently press into this spot with the knuckle of your index finger. This is such a highly sensitive area, it's best to use your knuckle so you don't accidentally scratch her. To knead her into orgasmic oblivion, mix up the direction and amount of pressure. "When you touch one area repetitively, the nerve endings become exhausted and no longer sense pleasure", says Jaclyn Foster, author of *I Touch Myself: Lessons to Wake Up Desire & Fire Up Your Sex Drive*. So first go in clockwise circles, then switch to counterclockwise, then massage up and down, and so forth. Keeping her on edge by switching moves will have her entire neural network on high. When she's ready to blow, press this bundle of feel good receptors a little harder to give her the ultimate orgasm.

## *Double anal trouble step-by-step*

As I said, teasing two hot spots simultaneously is a pretty naughty combination, especially when one of those hot spots is the anus. This type of blended pleasure will make sure that her orgasm comes on faster, but at the same time it's more intense, reverberating from inside her body. By having two hot spots stroked at the same time, you mix the unique sensations of each peak into one, resulting in a longer, deeper orgasmic experience. Moreover, this isn't amazing only for your lady friend, it's great for you too. Why? Because since it requires different touches on two distinct body areas, this extra effort slows you down naturally and helps you last longer. Now let's begin, shall we?



- ▶ Start by having your partner lie on her back comfortably while you begin manually stroking her clitoris lightly. Start off coyly and allow the anticipation to grow by trailing your index finger along her pleasure button, making gentle circles around, but not quite touching the tip. As she becomes more aroused, increase your pressure and speed until she's close to reaching her peak.
- ▶ Treat her to even more pulse-pounding sensations by getting your mouth in on the action. Substitute the tip of your tongue for your finger. Start licking the outline of the clitoris, and gradually work your way in, making smaller and smaller circles. You can up the erotic ante by periodically sucking, and even nibbling. Hold it between your lips and suck, bite lightly, then gently swirl your tongue around it and give it a kiss. Periodically, pull away and just graze the area with your hair or your lips, letting your hot breath linger on it.
- ▶ Once she's near the brink, take your hand off her clitoris and move it to her anus. As you massage her anal opening and she becomes increasingly excited, resume stimulating her clitoris with your other hand or a vibrator... but don't take your fingers off her anus. While touching both, charge full speed ahead until she reaches an explosive, pulsing kind of climax.
- ▶ Now that she knows what it feels to experience a double orgasm, it's time to experiment a little bit more with different types of stimulation. A position that works great for achieving an anal orgasm and boobgasm at the same time is the Breast Cowgirl. Sit upright, with your legs stretched out, and have your partner straddle you. As she lowers her butt onto your penis, she should slide her knees forward so that they're on the bed beside you, and lean back so her back is against your thighs.
- ▶ As she thrusts, lean forward so your mouth is on her breasts, and start softly teasing, licking, sucking and biting her nipples. You'll really send a jolt of erotic electricity through her system if you vary the texture by alternating using the top and underside of your tongue. The combination of anal penetration and breast arousal will lead to an incredibly explosive finale.
- ▶ Another great option is the delicious Spank Me Maybe. As you sit up with your legs extended, have your partner straddle you reverse cowgirl style, but with her legs extended back and her torso between your thighs and shins. Penetrate her vaginally this time, and start arousing her butt with gentle smacks with one hand, amping things up by tugging on her hair with your other hand.
- ▶ Once you feel your penis hitting her G-Spot – this position naturally finds it – insert one finger inside her anus and tap lightly downwards, almost feeling your penis pulsing beneath the thin layer of skin. Every nerve in her body, from head to toe, will perk up and get ready for a gratifying release. Do this combination of strokes and moves until it culminates in simultaneous orgasm Nirvana. For more information on how to overcome problems regarding your partner's orgasm, check out my program on the matter, 7 Day Orgasm - <http://www.7dayorgasm.com/>.



## TECHNIQUE 2: The many joys of anal sex toys

Ah, butt stuff. You might think you are a seasoned expert after all we've been teaching you in the past episodes of this program, but the truth is there's still more to go. And for this technique we're relying on some expert equipment to make your partner's anal orgasms even stronger.

### *Could your sexual relationship use a vibrator?*

Think vibrators are just for single women? Not anymore. Sixty percent of women in relationships have used a vibrator, and almost half of those women have used them with a man, according to a study done by Laura Berman, author of *The Passion Prescription*.

When you hear the word vibrator, you may imagine heavy-duty phallus-shaped machinery with rotating beads and a swiveling head – something only a woman could feel ok curling up with. Well, erase that image, because there has been a revolution in humming bed toys. Now they come in a range of discreet shapes and sizes that make them infinitely more couple-friendly. Since it no longer has to feel like you're bringing a second penis into bed, more men have been open to incorporating vibes into play with their partners.

"Not only can the toys increase a woman's sexual response, making her want sex even more, but if they're something she and her guy feel comfortable using together, they can also add an exciting new layer to the couple's routine", says Halle Lieberman, author of *Buzz: The Stimulating History of the Sex Toy*. Of course, you'll have to decide if your sexual relationship would benefit from a little extra electricity. To help, I've outlined tips on how to broach the subject, then incorporate the buzz buddy into action.



*Step 1***Have the vibrator talk**

You might fear that merely mentioning a sexy toy will make your woman think you're some kind of kinky freak. But if you're game to test the waters, consider this: In Berman's study, mentioned above, two-thirds of couples were cool with their carnal accoutrements. "It sends a positive message - that you're both into sex and want it more often and more intensely. Plus, both men and women want to get in on the battery-operated action but feel nervous about bringing it up", says Dan Baritchi, author of *The Little Black Book of Sex Positions*.

Even if you suspect your woman would be open to the idea, you still can't just whip it up mid sack session - you're going to have to suss out for sure whether she'd be interested by discussing it first. Pick a moment when you're out of the bedroom so the immediate pressure is off. Then, to avoid triggering any insecurities, start by reassuring her that a toy is not a sign that you two aren't satisfying each other in bed.

To do that, let her know how great she is in bed. Go on to explain that since sex is already so amazing, you want to take it to the next level and experiment with playthings. The word vibrator may conjure up images of her vagina exploding or being too "attacked", so stick to





the less-intimidating term sex toys. If she does agree to give it a whirl, make sure you start off small and simple, avoiding vibes that are too big and frightening. Opt for something like the bullet or the finger vibe.

## Step 2

### Let the games begin – Foreplay at your (and her) fingertips

When first trying out a toy, play around with it during the early stage, before things get really intense. This keeps the experimentation on a light-hearted level, where you can both gauge how you feel about the new bedfellow.

At the same time, you can use it to get her extra revved. One of the main things women complain about in bed is that their men don't give the enough pre-sex pampering. Well, a vibrator can cut that prep time and put the couple at the same point on the pleasure map. "It takes the average man 7 minutes to reach orgasm and the average woman 15 to 20 minutes. With the help of a vibrator, she can hit the arousal phase sooner, so they'll be more in sync during intercourse", says Laura Berman, author of *The Sex Bible*.

Plus, there's a perk for you too: Using a vibrator involves much less work, so your hand (or tongue) won't go limp from trying to get her into go mode. Rather than giving her a full body massage, you can run a hand wand all over her body before bringing it to her below the belt region. You can also augment your current foreplay routine by using a finger vibe to stimulate her manually or slipping an oral vibe on your tongue before heading down south. If you're comfortable with the idea, you can turn the tables and ask your partner to use the same turn-on toys to pleasure you during manual or oral action. For more juicy tips on making foreplay the best sexual appetizer a woman could ask for, check out my program on the matter, *Turn Her On Faster* - <http://www.turnheronfaster.com/>

### Good vibes

Once you've both gotten the hang of the hummer, you can heat things up a bit and take it to the next stage. If she's like most women, she probably needs some help reaching orgasm during the act. "Only 30 percent of women are able to climax from intercourse alone. Most need additional clitoral stimulation", says Rebecca Chalker, author of *The Clitoral Truth*.

Rather than having to get her into proper alignment with you or pleasing her with your finger while you're trying to stay in the zone yourself, there's a quicker, easier solution. While she's on top or even in doggie style position, you can gently press a tiny toy – like a bullet – against her clitoris. You'll still get the credit for pleasing her, but you won't wind up with carpal tunnel syndrome. And because it can help bring your partner to that hard to nail simultaneous climax, many women think a vibrator makes them feel more intimate and connected after.

## Two for one

Some types of equipment actually have the power to stimulate you and your partner simultaneously. If it feels awkward to pass the vibrator back and forth to use on each other manually, these multitasking toys could be a sexier solution for you. “Products like a vibrating penis ring provide pleasure for you as well. Plus, they cannot be used without you, so they can ease your anxiety about vibrators making you feel inadequate”, says Victoria Zdrok, author of *Anatomy of Pleasure*.

The ring comes equipped with a miniature buzzing bullet, meant to excite your partner’s clitoris. With her on top, position the bullet right over her bliss button, allowing both of you to get good vibrations. There are also condoms that you can buy right at the drugstore that come with a vibrating ring and bullet. Not only are they easy to get your hands on, but you can just toss the condom when you’re done, without hassling over extensive cleanup.

## *Anal sex toys step-by-step*

No matter their shape and size, butt toys are bound to make your carnal experience better and more intense. Even a small butt plug can wreak pleasurable havoc because the anal opening has the highest concentration of nerve endings compared to the rest of the anal canal, so the fact that it reaches shallow depths is actually not bad at all. Plus, anal toys can indirectly stimulate the G-Spot through the thin lining that separates the vaginal and anal canals. And for many women this is actually a more pleasurable way of stimulating the G-Spot because it’s less intense on the G-Spot itself and combines the pleasurable sensations of anal play with G-Spotting. But enough with the introduction and let’s get down to business, shall we?





- ▶ For our first exercise, you're going to need a vibrating butt plug, small enough to be great for beginners. Its tip is tapered enough to make insertion, with lube, an easy task – even for those who are new to anal play. Its best feature though is the fact that it vibrates, giving an extra bit of sensation that any anal play lover will enjoy.
- ▶ After inserting the vibrating butt plug, have your partner straddle you, face-to-face, while you're sitting in a chair. She should grasp the back of your neck or shoulders for balance, then lift her legs so her calves are on your shoulder, and position herself on your erect penis. While she rides you up and down, your penis hitting the G-Spot and the butt plug vibrating away and hitting all the naughty spots in her anus, creating a subtle pressure in the vaginal canal, use your fingers to tickle her clitoris for a killer triple orgasm.
- ▶ If your partner is not yet comfortable with something that vibrates inside her anus, you can choose a butt plug that has rotating beads in the neck of the toy, which mimic the sensation of rimming and help relax the sphincter.
- ▶ For our next exercise, you're going to need a string of anal beads. They are fantastic because they give your partner a sensation stronger than the one offered by the butt plug. They are easy to insert, because they start small and very gradually get bigger and the handle allows you to pull with a quick motion once she's on the brink of climaxing. Word of caution: Avoid beads held together with a thin nylon string because they're difficult to clean. When you do decide on a set, inspect the beads before use to ensure they're smooth with no rogue sharp edges.
- ▶ After inserting the beads in your partner's anus, lie on your back with one leg bent, and have your partner straddle your body sideways, and lower herself onto your penis. She should press against your leg for clitoral stimulation as she's riding you. When you feel she's very close to coming, pull the beads out in a swift motion to take her orgasm to beyond amazing, like out in the great unknown type of amazing.
- ▶ For our final exercise, you are going to need a vibrating massage wand, which is powerful because you can use it all over to create a complete erotic experience. Start by giving your partner a massage with the vibrating wand. While she lies on her back, rub it along her neck, shoulders and lower back, feeling her tension knots melting.
- ▶ Then move on to using it on her butt cheeks and thighs, teasing near her clitoris and then tucking the end of the wand in her anus with slow, gentle movements. A tip for easier insertion, without any pain whatsoever? Instead of inserting the wand so that it's perpendicular to her body, angle it upwards towards her belly and push it inwards inch by inch. Lie side by side, facing each other, and penetrate her vaginally while you move on to anally inserting the massage wand completely. Rock back and forth, maintaining a strong erotic connection by looking her straight in the eye until she orgasms.

## TECHNIQUE 3: Fantasy play & Anal BDSM

We know that introducing the idea of kinky anal to your partner sounds frightening, but you might actually be surprised by her response. With the rise in popularity of books and movies like *Fifty Shades of Grey*, many women are actually looking to shake up their sex life with bondage play and BDSM.

### *Sex god secrets*

There are men who are great in bed, and then there are sex gods – guys who not only have a stash of killer seduction tricks but whose finely tuned sack skills push women over the edge. In addition, they've mastered an enthusiastic, almost anything goes attitude and know how to make any woman feel like a great lover. Most important, they do all this without compromising their own pleasure. As for becoming a bona fide sex god yourself, integrate these scorching tips into your repertoire and you'll attain that supreme status too.

**They start pre-play in the AM.** Bliss masters plant the seed of desire early so it has a chance to grow all day. "When you're planning on having a hot night, begin foreplay in the morning", says Olivia St. Claire, author of *302 Advanced Techniques for Driving a Man Wild in Bed*. Tricks that fuel her lust: Wedge a naughty note under her windshield wiper or give her a deep kiss before scooting off to work. As for getting in a frisky frame of mind yourself, mentally replay a sexy memory or fantasy when you have some downtime.

**They find erotic inspiration everywhere.** Say your partner is putting on a pair of heels for your date and you realize they make her legs look ridiculously hot. Tap into that later and ask her to keep her stilettos on in the sack. Or if you suddenly notice how plush your hall carpet is, make a mental note to suggest getting it on there one night soon. Great lovers zone in on the passion potential in an everyday situation. Throughout the day, put your senses on high alert – savor delicious smells and tastes, sexy sights, feel-good fabrics, and sensual music. It will help you develop sex god grade carnal spontaneity.

**They coax a woman out of her carnal safe zone.** Women tend to fall into position ruts because they're focused on climaxing. "She'll opt for the tried and true move she knows will get her off. But she'll be glad if you push her to try new stuff", says Ava Cadell, author of *Pocked Idiot's Guide to Oral Sex*. After all, that's what gifted sex partners do. Figure out what else she might enjoy based on her go-to position. Example: Doggie style gals may also love reverse cowgirl because of the similar angle. For more examples of out of this world pleasurable sex positions, check out my program on the matter, *Orgasmic Sex Positions* - <http://www.orgasmicsexpositions.com/>



**They give hot teases.** Cop this superior seduction technique: Simulate sex during foreplay. Rhythmically suck her fingers or slide your hand back and forth between her breasts. Acting out a preview boosts arousal because it's so close to intercourse.

**They step on the brakes - twice.** The harder it is to get something, the more you usually want it, right? Lust lesson: "Delayed gratification builds physical tension and emotional excitement", says Barbara Keesling, author of *The Good Girl's Guide to Bad Girl Sex*. For instance, lick her vaginal lips, then stop and run your fingers over her breasts. Next, take her clitoris into her mouth for a few moments before stopping again. Finally, give her full-on oral action. Slowing down two times will give a hotter payoff than being unbridled off the bat. Do this during intercourse too.

**They push the peak.** At the moment of climax, incorporate a small but powerful move to heighten the experience. Squeeze her thighs with your hands when you're on top, kiss her hard, or grab her upper body so that she arches her back and her breasts thrust up against you in missionary position.



**They send passion signals.** You know how sometimes you're in the mood for a quickie and other times you want sensual sex? Clue your partner in to those cravings. When women are turned on, their ability to interpret physical signs is heightened. For example: Knead her tush for forceful action; trail your fingers down her back for a gentle response.

**They modify their favorite moves.** Erotic experts have amassed an arsenal of creative positions. Well, here's one of their best tricks for inventing them: Do a *de rigueur* sex move standing up. For instance, instead of regular girl-on-top, scoot your butt to the edge of the bed and lie all the way back. Your partner should lower onto your member while standing on the ground over you. Because you're stimulating different spots inside her, she'll feel new sensations. Another frisky twist: Add gravity. Instead of good ol' missionary flat on the bed, hang your partner's shoulders off the mattress. Just be prepared to pull her up if she gets a head rush.

**They double the pleasure.** Great lovers are aware that touching multiple erogenous zones piques a woman's sensitivity. If she's on top, tug her hair with one hand while kneading her butt with the other. Or during man on top, play with her nipples as you lean over and nibble her neck.

**They know that almost anything can be a pleasure toy.** To be a superior lover, transform everyday items into bedroom accessories. The shock factor adds to the allure. It shows your sexual imagination is vivid. Hot ideas: spank her with a spatula or blow through a straw on her hot zones. Just make sure the object is clean.

**They engage in liquid lust.** Many women don't use lube because they figure if they're aroused, that's enough. But adding store-bought moisture can boost sensations, no matter how turned on your partner is. Rub her inner thighs with the slick stuff and slide your penis in and out between her legs before entering her.

**They tap into their partners' pillow talk persona.** News flash: Not all women crave dirty talk. Every woman wants to hear she's great in bed, but the kind of pillow talk that makes one woman hot might turn another off. Reading her foreplay body language to figure out the lingo that will boost her ego is a sex god must. If she's a gentle kisser, she may prefer sensual speech ("I love how you touch me"); if she's a bit rougher, chances are she's into raunchier talks ("You feel so hot").

**They do unexpected things with their bodies.** The more you surprise your woman, the more aroused she'll get. Carnal kings come up with tons of creative, frisky ideas, and one source of inspiration is their own bodies. Some mind-blowing moves that don't require you to be a contortionist: Tickle her clitoris with your beard or stick your nails into the back of her thighs during sex.



**They maximize body contact.** Try to touch as much as her skin with yours as you possibly can during sex to create the sense that you are melting into each other. This traps your body heat and feels very intimate. The primo position for connecting on this level: missionary with your chest against hers, doggie style when you're both lying down, or standing.

### *Fantasy play step-by-step*

This isn't for the faint of heart, that's for sure, but it's not for kink aficionados only either. You can sample some of the ecstasy anal BDSM has to offer by incorporating it into your night time routine. And I've got all the right tips and tricks for it. Let's get cookin'!

- You can see what your partner thinks about trying fantasy play and anal BDSM by suggesting the two of you read a kinky book together. Take turns reading the book out loud to each other and every time a sex scene comes up, describe what you like about that particular scene and ask your partner for her input. Then ask her something like, "What do you think it would be like for us to do this?" If she is receptive to the idea, don't do anything before you set up some ground rules.





- ▶ If you and your partner are going to experiment with anal kink, you want to be very clear on what is and isn't fair game. You may also want to come up with a safe word, which she can use in the moment to tell you to stop immediately if she feels uncomfortable or worse.
- ▶ Also, it's important to start small and raise the intensity gradually so that you don't scare her. A couple of noteworthy examples: give her hair a solid pull during sex, as it amplifies the animalistic nature of intercourse; push her body up against the closest door or wall when you're making out; you can also grab her wrists and pull her arms above her head, pinning them against the wall; spanking with your hands or a soft whip also works wonders for BDSM beginners, as does a blindfold (you can use a tie, scarf or sleep mask to block her eyesight and heighten her senses).
- ▶ For our first exercise, you're going to need some restraints, either some handcuffs or a belt. With your partner lying on her back on the bed, have her lift her knees to her chest. Before you lower yourself to penetrate her anally, take your handcuffs or even her panties and tie her wrists to the bedpost so you're in total control. You can also blindfold her – when she can't see or use her hands, all she can focus on is “Holy cannoli, where will his fingers go next?”





- ▶ Then straddle her hips and squat so your thighs hug hers and your penis slides inside her anus. While you're riding her, use a feather tickler to arouse her nipples and other tender parts. Or you can run an ice cube over her nipples and clitoris or get a little rough by scratching her with your nails. If you do this, start light and get some feedback to see what intensity she likes.
- ▶ For our next exercise, press the pain pedal a little more by whipping up a drop to give her love taps that leave delicious marks on her skin. For this scenario, have her lie face down on the bed, with her hands tied behind her back. Take out the massage wand we showed you in the previous exercise and use it vaginally, to tease her G-Spot (this type of toy has a reputation for turning non-squirters into the Bellagio fountain, so this is an added bonus).
- ▶ While you're working the massage wand inside of her, insert a string of anal beads down her butt and command her to stand completely still and quiet. If she doesn't obey (it's hard, with all that stimulation going on), command her to grab the wand and pleasure herself while you punish her with the crop, spanking her buttocks and back.
- ▶ For our third and final exercise, have your partner sit on the table or kitchen counter with you standing facing her. Lean over to give her a deep kiss and push her down on the table completely so that her whole vaginal and anal area is exposed. Raise her legs up on your shoulder and penetrate her anally. While you're thrusting away, slip a pair of nipple clamps at the widest angle for the least pain, and run a Wartenberg wheel over her inner thighs – the combination of the pressure on the nipples and the tickling touch of the wheel will make her go crazy with pleasure and will take her to orgasm land in seconds. Congratulations, stud! You've graduated from Kink Academy with a PhD in pleasure.

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