

SEASON

3

Arousal Amplification

EDITION

HOW TO GET HER
AND KEEP HER
SOAKING WET, NO
LUBE NECESSARY.



DRIPPING WET: SECRETS

GABRIELLE MOORE
NAKED



GABRIELLE
MOORE
Better Sex. Better Life.

WARNING:

This eBook contains nudity and sexually explicit scenes. You must be over 21 years old to read this eBook.

Please consult with your own medical specialist to determine if you are healthy enough to engage in sexual activity. Please consult with your physician before attempting any specific sexual activities described in this video. Before using any of the products shown make sure you discuss their use with your physician and to determine if you are allergic to them. Discontinue sex or use of any product immediately if you experience chest pain, dizziness, numbness, swelling, bruising, irritation, tingling or loss of feeling or circulation occurs. Never disregard professional medical advice or delay in seeking medical treatment. This video is not intended to diagnose, treat, or cure. This video is intended to be used for recreational purposes only and is a novelty item.

Copyright © 2016 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

Section 1 – Introduction to Making Her Wet

- How to Use This eBook
- Vaginal Dryness
- How the Vagina Lubricates
- The Biggest Obstacle
- Desire
- Types of Desire
- How Desire Works in the Body and the Brain to Achieve Orgasm
- The Mind During Arousal
- Obstacles that May Prevent Orgasm in Women
- Obstacles in Her Mind
- Obstacles of the Body

Section 2 – Wet Sexual Adventures

Part 1: Foreplay

- Introduction to Foreplay
- The Art of Seduction
- Creating a Sexy Space and Setting the Mood
- Tips for Creating the Ideal Sexy Space
- Teasing Techniques: The Spiral of Desire

Part 2: Oral Sex and Making Her Wet

- The Glorious Clitoris
- The Cunnilingus Kiss

Part 3: Vaginal and Deep Spot Orgasms

- The Cervix
- The A-spot (or Deep Spot)
- Penetrating Deep Space for Full Body Juicy Orgasms

Wrapping Up

Bibliography

Section 1

Introduction to Making Her Wet

How would you like to make your wife or girlfriend wet with desire?

I'm talking so soaking, juicy wet that she craves your touch like a burning thirst that can't be quenched until you give her the ultimate squirting orgasm! Yes, that WET!

Well, this eBook is designed to show you how to do just that.

In these pages, you will learn all about female desire including the physical, emotional and psychological obstacles that may be stopping her from getting there. Why desire must start outside her body first, before she can get turned on and get wet. How foreplay plays the most important role in building female desire and why you must not skip it ever. As well as hot techniques you can do to prepare for sex that will make her wetter than ever before.

Once you learn how desire works in her body and how to turn her on, a whole new world of pleasure and sexual adventures will open for you both, so you can enjoy the sexy, passionate, wet, juicy sex life you both yearn for.

Are you ready to make her wet with desire? All right, let's begin!

How to Use This eBook

This eBook is designed to accompany an educational video on the same topic. You can watch hot girls teaching you all the concepts explained in the book, step-by-step, so you can see the techniques in practice in our sexy video here.



Vaginal Dryness

We tend to believe that women are supposed to be wet and ready for sex all the time. At least that is how it happens in the movies. In reality, however, there are a lot of reasons why a woman may not self-lubricate naturally.


These include:

- /// Hormone levels and a decrease in estrogen.
- /// Lifecycle changes such as pregnancy, breastfeeding and menopause.
- /// Hysterectomy or other surgeries.
- /// Illnesses and treatments, such as cancer.
- /// Certain medications including those for allergies, colds, flus and depression.
- /// Personal care products such as bubble bath, scented soaps, tampons, and douching, which can disrupt the natural flora of the vagina.
- /// Stress, diet, and relationship issues.
- /// Past sexual trauma and sexual shaming.
- /// Lack of adequate foreplay to build desire.

Vaginal dryness can be a huge obstacle to women who would like to enjoy sex, but can't because the reduced moisture in their vagina can make sex uncomfortable and even painful due to friction. Pain during sex will, for obvious reasons, decrease her desire to have sex and may also inhibit her libido all together. So it is very important to find out the reason(s) why she is suffering from vaginal dryness by visiting her gynecologist and eliminating all possible causes.

How the Vagina Lubricates

When a woman becomes sexual aroused, hormones tell the brain to get ready for sex, so the vagina can prepare for sexual penetration. Thus vasocongestion occurs (the swelling of the vaginal and vulva tissues with blood) and clear fluid called vaginal sweat is filtered from the blood and seeps out of the vaginal mucous membranes to lubricate it. In addition, a slippery liquid is excreted from the Bartholin's gland that is located at the opening of the vagina, making her inner lips and vagina wet with moisture.



How much lubrication is created is different from woman to woman, and will depend on many of the issues we've already explained above.

Natural ways to increase self-lubrication include getting enough hydration. Yes, she should drink plenty of water, before, during and after sex. It is well known that the majority of people don't drink enough water, like the 8 glasses a day minimum that health specialists recommend. So drinking lots of water will keep her juices flowing.

Also, she should have sex on a regular basis. Seriously! Regular sex helps increase levels of desire, releases "feel good" hormones and keeps the sexual body in shape and ready for sex. The more sex she has, the more sex she will want to have, so make sex a priority at least 1-3 times a week to keep her sexual motor running.

The Biggest Obstacle

The most common reason she may experience vaginal dryness is simply because she is not turned on. In other words, not enough time was taken to build her desire via foreplay, so she can get super juicy before sex. But, before we go into the world of foreplay, we need to find out how a woman's body and mind work so she can build desire.

Desire

Desire, arousal and orgasm are very complex processes, as we will soon learn. A woman's arousal cycle is much

different than a man's. Male arousal is like a flame, quick to ignite, but burns out quickly. Whereas, women are like water, slow to heat up and come to a boil, but she can keep the desire boiling for a long while.

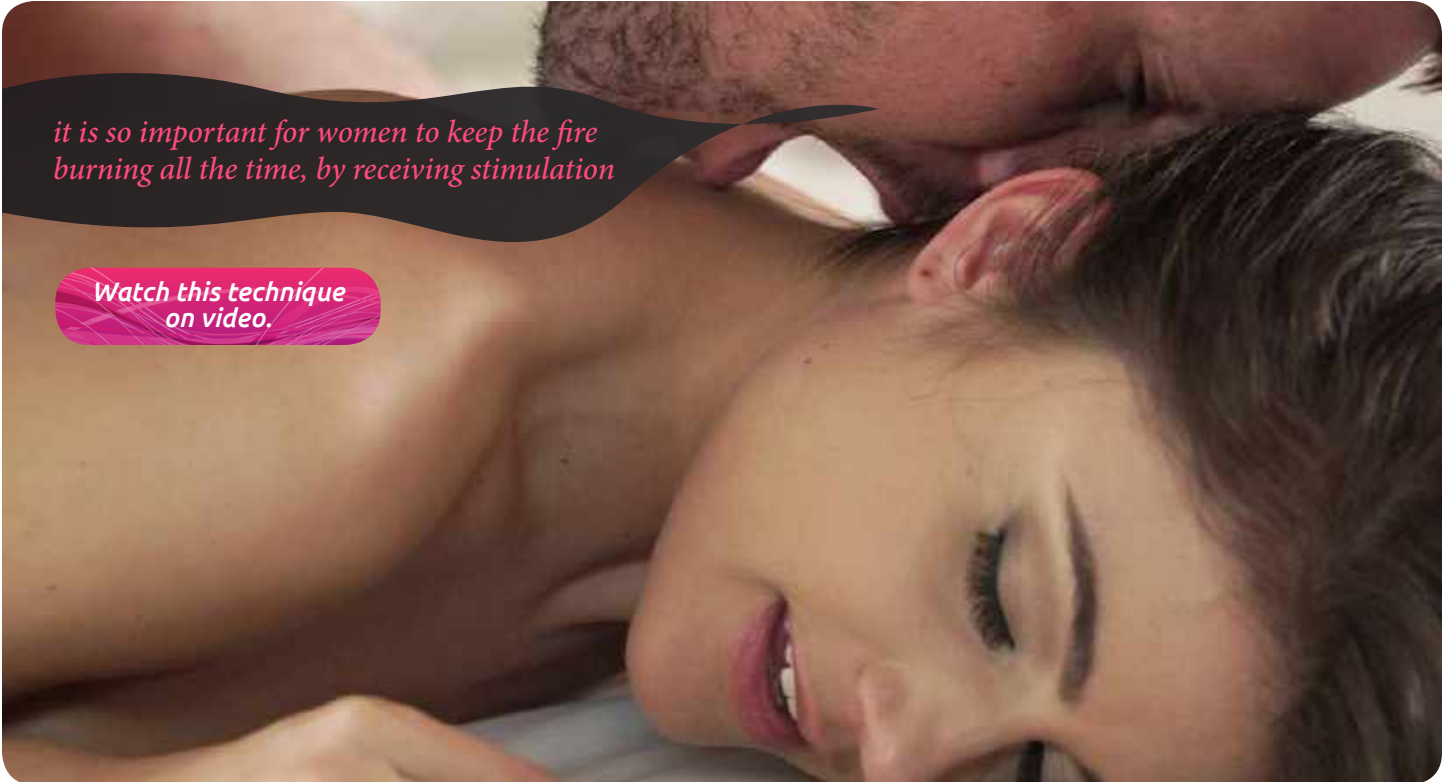
Likewise, if a woman is not experiencing sex on a regular basis (arousal, desire and orgasms), then her water can get cold, and even shut down and freeze. This is why it is so important for women to keep the fire burning all the time, by receiving stimulation and arousal on a regular basis, because desire builds desire.

If you want to learn more about how to build female arousal, check out my eBook, "Double Her Desire" at: <http://double-her-desire.com>.

Types of Desire

Did you know there are two different types of desire? Spontaneous desire and Responsive desire.

Spontaneous desire, is mainly the male model of desire, where he becomes aroused and is suddenly turned on. He doesn't appear to need any external stimulation and like a light switch, just flicks it on.



*it is so important for women to keep the fire
burning all the time, by receiving stimulation*

*Watch this technique
on video.*

Approximately 70% of men experience desire as “spontaneous,” whereas only 10-20% of women experience spontaneous desire as their main model.

Responsive desire, is when a person needs to be stimulated externally first and desire follows. Women tend to experience a more responsive type of desire, which means the stimulation starts from outside the body and works its way in. Arousal first, then desire follows. This is why foreplay is so important to building a woman’s desire.

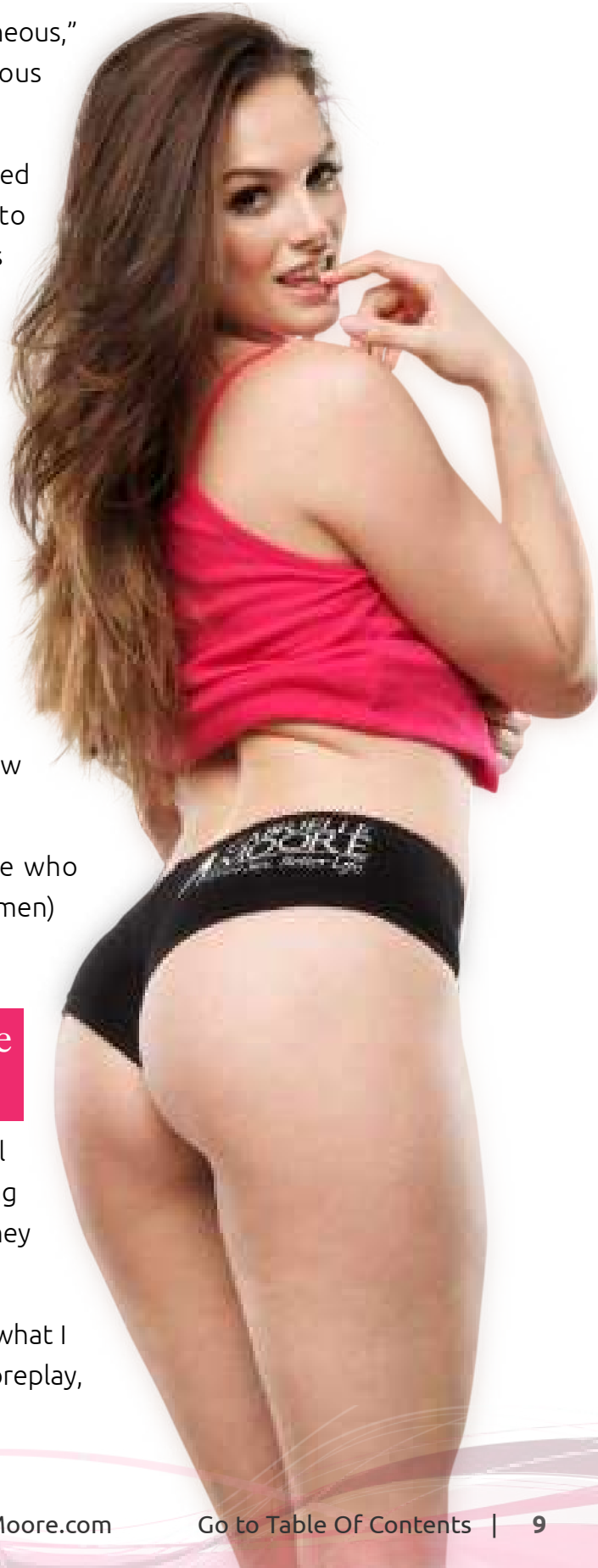
Our cultural model of desire is taught as being spontaneous, so most people think that they have to be turned on all the time. Often, people who experience responsive desire think they are somehow broken, or that they have a “low libido” because their desire model does not look like the “normal” model we have been taught. But, that is simply not the case. People who experience responsive desire are NOT broken, nor do they need a “pill” to fix them. They only need to learn how desire works in their body and how to turn it on.

Both types of desire are perfectly “normal” for those who experience them, and some people (both men and women) can experience both types of desire.

How Desire Works in the Body and the Brain to Achieve Orgasm

Desire, leading to orgasm, is like a series of sequential steps, that builds sexual tension in the body, finally resulting in orgasm at its peak. You can’t skip over the steps, and they must be taken in order.

Seduction Phase: The first phase would be arousal, or what I like to call “the Seduction Phase”, which would begin in foreplay,



or with the initiation to have sexual pleasure. Maybe it begins with a passionate kiss. She then responds by becoming aroused and desire soon follows.

Excitement Phase: Next, in the Excitement Phase, sensory messages from the genitals (including the pudental, pelvic, hypogastric, and vagus nerves) are sent to the pleasure center of the brain via the sympathetic nervous system as they become activated by pleasure. Adrenaline increases the heart rate and dilates arteries to increase blood flow to the muscles during sex, creating feelings of exhilaration.

“*...women can even go unconscious during orgasm, whereas men don't.*”

This causes the heart rate to become more rapid, the skin on the chest may flush with increased blood flow, muscles begin to tense up, nipples become erect, blood flow increases in the genitals causing the lips and clitoris to swell and become more sensitive, her breasts also swell, and the vagina become lubricated. Stimulation of the nipples releases the “feel good” hormone oxytocin, which causes pleasurable tingles in the genitals.

Plateau Phase: During the Plateau Phase, muscle tension increases, as breathing, heart rate and blood pressure continues to rise and the clitoris and other parts of the body become highly sensitive to touch. As stimulation continues, the muscles and ligaments begin to contract in response to messages from the brain, creating what we call “sexual tension.”

Orgasm Phase: Phase four is the Climax or Orgasm Phase. By now, a sexual flush may appear over the entire body, as heart rate, breathing and blood pressure reach their peak. The lateral orbitofrontal cortex of the brain temporarily shuts down, causing her mind to “lose control”. Because of this, women can even go unconscious during orgasm, whereas men don't. Her brain is flooded by oxytocin, and dopamine (a neurotransmitter) which gives her that orgasmic rush of euphoria and energy that feels like a heroine high. Serotonin (an anti-depressant) is also released, which makes her feel blissful and content. The muscles in her vagina and uterus contract rhythmically as a sudden release of sexual tension explodes into orgasm.

In women, a part of the brain stem (the periaqueductal gray or PAG) which controls the mind's "fight or flight" response is activated, which is why a women need to feel safe and relaxed in order to feel desire. The part of brain which deals with anxiety decreases, helping to prevent worries that may hinder orgasm. Strangely enough, the area in the brain associated with pain is activated, showing a direct correlation between pain and pleasure. This is why our pain threshold is higher during sex, and something that may have not felt good before sex like pinching the nipples, can feel euphoric during sex.

Resolution Phase: The final phase, Resolution, is when the body returns to its pre-aroused state, and we feel sleepy and want to cuddle. Men often go through a refractory phase where they need time to recover from orgasm before they can perform sexually again. Women, however, can sometimes continue after the first orgasm to experience multiple or continuous orgasms.

Learn more about the female orgasm in my bestselling eBook, "7 Day Orgasm" here:
<http://www.7dayorgasm.com>.

The Mind During Arousal

Once a woman becomes aroused she goes into a light trance state as her emotional centers shut down. Her brain waves switch from beta (normal alert consciousness) to alpha (a light trance state). In order to get into this trance state, she has to turn off her thinking critical mind, become relaxed and open to receive pleasure. If she is worrying about the bills, or thinking



about doing the laundry, she can't get into this aroused state and allow her body to "feel" desire and pleasure. She also needs to feel safe enough with her partner to open up and become vulnerable, because a woman's brain shuts down during orgasm, and she is left totally exposed. This may be another reason that women have a hard time letting go during sex, so it is vitally important that she feel safe and secure in your relationship.

“You can't make your partner achieve orgasm if they are unwilling to let go.”

If she is able to become relaxed, she can begin to feel a deepened awareness of her body's pleasurable sensations and allow them to build towards orgasm.

It is important to note that every person is responsible for their own orgasm. You can't make your partner achieve orgasm if they are unwilling to let go. They are the ones that must give themselves permission to feel pleasure and desire, so they can have an orgasm.

Obstacles that May Prevent Orgasm in Women

According to various combined reports, about 70% of women cannot orgasm during sexual intercourse and need clitoral stimulation. Approximately 15% of women report difficulty in obtaining orgasm, while 10% suffer from Anorgasmia, which means they can't climax at all. Nearly 50% of women have complained about difficulty in becoming aroused sexually, or dissatisfaction with their sex life at some point in their lives.

So, there are a lot of unhappy women out there who are NOT having orgasms. Is your lover one of them? If so, read on, because there are things you can do to help her get there.

But, first let's look into the obstacles that may be preventing her from achieving orgasms.

Obstacles in Her Mind

Thinking Too Much

If she stays in her head and can't get into her body's sensations, then she will have a hard time feeling desire. Being natural multi-taskers, many women tend to think too much, worrying about bills, chores, relationships issues and other mundane things that inhibit her mood to have sex. That's why it is important that she relax and let go of inhibitions, so she can embody erotic sensations.

Relationship Issues

There are many relationship issues that can get in the way of having an intimate sex life. These include unresolved issues or fights, sexual frustration (she is not enjoying sex or having orgasms), resentment, infidelity, and not being truthful. All these issues can become huge barriers to desire. If she is angry at you, or doesn't trust you, she will never be able to open up enough to enjoy pleasure with you during sex. Make sure to talk about relationship issues and get them resolved.

Feeling Safe

As we learned earlier, a woman's mind shuts down during orgasm. So she needs to feel completely



..so it is vitally important that she feel safe and secure in your relationship.

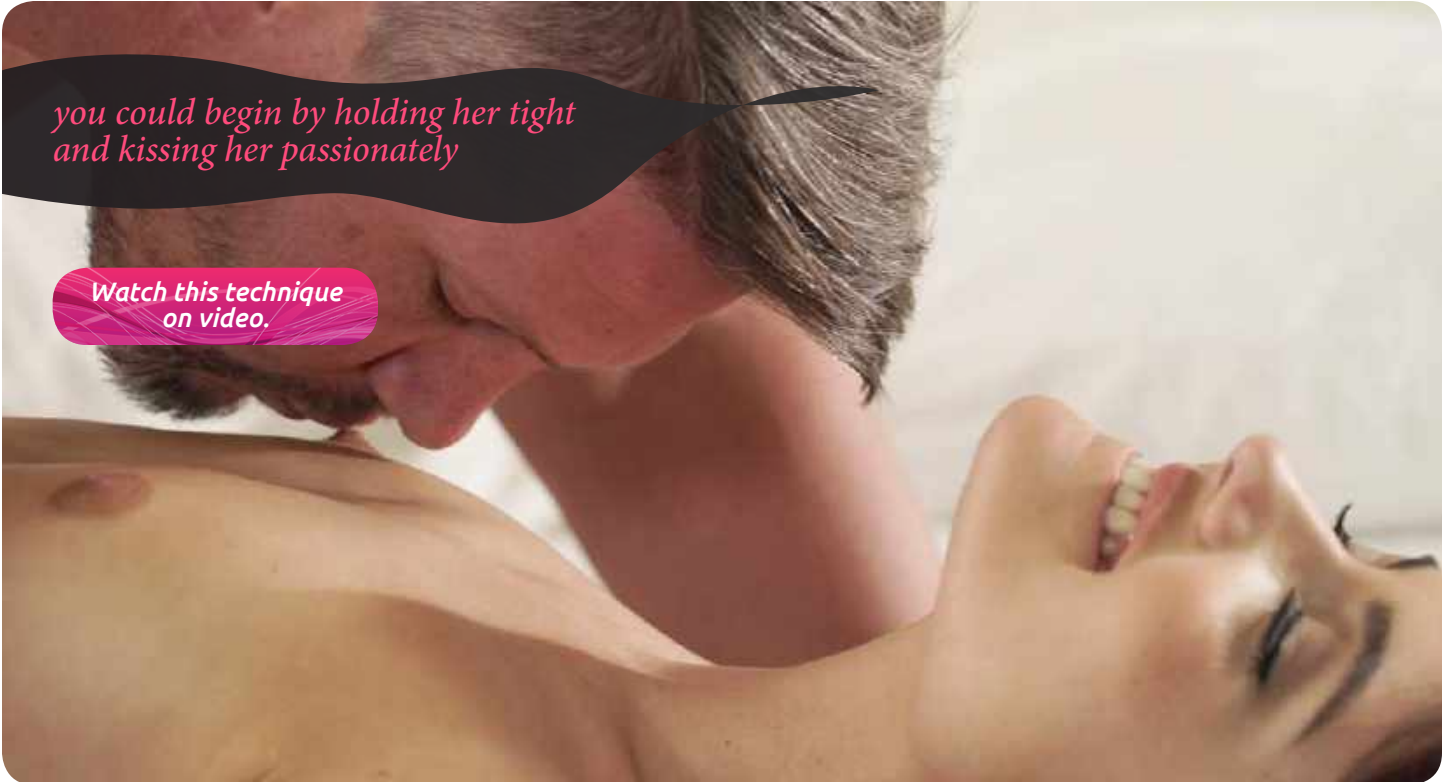
Watch this technique on video.

safe with you and know she can trust you to take care of her. Even if she is very self-sufficient, she still desires a man she can rely on to take control, nurture her and make her feel safe. To do this, make sure she is the top priority in your life. Always take time to talk and communicate, especially when she is upset. Learn healthy communication skills to avoid heated arguments, blaming, criticizing, being defensive or withdrawing from her. Show her you are there for her no matter what, listen to her with an open mind and validate her emotions.

Obstacles of the Body

Body Image and Self-Esteem

Women grow up with a lot of negative programming about their bodies. The media constantly bombards them with images of the perfect body, which the majority of women can never achieve. Because of this, most women have body issues and are constantly comparing themselves to other women, which make them feel they are not “good enough”. They may have a hard time seeing their own beauty and can be very negative, self-critical, worry about what they look like (especially naked and during sex), or have low self-esteem.

A close-up photograph of a man with grey hair and a beard kissing a woman's neck. The woman is lying down, looking up at him with a smile. The image is partially obscured by a dark, wavy graphic element.

*you could begin by holding her tight
and kissing her passionately*

*Watch this technique
on video.*

So, tell her how beautiful she is, how perfect, what you love about her body, how she turns you on, every opportunity you have. She will never get tired of compliments, that make her feel attractive and sexy.

Body Trauma

Nearly 1 in 5 women have been victims of sexual assault or rape. As a result, some women have unconsciously built body armoring which is a mental-muscle reflex mechanism, that makes her tense up during sex. This defense mechanism can enter the tissue on a deeper level and hold a pattern of resistance, so she may actually feel pain during sex, or have become numb to pleasure. There is help however. Caring lovemaking and certain Tantra techniques can begin the de-armoring process in her body through sexual healing.

To find out more about Tantra, and ways to heal her body's resistance through ecstatic love, check out my eBook here, called "The Tantric Touch": <http://www.the-tantric-touch.com/>

She Doesn't Know Her Body

Many women were taught that sex is dirty growing up and not to touch themselves sexually, or were made to feel sexual shame. This may have inhibited her from exploring her own body sexually via masturbation, and learning what turns her on. You can encourage her experimentation via mutual masturbation and help her explore her body, or buy her a vibrator and begin playing together, so she can learn the pathways to her pleasure.

Getting Help

Hopefully your lover doesn't suffer from one of the above issues. But, if she does, be sure to communicate with her and find solutions, whether this is just by supporting her, or helping her find counselling, a body worker, or a doctor to help overcome any issues she may have.



Section 2

Wet Sexual Adventures

The techniques in this section, “Wet Sexual Adventures” are meant to be used in sequence, creating a gourmet dinner of sex play that will last all night long, leading to the final wet juicy orgasm. Section A, begins with foreplay and seduction, leading into Section B, which is the appetizer, oral sex. After that we go to the main menu, Section C and G-spot sex, and then to the finale or dessert, Section D, cervical or deep body orgasms.

Make sure to plan your night accordingly and let her know she is in for a marathon evening of orgasms. Remember to keep her hydrated with water and have little snacks in between each section, because she is going to need the stamina, baby! A nice glass of wine or two before you start is a great way to get her relaxed as well and ready for your night of steaming hot wet sex.

If you would like to watch our sexy models showing these the specific techniques in explicit detail, check out our accompanying video here. ▶



PART 01 FOREPLAY

Introduction to Foreplay

As you may imagine, foreplay is one of the best tools you can use to open her up to desire. Foreplay should never be overlooked or rushed. A slow, sensual seduction is often needed, so she has lots of external stimulation to light her fire and get her water boiling.

The Art of Seduction

Foreplay begins with seduction. It starts with flirting, teasing, and mentally stimulating your partner. You want to begin seducing your partner long before the big event. For example, if you have a date night next Friday, begin dropping hints about what you are going to do to her, like sending sexy text messages or leaving romantic notes around the house. Perhaps you have planned a romantic night of dinner and dancing, or a surprise getaway at the beach. You could give her a gift certificate to go to the beauty shop and get her hair done, because you have something special planned, or tell her to go buy a new bathing suit, but don't let on why. Maybe you are just staying at home and want to build up her anticipation to prepare her body for desire. You could buy her a new piece of lingerie and ask her to wear it under her dress when you get home Friday night.

“Another way to seduce your partner is to do something spontaneous, or create a thrilling adventure.”

All of your subtle hints will awaken her erotic mind and create suspense as she starts to mentally fantasize about your sex date. We all know that the mind is the sexiest part of the body, because once her mind is turned on, her body will follow.

Another way to seduce your partner is to do something spontaneous, or create a thrilling



adventure. This could be grabbing her while she is doing dishes, and ravishing her in the kitchen. Or, going to an amusement park and riding the roller coaster to get her adrenaline pumping. Perhaps, you'd both like to try something a little different in the bedroom, like role-playing, being dominant, or doing something a little kinky. Create a sexy bucket list of sexual activities you'd like to try together.

Foreplay also involves intimate stimulation of the senses, both physically and emotionally, to build sexual arousal and desire. It could be a sexy look you give her across a room at a party, as you devour her with your eyes. Or, whispering in her ear about all the naughty things you want to do to her.

Physically, you could begin by holding her tight and kissing her passionately so you sweep her off her feet. Take your time with this, start with her lips, and gradually kiss her entire body as you slowly undress her. Or pamper her with a nice hot bath followed by an erotic massage to seduce her senses.

Learn lots of hot erotic massage techniques in my e-book "Erotic Massage for Better Sex" at: <http://www.eroticmassage mastery.com>.

Once you are naked and in bed, don't stop the foreplay and try to go straight for sex. Continue to touch her body all over, trying various types of touch with your hands and mouth. Work from the outer limits of her body first, before zeroing in on her erogenous zones. You want to make sure she is begging for your touch before you touch her breasts and genitals.

The most important thing to remember, is to take your time and allow her desire to guide your actions. Also,

take time to communicate with her, be present and pay special attention to her responses. Don't rush her, wait until she really wet and invites you inside of her.

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>.

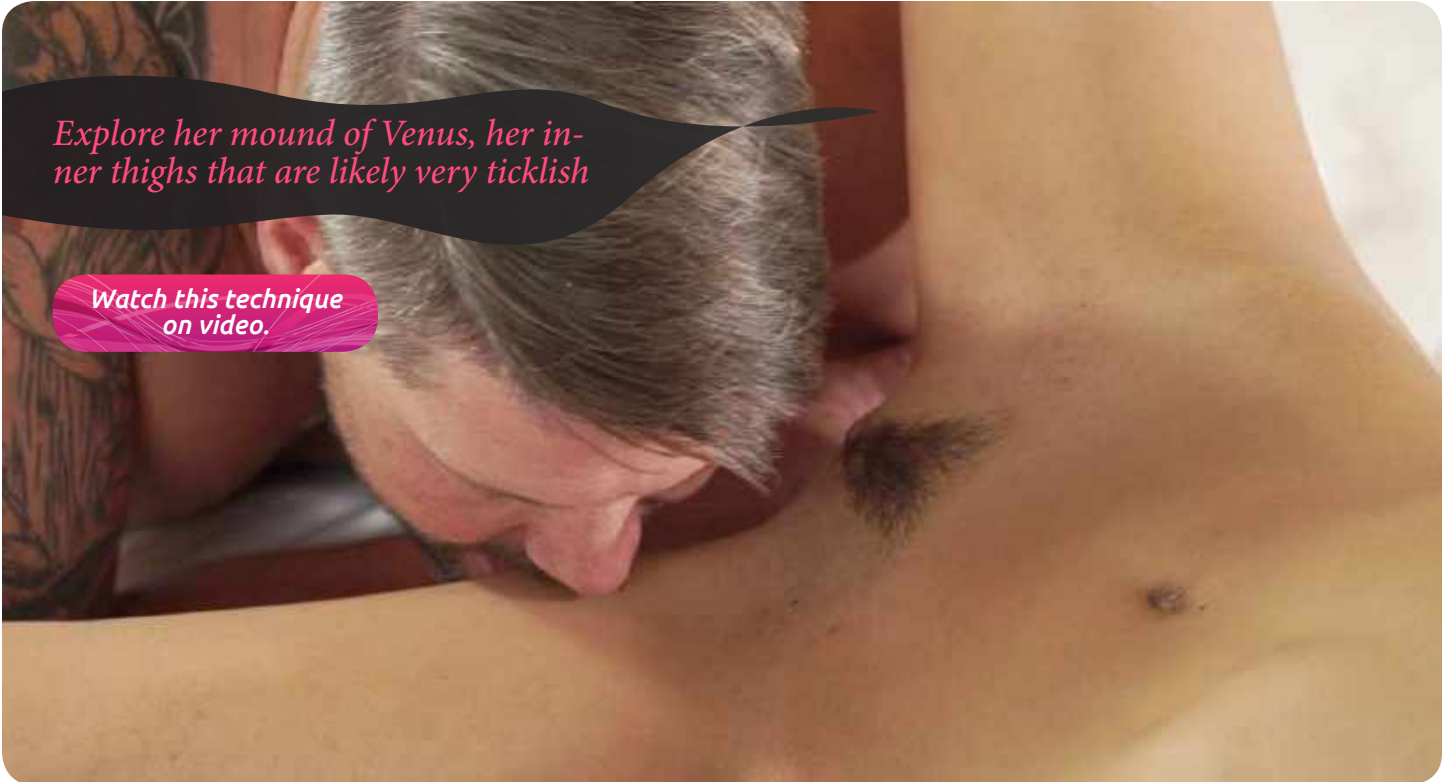
Creating a Sexy Space and Setting the Mood

Foreplay also involves preparation and creating a sexy, romantic space to seduce her senses. If there is dirty laundry hanging around, or the bedroom is a mess, that is not helping to set a romantic mood and can be very distracting.

There are lots of things you can do to create a sexy love nest. Just imagine how amazed she will be when she sees how you have taken the time to make your love nest sexy. Bonus points!

Tips for Creating the Ideal Sexy Space

- Clean the room, declutter and remove distractions.

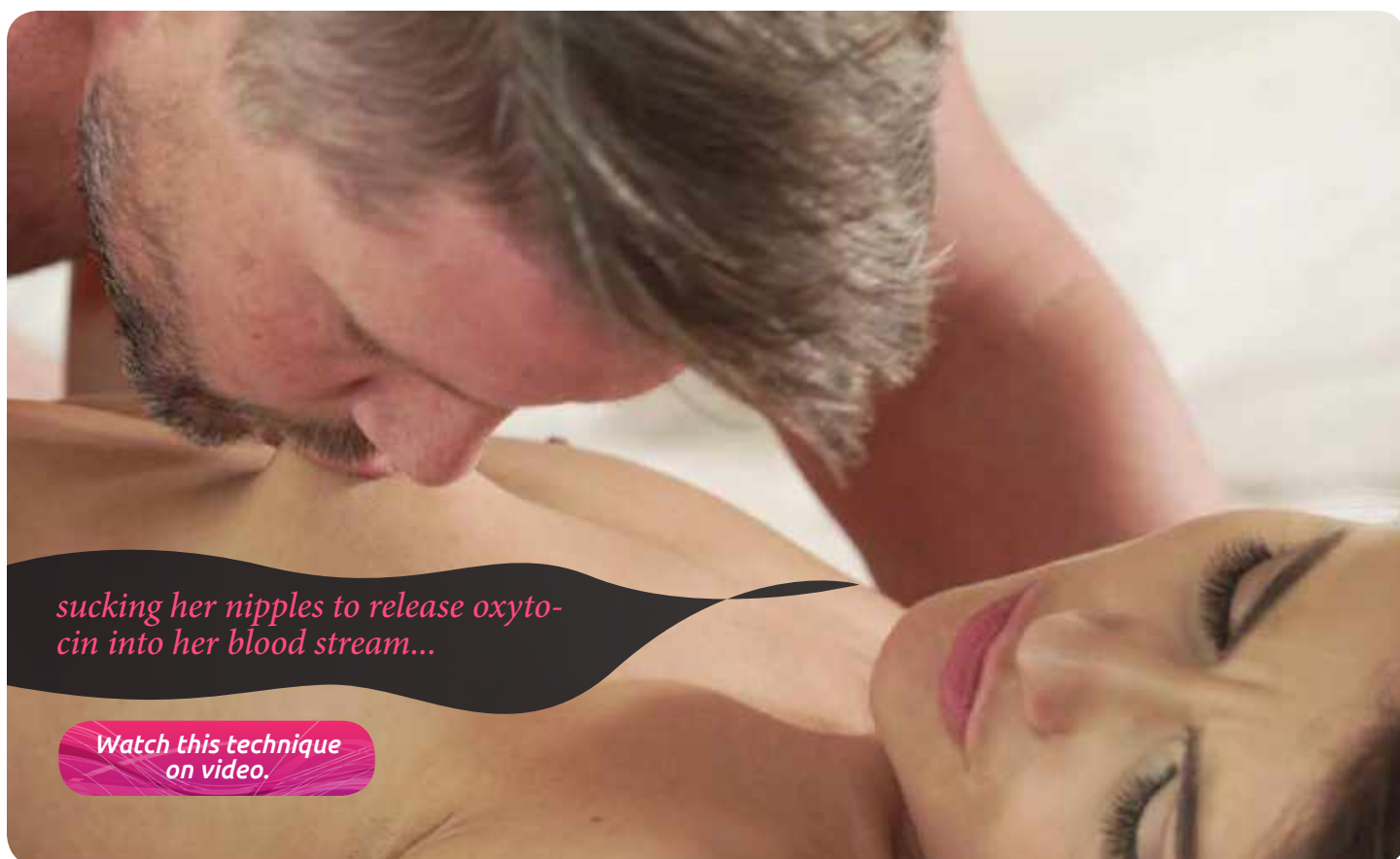


Explore her mound of Venus, her inner thighs that are likely very ticklish

Watch this technique
on video.

- Change the sheets to new fresh smelling linens or silk sheets.
- Sprinkle rose petals on the sheets, or put a bouquets of scented flowers in the room.
- Light incense and candles.
- Turn on some mood lighting.
- Turn up the heat to create a cozy temperature.
- Turn off the phone and lock the doors.
- Play some sexy music.
- Have lots of pillows to use to prop her up during sex.
- Grab some towels to use under her for G-spot play and female ejaculation.
- Assemble lube, massage oils and any sex toys or play things you might want to use.
- Have cold bottled water nearby and drinking straws so she stays hydrated.
- Prepare some aphrodisiacs and finger foods to feed each other with before you get started.

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>.



Teasing Techniques: The Spiral of Desire

Think of the art of foreplay, like a spiral to desire. You begin on the outer edges of the spiral, barely touching her and slowly working your way in, to her erogenous zones.

- /// This is the seduction stage, where your lips barely graze the back of her neck, where your whispers tickle her ear, and you bring goosebumps to the back of her arms by scarcely brushing the tiny hairs that grow there. This could also include feeding her strawberries from your own lips, caressing her face with the petals of a long stem rose, or dancing cheek to cheek.
- /// Next, slowly undress her, taking in every luscious curve with your eyes, as you breathe in the scent of her hair, and kiss her naked skin. Kiss her mouth slowly, sensually and deeply, as the

“Be in tune with her body as you tease, tempt and entice her, making her want your touch more and more.”

testosterone from your saliva builds passion inside of her. Let your lips and tongue linger on non-erogenous areas, the lobe of her ear, the hollow between her two collar bones, her wrists and inner elbows, the back of her knees. Be in tune with her body as you tease, tempt and entice her, making her want your touch more and more.

- /// As she becomes increasingly aroused, zone into her erogenous areas and light her nerve endings on fire. Nibble on her neck and continue to spiral downward, caressing her breasts and sucking her nipples to release oxytocin into her blood stream that will send tingles to her genitals. Go slow, as you build erotic tension, anticipation and desire through her whole body.
- /// Finally, you reach her lower belly and genital area. But, don't touch her genitals yet. Explore her mound of Venus, her inner thighs that are likely very ticklish, and breathe in the scent of her. Continue to tease her with your hands, finger and lips until she is squirming beneath you and raising her hips, aching for your erotic touch on her wet pussy lips.

Now she is ready for your cunning kiss.

PART 02 ORAL SEX AND MAKING HER WET

By the time you get to this part, your lady should be good and wet. You prepared her for a night of hot passionate sex, by seducing her mind and using lots of foreplay (the spiral of desire) to warm up her body. Now, you can get her really wet by performing oral sex on her.

Women LOVE oral sex for many reasons. One reason, is that oral sex stimulates the clitoris deliciously. A hot, wet tongue feels divine all over the entire vulva, especially the clitoris itself. And, as we know from the research in Part One, 70% of women get off on clitoris stimulation.

Oral sex is also like a great appetizer before the main meal: penetrative sex. It gets her juices flowing, lets her get off a quick tension and release orgasm, preparing her for bigger, better and wetter orgasms to come. For many women, it is actually easier to obtain continuous and multiple orgasms after they have gotten their first quick orgasm out of the way. This lets off pressure so they can totally relax and get into their body's sensations.

Women also love oral sex because they don't have to "perform". They can just lay back and relax, and allow their man to take control, so they can enjoy the pleasure of their orgasm.



The Glorious Clitoris

It's all about the clit!

The glorious clitoris is the only organ designed specifically for sexual pleasure. Unlike the penis which is also used for urination, the clitoris has over 8000 nerves endings whose sole purpose is to give a woman erotic stimulation... And orgasms!

The tiny glans you see covered by its little hood, is only a small part of a much larger organ that lies beneath the exterior of the skin. Think of the glans (or clitoral head) as the tip of an iceberg, with the major part of the erectile tissue submerged beneath the water's (or in this case, the body's) surface.

Beneath the skin, the clitoris goes much deeper, running under the inner labia lips and embracing the vagina and urethral sponge. The urethral sponge, is actually another name for the G-spot.

Most women experience clitoral orgasms before other advanced types of orgasms, and clitoral orgasms are usually the quickest and easiest way for them to get off. Because the clitoris is connected to the other erogenous zones in the female genitalia, it aids in other types of orgasms indirectly as well.



*the clitoris goes much deeper, running
under the inner labia lips*

*Watch this technique
on video.*

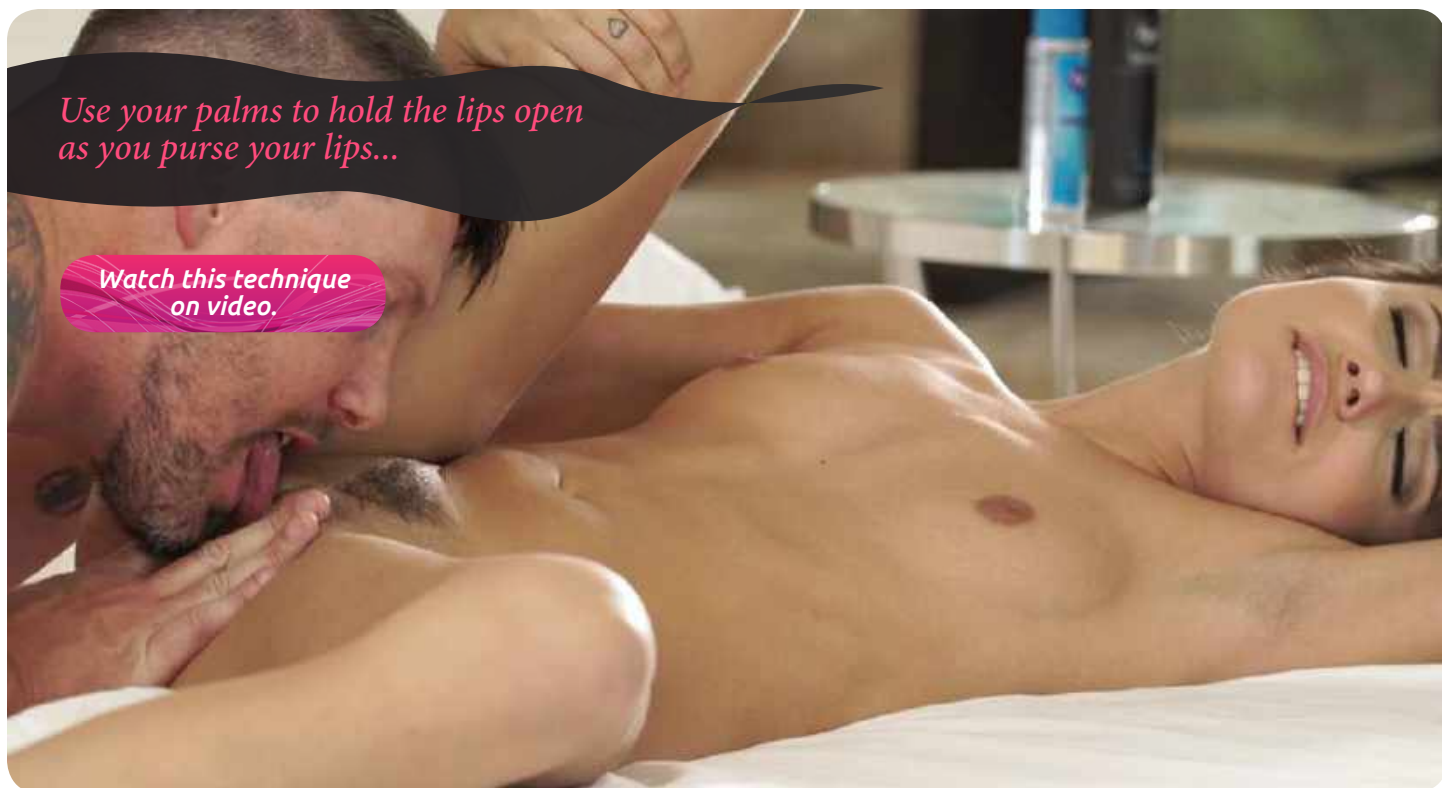
So, when you are stimulating the clitoris, remember what is beneath the surface as well, and that there is so much more than just the little head or glans to play with!

The Cunnilingus Kiss

- First, she should be relaxed, laying on her back, thighs hanging open, and her butt propped up by a sex pillow (or a regular pillow with do as well).
- Begin by simply gazing at the beauty of her pussy and visually drinking in all her juiciness. Kiss her on the Mound of Venus, inside thighs and work your way down to her outer labia. Here you can linger, nudging apart her outer lips with your lips, tongue and fingers. Don't forget to continue to use your hands to stimulate other parts of her body, such as her breasts, stomach, and thighs.
- The mouth and tongue are amazing instruments of pleasure. Both soft and wet and incredibly dexterous, use these "tools" in various ways to perform oral gymnastics and give your lover exquisite stimulation. Use a flat tongue to lick in slow, long, upward licks over the vulva, like you are lapping at an ice-cream cone. Use the tip of your pointed tongue for direct and more intense stimulation on the clitoris, top, bottom and sides. The mouth can be used for soft sucking of the clitoral head.

*Use your palms to hold the lips open
as you purse your lips...*

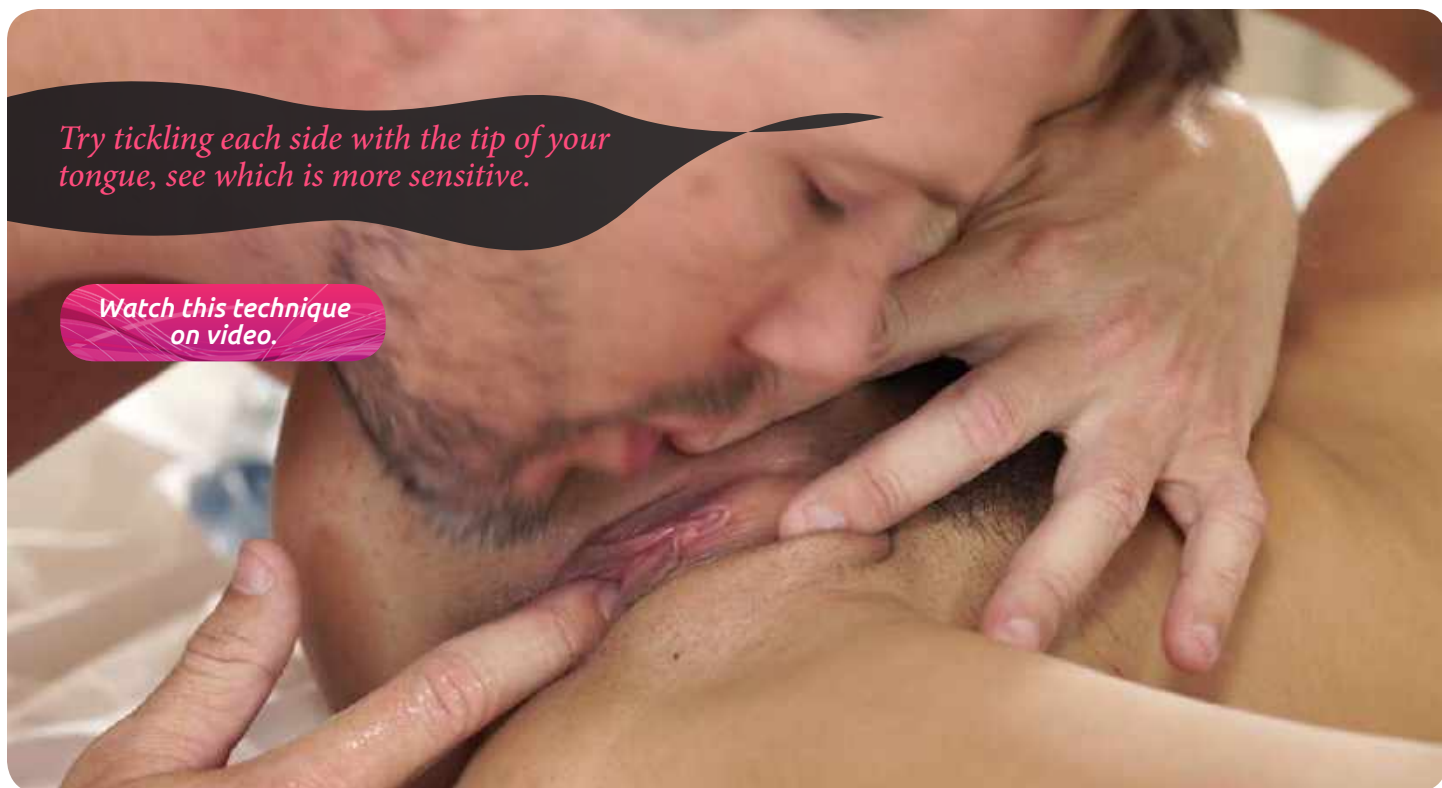
*Watch this technique
on video.*



- Use your pointed tongue to part her fleshy lips and expose her hot, pink, wet vulva inside. Use your palms to hold the lips open as you purse your lips and blow cool erotic shivers over her vulva. Pursing your lips creates cool air, while opening your mouth and saying “Haaaaaahhh...” creates a warm, moist breath.
- Now, flatten your tongue and use your ice-cream lick to lap from the bottom of her lips, over the vaginal opening and urethra, to the bottom of the clitoris, without directly touching the clitoris. Remember, we are still bringing her water (desire) to a slow, heated boil.
- Next, softly lap at the head of her clit, like a kitty licking, in soft little licks. Lick all around her clitoris like this and then back to the head until the clitoris peeks out from under the hood, letting you know she is ready. If the clitoris doesn’t peek out, that’s okay too, some women’s clits are a bit shy and need the protection of the hood so they don’t get overstimulated.
- Most, if not all women, have one side of the clitoris that is super sensitive, and when you stimulate this area, you are going to send her over the moon. These are in the 2 o’clock and 10 o’clock positions. So upper left and right. Try tickling each side with the tip of your tongue, see which is more sensitive. Once you locate it, lock its position in your mind, because this is her sweet spot.

Try tickling each side with the tip of your tongue, see which is more sensitive.

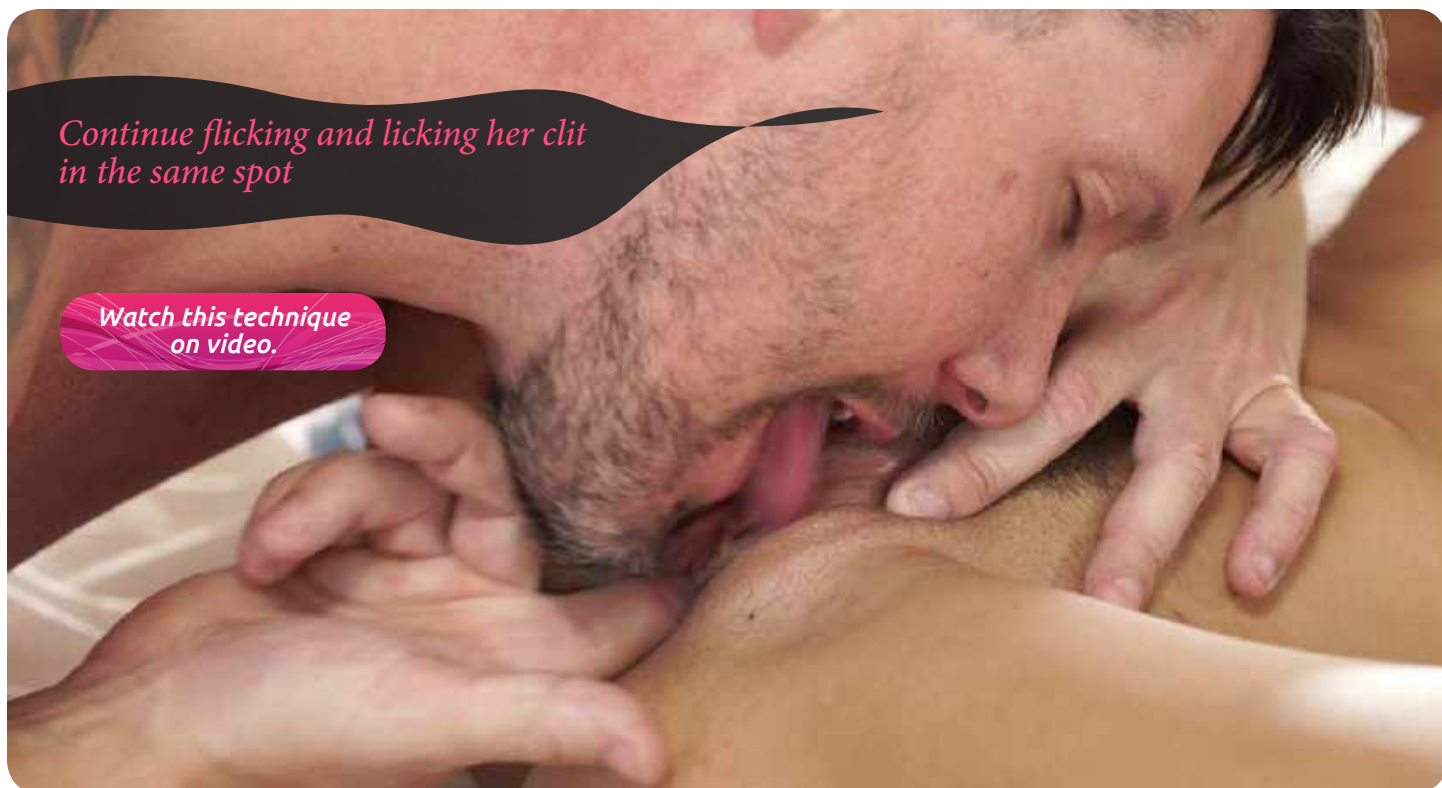
Watch this technique on video.



- She should be pretty warmed up and wet at this point. So, let's concentration on that sweet spot of hers. Try slow flat wet licks, then pointed flickering with the tip of the tongue and then softly sucking on her clit with your mouth. See what she likes best and alternate between the three until she is almost ready to reach climax.
- As she is edging towards orgasm, continue to intensify the flickering tongue motion and sucking her clit. You can also use a well lubed up finger to stroke the opening of her vagina, slightly penetrate her, then stroke again. Don't penetrate her deeply unless she really wants that right now, because we want to save that for later.
- Continue flicking and licking her clit in the same spot (don't stop) as she goes over the edge into orgasm. This is not the time to try something different. She is in her groove and if you change it now, all could be lost. Suck, lick and flick your tongue on that sweet spot until she is squeezing her thighs together and pushes you away.
- Afterglow. This is one of the best parts of an orgasm for her, the afterglow. If she has pushed your face away, simply curl up next to her and hold her. Don't say anything, just let her bask in the glow of hormones that are now rushing through her and making her feel euphoric. Give her

*Continue flicking and licking her clit
in the same spot*

*Watch this technique
on video.*



a minute to come back into her mind
and just enjoy that moment.

For more hot tips and techniques on
how to give her oral sex, check out my
sexy eBook, "Hot Licks", here: [http://
www.hotlicksprogram.com](http://www.hotlicksprogram.com).

PART 03 VAGINAL AND DEEP SPOT ORGASMS

It's always all about the clitoris and the G-spot.
These two erogenous zones get all the love, while
the poor old cervix is left weeping in the dark.

While it's true that not many women have heard of or
experienced a cervical orgasm, the ones that do can tell
you that it is the deepest, wettest and most profound of all
orgasms, and can leave them euphoric for days (not hours,
but DAYS!) afterwards. Super incredible, don't you think?

So, let's get to the bottom of this deep spot, shall we?

I want to describe to you several erogenous zones that can
be found at the back of the vagina. We have the cervix (the
entrance to the uterus) and the AFE zone, or A-spot, which are
the sensitive grooves on either side of the cervix.

All of these areas can be very erogenous in women, but some
women may need help awakening them. Also the way stimulate
these areas are different, depending on the exact area.

So, let's dive in.



The Cervix

The cervix on many women can be super sensitive too touch. It is connected to 3 major nerve systems: the hypogastric nerve, the vagus nerve and the pelvic nerve, which is why it can be very sensitive to pain (and pleasure). This means it can only stand very gentle, subtle touching, or may not like to be touched at all. If she is not aroused, avoid touching the cervix altogether. When she is super turned on, then you can experiment with cervical stimulation.

The cervix is one of those areas in the body that can have heavy body armoring, like the G-spot. So be very careful when exploring this area, and get her feedback about how everything feels. If you feel her tense up, you know that something is hurting inside, or she feels uncomfortable. But if she is relaxed and letting go, then all should be fine.

The cervix sits at the back of the vagina and is the gateway into the womb (neck of the uterus). The part that sticks into the vagina, the ectocervix, is a bulging rounded smooth tissue that is approximately 1 ½" in diameter. It has a small depressed hole in the center which leads into the cervical canal, and the entire ectocervix looks rather like the rounded tip of the head of the penis.

*“make sure she is very warmed up
and has had at least one orgasm
before venturing into deep space..*

This little erogenous nub, sits in the middle between the two vaginal fornices (AFE zone), which are little grooves in front of and in back of the cervix (anterior: front, and posterior: back).

This area may take a long time to get aroused enough to get stimulated, even up to 45 minutes or more. This is why we have left it for the dessert part of our gourmet feast. So, make sure she is very warmed up and has had at least one orgasm before venturing into deep space.

You also may want to make sure you have lots of stamina as well. While you can start out with fingering techniques, the best way to stimulate her deep spot is via penis/vagina penetration. If you would like to learn some natural ways to increase your stamina and last longer in bed, check out my eBook, “Last

Longer Tonight”, here: <http://www.lastlongertonight.info>.

The cervix stores a lot of tension and past trauma, so can create a sensation of pain instead of pleasure when touched, and may need de-armoring. You can give her a cervical massage, or she can use a dildo, in a slow, rhythmic motion to slowly remove body armoring. This may take several sessions before she can remove all the body armoring, so be patient.

Cervical orgasms create strong waves of pleasure that radiate through the entire body in what is called a full body or expanded orgasm. Instead of an extreme, high peaking orgasm like a clitoral one, cervical orgasm can be experienced like undulating waves of euphoria. Cervical orgasms can also trigger uterine orgasms and contractions as well. To some women, they feel spiritual in nature, and radiate through them for days later. Some women describe them as the most powerful type of orgasm you can experience in your life.

So, while the cervix may be a bit finicky about the types of touch it enjoys and when it likes to be touched, it is worthwhile exploring this area to give her the most amazing orgasms ever.

To stimulate the cervix, you need to be very gentle, use a soft touch, and loving, rhythmic motion, like that used in Tantric sex. Again, refer to my “Tantric Touch” eBook here for more thorough sexual instruction of these techniques: <http://www.the-tantric-touch.com>.



The A-spot (or Deep Spot)

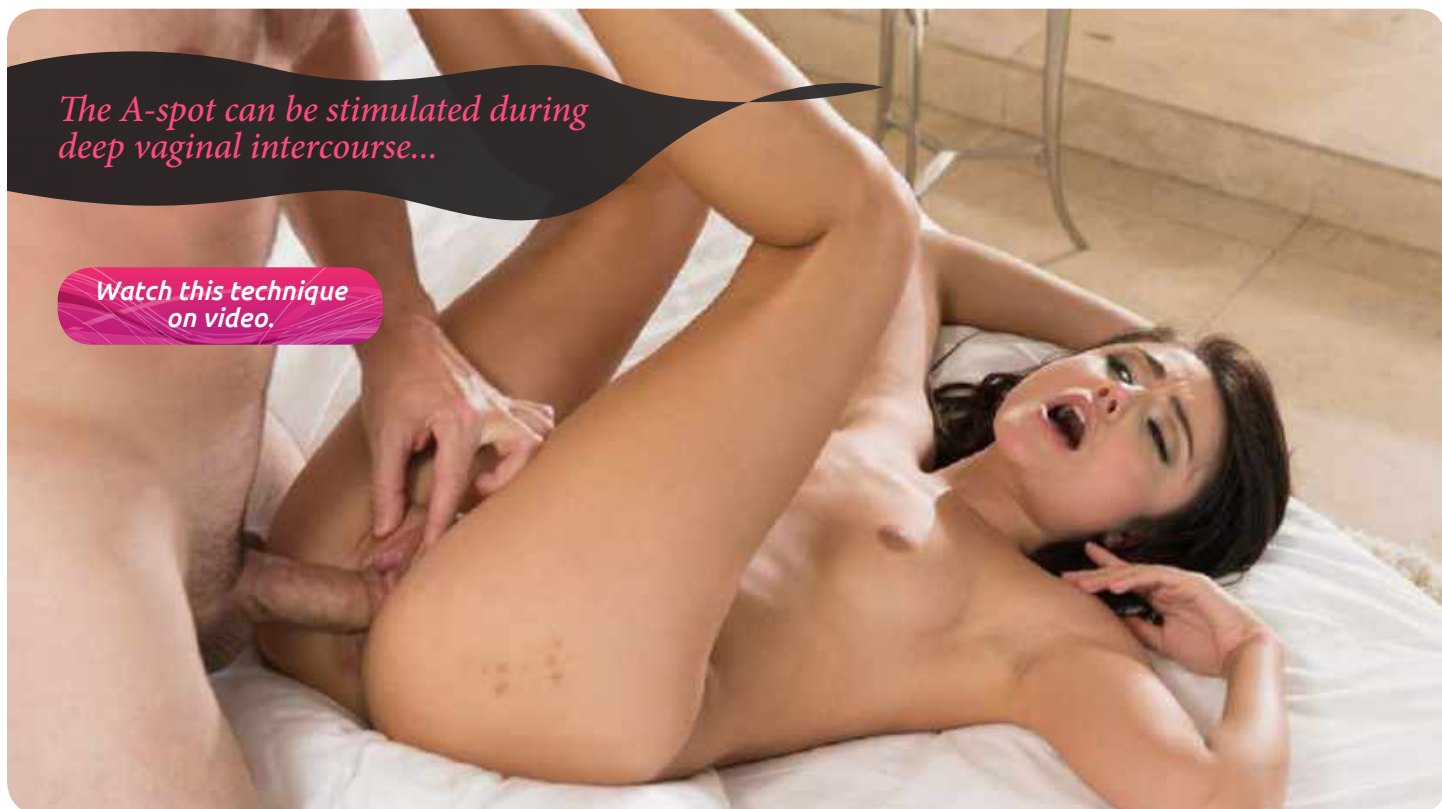
The A-spot was just recently “discovered” and has been called by many names. It is known scientifically as the anterior fornix and has a zone just opposite of it known as the posterior fornix. Anterior and posterior refer to front and back. They mirror each other on either side of the cervix at the very back of the vagina, which is why they are collectively known as the deep spot or AFE zone. The A-spot is located closer to the bladder on the front side of the body, while its twin is next to the anus.

Discovered by Dr. Chua Chee Ann during his research on vaginal dryness, the A-spot can produce intense orgasms as well as sudden and abundant release of vaginal fluids. Dr. Chua claims that by using his special A-spot stimulation technique, a woman can lubricate within 5-10 seconds of stimulation. He also says with regular practice a woman can have 30-40 orgasms in one minute and reach orgasm without the aid of foreplay.

Vaginal orgasms can last anywhere from 45 seconds to several minutes (some women claim the after effects can last several hours or even days) and can be very intense. And, because the “deep spot” (like the G-spot), can be stimulated even after orgasm, multiple and continuous orgasm can result if proper stimulation is continued.

The A-spot can be stimulated during deep vaginal intercourse...

Watch this technique on video.



The A-spot can be stimulated during deep vaginal intercourse, or by using the fingers or a G-spot type toy.


Penetrating Deep Space for Full Body Juicy Orgasms

Before we go plunging into deep space blinding, it is a good idea to explore this area first. This is to both get you acquainted with the structure of her cervix and AFE zone so you will know how to properly stimulate it, and to allow her to get used to the sensation and to open up.

So, we will first start with finger exploration so you can feel the subtle grooves and curves at the back of her vagina, and then later we will learn the best sexual positions you can use for sexual penetration into her deepest and most pleasurable erogenous zones.

For more ideas on sex positions, check out my eBook called, "Orgasmic Sex Positions", here to learn more: <http://www.orgasmicsexpositions.com>.

■ We'll assume you have been following along, and have performed oral with your partner and are now ready for dessert. You may also want to explore her G-spot for hot squirting orgasms



Vaginal orgasms can last anywhere from 45 seconds to several minutes

Watch this technique on video.

as well. Find out more about the amazing G-Spot in my most popular eBook, "Mastering Her G Spot" here: <http://www.masteringherg-spot.com>. If you haven't done these techniques in sequence, then make sure she is extremely turned on before going there. I know I sound like a broken record, but if you do this wrong the first time, you will likely never get another chance to give her a deep spot orgasm. This is because it can be painful, or very uncomfortable for women unless they are extremely aroused, feel incredibly safe, and are ready to open like a flower to you. So keep this in mind.

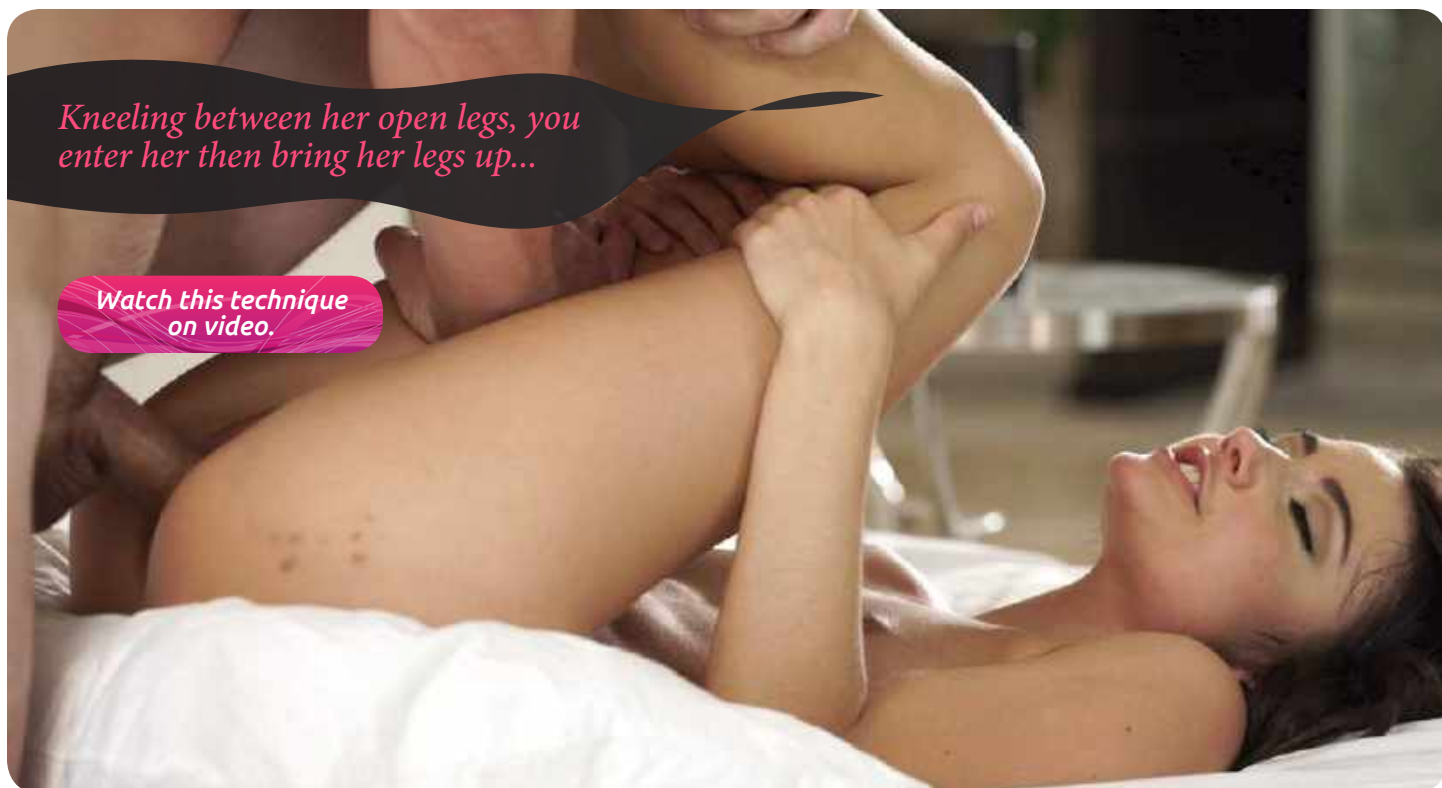
- Begin exploration with your fingers. Feel to the back of her vagina. The average length of a woman's vagina is between 4"-7" from opening to cervix. The A-spot is a smooth lip (like the rim of a Frisbee) that encircles the cervix. The aim is to try to stimulate this groove and ridge with deep penetration. With your palm facing up, reach your finger in as far as it will go until you feel that smooth ridge just before the cervix. Beyond the ridge is a little valley, or groove and this is the area you want to focus on. Explore it by feeling the ridge and by pressing into the small valley. Learn more hot fingering techniques in my eBook, "Naughty Fingers" here: <http://www.mynaughtyfingers.com>.
- Continue using the pad of your finger to press into the valley, scoop backwards towards the ridge as if you are scooping out the area. Continue to curl your finger, pressing into the valley, and scooping out towards the ridge repeatedly.
- Next, gently try touching her cervix. Go very slow and massage it gently, in a soft rhythmic manner. If she likes this and it is turning her on, you can then begin sexual penetration with your penis.



- ✓ I recommend you begin with the Yab Yum position in Tantra. It is where you sit cross-legged and she sits on top of you with her legs wrapped around your waist, and she penetrates herself on your penis. This is a very sensual and loving position and will allow her to open up to you. It will also allow her to rub the head of your penis over her cervix and find the most pleasurable position, stroke and rhythm. Gaze deeply into her eyes as you enjoy the intimacy of this position and try to synchronize your breathing, so you are one. Continue in this position until you have a good idea of the type of touch, rhythm and position she likes.
- ✓ Once a woman becomes very aroused the vagina will balloon out, causing the cervix to tilt a bit, thus making the “deep spot” more accessible to sexual penetration. If you have an upward curving penis, then hitting this spot will be much easier. If not try these two advanced positions to aid in deeper penetration.
- ✓ Advanced missionary or the Anvil is perfect for deep penetrative sex. Now, you can take control, with her laying back, and you on your knees. This position may be a bit difficult if she is not flexible, but is excellent for deep spot sex. Prop a pillow under to butt, which may help. Kneeling between her open legs, you enter her then bring her legs up so her ankles rest on your shoulders. This will allow for very deep penetration as well as put her in the best angle for your penis to massage

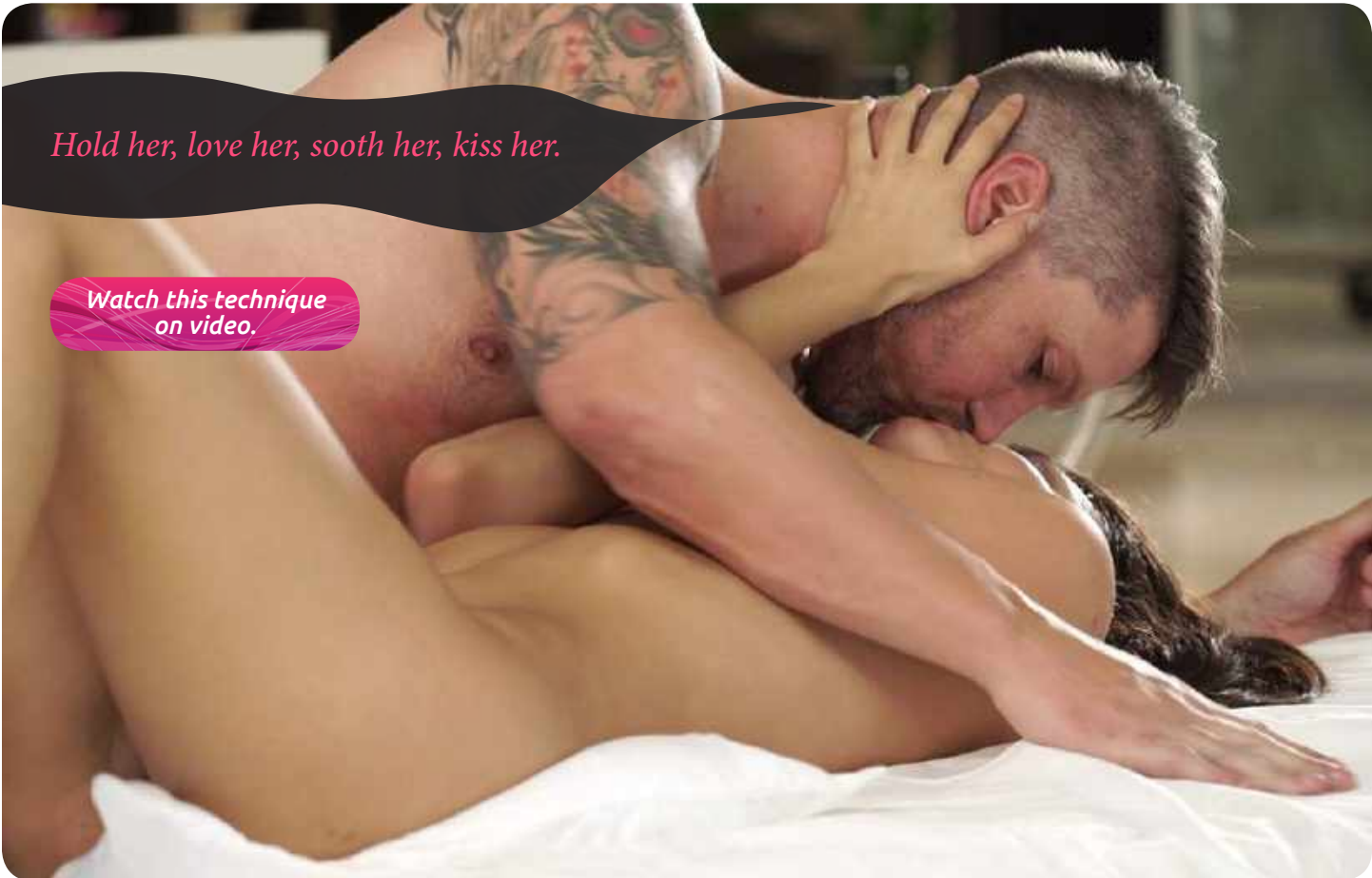
Kneeling between her open legs, you enter her then bring her legs up...

Watch this technique on video.



her A-spot and cervix. This is what you are aiming at with deep, slow, repetitive, massaging strokes. Try circling around the cervix with the head of your penis. Rubbing the penis up and down or back and forth can also be pleasurable. Also, a deep, rhythmic press and release on the cervix feels great as well. Use which ever method she prefers, or mix it up for variety.

- /// If she wants harder or deeper penetration, then switch over to the advanced doggie style. Most women love the feel of this position. Her butt should be thrust high in the air, her head on the bed, and bent low. You can kneel behind her, or stand on the floor if you bed is high enough and penetrate her from behind.
- /// Now is the point of no return. She is on the verge of climax. At this point she may desire very deep, firm thrusting into her A-spot, and/or cervix, as hard as she likes it. This will produce a deep, full body orgasm and she may even have a series of multiple and continuous orgasms as well. Get ready for some explosive water works, because hitting the “deep spot” will cause her to gush an excess of vaginal lubrication, combined with an intense orgasm, which will leave her exhausted and satiated.



Hold her, love her, sooth her, kiss her.

*Watch this technique
on video.*

Aftercare. We talked about how important the afterglow is to a woman's orgasm. Now let's talk about aftercare. Because this type of orgasm is SO intense, you want to do your due diligence here and make sure she is well taken care of physically and emotionally. She may have just released years of blocked sexual trauma, so she may be very emotional. Hold her, love her, sooth her, kiss her. Make sure she is hydrated, fed and now has plenty of sleep. Ensure she is okay emotionally as well, and if she needs to talk, be there to listen.

Another way to hit the deep spot, is via anal sex, through the thin membrane that separates the vagina from the anus. Learn more about this forbidden indulgence in my eBook, "Anal Pleasure for Her", here: <http://www.analpleasureforher.com>.

Wrapping Up

I hope you have enjoyed learning all the ways you can give your lover pleasure and make her wet. I'm sure she will love exploring these new techniques with you as well.

Remember, practice makes perfect, so continue to hone your skills and make sex a regular weekly practice in your lives.

Happy Orgasms! ♥

Gabrielle Moore



BIBLIOGRAPHY

Winston, Sheri, CNM. RN. BSN. LMT.

(2009) *Women's Anatomy of Arousal*. Mango Garden Press.

Nagoski, Emily

Nothing is Wrong with Your Sex Drive. <http://www.nytimes.com/2015/02/27/opinion/nothing-is-wrong-with-your-sex-drive.html>. Last accessed 8th Feb 2016.

Morris, Desmond. (2004)

G-spots. The Naked Woman: A Study of the Female Body. Jonathan Cape. <http://www.heretical.com/miscella/g-spots.html>. Last accessed 8th Feb 2016.

Dr. Oz. (2011)

Better Sex: The New G Spots. Video. DoctorOz.com. <http://www.doctoroz.com/videos/better-sex-new-g-spots>. Last accessed 8th Feb 2016.

Masterson, Lisa M. M.D.

G, A and U Spots. Video. TheDoctorsTV.com. <http://www.thedoctorstv.com/videolib/init/1061>. Last accessed 8th Feb 2016.

Feeney, Katherine. (2012)

All about the G-spot (and the A-spot, the O-spot...). The Sydney Morning Harold. <http://www.smh.com.au/lifestyle/life/blogs/citykat/all-about-the-gspot-and-the-aspot-the-ospot-20120918-264vj.html>. Last accessed 8th Feb 2016.

Novoa, Julio Cesar M.D.

The Clitoris, A-spot, G-spot and U-spot. FirstChoiceMedicine.com. http://firstchoicemedicine.com/GYN/pdfs/Clueless_Handout.pdf. Last accessed 8th Feb 2016.

Chalker, Rebecca. (2002)

The Clitoral Truth: The Secret World at Your Fingertips. Seven Stories Press.

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 8th Feb 2016.

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 8th Feb 2016.

Hatcher, Mike

What is a Cervical Orgasm and How do you Achieve it? YourTango.com. <http://www.yourtango.com/experts/mr-mike-hatcher/what-cervical-orgasm-and-how-do-you-achieve-it>. Last accessed 8th Feb 2016.

Martin, Layla

9 steps to Ecstatic, Spiritual Cervical Orgasms. Layla-Martin.com. <http://www.layla-martin.com/2015/cervical-orgasms>. Last accessed 8th Feb 2016.

Anami, Kim

The Holy Grail of the Cervical Orgasm. KimAnami.com. <http://kimanami.com/the-holy-grail-of-the-cervical-orgasm>. Last accessed 8th Feb 2016.

Breslaw, Anna and Anami, Kim

Cervical Orgasm Guide. Cosmopolitan.com. <http://www.cosmopolitan.com/sex-love/advice/a6896/cervical-orgasm-guide> Last accessed 8th Feb 2016.

Williams, Kendal

Cervical Orgasm – This Keeps Any Women in Orgasmic Bliss For Hours (Sometimes Even Days) & Is Worth 10 Kingdoms Of Gold. Posted on January 19, 2014. MyTinySecrets.com. <http://mytinysecrets.com/cervical-orgasm-this-keeps-any-women-in-orgasmic-bliss-for-hours-sometimes-even-days-is-worth-10-kingdoms-of-gold>. Last accessed 8th Feb 2016.

Jameson, Sean

Deep Penetration. YourTango.com. <http://www.yourtango.com/experts/sean-jameson/deep-penetration>. Last accessed 8th Feb 2016.

Langtree, Ian

Causes of Vaginal Dryness. Disabled World. Published: 2005-11-01 (Rev. 2016-01-05). <http://www.disabled-world.com/artman/publish/vaginaldryness.shtml>. Last accessed 8th Feb 2016.

Emery, Lea Rose

How Does Your Vagina Get Wet? Here's a Closer Look at Where Your Natural Lubrication Comes From. Bustle.com <http://www.bustle.com/articles/77553-how-does-your-vagina-get-wet-heres-a-closer-look-at-where-your-natural-lubrication-comes>. Last accessed 8th Feb 2016.

Ferrer, Dra. Charley

Vaginal Dryness. Institute of Pleasure. http://www.instituteofpleasure.org/vaginal_dryness.htm. Last accessed 8th Feb 2016.

Vaginal Dryness: Causes and Moisturizing Treatments. WebMD.com. <http://www.webmd.com/women/guide/vaginal-dryness-causes-moisturizing-treatments>. Last accessed 8th Feb 2016.

Nagoski, Emily

I drew this graph about sexual desire and I think it might change your life. 06/16/2014. <http://www.thedirtynormal.com/blog/2014/06/16/i-drew-this-graph-about-sexual-desire-and-i-think-it-might-change-your-life>. Last accessed 8th Feb 2016.

Sexual Health: Your Guide to Sexual Response Cycle. WebMD.com. <http://www.webmd.com/sex-relationships/guide/sexual-health-your-guide-to-sexual-response-cycle>. Last accessed 8th Feb 2016.

