

SEASON 4

FEMALE BODY MASTERY *Edition*

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SECRET  
TECHNIQUES TO  
AWAKEN HER  
BREASTS ORGASMIC  
POTENTIAL

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Boob  
gasm



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## Section 1

# Introduction to Breast Orgasms

Welcome to "BOOBGASMs: A Man's Guide to Giving Breast Orgasms to Their Lovers".

You are about to enter the exciting world of breast play, and learn how to stimulate those sexy erogenous zones: the breasts, in order to give your partner "BOOBGASMs".

What are BOOBGASMs? They are orgasms that are produced from nipple and/or breast stimulation alone, without any other kind of genital stimulation. Of course, you can always add genital stimulation to give her even more amazing orgasms, but more on this later.

In this e-Book, you will learn all about the sexual anatomy of the breasts: how breasts are hard-wired to the brain's orgasmic centers; the 2 different types of breast induced orgasms; as well as several hands-on techniques you can use for sexual stimulation of the breasts and nipples that will give your wife or girlfriend ultimate pleasure and exhilarating breast induced orgasms.

Get ready to titillate her two succulent orbs of flesh and show her a new way to reach sexual ecstasy. Turning on this part of a woman's body will make her incredibly orgasmic and will help to awaken her sleeping libido if she has a hard time reaching orgasm at all.

Are you ready to play with her sexy boobs? All right, let's begin!





## Why Are We So Captivated by Breasts?

Our culture is completely captivated by breasts. As a symbol of both erotic sexual appeal and nurturing sustenance, female breasts have fascinated us throughout the ages.

Human females are the only mammals to have permanently enlarged breasts regardless of our fertility cycle. This has led some evolutionary experts to believe that human breasts have evolved to attract male sexual partners and to signify that the female is ready for mating. This may be a large reason why men find breasts visually stimulating, because breasts are a signal of a female's sexual appeal and fertility. One study showed that men are often attracted to a woman's breasts first before other aspects of her body and tend to gaze at them longer.

Today, breasts are beyond sexualized: pushed up and out, and molded into objects of desire. They are flaunted as lush decoys to ensnare men, used in marketing to sell everything from a can of pop to luxury cars, and viewed as representations of a woman's sexual attractiveness.

But, most importantly, breasts are also erogenous zones, that when turned on the right way can give women amazing orgasms.

## The Science that Links Breast Arousal in the Brain

Until fairly recently, we believed that women only had two ways of achieving orgasm: via the clitoris or vaginally. Then we realized that combined orgasms (clitoral and vaginal together) were possible. Not long after G-spot orgasms became all the rage, and soon, sexperts were writing about all kinds of erogenous zones that could give women orgasms. We now realize there are numerous ways in which women can achieve orgasms and they may be produced by various body parts and felt in various ways. To learn how to give her other types of amazing orgasms, see my eBook, the 7 Day Orgasm, here- <http://www.7dayorgasm.com/>.

In a 2006 survey, researchers found that 82% of young females reported enhanced sexual arousal due to direct nipple stimulation. While accounts of some women being able to obtain orgasms by breast and nipple stimulation alone, without any genital stimulation what-so-ever is not recent history, there is now real scientific evidence that proves this is indeed possible.

Studies done with brain imaging (fMRI) machines now prove that the same part of the brain, known as the "genital sensory cortex", lights up when various body parts, including the clitoris, vagina and nipple, are stimulated independently of one another. In other words, nipple stimulation is sexually

wired to the same part in the brain as genital stimulation and are processed the same way. So, the nipples and breasts like the genitals can be highly orgasmic.

But, that's not all.

Sucking and tugging on the nipples during sex helps to release the "love hormone" oxytocin, which is also produced when a woman breastfeeds. Oxytocin—in addition to generating feelings of love and bonding—is responsible for producing contractions in the uterus that help it get back into shape after birth. During sex, however, the release of oxytocin can cause the same contractions in the uterus, producing orgasms.

### What Happens When the Breasts Are Sexually Stimulated?

When a woman becomes sexually aroused her breasts can swell up to 25% and the nipples perk up and become erect. Nipples have over 800 nerve endings and the nipples are even more sensitive when they are erect.

If the breasts and nipples are stimulated correctly, the nipples send tingles of sexual excitement to a woman's genitals. Some women actually say that they feel a direct link between their clitoris and nipples during sexual stimulation of the breasts and nipples, producing orgasms.





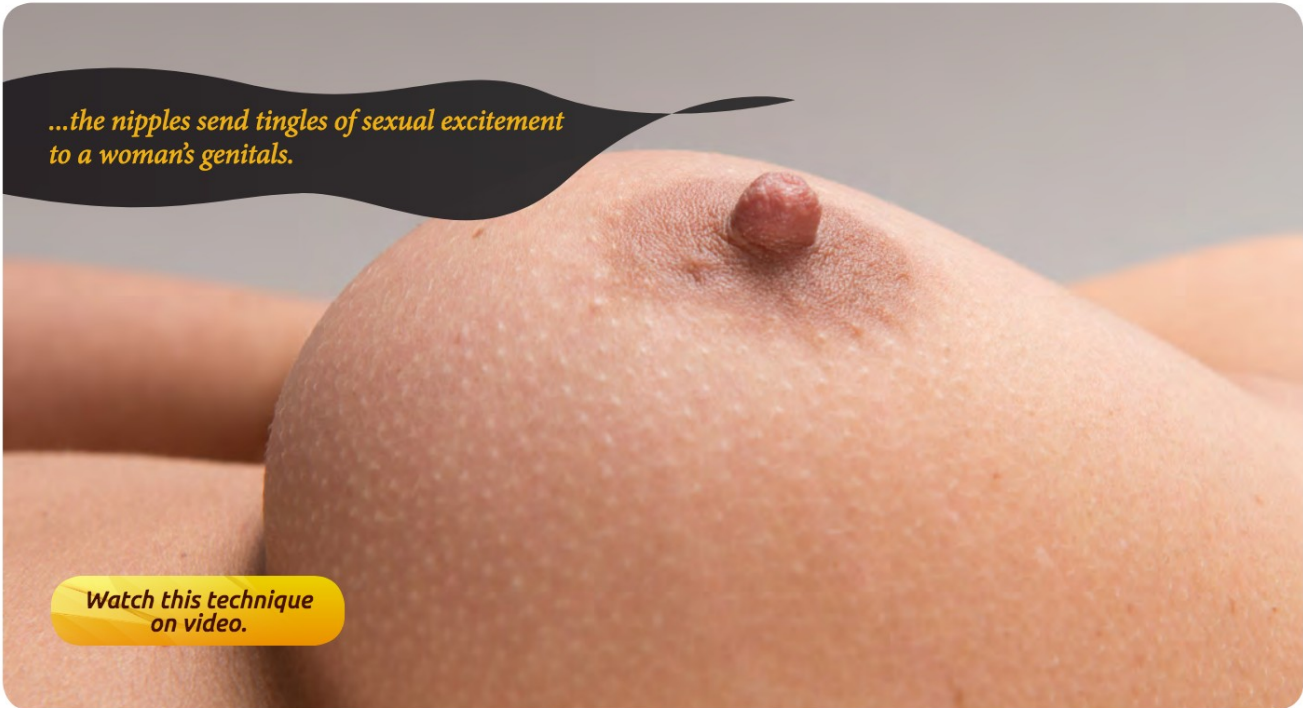
So, the breasts and nipples are both erotically hard-wired to a woman's genital region, which is why it is definitely possible to give your partner orgasms from breast and nipple play. You only need to learn the right way to stimulate her, and start practising my super sexy BOOBGASM techniques! But, first... an anatomy lesson.

## Anatomy of the Breasts

Beneath the skin, the breasts are made up of fatty tissue (which determines their size), glandular tissue and ducts (where milk is produced), as well as nerves, veins, arteries, lymph vessels and connective tissue.

The skin is the largest organ of the body and is mainly covered in very light downy hair, although some of the areas are hairless like the lips, palms and nipples, and some of the hair is coarse, like the hair on our head, genitals, and armpits. The skin contains three layers: the epidermis (outer layer), the dermis (made of tough connective tissue and nerve endings which allow you to sense touch), and the hypodermis (mainly fat).

The skin of the breasts is highly sensitive to touch. These fatty mounds are connected to the chest wall on all sides. The parts of the breasts include the globular domes or fleshy part, the top slope where



*...the nipples send tingles of sexual excitement  
to a woman's genitals.*

*Watch this technique  
on video.*

they meet the upper chest, the cleavage between the breasts, the crease beneath the breasts, and the outer sides of the breasts. All these parts can be sensitive to touch, depending on the type of touch you use.

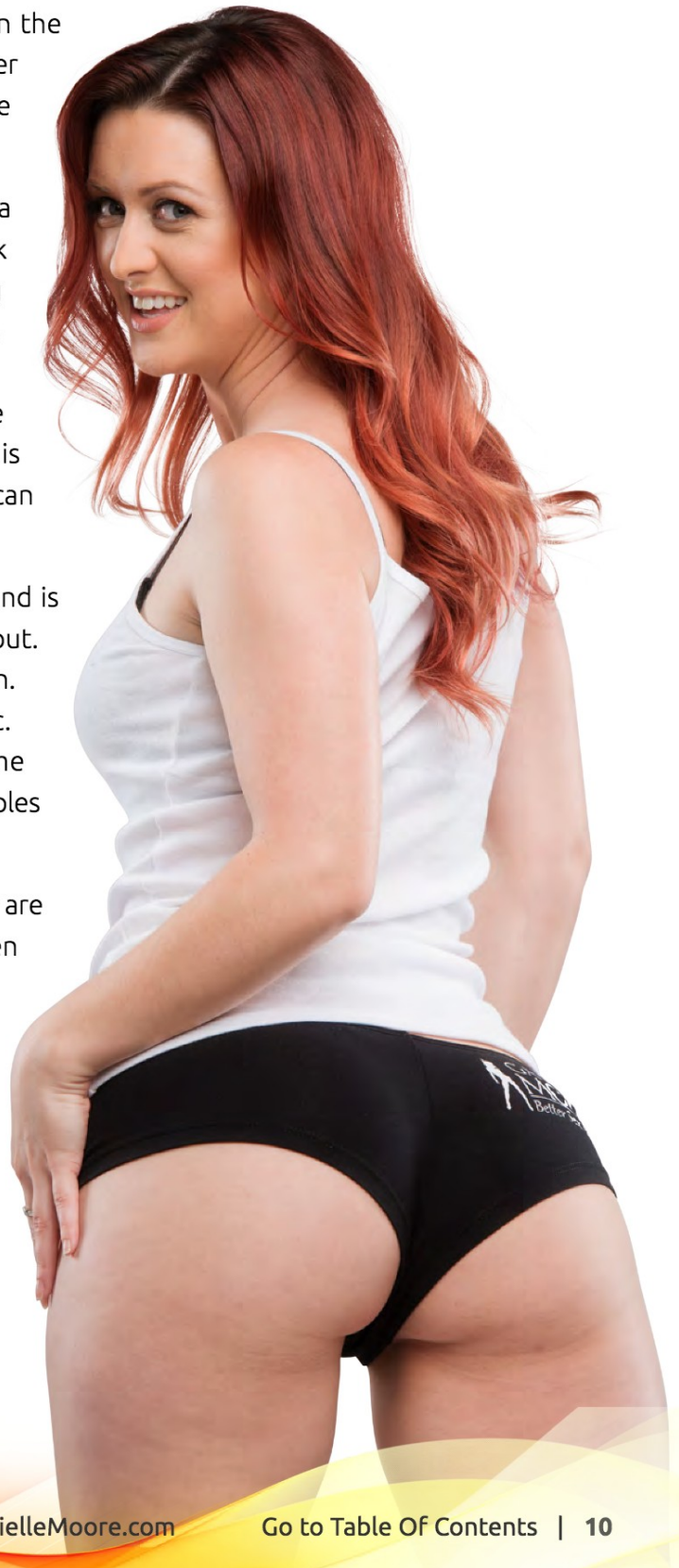
The areola is the circular darker pigmented area surrounding the nipple. It can vary in color from pink to dark brown and usually becomes darker during pregnancy and breastfeeding. It contains oil glands (those little bumps) that secrete fluid that lubricates the nipple during breastfeeding. This part of the nipple also becomes erect during stimulation but is less sensitive than the nipple itself. This means it can tolerate stronger types of stimulation.

The nipple is positioned at the tip of the breast, and is the center of the areola where breast milk comes out. Nipples range in sensitivity from woman to woman. In some women they are highly erotic and orgasmic. In other women, they are less sensitive, and some women may not enjoy erotic stimulation of their nipples at all.

Nipples, to varying degrees, are fairly tough, as they are designed to be suckled by a baby, and some women enjoy rougher or firmer treatment of their nipples. Some nipples are quite prominent and long, while others may be puffy, flat or even inverted. Each nipple is supplied with nerve endings, which make it very sensitive to touch.

## Breast Size

Breasts come in a wide variety of shapes and sizes. From firm, perky and round, to jiggy, pendulant





and saggy, breasts are as unique as the woman who owns them. Most breasts tend to range between a smaller A cup size to the larger triple D, although some women have size Fs. The largest natural breasts in the world are size 48V (ginormous), owned by Annie Hawkins-Turner (aka Norma Stitz) from the US.

“*...tell her how sexy her breasts are,  
how much they turn you on...*”

Up to 25% of women have breasts which are different in size or asymmetrical. Some women seek surgery to change the size of their breasts, through reduction, enlargement, or lifting of the breasts to make them firmer. Often this type of surgery has nothing to do with health reasons and is purely cosmetic.

Breast size changes during different periods of a woman's life. During her menstrual cycle the breasts enlarge due to water retention and during pregnancy they enlarge due to milk production as the cells expand. Her nipples often get larger and lengthen, as well as becoming darker during pregnancy and breastfeeding. Afterwards, the breasts usually return to their regular size. Breast size will often change with weight gain or loss as well, since they are mainly composed of fatty tissue. As a woman ages, her breasts often become less perky, decrease in size and lose their round shape, becoming extended.

How attractive a breast size is, depends on the culture and society. In our Western society, typically larger breasts (around a 36C) is idealized, and porn stars with large breasts are certainly eroticized. However, many breast men love small breasts as well, and most fashion models have small breasts, so beauty is in the eye of the beholder.

## Breasts and Self-Esteem

The size, appearance and attractiveness of a woman's own breasts, often causes anxiety in women. Most women compare themselves to other women: models, actresses, porn stars and even their friends and peers. Often, their comparison is unfair and leads to negative body issues, as well as a lack of sexual self-esteem.

“My boobs are too big, too small, too firm or saggy.” These beauty myths can cause women to dislike their breasts so much that it inhibits their enjoyment of sexual pleasure. This can compel women to unconsciously shield themselves against erotic pleasure which reduces sensation, or can even cause

breast numbing where they become unresponsive to touch. A woman may also turn off her sexual sensations due to sexual trauma or negative conditioning from her past.

Therefore, it is particularly important to be sensitive and compassionate to your lover's thoughts and feelings about her breasts. Don't compare them to someone else's breasts, or say they need to be larger/smaller or are less than perfect. That is a sure fire way to never get to play with them at all.

Make sure to compliment them (and her... after all she isn't just a pair of boobs), and to tell her how beautiful they are and treat her like a Goddess. The better she feels about her appearance, the more sexually free she will be between the sheets. This will also go a long way in healing any past hurt she may have about her body and help her to open up sexuality to you.

Last, but not least, tell her how sexy her breasts are, how much they turn you on, and what you'd like to do to them as well. This will help her to eroticize her breasts more and feel sexier. It may even help her gain erotic sensation back into her breasts that in the past have enjoyed little pleasure or may even have been numb to sexual stimulation.

## Breast Sensation

The same amount of nerve endings are found in breasts of all sizes, so it is thought that women with smaller breasts may have more sensitivity. This is not necessarily true however, as breast and nipple sensation vary from person to person. Women with augmented breasts (implants) often have less feeling than those with "natural"





breasts. While, women with pierced nipples say that the piercings have heightened their sensitivity. During sexual arousal the nipples and areolas swell with blood and become more sensitive to touch. Due to vasocongestion (increased blood flow), the veins in the breasts may become more visible during arousal. Increased blood flow also means heightened sensitivity all over the flesh of the breasts.

*“ ... awareness is important before you attempt breast play with your partner.”*

While nipples tend to be the main focus, touching other areas of the breasts can be erotic as well. Feather light strokes of the breasts stimulates the tiny hairs on the skin and can produce shivers of erotic delight. A light breeze can cause erotic goosebumps and the nipples to stand at attention. Having the breasts massaged, rubbed, cupped, squeezed, stroked, kissed, nuzzled, licked and sucked can all cause erotic stimulation that may lead to orgasm.

Breast sensitivity differs from woman to woman and can change during different times of the month. Sensitivity depends on a woman's monthly menstrual cycle, and varies during their life, depending on whether they are pregnant, breastfeeding, or for other reasons.

Breast pain is a common condition and affects 50 to 70 percent of women at some point in their lives. This happens most often during PMS (her premenstrual cycle), when the breasts swell and become tender. Some women also have fibrocystic breast tissue, which causes fluid-filled lumpy breast tissue which can cause them to be more sensitive to pain. Breasts can also become more tender during pregnancy and menopause. During these times a woman can experience pain or discomfort from the lightest touch, so communication and awareness is important before you attempt breast play with your partner.

## Breast and Nipple Orgasms

There are two types of orgasms that can be produced through erotic breast play. One is the Unigasm,

which is a localized orgasm, and the other is an Expanded Orgasm that can feel deeper, fuller and result in a full body orgasm.

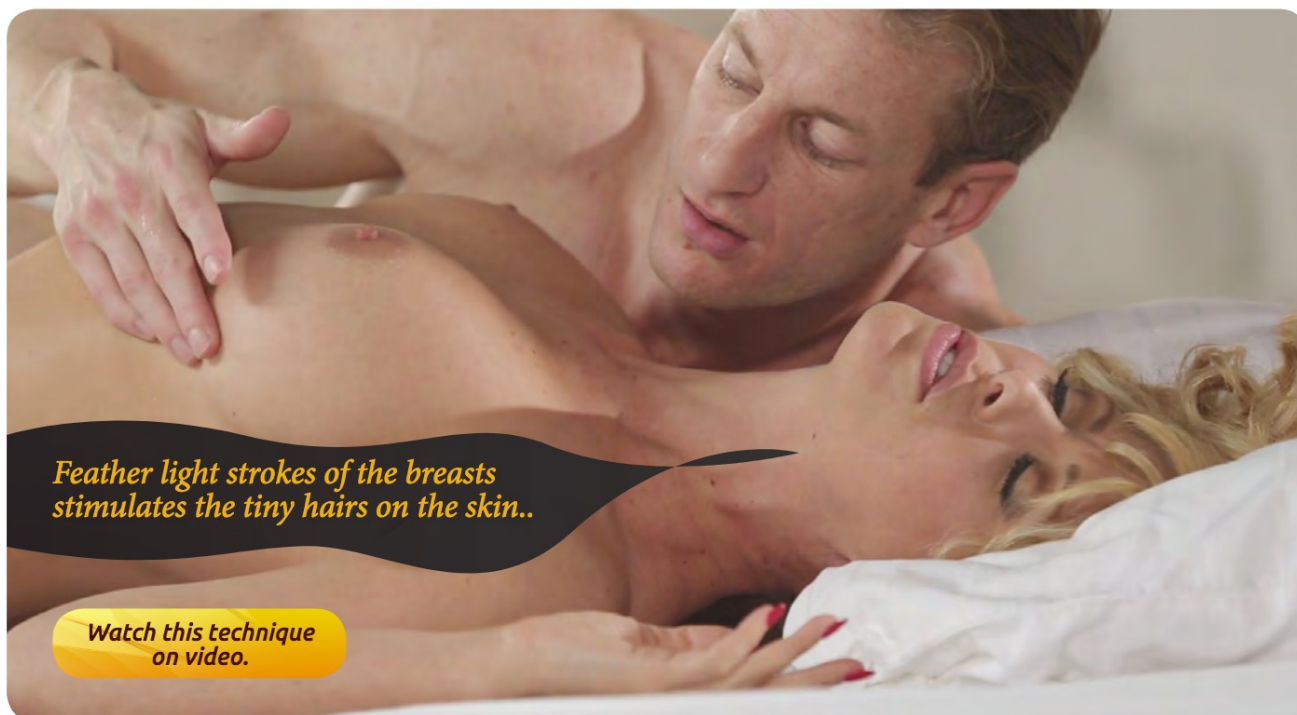
### **Unigasm**

A Unigasm happens when one specific, localized erogenous zone is stimulated, which results in a quick build up and release orgasm. This is often what happens during clitoral orgasms, but can also be caused by nipple stimulation and result in a Nipplegasm.

### **Expanded Orgasm**

An Expanded Orgasm is when various erogenous zones are stimulated together (combination orgasm), or when an individual brings the orgasmic energy from one part of the body to another (energy orgasms) to create the sensation of a full body orgasm. A BOOBGASM is a deeper, full body type of orgasm. This is possible to achieve using various Tantric practises and multi-sensory stimulation techniques.

In the next section we will learn how to produce both of these types of orgasms and some excellent techniques and practises to give your lucky lady delicious BOOBGASMs and Nipplegasms.



*Feather light strokes of the breasts  
stimulates the tiny hairs on the skin..*

**Watch this technique  
on video.**



## Section 2

# Breast Play Techniques

## Section A: Getting Started

### Preparing for New Sexual Exploration

I know you want to dive right in and start playing, but first we need to lay a few ground rules. Please don't skip this part as it is very important and can make or break your success in the bedroom. When you are creating a gourmet meal, you have to have a great recipe for success and prepare your food. So, to have gourmet sex, the same is true. Your recipe for success are all the techniques that follow in the next sections, while the prep work is Communication, Setting the Mood and Foreplay.

### Be Open

Before you begin you want to make sure you have an open-minded attitude. You shouldn't focus on results, or put pressure on yourselves to perform. Instead, think of this as an exciting sexual adventure to explore together. The journey itself and what you both learn about her sexual response are your rewards. Also, be sure to be supportive whatever the outcome. Stimulation of the breasts will feel different for



every woman and she may not enjoy the sensations the first time. In fact, she may need time to get used to these new sensations before they feel erotic to her. Start with the right attitude and have fun exploring.

It is important to remember that some women are naturally wired to have breast and nipple orgasms easily, while other women will not be naturally wired this way.

The techniques in this eBook are designed to help her rewire her sexual arousal, so it awakens her erotic desire when her breasts are stimulated and so she can learn to orgasm from breast play.

Don't rush it! She may build those pathways quickly or slowly, but all in her own time.

## Communication

It is important to talk about exploring breast play with her first before you dive right in. Remember that some women may not feel pleasure when their breasts are touched, and may even experience tenderness or pain. Make sure you both discuss how she feels about her breasts being touched before you start.

*Prepare your play tools on hand before you begin, such as massage oils...*

*Watch this technique on video.*





How does she feel about breast play? It is a good idea for you to share Boobgasm eBook with her, so you can explore this journey together. It is essential to talk about worries, as well as expectations.

It is also extremely important that you both communicate with each other during your sex play adventure. She should tell you how she is feeling both physically and emotionally during this experience to help guide you. You should tell her how excited you are to explore this with her, and be encouraging and make her feel sexy.

## Preparation

Prepare your play tools on hand before you begin, such as massage oils, sex toys, and lubricant so you don't spoil the mood in the middle of your sexy time.

Take a bath or shower to help you both relax as well as alleviate worries of body odors and tastes. Make sure your hands are clean, callous free and fingernails neatly trimmed.

Turn off the phone and lock the doors so you are not disturbed. Turn up the heat so you are both comfortable in the nude. Set aside plenty of time to play, like a couple of hours. You don't want to feel rushed and remember this is not a race. This will give you lots of time for exploration and enable you to both relax.

## Setting the Mood

It is important to be totally relaxed before you begin your adventure. Starting with a sensual massage is a great way to



connect through touch and prepare her for arousal. Learn more about erotic massage with my e-book Erotic Massage for Better Sex at: <http://www.eroticmassage mastery.com>.

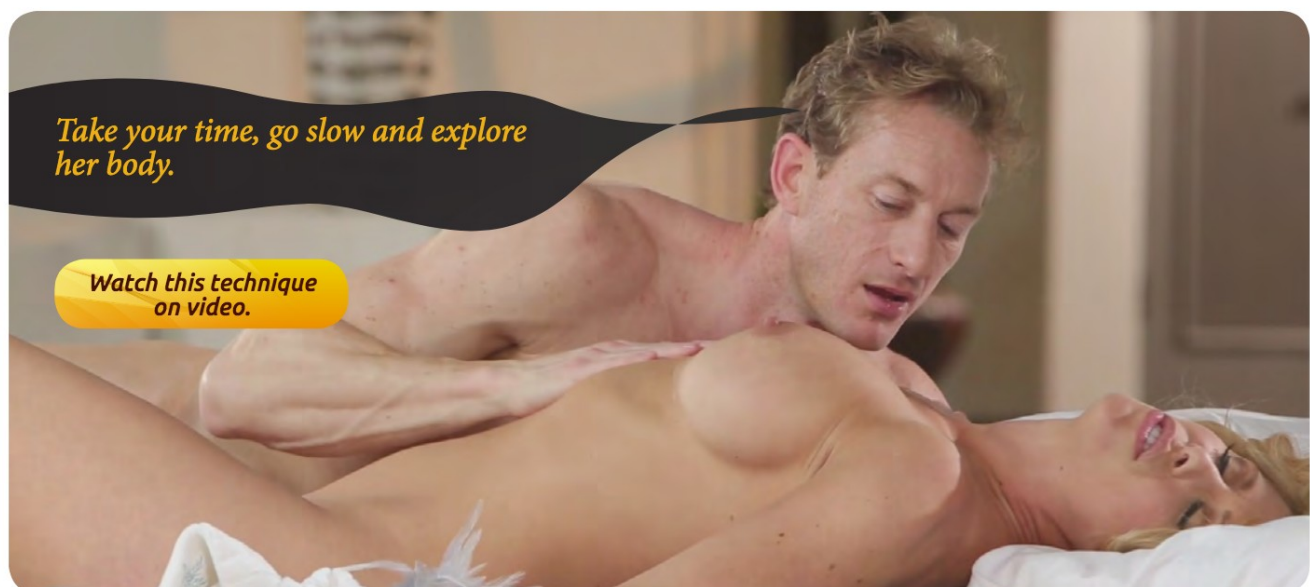
Create a sensual environment by dimming the lights, lighting candles or incense, adding some mood music, or using scented oils on her body. She should also be comfortably positioned and have extra pillows around to prop her up, if so needed. Setting the mood will help you both to loosen up and get you ready for hot passionate sex.

## Foreplay

Foreplay is one of the most important parts of lovemaking. Don't skimp in this area. She needs plenty of time to warm up (up to 20 minutes or more), to get turned on and start to feel sexy.

Take your time, go slow and explore her body. Once she is very turned on, all of her erogenous zones will become much more responsive, including her breasts. 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>

Begin by kissing, fondling and making out, teasing her in a slow seduction. This will drive her crazy, arousing her to an intoxicating level so when she is ready to orgasm, she won't be able to hold it back. For more delicious 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>



*Take your time, go slow and explore  
her body.*

**Watch this technique  
on video.**



## Section B: Sensate Play and Exploring Sensations

The first part of our play is for erotic exploration. You need to map out her body's erogenous areas, so you can find out what turns her on. This includes foreplay, as mentioned in the last chapter, which you will begin with first, and then a more focused sensate (sensory) exploration, which we will now explore.

### What is Sensate Play?

Sensate Play (or Sensate Focus) is a technique first tested by Masters and Johnson as a way to help couples overcome sexual problems. It is one of the most useful couple oriented activities for enhancing mutual sexual enjoyment by using a series of touching exercises. It allows couples to explore their bodies and desire, without any goals, reducing performance anxiety and allowing for greater awareness, pleasure and intimacy.

During our sensate play we will be focusing on sensual types of touch that can be used to stimulate the breasts.

### The Key to Sensual Touch

The key to sensual touch is that the "giver" should experience as much pleasure from touching, as the "receiver" does from being touched. So, it is very important to feel as you touch your lover's body, notice every nuance, be present and focused.



It is important to be totally relaxed and not hold any tension in your body that could be passed onto her with your touch. You should both be in a relaxed, playful, sexy mood.

Go slow. Now it not the time for a quickie. Take your time to savor the sensation of sensual touch and pay attention on how your touch is being received.

## Types of Erotic Touch

The Kama Sutra has 10 chapters devoted to types of touch. Today we will explore these and other ways of touching the breasts.

- /// **Scratching** - Scratching involves using the nails on the skin. It should be very delicate like barely touching the light downy hairs on the breasts, which can feel deliciously ticklish.
- /// **Tickling & Teasing** - Some people find tickling very annoying, while to others, it can be playful and teasing, especially when done with a very light touching. Tickling or soft teasing can feel great on any part of the breasts as a warm up.
- /// **Sensual** - A sensual stroke uses a bit more pressure than a teasing/tickling stroke, rather like a

*Fondling is a soft, playful type of grabbing...*

Watch this technique  
on video.





**caress.** It is usually slow, seductive and lingering. You can use your fingers, or the sides of your hands or full palms to create a sensual stroke.

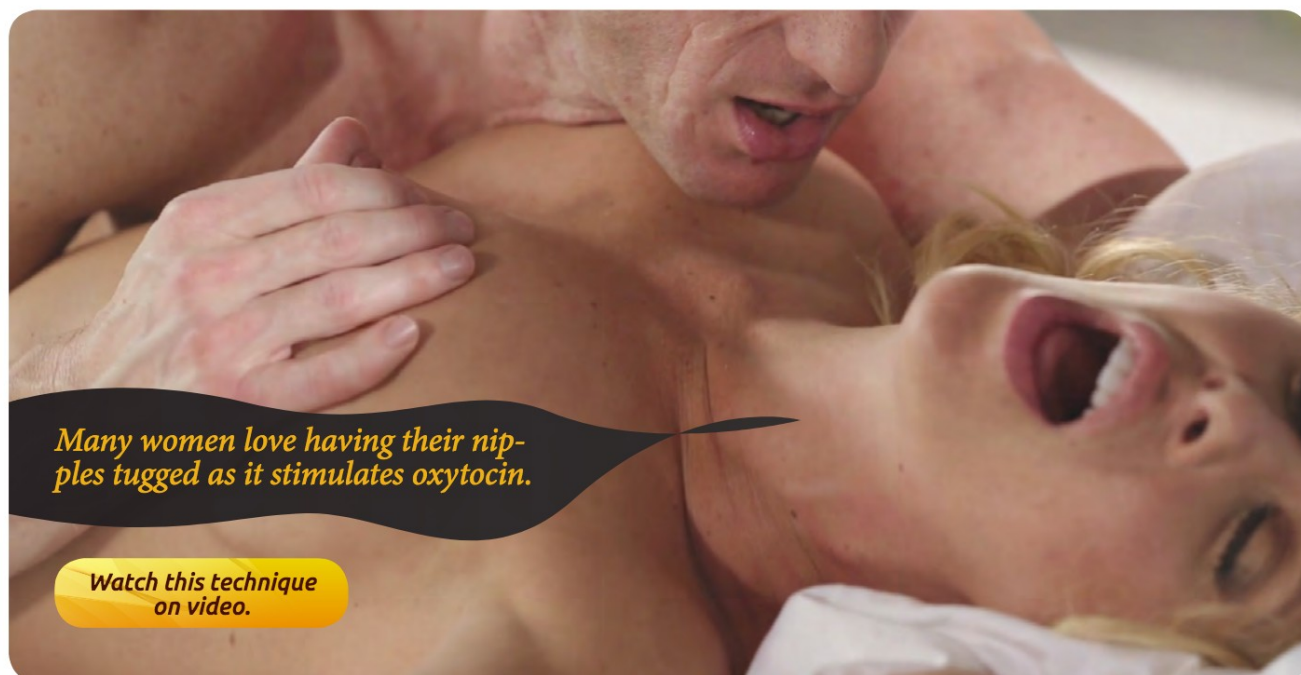
**Rubbing & Kneading** - Rubbing is used in massage and is a very soothing type of touch. It can be used on muscular areas like the upper chest. Rubbing is great for relaxing the body and the muscles. Kneading is a firm type of squeezing that kneads the fatty tissue and is perfect for the fleshy part of the breasts if done softly.

**Fondling & Groping** - Fondling is a soft, playful type of grabbing and is usually done on the fleshy part of the breasts. Groping is a rougher type of fondling touch that is more aggressive. To some women, having a strong man dominate them can be very sexy.

**Pinching** - Pinching, when done on the nipples can be highly erotic.

**Tugging** - Tugging is rather like pinching, except you pinch and pull at the same time. Many women love having their nipples tugged as it stimulates oxytocin.

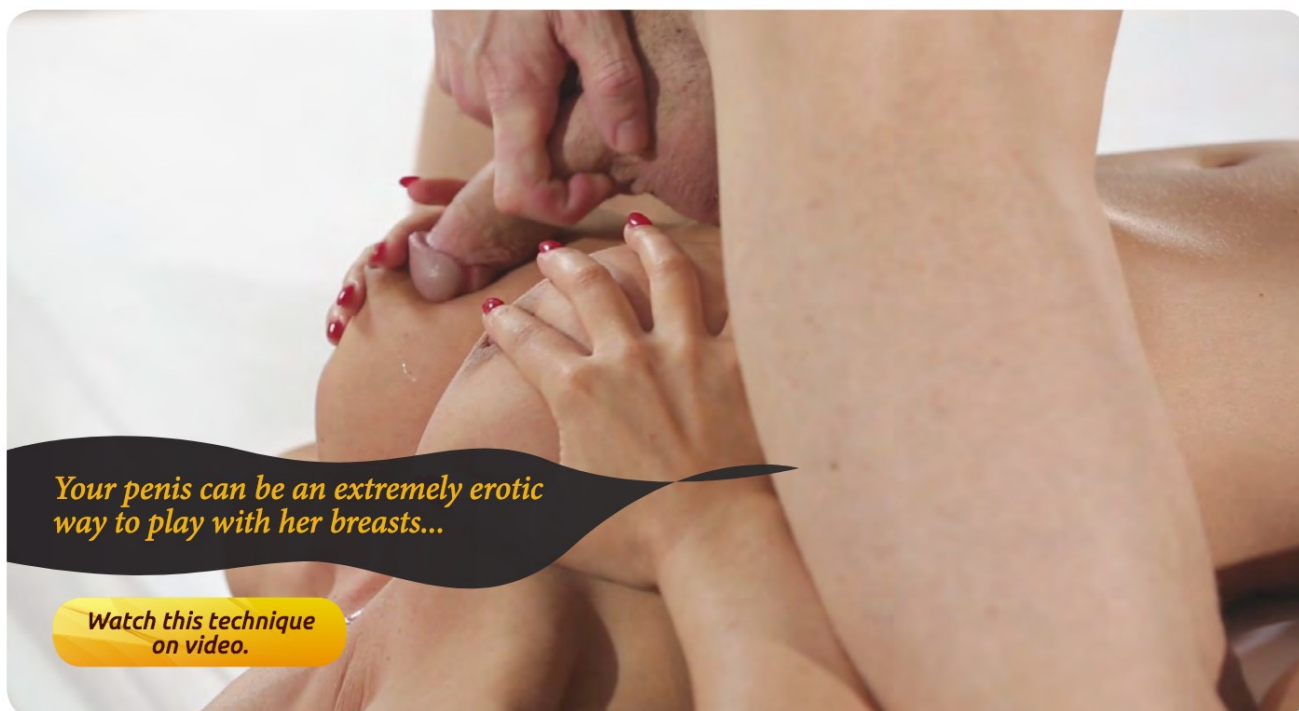
**Tapping & Slapping** - Erotic tapping of the breasts using the fingers arouses the blood flow and make them more sensitive. Slapping, using the palms of the hands is a bit firmer, but not forceful enough to give pain.



*Many women love having their nipples tugged as it stimulates oxytocin.*

**Watch this technique  
on video.**

- /// **Kissing** - The breasts respond very well to most types of touch when the mouth is used. Kissing can be used all over the breasts including the nipples.
- /// **Licking** - Using the tongue to play with the nipples can be highly erotic from simple licking to more direct flicking of the nipple and areola.
- /// **Sucking** - Sucking the nipples is one of the most erotic types of touch we can use to stimulate the breasts. Try various types of pressure, from very soft sucking, to very deep sucking. With deeper sucking include the areola and more of the breast tissue surrounding it. Vary the length of time you suck, and allow the nipple to pop out of your mouth, then suck it again. Use your tongue while sucking too to contrast types of touch.
- /// **Teeth** - Teeth can be used to gently scrape against the breasts, like the fingernails, or to gently nibble both the breasts and nipples. Be careful here not to bite too hard.
- /// **You Penis** - Your penis can be an extremely erotic way to play with her breasts through touch. Lube it up, then rub your penis all over her breasts. Slide it between her fleshy mounds in the cleavage to have mammary sex.



*Your penis can be an extremely erotic way to play with her breasts...*

*Watch this technique on video.*



## Sensate Breast Play

Now we are ready to start playing with her beautiful breasts. Of course, you have already aroused her via foreplay, so she feels very sexy and turned on before we start.

The main aim of these techniques is to increase her pleasure and your awareness of her responses to different types of stimulation. If one or both of you become aroused this is fine but it is not the aim of the exercise.

**1 Teasing.** First, we will begin with very light touching of her breasts. Start with the outside of her breasts: the upper chest, the sides, and underneath; and very lightly graze, tickle and tease her skin with your fingertips and nails. Do this all over her breasts, but avoid the nipples, as we want to save the best for last. This will allow her to build up sexual energy and become very erotic, so when you finally touch them, she will be bursting with desire.

**2 Massaging.** Next, get some massage oil (olive oil or coconut oil is also very nice!) and warm it up in the palms of your hands. Massage all over her breasts by rubbing and kneading. Try rubbing in long down strokes from the upper chest, then grabbing her breasts in both hands gently and pulling them out from her chest. Next, push her breasts back into her chest with your flattened palms and rub in large circles.

**3 Fingertip Massage.** Use the pads of your fingertips to massage small circles



from the outsides of her breasts inwards towards the nipples. Use massage oil again, so your fingertips slide easily over her flesh. You can now lightly graze over her nipples, but don't stay there. Try spreading your fingers wide and grasping her breasts in both hands. Then use your fingertips to slide inwards, ending with soft tugs of her nipples. Again, don't linger on the nipples too long, we just want to tease her still at this point.

**4 Kissing and Nibbling.** Now we can start using our mouth to play with her breasts. Start with her lips, and kiss her erotically, then use your lips and teeth (gently) to nuzzle her ear, kiss and suck down her neck, to her chest and then her breasts. Again, try to avoid the nipples and save these for last.

**5 Licking and Sucking.** By now she should be thoroughly aroused. If not, continue to repeat some of the steps above that she liked best to help her build more arousal. You want her begging for you to touch her nipples at this point. Start licking and sucking around her breasts, randomly, until you get to the nipples. Then hold her breasts in your hands and lightly squeeze, so her nipples are pointing up to meet your mouth. Begin licking around her areola and flicking your tongue over her nipple. When her nipple becomes erect, gently suck it, then use your tongue again in a flickering motion. Do this for as long as she likes. If she starts trying to push her breasts up towards you more, then she is ready for deeper sucking.



*use your lips and teeth (gently) to nuzzle  
her ear, kiss and suck down her neck...*

**Watch this technique  
on video.**




**6 Deeper Sucking.** She should now be high on her erotic scale of arousal. Lap at her nipple, and then suck it and the areola deep in your mouth. Then release her nipple with a popping sound. Continue to suck on her nipple, and vary it with flicks of your tongue, and light teasing with your teeth. Resume sucking her nipple and areola deep inside your mouth (as strong as she likes), then releasing a bit, as though you are actually nursing from her breasts which feels extremely erotic. Give each breast and nipple the same amount of time and enthusiasm. Make moaning sounds to let her know this turns you on as well.

**7 Putting it All Together.** If she liked one type of touch or technique better, then try focusing on that. If she had no preference or enjoyed a diverse range of sensations, try varying your touch to keep it interesting. Continue to get feedback from her to see what she likes. Sucking, tugging and playing with her nipples can lead to the localized orgasm called Nipplegasms.

## Things to Remember

Some women may prefer breast and nipple stimulation of one breast more than the other. If this is true for her, ask her so you can focus on the one that brings her the most pleasure. While sucking one breast, you can still stimulate the other breast by squeezing it and tugging on her nipple and areola.



*Lap at her nipple, and then suck it  
and the areola deep in your mouth.*

*Watch this technique  
on video.*

Sensate breast play does not have to lead to orgasm. If it does, then great! If not, but she would like to now, you can help stimulate her genitals to orgasm. However, continue focusing on her breasts so she associates the pleasure of orgasm with breast and nipple stimulation.

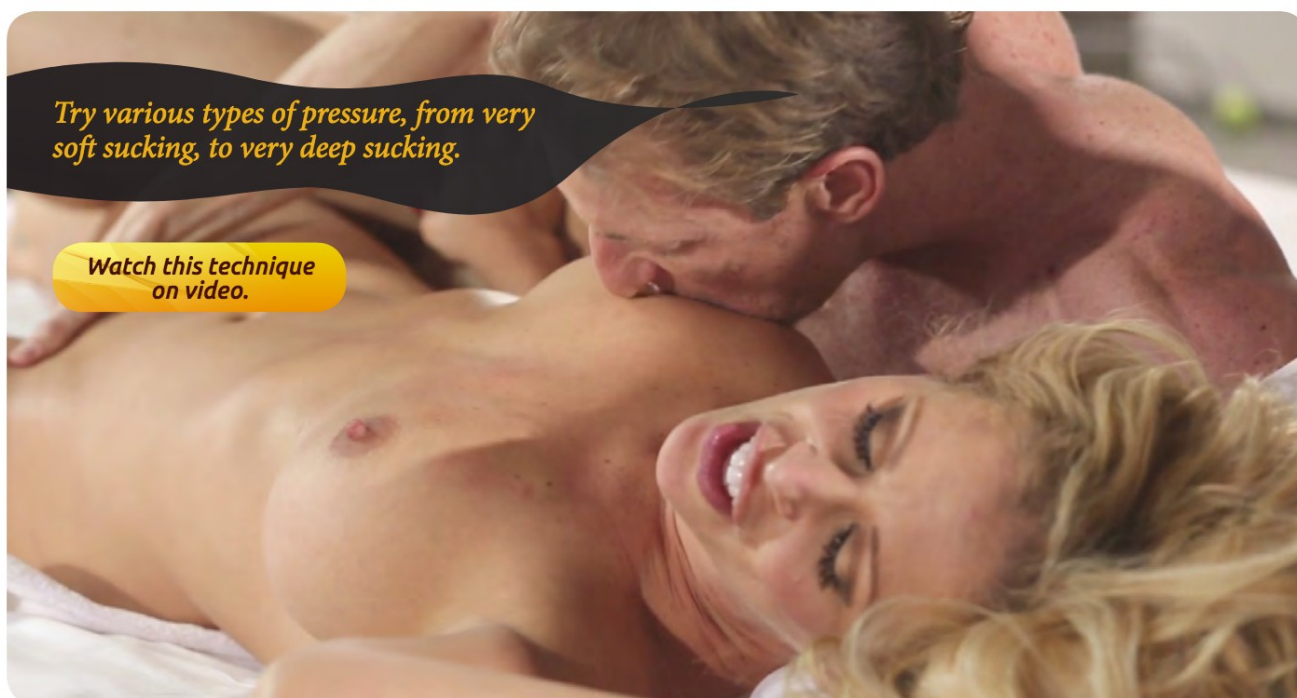
It is important to discuss with her afterwards what was most erotic for her and what she didn't like.

If she didn't feel any arousal, that is okay too. She may need several sessions to awaken the feeling in her breasts if she has suffered trauma, or has negative self-body issues. The next section is designed to awaken erotic feelings in her breasts and to teach her how to orgasm through breast play. Check out my eBook, Double Her Desire for some more great tips on how to amplify her arousal, here- <http://double-her-desire.com/>.

## Section C: Erotic Breast Massage for BOOBGASMS

Erotic massage is a great way to focus pleasure on her breasts.

To begin, you may want to start with a full body massage and then slowly point your attention to her breasts. After she is very aroused, you can incorporate genital massage and direct stimulation of her





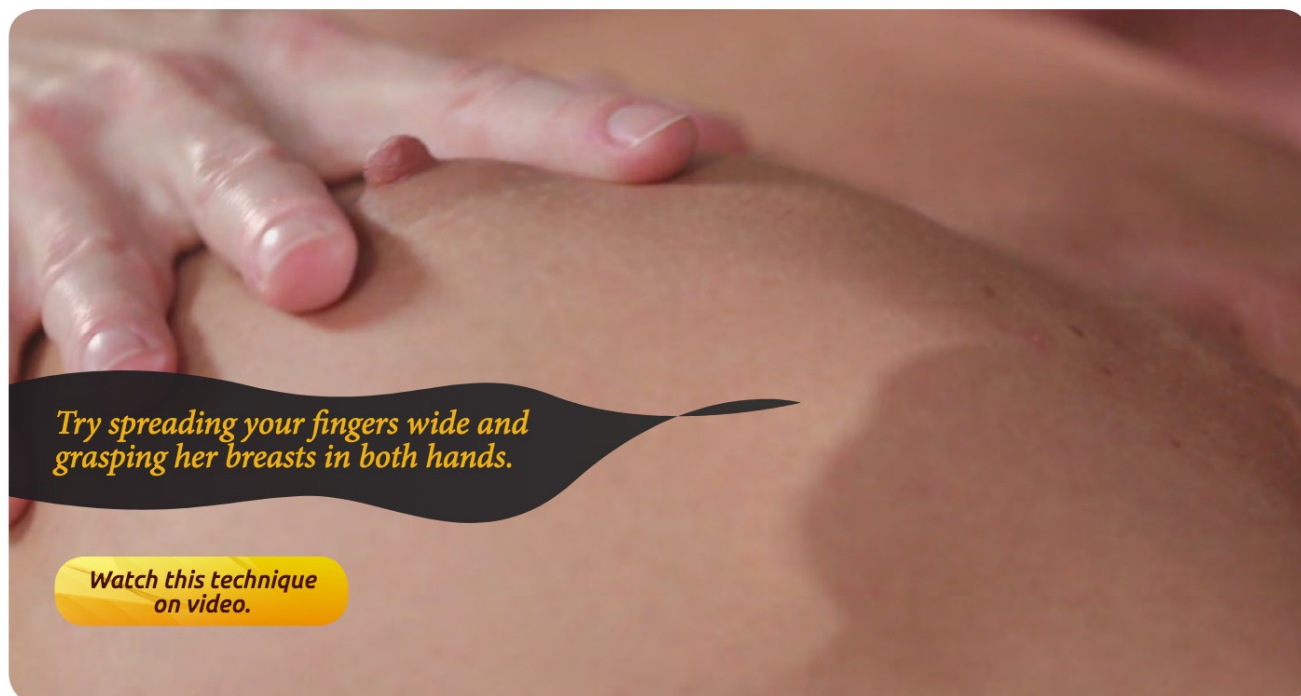
clitoris and G-spot with your fingers, lips, penis or a sex toy. Oral sex is another great way to help her orgasm, but make sure you are stimulating her breasts and nipples with your hands and fingers. If you are looking for more great oral sex techniques, then check out my eBook, Hot Licks: <http://www.hotlicksprogram.com/>.

During this session she should practise ways to help build arousal and move the erotic energy around her body. These are Tantric techniques, including the Fire Energy Orgasm technique, which she can learn more about in my blog here < <http://www.gabriellemoore.com/tantric-sex/fire-breath-energy-orgasms-part-two/>>, and also via my eBook: The Tantric Touch found here: <http://www.the-tantric-touch.com/>.

These techniques include erotic breathing techniques, pelvic tilts, squeezing her PC muscle, vocalizing pleasure and using her thoughts to move erotic energy through the body.

## Erotic Tantric Techniques

The breath is the way we can connect to our desire. If you tend to hold your breath during erotic stimulation and orgasm, this will lessen the power of your pleasure and arousal. But, if you breathe deeply into your arousal, this will help to build erotic pleasure like a fire burning in the genitals that can be moved throughout the body.



*Try spreading your fingers wide and grasping her breasts in both hands.*

**Watch this technique  
on video.**

**Deep Belly Breaths.** Deep belly breaths help to relax the body and help us to become more aware so we can focus more on sensation and pleasure. This is especially important for women, so they can become more embodied and feel erotic sensations. Deep belly breaths are taken in through the nose in long slow breaths, and then expelled through the mouth in a long moan. Vocalizing the breath also helps to create more pleasure and moves that pleasure around. Deep breathing can also slow down the peak of orgasm and help to extend orgasm for longer full body extended orgasms.

**Fast Breaths.** Fast breaths, also called Fire Energy Breaths, build up erotic desire, increase arousal and erotic energy, as well as help you go over the edge into orgasm. She can slowly increase the rhythm of her breath to become more aroused gradually, as her erotic energy builds up. She should try NOT to hyperventilate here, but just gradually make the rhythm of her breath faster as her arousal increases.

**Making Sounds.** Female vocalizations during intercourse including heavy breathing, moaning, screaming, crying and even laughing, can both increase sexual arousal and enhance pleasure. She should practise making sounds as erotic energy builds in her body.





- /// **Pelvic Thrusts.** Pelvic thrusts, or rocking her pelvis during foreplay and sexual stimulation helps to increase the erotic energy in the genitals, building an erotic fire.
- /// **Squeezing the PC Muscle.** Squeezing and contracting the PC muscle also helps to bring fire to the genitals, increases erotic desire and aids in natural lubrication.
- /// **Thoughts.** Energy follows thought, so she can use her mind to begin to pull in energy where she is feeling pleasure, such as in the genitals and the breasts, to other parts of her body. By using her thoughts, she can cycle that energy up and down between the two. This helps to connect the erotic energy from genitals to other parts of the body so she can experience a more full-bodied orgasm.

## BOOBGASM Massage Techniques

- /// **Warm Ups.** She should be laying comfortably on her back to begin. Before focusing on her breasts, begin by warming up her entire chest area with massage. Again, use lots of massage oil so your hands will easily glide over her skin. Begin just below her collar bone, and use long



*Pelvic thrusts, or rocking her pelvis during foreplay ...*

*Watch this technique on video.*

firm glides to massage her pectoral muscles (the muscles that support the breast tissue on the upper part of her chest). Use long strokes, then smaller circular strokes to release tension in her upper chest.

/// **Spreading.** Begin at the outer sides of the ribs and slowly massage your strokes inwards while gently squeezing her breasts together creating more cleavage. Next, place your palms on her sternum, the boney plate between the breasts, and smooth your hands outward, over her breasts pressing them towards the outer sides of her ribs.

/// **Large Palm Circles.** Now, start to massage from the outside of her breasts, working inwards, using the flats of your palms in large circles, until you get to the nipples. Then gently hold the breasts, with your palms over the nipples and rotate them in circles, both clockwise and counter clockwise.

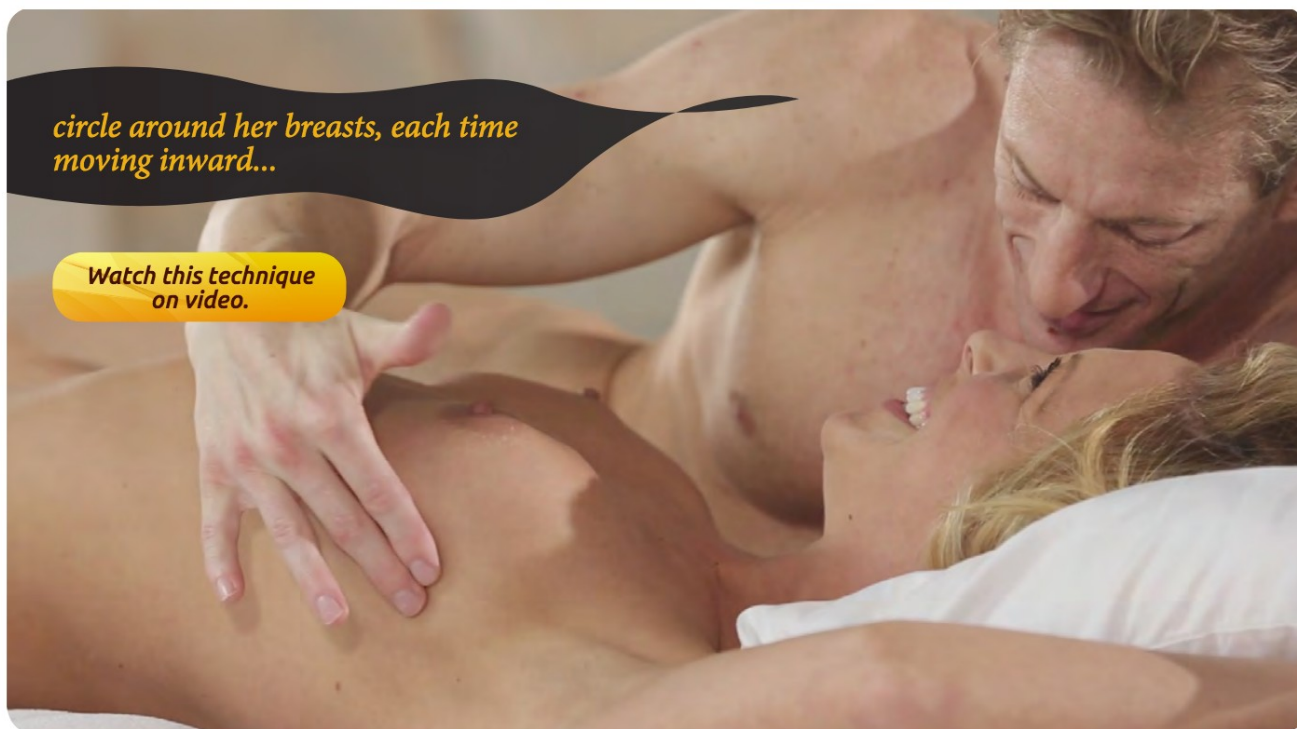
/// **Scooping and Cupping.** Use your hands to scoop up the breasts and push them together and up against her chest wall. This helps to reverse the natural gravity of the breasts and can feel especially good for women with heavier breasts. Cup the sides and underneath her breasts to feel their weight.

/// **Kneading.** Use the pads of your fingertips to massage deeper into the breasts by gently kneading and squeezing. Increase the pressure to what feels best for her. Cup her breasts and squeeze them while pulling the breast tissue out away from her body, then pressing them back into her rib cage.





- /// **Smaller Circles.** Now, still using the pads of your fingers, sink them into her breasts and use small circles, beginning from the top pectoral muscles and circling around the breasts in a circular pattern (both hands circling in opposite outward directions from her sternum). Go around the outside of her breasts, from sternum to outer side, then beneath the breasts and back to the sternum. Continue to circle around her breasts, each time moving inward and getting closer to her areolas and nipples. Finally, you will circle around her nipples, then end with fingers on top of her nipples, as you press her nipples into her ribcage and circle them over her breasts.
- /// **Spread Finger Glide.** Next, position yourself so you are kneeling at the top of her head, your thighs spread, so her head is resting below your genitals. With your fingers spread wide, reach down to grasp beneath her breasts then lift her breasts and glide your finger towards the center, ending at her areola and nipples. Do this several times, and when you get to the areola, pinch beneath the nipples and pull her breasts away from her body, tugging on her areola and nipples.
- /// **Feather Touch.** Start to use a feathery caress on the sides and underneath her breasts to awaken her nerve endings. Again, begin with the outer parts of the chest, pectoral muscles, sides of the breasts and underneath, then lightly grazing your way to the center. Don't dwell on the nip-



ples yet, we want to build anticipation here, so only lightly tease them, then move back.

- ✓ **Tracing.** Using your fingernails, very lightly trace around her breasts in circles, and continue moving inwards until you are lightly tracing around the nipples. Use the finger nails to lightly graze the nipples, and then move away.

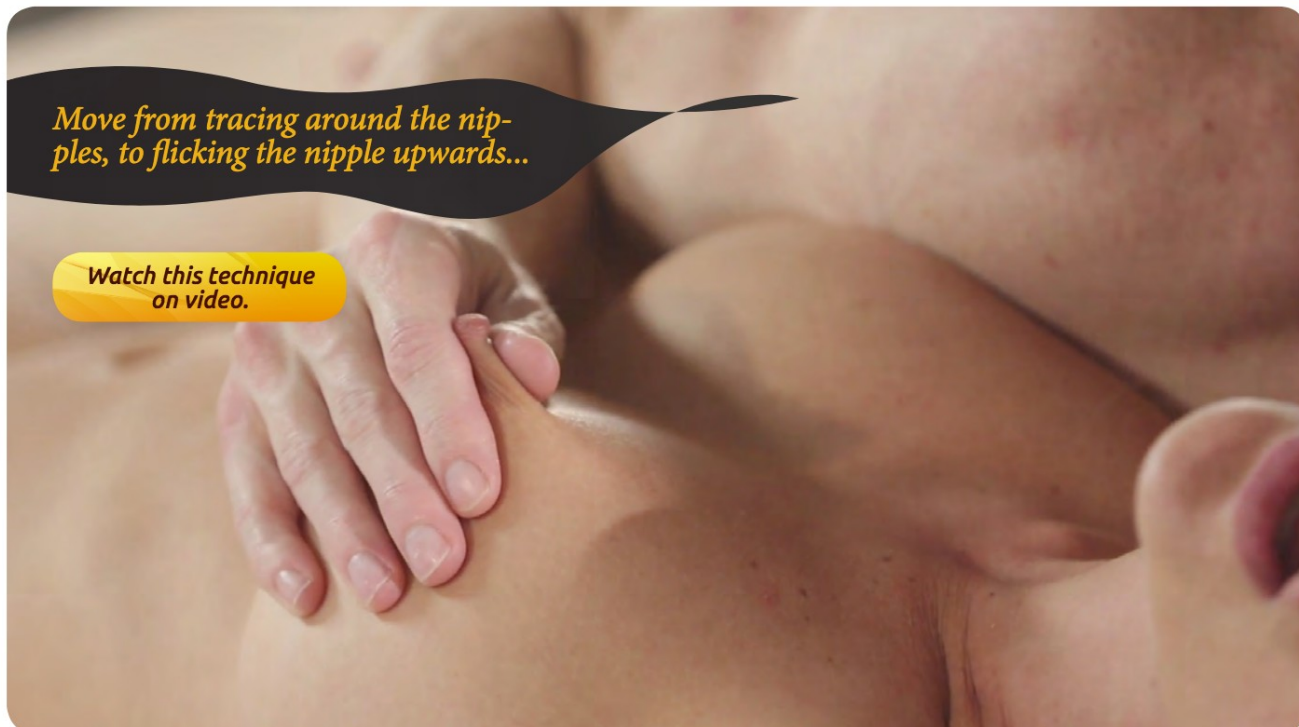
## Nipple Stimulation

With all of the steps above, try to avoid the nipples as much as possible. These steps are designed to build her hunger until she craves having her nipples touched.

- ✓ **Flicking.** Move from tracing around the nipples, to flicking the nipple upwards from beneath. Start lightly, then use a firmer stroke as she desires.
- ✓ **Pinching.** Pinching, next to sucking the nipple, is one of the most erotic types of stimulation, if the nipples are already aroused. Pinch by pulling from the root of the nipple (the areola) rather than the nipple themselves. Use long smooth tugging, rather than hard pinching. Don't twist her nipples, as that doesn't feel good and could actually hurt.

*Move from tracing around the nipples, to flicking the nipple upwards...*

**Watch this technique  
on video.**





✓ **Rolling the Nipples.** You can also take her nipples in between your fingers (thumb and index finger) and roll it. Again, start at the root and slide up as you gently roll the nipple between the finger and thumb.

✓ **Oral Pleasure.** Now, use all of our oral sensate breast play techniques to really get her fired up. Start to tease her with licking and move up to erotic sucking.

✓ **Change it Up.** Now, use a variety of different techniques to continue getting her aroused. Continue to suck her nipples and areola, as well as massage and knead her breasts. Do what she enjoys most to get her to the peak of ecstasy.

✓ **Penis to Breast Massage.** Hopefully, by now, you are both turned on and your penis is nice and hard. Lube it up and use it to press and glide firmly over her breasts. Play with her nipple using the head of your penis. Place your penis in between her breasts, and press her breasts together to make deep crevasse. Then use her breasts as if you were making love to her vagina.

✓ **Genital Play.** You can now begin to arouse her genitals to get her to the brink of orgasm, or she can stimulate herself while you continue to play with her breasts. You can use one hand to stimulate her clitoris or G-spot, while you use your other hand and mouth to stimulate her breast and nipple. Or, she may like to grab her favorite vibrator and



masturbate while you continue arousing her breasts and nipples. She is likely to orgasm very quickly and intensely now, due to the build up of erotic sensation. If you want to become an expert on using your fingers as tools for erotic touch, download my Naughty Fingers e-book here: <http://www.mynaughtyfingers.com/>.

## BOOBGASMS

When she is climaxing do not stop or change what you are doing. Let her push you away when she is finished. If you stop while she is in the middle of orgasm, this could totally ruin the orgasm for her. So keep focused on what you are doing and let her go over the edge.

## Things to Keep in Mind

She should be practising her erotic Tantric techniques during the erotic breast massage. This is so she can learn to connect breast stimulation to her genitals and other parts of her body. This will help her become much more orgasmic, and allow her to eventually learn how to have BOOBGASMS without genital stimulation.

She may, or may not orgasm without genital stimulation. Usually this takes practise and learning





what her body responds to. Eventually, if you connect orgasm via the genitals with breast and nipple stimulation she can learn to orgasm via breast play alone. When we associate breast stimulation with orgasm, this helps to rewire the erotic brain.

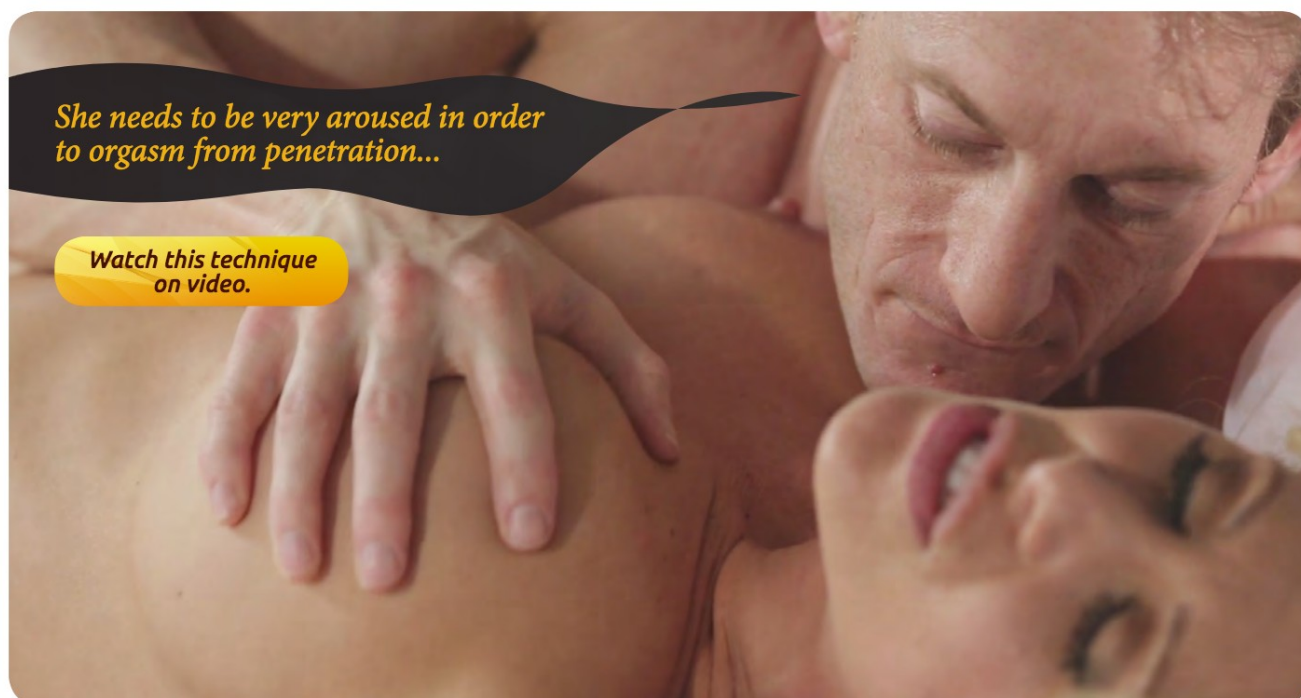
## Section D: Breast Play During Sex

In order for a woman to orgasm via breast play, she will usually need a lot of focused stimulation to her breasts and nipples. However, many women can't orgasm via breast stimulation alone. So, this is why we have included the use of fingers or vibrator above, used for clitoral or G-spot stimulation with breast play.

In this section, we will look at the best positions to use with breast play. But, remember, you want to play with her breasts and nipples a lot to build up her arousal before going to this stage. She needs to be very aroused in order to orgasm from penetration, so continue to use breast play techniques during intercourse to get her there. Also, she can use a vibrator on her clitoris to aid in stimulation during sexual penetration, as either a toy she holds herself, or something like the We-Vibe that stimulates both clitoris and G-spot during partnered sex hands-free.

*She needs to be very aroused in order to orgasm from penetration...*

**Watch this technique on video.**



## Missionary Position

Missionary position is a good position for breast play because you are both face to face. This allows you to easily cup and play with her breasts. Standing Missionary is even better, with her propped up high on a bed, or table, and you standing between her legs, where you can gain maximum thrust while having at least one hand free for breast stimulation. You can also use her breasts as “handles” for leverage, to pull her into you in this position, but do so gently. You can also try holding her hands above her head in this position and bending over her so you can lick and suck her breasts and nipples from above.

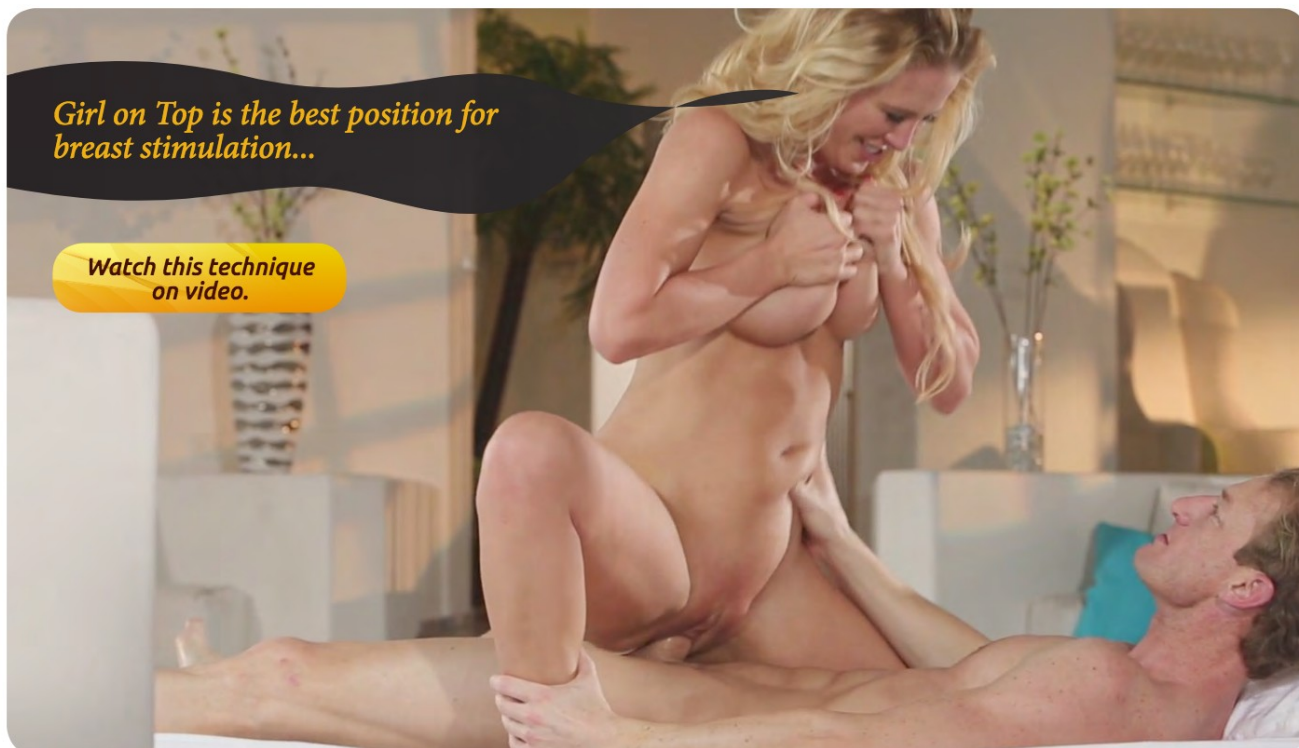
## Girl On Top Facing You

Girl on Top is the best position for breast stimulation and also for her to orgasm in, because her genitals are more easily stimulated when she is on top. In this position she straddles your pelvis and sits facing you. She can then control the depth and thrust of penetration, moving your penis to stroke her G-spot, as well as grind her pussy against you for maximum clitoral stimulation.

In this position your hands are free to play with her breasts, to caress them, pull her nipples, squeeze

*Girl on Top is the best position for  
breast stimulation...*

*Watch this technique  
on video.*





them, and do a variety of breast play techniques. She can also lean down and rub her breasts over your chest, creating erotic stimulation, or hang her breasts in your face and let you suck and play with them. This is also a great position for you as you can sit back and admire her breasts, bouncing, swinging, jiggling and swaying. Lots of eye candy here that is very hot!

### Girl on Top Reversed

This position is the same as girl on top, except she is reversed and facing away from you. In this position you can also sit up and wrap your arms around her so you can stimulate her breasts from behind. This can feel very erotic to her and be wildly freeing. She can also arch her back over you, giving you better access to fondling her breasts from behind.

### Doggie Position

In this position her breasts hang free like erotic pendulums, swaying and bouncing with each thrust as you penetrate her from behind. From this position you can feel the weight of her breasts brush against your palms as you wrap your arms around her. You can press her breasts in toward her chest, massage them, or pull them out by the nipples. Doggie style is a great position for anal sex, and also allows for deeper penetration vaginally, which could result in squirting orgasms. See my eBook on Mastering Her G-spot here for more details on how to find that sexy hot spot: <http://www.masteringhergspot.com/>.



## The Spoon Position

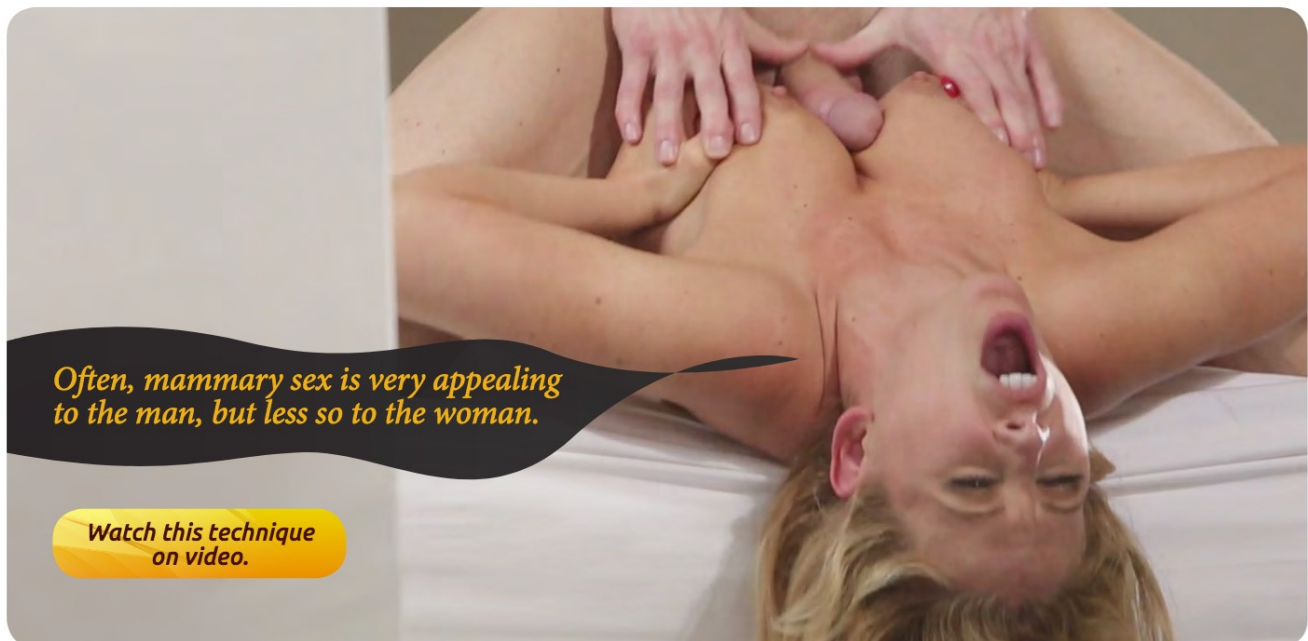
The Spoon Position, also called spooning, is a side-by-side position with her facing away from you. It is an intimate position and good for giving you access to caressing her body and breasts. Like doggie style, it is also a good position for anal sex, if she is into that. Find out how to have amazing anal sex in my eBook, *Anal Pleasure for Her* here: <http://www.analpleasureforher.com/>.

## The Sidewinder

The sidewinder, is the spoon position in reverse, where you both lay on your sides, but face each other. This is a great position that allows for lots of breast play, and is also good for fingering and vibrator play. This position is very intimate, as it is easier to hug, kiss and caress her body. It is a bit more difficult for the guy to get deep thrusting with this position however.

## Mammary Sex

I talked about this earlier in this eBook, but now let's look at it more in depth. Often, mammary sex is very appealing to the man, but less so to the woman. Of course, there are many women who get off on this as well. So, make sure she's into it before you do it, or at least interested in trying.



*Often, mammary sex is very appealing to the man, but less so to the woman.*

**Watch this technique  
on video.**



Use lots of lubricant or massage oil, and massage her breasts up well beforehand. Place your erect penis between her breasts in the cleavage. It can help a lot if she holds her breast together for you while you thrust between her breasts. She can also add oral sex into the mix, so when the head of your penis comes up to meet her mouth, she can lick and suck it to stimulate you. Don't forget to squeeze her breasts and play with her nipples as well and this can be very erotic for both partners.

These are just a few of the hot positions you can try during sex. If you'd like more detailed instructions on how to perform these and other sexy positions, see my eBook, *Orgasmic Sex Positions* here: <http://www.orgasmicsexpositions.com/>.

## Section E: Advanced Breast Stimulation with Sensation Play

This final section will introduce other toys and sensation play tools to your breast play repertoire. Experiment with different tools to see what she likes and the various sensations you can create. You can use any or all of these at different times during your erotic breast play explorations.

- /// **Feathers.** Feathers are a great erotic tool to use to lightly stimulate and tickle her breasts. Lightly brush them in circles over her breasts, side-boobs, and beneath. Flick the tip over her nipples as well to tease and awaken them.
- /// **Fur and Textures.** Fur is very erotic and can feel great when rubbed on the breasts. Also try other types of fabrics with various textures such as silk, satin, or velvet.
- /// **Fire and Ice.** Ice cubes are great for arousing and perking up the nipples. Likewise, you can use heat, by drinking a mouthful of hot tea or coffee, and then licking and sucking her breasts and nipples. Try minty lip balm and trace over her nipples and breasts and then blow over them to give her cool erotic shivers.
- /// **Vibration.** Vibrators are great on the clitoris, but they can



also be used on other parts of the body. A vibrating glove can be used for a vibrating breast massage to bring even greater stimulation to that area. You can also use the tip of a vibrator to stimulate the nipples directly.

**Suction Toys.** There are various types of sex toys that are made for suction. These include breast or nipple pumps that suck the nipples and/or breasts inside. There are also smaller nipple suckers that are small caps that use suction to stay on the nipples and add stimulation this way. Some women find these very erotic. The nice thing about these, is that suction toys can give her breast stimulation when your hands are busy doing other things.

**Food Play.** Using sensual food like whipped cream, canned cherries, chocolate sauce, and other edible treats can be extremely erotic when playing with her breasts. Create a delicious smorgasbord of succulent flavors and lick, devour and suck her breasts to her delight.

## Wrapping Up

I hope you have learned a lot in from this eBook and begin trying these techniques to pleasure your partner's breasts. Remember, practice makes perfect, so if she doesn't achieve orgasm from breast and nipple play the first time, keep trying until she gets there. It's all good!

Happy Breast Play!  
Gabrielle Moore



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