

SEASON

4

FEMALE BODY MASTERY *Edition*

HOW TO GIVE HER
UNSPEAKABLE
PLEASURES IN
HER MOST
SACRED AREA



GABRIELLE MOORE'S
NAKED



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Better Sex. Better Life.

VAGINA
MASTERCLASS

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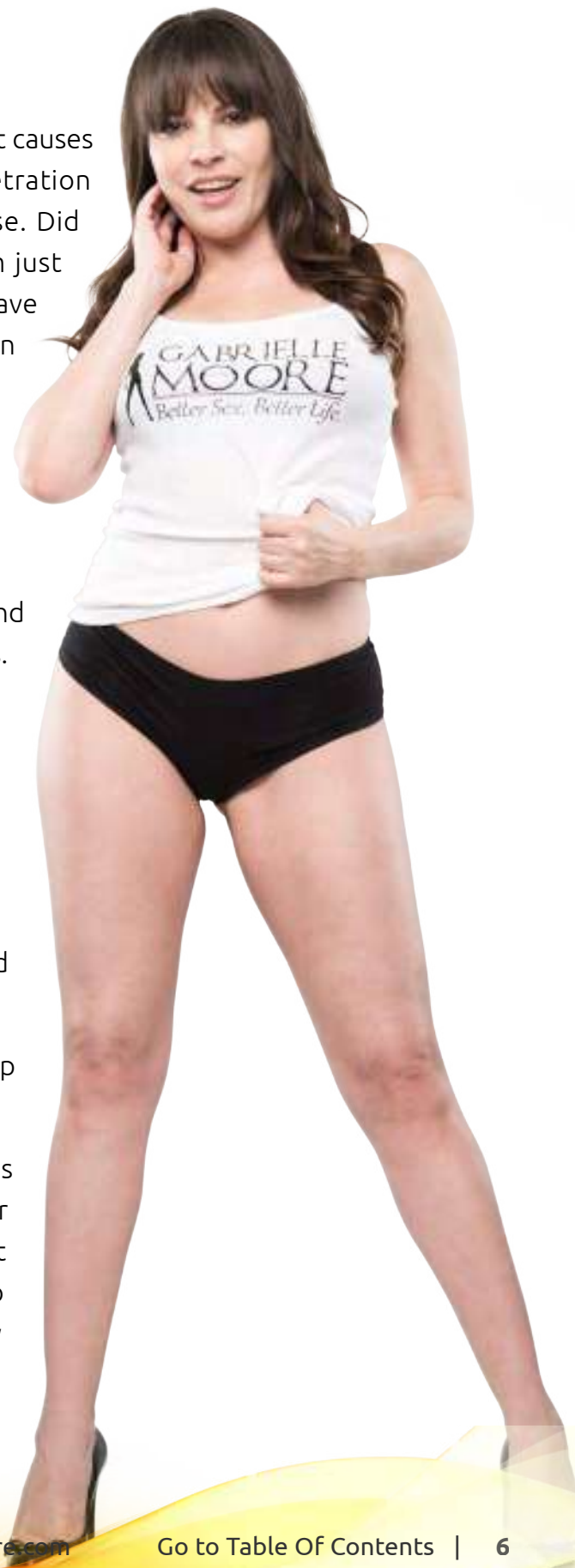
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Introduction

Most men don't know a lot about female anatomy and what causes women to orgasm. They mistakenly think that just penetration is enough to make a woman cum, but that's not the case. Did you know that only 30% of women have orgasmed from just penetration alone? That's less than half of women who have ever had an orgasm from penetration only. And those women don't orgasm from penetration every time. That means that there is a big disconnect from what men think women enjoy and want in bed, and what women actually like and want. This can obviously create a number of different problems in a relationship, such as:

- Bad communication about what each person likes and wants in bed leads to bad sex and unsatisfied partners.
- This can lead to the woman being less interested in having sex, which can cause many other relationship problems.
- Having an unsatisfied partner can make you insecure about your relationship and about your sexual skills.
- This can create other kinds of intimacy problems and cause a couple to grow apart.
- In some cases it can even lead to serious relationship problems, like infidelity or divorce.

We all know sex is important in a relationship then, there is no question about that. But what can you do if you think your partner might not be totally satisfied in bed? This eBook just might be the answer to your problem. You see, men need to learn more about the ins and outs of the female body. They need to be experts in what makes their partners moan, sigh,



and tremble with pleasure. That's what this eBook is going to do. By the end, you'll be a master of her sexual organs.

An Important Side Note About the "Vagina"

One of my personal pet peeves is that the female genitals are wrongly referred to as the "vagina," when the area you are often referring to is called the "vulva." The vulva is the external part of the female

“stimulation of the clitoris may be the most “popular” way to ensure a woman’s orgasm...”

genitalia, including the lips, the clitoris, and the vaginal opening. The vagina is the internal tubular part of the genitalia where the penis goes during male/female sexual intercourse. Therefore, this eBook should really be called The Vagina and Vulva Mastery Course. You might be wondering why I didn't name it that? Well, vagina is very commonly used to describe the area that is actually the vulva. In fact, many people wouldn't even know what the vulva. For that reason, the title of the book refers only to the vagina, but not to worry, boys, we're going to cover it all!

Some Facts About Female Orgasm

- ✓ A recent study said that only 57% of women orgasm most or all of the time with their partners. That might seem like a better number than the 30% statistic (only 30% of women have orgasmed from stimulation alone), but let me put it into perspective for you. Fifty-seven percent of women come most or all of the time in comparison to 95% of men who orgasm every time with their partner. That's almost a 40% difference.
- ✓ Of the women who aren't orgasming, 50% said they were close, but their partner just couldn't get them to orgasm, 38% said there wasn't enough clitoral stimulation, and 35% said that they weren't receiving the right kind of clit stimulation.



/// In that same study, they found that 72% of women have had their partner orgasm, they did not and their partner never tried to return the favor. (Hakala).

/// Research shows that orgasms come more easily for women the older they get.

/// Changing things up in the bedroom can lead to more orgasms for women.

/// Women generally take a lot longer to orgasm than men do. One study found that most women need about 20 minutes of sexual activity before they orgasm. (Jio).

The most important things to take away from these interesting facts and figures is that:

/// There is a huge divide between how many women orgasm every time with their partners and how many men orgasm every time. Most people have just accepted this as fact and haven't tried to do much to change it.

/// Clitoral stimulation is very important to the female orgasm and many men are either doing it wrong or they aren't doing it enough. You need to learn how to stimulate the clit and accept that this is always going to be a part of your sexual routine.

/// Some men have just accepted the fact that their partners don't have an orgasm and don't try to reciprocate by making them cum in other ways. Don't be one of these guys. Sure, there will be times when your partner won't be able to have an orgasm and

you shouldn't pressure her if she tells you it's not going to happen, but you should always offer.

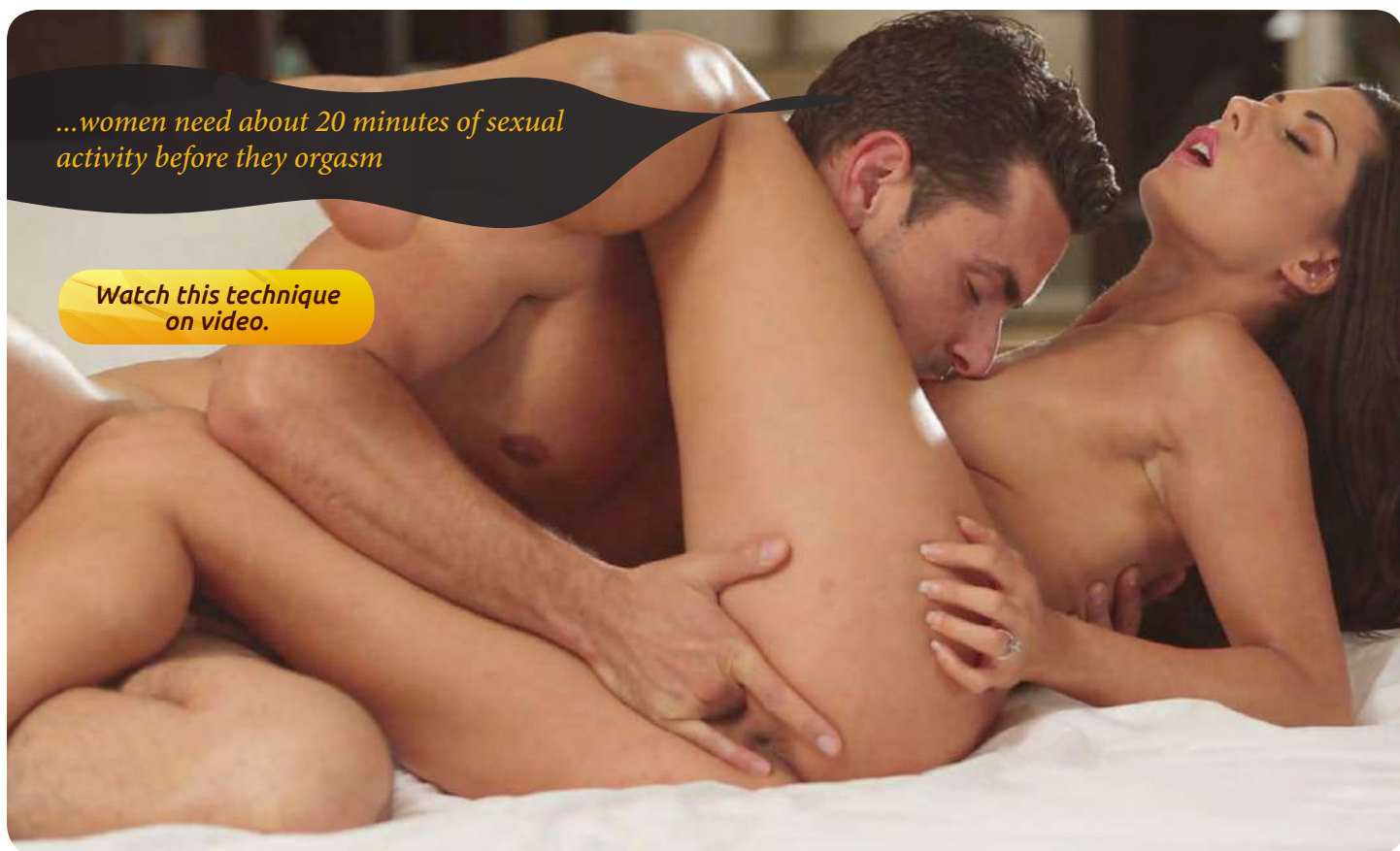
- Doing new and different things in the bedroom can help women have more orgasms.
- Women generally take a lot longer to orgasm than men. That doesn't mean you need to be able to last for 20 minutes during sex, but it does mean that you need to do a lot of foreplay before sex if you want her to cum. You can also offer to finish her off in a different way if she doesn't cum after intercourse. Always try and offer, even if she declines.

How It All Works “Down There”

First things first, you need to learn all about a woman's body and exactly what parts she is working with down there. You might think you got enough information in health class to cover you, but I promise, you didn't. I know you might be thinking: “booooooring!” But I guarantee you that this might be the most important part of this book.

...women need about 20 minutes of sexual activity before they orgasm

Watch this technique on video.



The Female Sexual Anatomy

If you really want to be able to rock her world, you need to know what every part of her genitals is and how to touch it in the right way (or not touch it at all!). Don't feel bad if you are feeling like you knew nothing about women after reading this section. There are women out there who don't even know this much about their bodies. Then why do you need to know this stuff? Because you want to be an incredible lover. Not an okay lover, or a pretty good lover, but one that makes your woman think, "if I could only have sex with one person for the rest of my life, PLEASE, PLEASE, PLEASE let it be this man." You don't want to know just enough to make her cum sometimes, you want to be a master.

One interesting fact about human sexual development is that for each part in the female sexual anatomy, there is a male counterpart. For example, the gonads in a fetus, develop to become the ovaries in females and the testicles in males. The phallus will develop into the clitoris in female fetuses and the penis in males. It's very interesting to know that we are not as different as one might think, physically. Just like the penis is extremely sensitive, so is the clitoris.

If you're tempted to jump forward to the next section, DON'T. I'll be referring to these body parts as we talk about technique in the upcoming chapters and you'll be lost if you don't pay attention now. Here are the most important parts of the female sexual anatomy:

Vulva - We already talked a little bit about vulva, but there is more to say because it's an important part to be familiar with. As I mentioned before it's often incorrectly referred



to as the vagina, even though these are two separate parts of the female genitalia. The vulva is actually the name for the entire area of the outer genitalia, which includes: the clitoris, the mons pubis, the vaginal opening, and the labia minora and majora. There are even more parts of the vulva, but for sexual purposes, these are the most important ones you need to know about. The vulva is a sensitive area with lots of nerve endings and is where women receive a lot of their sexual pleasure.

Mons Pubis - The Mons Pubis (also sometimes called the Mons Venus) is the triangular part of the vulva that covers the front of the pubic bone, located just above the clitoris and labia. This fleshy tissue is normally covered in pubic hair, but some women choose to remove their hair.

Labia Majora - From the mons pubis you follow the line down and it will divide into the labia majora. The labia are the lips of the vulva and there are two sets. The “majora” are the outer set of lips. They start at the mons pubis and end at the perineum. Labia majora varies a lot when it comes to color, size, shape, and overall appearance from woman to woman. These outer lips are made up of two surfaces, one that is covered in pubic hair (like with the mons pubis, some women remove this hair), and the inner surface that is hairless and might be different in color as well.

Labia Minora - The other set of lips are called the labia minora, or smaller lips. They are the inner lips of the vulva. If you have taken a good look at your partner’s vulva, you will recognize these inner lips.



They are hairless and start at the clitoris and extend down on either side of the vaginal opening. Like pretty much all parts of the female genitalia, the labia minora also varies a lot in regards to size, shape and color. Although they are referred to as the “smaller” lips, they are sometimes bigger in size than the labia majora, depending on the woman.

Clitoris - This is an important one. If you don't know what the clitoris is, you need to pay very close attention. It is the only part of the human body whose only function is pleasure. That's one of the things that makes it so special. It is ultra-sensitive with over 8,000 different nerve endings concentrated in this small area. The clitoris has several different parts: clitoral glans (or head), clitoral hood, clitoral body, and various other parts. As we discussed earlier, each part has its male counterpart. The clitoral glans is the most sensitive part and its male counterpart would be the penis head (also called the glans). The clitoral glans/head is located where the labia minora come together and is covered by a fold of skin called the prepuce, or clitoral hood (the male counterpart here would be the foreskin). When a woman is turned on the clitoris engorges with blood, becomes erect and the clitoral hood pulls back, just like the foreskin when a man gets an erection. The clitoral glans is very sensitive and often direct stimulation right in the beginning might be too intense and even uncomfortable or painful. The clitoris also extends inside the body and can be felt through the labia minora, just below the mons pubis, and research shows that the clitoral body even extends far into



the body. The majority of women can only orgasm from clitoral stimulation, so this is a really important body part to get familiar with.

Urethra - The urethra, while not really part of the sexual organs, is still important to mention, as the urethral opening is located in the vulva. It is the tube that a person pees out of and is found in both men and women. For women the urethral opening is found on the vulva between the clitoral head and the vaginal opening. Some people aren't aware that there is a separate hole for urine and mistakenly think that women urinate out of the vagina, but that is not the case.

Perineum - The perineum is the bit of skin between the vaginal opening and the anus. You might be more familiar with this part by some of its slang terms, such as taint or grundle.

Vagina - Even though you might usually think of all of the female genitalia as the vagina, it is actually only the tubular orifice that starts with the opening on the vulva and extends to the cervix (inside the female body). This is where the penis goes when a man and a woman have sexual intercourse and where a baby comes out during childbirth. A vagina can vary quite a bit in its size and length depending on the woman, but it can stretch to fit a penis or other things and then return to its original state.

Skene's Gland/G Spot - The G spot is a somewhat controversial part of the female body. It can be difficult to locate and some claim that not every woman has one, while others insist that they do. It is located on the front vaginal wall, about 2 to 3 inches inside. It's only really noticeable when a woman is fully aroused and then it feels like a small, rough, spongy, oval-shaped area between the size of a dime and a quarter. It is said that the Skene's gland, which is the female version of the male prostate, is located near or a part of the G spot. This is the gland that they think is responsible for female ejaculation (also known as squirting). In this area of the body is where the clitoris extends inside the body and some attribute the G spot pleasure to that. Some women report having incredible orgasms when the G spot is stimulated in just the right way. Others might find G spot stimulation unpleasant or they might not feel anything at all when it's stimulated.

Bartholin's Glands - These two glands are located on either side of the vaginal opening and are responsible for vaginal lubrication at the opening when a woman is sexually aroused.

Cervix - The cervix is located at the end of the vaginal canal. It is the lower part of the uterus and contains the opening to the uterus. In the center of the cervix is a small opening that sperm travel through when fertilizing the egg.

Of course, there are many other parts of the female sexual anatomy, but for the purposes of this book

and for your sexual skills, these are the areas you need to know about. There are even women who don't know this much about their sexual anatomy, but that doesn't mean that you need to be ignorant about it. You can use this as a reference guide as you read through the techniques in this book.

Technique 1 – Vaginal Orgasms

Now when I say that this next section is about “mastering the vagina,” I’m referring to techniques used for the actual vagina, not the vulva (remember that we already talked about how these are two different parts of the female genitalia).

The 3 Kinds of Vaginal Orgasms

Yes, you didn't read that wrong, there are actually 3 different kinds of vaginal orgasms! This comes as a big surprise to most people. I have to admit that even I was shocked to learn about these the first time. It just made me think, “how is it possible that we, as a society, know so little about the complexities



A dildo is also great to have on hand because most men aren't going to be able to continually penetrate her for a long time...

**Watch this technique
on video.**

of female pleasure?" I know that there are plenty of guys out there, just like you, who want to know all about how to make their woman moan and sigh with incredible pleasure. That is ALL you need to be able to make it happen: a strong desire to become a master.

The different types of vaginal orgasms are controversial because they are not very well known. Some claim that they don't exist. Others say that not every woman has the ability to have a vaginal orgasm. And others say that all women are capable if they and their partners do it right. One of the major things that plays a factor in female orgasm (vaginal or clitoral) is what is going on in a woman's head. The mind is a powerful thing. If she is distracted by something else, then there is a good chance that she won't be able to have an orgasm. Don't put pressure on her to cum. Sex should be fun. You want to make sure she is enjoying it, but you also don't want to overly focus on her orgasm and make it a cause of stress for both of you.

The three different types of vaginal orgasms are: the cervical orgasm, the AFE zone orgasm, and the G spot orgasm.

The Cervical Orgasm


The cervical orgasm is one of the least known vaginal orgasms, so we're going to start with it first. Whereas a clitoral orgasm is similar to a man's orgasm, a build up of pleasure, ending with strong contractions in the pelvis, a cervical orgasm is different. Those who have had one say that it is more like a full body orgasm than just concentrated in the genital area, like the clitoral orgasm is. With a cervical orgasm, the pleasure builds up gradually, but the woman feels it throughout her entire



body. At the point of climax, she will feel waves of pleasure throughout her body from head to toe. If she continues to receive this stimulation, it can happen over and over again. The other big difference is that this orgasm can last for hours (if you want), unlike the clitoral orgasm, which is over fairly quickly.

Here's how to help your partner have a cervical orgasm:

- /// **Cervical orgasms are reached by deep penetration in positions where the penis can stimulate and rub on the cervix.** If you feel that you can't get deep enough with your partner in order to touch your cervix with your penis, you can also use a dildo. A dildo is also great to have on hand because most men aren't going to be able to continually penetrate her for a long time without cumming themselves. The best kind of dildo for the job is one that is thick (girth) and long, so that you can comfortably maneuver it the way you need to.
- /// **First, the woman needs to be relaxed and open to the idea of a cervical orgasm.** I wouldn't try to do this without informing her of your plan. Once she knows what you want to try, she can relax more and focus on receiving this kind of pleasure.
- /// **As always, foreplay is key to having any kind of orgasm.** Spend time on foreplay to get her warmed up for sex. Then before moving into the kinds of positions that you can use to achieve a cervical orgasm, warm up some more by doing other positions first. Cervical stimulation can



The best position to reach the cervix for a cervical orgasm is with doggy style.

Watch this technique on video.

be very intense at first, sometimes even painful the first time you rub it. The woman needs to be really, really turned on. If she's not turned on then she'll experience pain or discomfort. This is why it's essential that you go very slow.

/// **You have to be patient.** Sometimes it can take up to 45 minutes of stimulation in order for your partner to start experiencing intense cervical pleasure.

/// **Hard and fast stimulation is NOT the way to go when stimulating the cervix.** You want to go slowly and stimulate rhythmically and steadily.

/// **Once you are ready to start cervical stimulation, bring the penis, dildo, or your finger inside the vagina and all the way up to the cervix.** During sex the woman can be on all fours in the doggy style position. If you are using a dildo or your fingers, the woman should be in a comfortable position on her back. Begin touching the cervix slowly and rhythmically by making steady circles around it. If you are using a dildo or your fingers, it's easy to trace light circles on the cervix. If you're using your penis, swivel your hips around in a slow circle, imagining that you can see as the head of your penis rubs on her cervix in a circular motion.

*Side note: A finger can also be used to stimulate the cervix, but some will find that their fingers aren't long enough to reach. When a woman is sexually excited, her vagina actually lengthens in anticipation of being penetrated by a penis. That means that the cervix moves deeper into the body. If you can't reach it with your fingers, just use a dildo or your penis.

/// **Another stimulation technique to try is moving your penis, finger or dildo**



slowly from side to side, sliding it across the cervix. When you are completely inside her, with the head of your penis pressed up against her cervix, move your hips from side to side in the motion that would make your penis stimulate her in this way. Try turning one hip in and then the other, kind of like you are dancing.

/// **Finally, you can try your standard penetration, which will tap the cervix, but the most important thing to remember here is to go slow and tap the cervix lightly.** If you're wondering how fast you should be going, one expert said to slow your speed down to just 1% of the speed you would normally go. Very slow!

/// **Experts also suggest that you begin exploring the cervix, finding out where it is and what it feels like with your fingers and then with a dildo.** This will allow you to be more familiar with this part of the body before you try to give her a cervical orgasm.

/// **The best position to reach the cervix for a cervical orgasm is with doggy style.**

/// **Don't give up.** This is unfamiliar territory for many men and women, so you might try this once or twice and if you don't get the results you want, you might be tempted to just give up. Don't! It can take a while to get used to this kind of stimulation and for your partner to be able to achieve a cervical orgasm.

...but the most important thing to remember here is to go slow and tap the cervix lightly.

Watch this technique on video.



The AFE Zone Orgasm

Most people have heard of the G spot, but they are surprised to know that there is another spot, or zone, inside the vagina that also gives immense pleasure. The AFE zone stands for anterior fornix erogenous zone and is also referred to as the A-spot, epicenter, deep spot or second G-spot. Here, we will refer to it as either the AFE zone or the A spot. Stimulating this spot causes a woman to get extremely wet with her own vaginal lubrication. That's how you know you're on the right track. Continued stimulation can cause an intense orgasm.

First, you need to locate the AFE

zone. Like the G spot, it's on the inner vaginal wall (the one that is just on the other side of her stomach), but it's much deeper. It's located just before you reach the cervix.

As always, your partner NEEDS to be turned on first in order for her to get pleasure from this.

If she isn't turned on, this kind of stimulation can actually hurt, which is a surefire way to turn her off quick. As a standard rule for any sexual activity, spend at least 20 minutes doing foreplay before starting to have sex, or trying this technique. If you're not sure what to do during foreplay, I recommend you read my eBook Turn Her on Faster, which you can find by clicking on this link: <http://www.turnheronfaster.com/>

To find the A spot, insert a clean finger all the way inside the vagina.

Locate the cervix, which will feel like a round mass that is rubbery and firmer than the rest of the vagina. The A spot is just

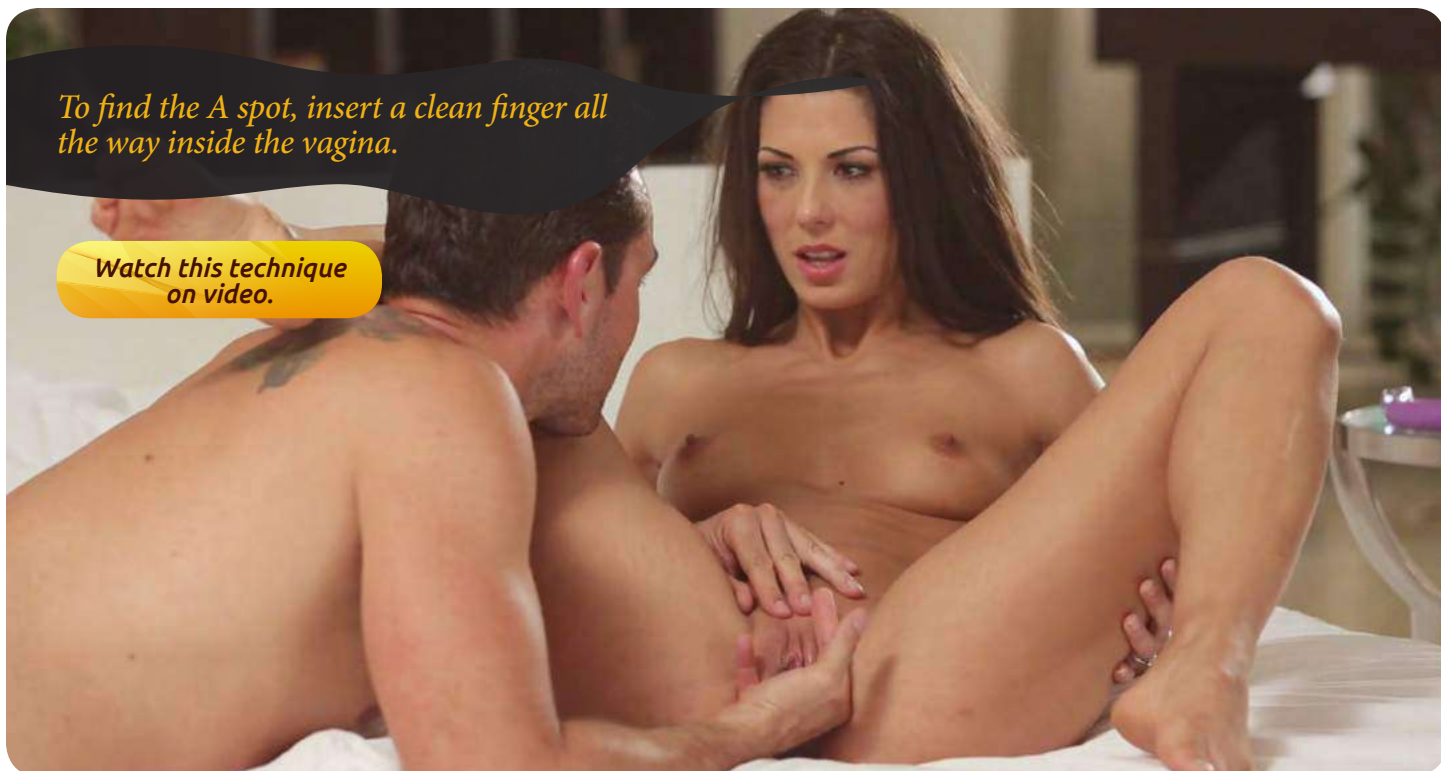


above that. Move your finger along the front vaginal wall to find it. It will also feel spongy, like the G spot.

- /// **Experts suggest stimulating the A spot much like you stimulate the G spot.** Use a come hither motion with your finger so that you are sweeping the tip of your finger over the spot again and again. You can also apply pressure to the spot by tapping on it with your finger. The other technique to try is tracing circles over the zone or making little figure 8 motions. Try out all the different methods and see what gets the best results for you.
- /// **I would suggest first locating the A spot with your fingers so that you become intimately familiar with it.** That will help you to be able to stimulate it better with a sex toy or your penis, because you will know exactly where it is and how to touch it. That being said, if you find that your fingers don't quite reach, you can use a G spot toy to find and stimulate the A spot too.
- /// Another fun technique is to move your crooked finger in and out of the vagina, paying attention to both the G spot and the A spot as you go in and out.
- /// For A spot stimulation, sexual positions where you are facing each other are best to stimulate this spot with your penis, like missionary.

To find the A spot, insert a clean finger all the way inside the vagina.

Watch this technique on video.



/// **How do you know you're on the right track?** When stimulated, the A spot produces a large amount of vaginal lubrication. This can happen almost immediately, so it's a great indicator that you've found the right spot. Keep going with the stimulation to bring her to intense orgasm.

The G Spot Orgasm

This chapter wouldn't be complete without mentioning the G spot. This is the rough, spongy spot on the front vaginal wall that has been linked to powerful orgasms and squirting for some women. There are many ways and positions to stimulate it, but it can be stimulated in the same way as the A spot, but of course focusing your stimulation in the G spot area instead. If you don't know much about the G spot and how to give your partner one of these orgasms, I suggest checking out my eBook on the subject, where I cover everything from A to Z. There is so much to say that I literally had to write a whole book on the subject. It's called Mastering Her G Spot, and it can be found by clicking on this link: <http://www.masteringhergspot.com/>.

If you're not 100% sure how to do any of the above techniques, please check out the video version of this eBook and enjoy watching one of my sexy helpers show you exactly how it's done.

For A spot stimulation, sexual positions where you are facing each other are best to stimulate this spot with your penis, like missionary.

**Watch this technique
on video.**



Technique 2 - The Almighty Clitoral Orgasm

The clitoris is the part of the body that women said wasn't stimulated enough or in the right way when they were interviewed about why they weren't consistently having orgasms. Stimulating the clit was also considered essential for many women to be able to cum. What other reason do you need in order to believe that knowing all about the clitoris is important? This next chapter will tell you everything you need to know.

How To Touch It - The Basics

Remember how I said that the clitoris had over 8,000 nerve endings? Well, that means that the clit is EXTREMELY sensitive. Very, very sensitive! In fact, if you touch it too hard, or make the mistake of touching the clitoral glans directly without properly warming her up, it could be uncomfortable and even painful.

A good amount of lube applied to her clit will make the intensity of the stimulation sky rocket.

Watch this technique on video.



/// **The cardinal rule for the clit is gentle stimulation.**

/// **Use lubrication.** You know that sex and other stimulation feels better for you when you have lube involved. The same thing is true for her. A good amount of lube applied to her clit will make the intensity of the stimulation sky rocket. Don't just rely on her vaginal lubrication because that will start to dry up. Don't ever just use saliva because it doesn't have the same slippery, wonderful feel. Find a good water-based or silicone-based lube and always keep it within arms reach.

/// Always start stimulating the clitoris by touching the areas around the clitoral glans, where the most sensitive parts are protected by the clitoral hood or other areas of the vulva.

/// **Stimulating the clit in the wrong way (ie. too hard or fast)** can actually lead to numbness in the area, which means orgasm is out for that particular tryst.

Stimulating The Clitoris With Your Hand

Most of the clitoral stimulation that you will do will involve using your hand, so it's really important that you know what you're doing. You will use your hand to stimulate her clitoris during manual stimulation, fingering, and during intercourse. Some people even use it during oral sex when they need to give their tongue a little bit of a break. Here are the best techniques to use:



To try this first manual technique, lie back on the bed with your back propped up by several pillows so that you are in a very comfortable sitting back position. Pull her on top of you so that she is sitting between your legs, facing out, with her legs spread wide open. Let her lean back against your body and fully relax. Grab your lube and apply some to her vulva area and a little more on your fingers. Begin by very lightly tracing small circles on the area just above the clitoris. Change up the stimulation every once in awhile by moving your finger over her clit from side to side or in a diagonal motion. Always use an extremely light touch and let the pleasure build gradually.

*Tip: If your partner has trouble orgasming from clitoral stimulation, don't overstimulate her by touching her in a lot of different places in addition to the clitoral stimulation (like her breasts, butt, neck etc.). Just let her concentrate her attention on the clitoris until she is able to cum.

During sex, you want to make sure that you spend time in a position where it is easy for you to stimulate her clitoris. Even if your favorite position is one where it's hard to reach the clit, change positions and stimulate her until she cums and then you can do any position you want. Use the same stimulation technique as above and slowly and gently massage her clit as you thrust in and out of her vagina. The combination of penetration and clitoral stimulation is really amazing. Some guys find it difficult be able to do both things at once, but with some practice you will get the hang of it. Try slowing your thrusting and going more slowly, which will also feel better

Always start stimulating the clitoris by touching the areas around the clitoral glans...

Watch this technique on video.



for her. Just like, with too much clitoral stimulation, sometimes too much hard and fast thrusting can be numbing.

Try a few other stimulation techniques with your hand to see if your partner enjoys them.

Instead of rubbing the clitoris, try tapping it with the pad of your finger. Vary the pressure, the speed and the location for best results.

Also try running your finger along either side of the clitoris repeatedly until she cums.

Stimulate the clitoris while fingering her. Begin by touching her clit using the first technique until she gets very turned on. Once she is turned on, begin fingering her with one or two fingers, while continuing to rub her clit at the same time. If you're not super familiar with fingering techniques, I suggest reading my eBook on fingering, called *Naughty Fingers*, which can find here: <http://www.mynaughtyfingers.com/>

Use a sex toy. Especially when you are in sexual positions that make it difficult to reach the clitoris for stimulation, a vibrator can be really helpful. There are many small and discreet toys whose main and only function is to provide vibrating stimulation. Get one of those and have it on hand. Select a toy that has a variety of different kinds of vibration and speeds. Women vary as to what they like when it comes to vibrators, so if you have one with a lot of options, you're more likely to have a happy partner. Start it off on the lowest setting and remember that the same rules we al-

Once she is turned on, begin fingering her with one or two fingers, while continuing to rub her clit at the same time.

Watch this technique on video.



ready discussed will also apply for the vibrator. Don't apply it directly to the clitoris, instead begin by stimulating the surrounding areas and then work your way towards the clit.

Stimulating The Clitoris With Your Mouth

Stimulating the clitoris with your mouth is called oral sex. Oral sex, of course, can be much more than just focusing on the clitoris, but this section is specifically dedicated to mouth to clit action.

Oral sex is wonderful. There is something about your hot, wet mouth being used to stimulate your partner's private parts that can't be compared with any other kind of sex. It just feels amazing. That being said, it's really important that you know what you're doing when it comes to oral sex. It might seem like it would be hard to mess it up, but believe me, it's not as easy as it looks.

Oral sex is all about giving and receiving. One person gives and the other lies back and receives. That means the pressure is on you to know what you're doing. Don't get nervous though, oral sex isn't rocket science and you just need to know the right information in order to have her thighs trembling as you bury your face between them. Here's what you need to know:

Before oral sex you can warm your partner up in a lot of different ways, like kissing her passionately on her mouth...

Watch this technique on video.



- ✓ **The same rules apply for the clit, no matter what type of stimulation you're doing.** It's VERY sensitive. Have I not made that clear yet?! So, you need to be gentle. Even your tongue can be too rough if you're not careful.
- ✓ **Before oral sex you can warm your partner up in a lot of different ways, like kissing her passionately on her mouth, neck and ears, and then making your way down, down, down to her lady parts by slowly kissing her all the way there.** Once you get there, don't feel the need to dive right into stimulating her clit. Tease her a little by sucking, licking and kissing her thighs and slowly moving toward her clit. Everytime she thinks you're going to go for it, move away slightly. Teasing is one of the best ways to build up sexual tension. Make sure you give her enough stimulation that she is getting turned on, but teasing her enough so that she is dying for more. It's a delicate dance.
- ✓ **Once you're ready to start stimulating her clit with your mouth, the same instructions above apply here as well.** You want to be very gentle and focus on the clitoral hood (reminder: this is the part just above the exposed part of the clit) or the sides of the clit at first, so that you don't over stimulate her and cause pain or discomfort. There are different ways to use your tongue during oral sex and in the beginning you want to be as gentle as possible. What you want to do is to relax your tongue so that it is not too stiff or hard. You'll notice that your tongue is a very strong muscle. If you make it pointy and completely flex it, you can feel that it can be quite

...sweep your tongue along the length of either side of the clit, moving it over the top of the clit as you switch sides.

Watch this technique on video.



hard and stiff. If you relax it, it is much softer. You want to use a more relaxed tongue in the beginning.

➤ **Try out different movements with your tongue.** Try moving it gently up and down the length of her clit and then up and down the length of the vulva. Try tracing circles or figure 8s with your tongue over her clitoral hood. Then sweep your tongue along the length of either side of the clit, moving it over the top of the clit as you switch sides.

➤ **Play around with the speed of your movements.** Don't go very fast though, it's hard to be gentle and fast- plus, if you go too fast, you run the risk of making her less sensitive to your touch.

➤ **Change the shape of your tongue.** As I mentioned before, you can change the shape and feel of your tongue by flexing it, relaxing it, making it pointy, or making it totally flat. Try out all of these ways to use it. Make it flat and fat and lap at her clit like a dog drinking water. Make it pointy and gently trace the point around her clit.

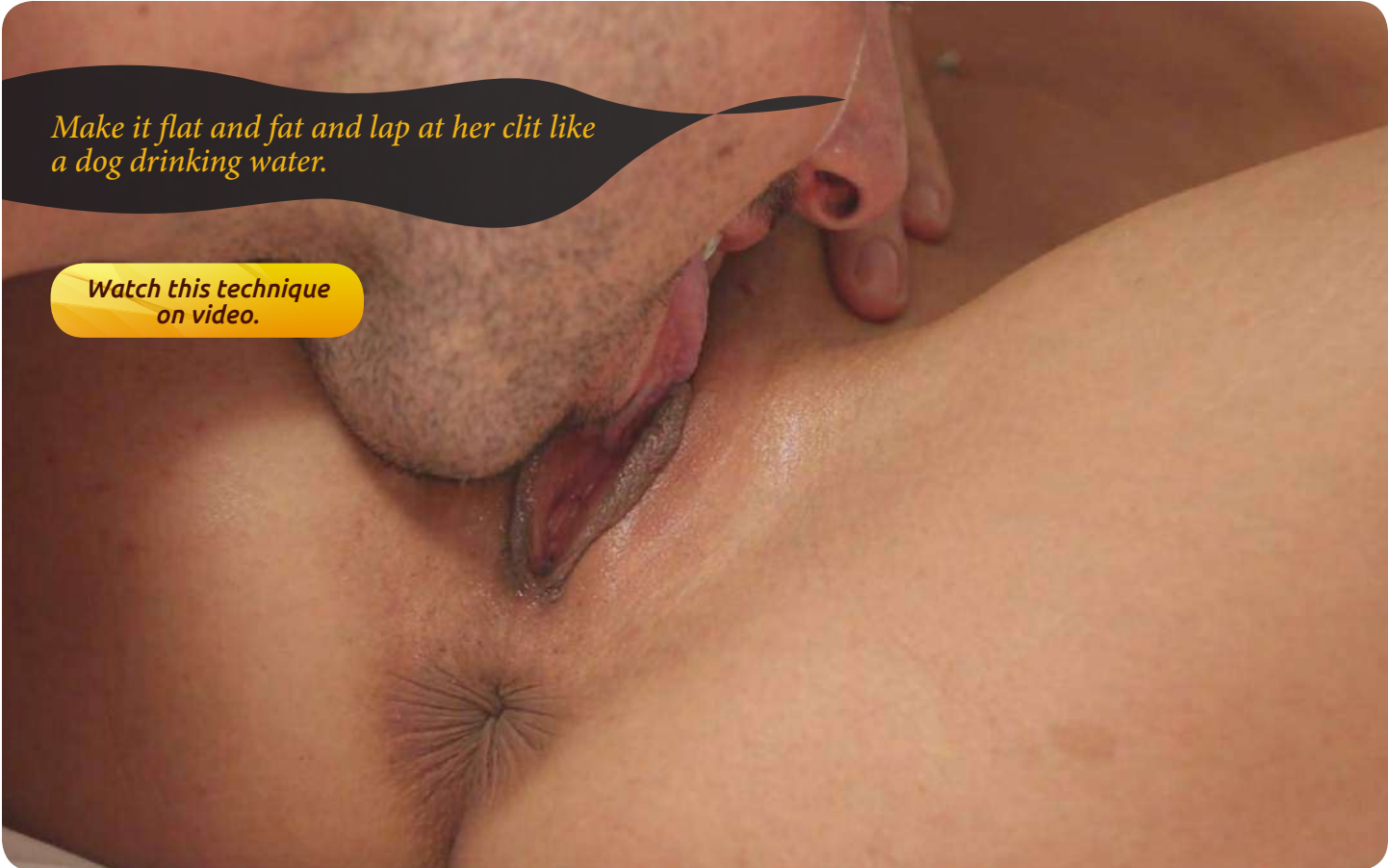
➤ **Don't forget about your lips.** The tongue is an amazing muscle, but your lips can (and should!) also be involved in



oral sex. Your lips are also very muscular and can be made very soft, warm and wet or harder. Play along with giving kisses with your lips on her vulva. You can even try some VERY gentle sucking (doing it too hard might be uncomfortable).

Oral sex is an art form. There are many things that you can do, but if you dedicate yourself to learning the above techniques, she'll never complain that you left her hanging. In fact, oral sex is the perfect thing to offer if you finished intercourse before she had the chance to cum. That way, you make it all about her in the end and she is guaranteed to love it. If you want to know even more about how to be an oral expert, you must read my eBook, Hot Licks, which can be found by clicking here <http://www.hotlicksprogram.com>.

Clitoral stimulation is extremely important. Remember the study I mentioned at the start of the eBook that said that a huge majority of women were dissatisfied with the quantity and quality of the clitoral stimulation they received. If you want to see these techniques acted out for you by our professionals, please check out the sexy video version of this eBook.



Make it flat and fat and lap at her clit like a dog drinking water.

Watch this technique on video.

Technique 3 - Using The Rest of the Vulva

The clitoris and the vagina definitely get all the attention when it comes to a woman's sexuality, but there are actually other parts of the vulva that are also deserving of a little love. They might not give the same kind of wonderful results as the clit or vagina when used alone, but if you combine stimulating these areas with the clitoris or vagina, you will majorly increase her pleasure. A good way to think of it is that ice cream is really delicious, but ice cream with chocolate syrup, nuts and whipped cream on top is even better! Why would you just have plain old ice cream when you could have a sundae?!

Giving her a sundae means going deeper and learning how to touch and stimulate all the areas of her vulva. It means getting really intimate with her genitals and learning all about what makes her moan. You'll probably know what she likes even better than she does if you play your cards right.

The Mons

The Mons Pubis is a part of the vulva that is often completely ignored by



both men and women. If you don't remember what this part of the body is, go back and have a peek at the anatomy section. Got it? Good.

This section is going to teach you about giving a genital massage that involves using the Mons Pubis. This is an important part of the vulva that really shouldn't be overlooked, but only really experienced lovers know what to do with it.

/// The Mons Pubis can be massaged in a few different ways. First you are going to begin massaging the mons pubis at the fleshy part that is right above where the lips start to part. This area is very close to the clitoral hood and because the clitoris is a large structure that goes under the surface and into the body, you are massaging parts of it by touching this area. Take your fingertips and begin massaging in a circular motion. Then massage with your fingertips, pulling the area up and down. The other benefit this has is that it indirectly begins pulling and stimulating the clitoris. This is a fantastic way to begin clitoral stimulation because it will begin sensations in that area, but it's also the perfect amount of sensation, not too much and not too intense.

/// In the beginning of mons massage, you should be using your fingertips to do the massaging, but as you continue, also incorporate using the palm of your hand to stimulate the area



In the beginning of mons massage, you should be using your fingertips to do the massaging...

**Watch this technique
on video.**

and add a little more pressure than before. This has two benefits. First, it begins to build up sexual tension throughout the entire body, and second, it actually release the bad pelvic tension (aka stress) as you massage.

You can also massage the Mons Pubis higher up, above the pelvic bone. Massage your way up until you feel that you have come to the other side of the pelvic bone. Massaging the Mons from this location allows you to stimulate the G spot from the outside of the body. Use the same method as above, starting with your fingertips, and then moving on to using the base of the palm of your hand. Then you will incorporate stimulating the G spot from the inside as well. As you massage the Mons with one hand, use your other hand to finger her and stimulate her G spot from the inside. Massaging the Mons at the same time will really intensify the G spot sensations and make it even better. Now you're ready to take it to the next level. Begin to give her oral stimulation on her clitoris (using the techniques above) to finish things off. This means she will have a trio of different sensations - Mons Pubis stimulation/G spot on the outside, G spot stimulation on the inside, combined with oral clitoral stimulation. If you can master this one, she will absolutely love it.



Labia Love

Another area that is often overlooked in the vulva is the labia. Remember that the labia is made up of the labia majora and the labia minora. The majora literally means big and the minora, small. However, women's labias vary a great deal in their appearance. Many women actually have labia minora (the inner lips) that are bigger or longer than their labia majora (outer lips). The purpose of the outer lips is to protect the more sensitive inner lips. The inner lips cover the clitoris and keep the area moist, which prevents infection in the area. Both sets of labia have their own functions, but they are also sensitive areas that can be included in sexual stimulation to provide a much more powerful orgasm. Just like the Mons Pubis, stimulated alone they might not be as powerful as the clitoris or vagina, but when stimulated in combination with those, they can make for a much more intense orgasm.

/// **During manual stimulation, start with stimulating the labia before moving on to the clitoris.**

Stroke the outer lips with your fingers. You don't have to be as gentle with the outer lips, as they aren't as sensitive as other parts of the vulva. Begin massaging the labia majora with your fingertips, slowly pulling them apart and massaging them back together. Massage them in a slow, circular motion. Then, make sure you use lube and gently run your fingers over the labia minora. With labia minora you need to be much more gentle than with the majora. Trace light circles over them and run your fingers up and down. Be careful to avoid stimulating the clit. This labia massage is a great

way to warm up to clit stimulation, but if you go to the clit too soon, her labia won't be as sensitive and she won't enjoy it as much.

- ▮ **Include attention to this area during oral sex.** Run the tip of your tongue between the labia majora and the labia minora. Trace the outline of the minoria with your tongue. Lightly suck and pull on the labia minora with your mouth.

Members Only Massage

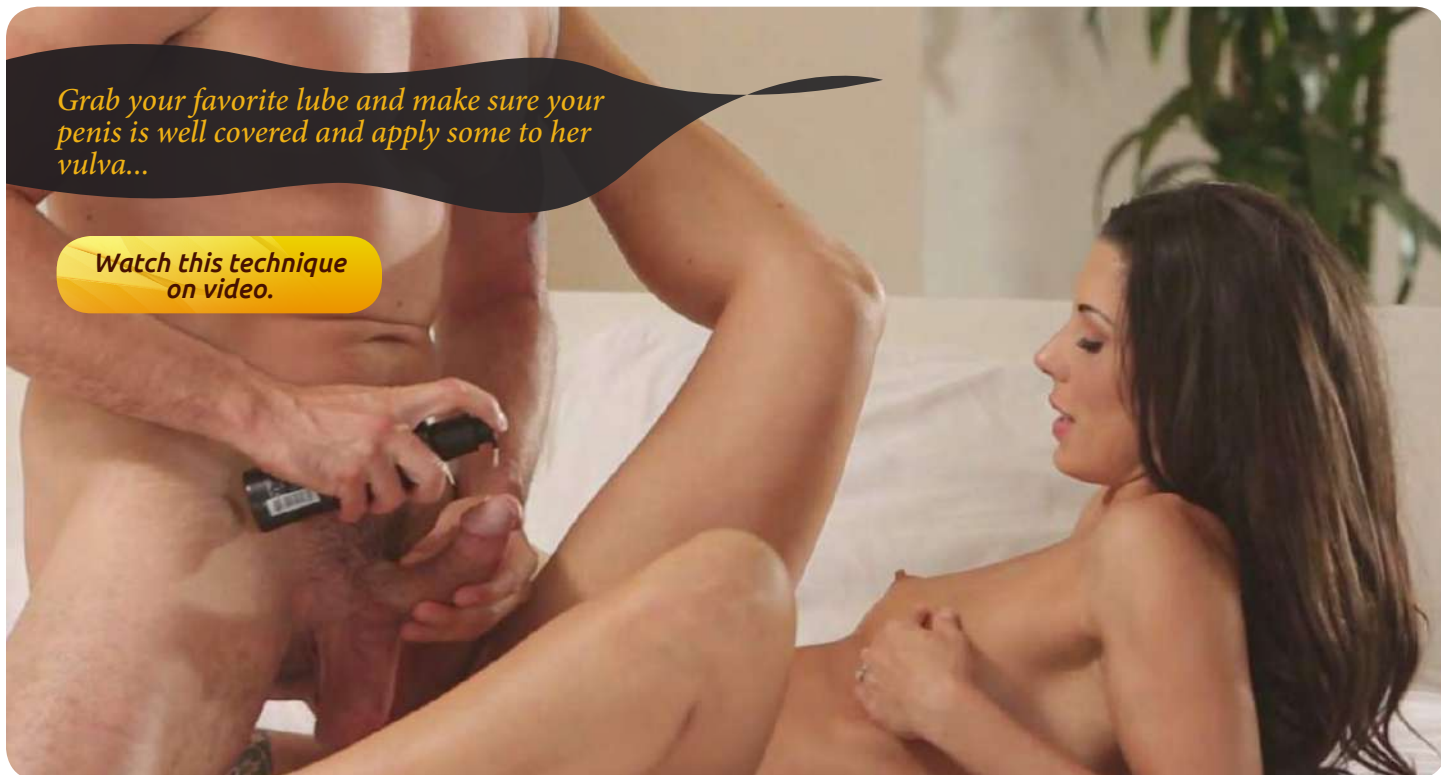
This is one of my favorite sex moves. It involves the man using his penis to massage the woman's vulva and some light penetration. It feels so good! And it's very intimate and enjoyable for both partners. Here's how it's done.

As always, you're going to want your partner to already be very turned on. You're going to use your penis to stimulate her vulva, most especially her clitoris, labia and vaginal opening.

- ▮ Grab your favorite lube and make sure your penis is well covered and apply some to her vulva and vaginal opening, as well.

Grab your favorite lube and make sure your penis is well covered and apply some to her vulva...

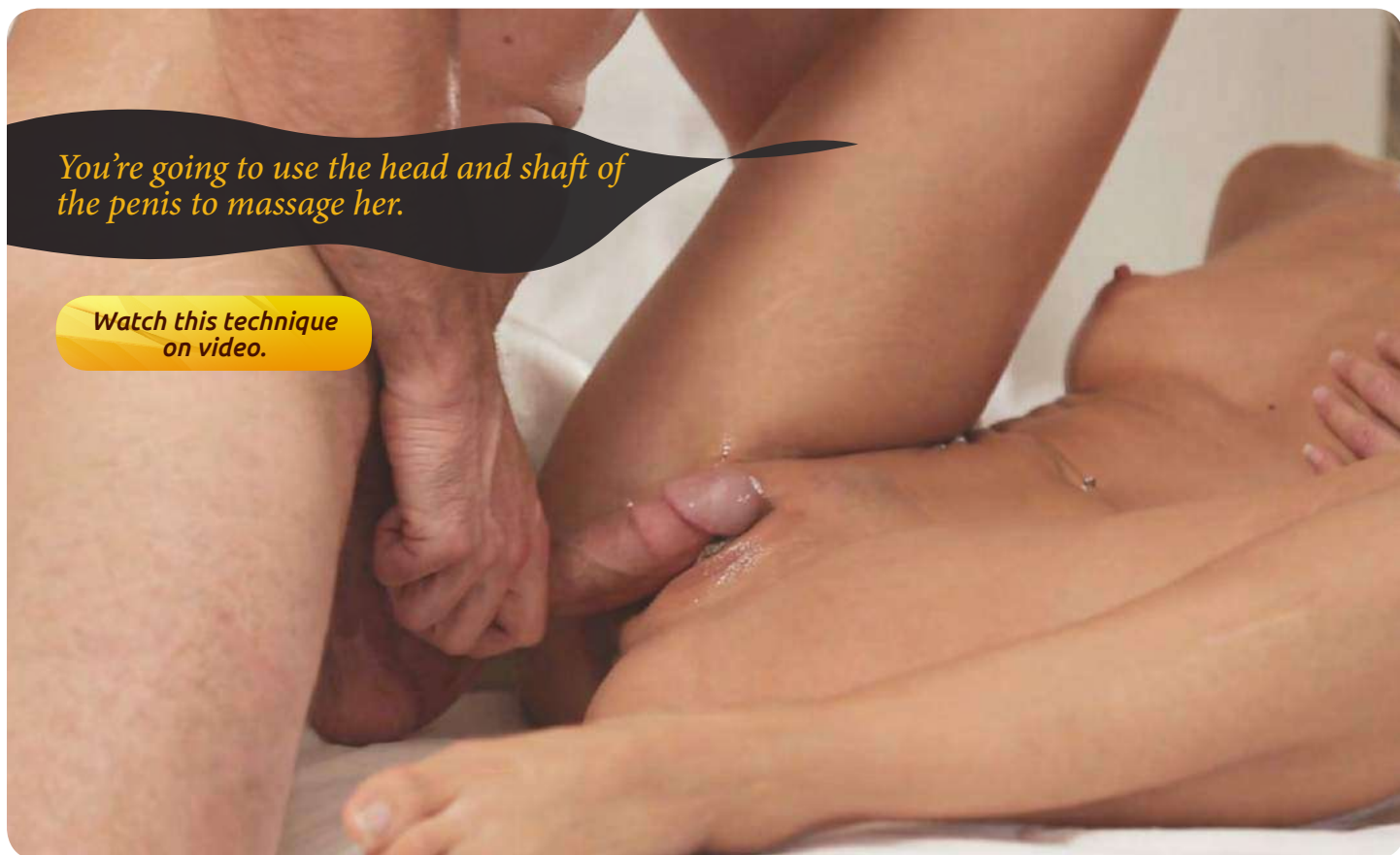
Watch this technique on video.



- You're going to use the head and shaft of the penis to massage her.** You do this by sliding the head and shaft of the penis slowly between her labia and up to the clit. Slide the head of your penis over the clit. Keep sliding it back and forth slowly. Don't go too fast, as going slowly will allow her to feel every sensation. One of the best parts about this massage is that the ridge on the head of your penis and the veins in your penis will provide amazing stimulation as you go. If you go too fast, then she won't feel that. You want to move back and forth as if you're jerking yourself off with her pussy lips. The best way to do it is to have your penis facing up, so that it's between your stomach and her vulva, not pointing down (between your legs and her vulva).
- Do this for a while and consider including a little bit of shallow penetration.** There are a lot of amazing nerve endings at the opening of the vagina and by slowly penetrating her with just the tip of your penis, you'll be stimulating all of those spots. Move your penis up and down her vulva a few times and then penetrate her with just the head of your penis and pull it back out. Then repeat the vulva massage with the head and the shaft. Repeat, repeat, repeat until she cums like crazy.

You're going to use the head and shaft of the penis to massage her.

**Watch this technique
on video.**




Extra Fun with the Vulva

Here are a couple of extra things you can do with the vulva that are really fun:

▮ **Play with hot and cold sensations.** Try taking a cube of ice and running it along the vulva. Start with the less sensitive labia majora and then work your way toward the labia minora. If this cold sensation is too intense, you can also try putting the ice in your mouth, making your tongue and lips really cold and giving her oral that way. Some women will love this and others might not, so give it a try and see what she thinks.

If you want to try something warmer, try using a warming lube on her vulva when you're manually stimulating her. You can also use a hot water bottle with warm water in it to heat things up. Remember that the vulva is highly sensitive, so be careful not to use anything too hot.

▮ **Continue to play with sensory experiences by adding a few touchy, feely items to your sexual play.** Use a feather, silk scarf, piece of satin, leather, cold metal, or any other object or material to stroke and stimulate the vulva. You can use any of the previous techniques for stimulating the area, or simply run the object/material slowly up and down through the lips.



...by slowly penetrating her with just the tip of your penis, you'll be stimulating all of those spots.

**Watch this technique
on video.**

In Conclusion

We have gone over a lot of techniques in this Vagina Mastery Course. You don't need to try them all out at once, but do begin with the ones you like the best and then work through each technique, seeing which ones get the best results from your partner. As always, communication is very important when it comes to good sex. Always check in with your partner to see what she likes and what she doesn't. Great sex rarely happens by accident, it happens when 2 people are really dedicated to making the other person feel amazing. I know you'll be a master of her vagina in no time. Have fun!



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