

Squirting & Obsession EDITION

DOUBLE
STIMULATION
FOR PROVEN
EJACULATION




**EXPLOSIVE
EJACULATION
STIMULATION**



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Section 1 – Facts & Theory

*Hey, lighten up!
Squirting is not the
impossible feat you
thought it was*

Michael gets palpitations: his palms sweat, shoulders tense, and stomach flutters whenever he participates in one specific activity. Taking the bar exam? Nope. Landing a jet plane? Wrong again. What gives him a gigantic case of the jitters is, surprisingly, having sex with one particular goal in mind: making his partner squirt. The moment foreplay begins, he's so caught up on reading major significance into his lady's every move, shudder and sigh, that, predictably, his intense concentration leads only to frustration. He rarely manages to make her have an orgasm, let alone squirt.

Like Michael, many men suffer from an attitude disorder I call SOS (Sexual Over-Seriousness). The main symptom: turning sex into such a big deal you miss the whole point – to enjoy yourself while you're helping your partner do the same. "Sex is not vital to world peace", Robert, a patient of mine who's fond of bringing



peacock feathers, ice cubes, and a well-developed sense of humor and adventure into bed, told me during one of our sessions. “Like eating hazelnut cheesecake or soaking in a hot tub, having sex is simply a pretty awesome thing to do. Hopefully as often as possible.”

“But sex is serious,” Michael would reply, “with physical and emotional complications. Most important, relationships depend on it!” Lighten up, Michael! If it was supposed to be deadly serious, they’d call it making work. Yes, delicious amour is essential, of utmost importance, but concentrating so intently on everything you’re doing to each other – and trying to figure out what she’s thinking while you’re thrusting – undermines, rather than enhances, your pleasure. After all, arousal begins in the brain; a brain brimming with worry has no room for lust. In other words, putting too much heat on sex can really take the sizzle – and the squirting – out of it. So my first, most basic lesson to you – especially when it comes to achieving female ejaculation – is this: think of bed (or living room couch, kitchen table, foyer floor) as an erotic playground... frolic, revel and let go!

Am I doing this correctly?

Underlying reasons for SOS abound, but they all rest on one basic misconception: There’s a right and wrong way to have sex. (Fact: Nothing’s entirely wrong, with a couple of exceptions of course; whatever feels good to you and makes your partner writhe and moan is right.) Many too-serious men fear that they’re sexual incompetents, unable to touch, kiss, contort into complicated positions or perform cunnilingus correctly. Obsessed with getting their technique right, sex for them has become a stressful, emotionally exhausting experience. They need to understand that, when it comes to wonderful sex, there are only three rules:

/// **Rule 1: If it feels good, keep doing it.**

/// **Rule 2: If it feels bad, it’s wrong for you, though it may be right for someone else.**

/// **Rule 3: You must relax!** Most women reveal that they’re most satisfied when their partners are uninhibited and passionate. Which means they’re least satisfied when you treat sex like it’s a differential equation that’s giving you a headache.

But breaking out of the intense-about-sex mind-set isn’t easy. “When I’m trying to give my partner a female ejaculation, I become totally preoccupied with whether or not I’m doing the moves right. I’m constantly thinking, Does she like that? Is she bored? And I’m sure there’s a right way to do things, but asking her what she wants is embarrassing. So most of the times I just freeze and I want to punch myself because I’m certain she’s thinking I’m pathetically inexperienced”, a patient of mine confided

during one of our sessions.

Where does this attitude comes from? Can you catch it, like the flu? Is it hereditary, like myopia? Psychologists believe sexual attitudes are shaped by a variety of factors, including societal pressure and personal experiences. Many men, after learning for the first time that women are capable of having not just one but multiple orgasms in a single session, feel spasms of insecurity and are compelled to measure their manhood by the number of climaxes a partner achieves in quick succession. To make matters worse, some women still feel compelled to fake orgasms to protect the fragile male ego.

Do you feel inadequate because you're not a five-in-a-row guy? Remember that multiple orgasms take time, trust, communication. Plus, real-life sex is nothing like in the movies, so try not to be goal-oriented when you're getting intimate. If your partner has an orgasm (or five or six), and ejaculates, great. If not, you still have a rollicking good time in the process. "People have lost sight of the playfulness of sex because they've become too obsessed with performance. True sexual maturity means allowing the child in us to play", says Paul Joannides, author of *Guide to Getting It On! A Book About The Wonders of Sex*.

In conclusion, don't put too much pressure on yourself. Sure, many of us perceive sex



to be the most physically and mentally absorbing activity in the universe, requiring undivided attention and mastery of all erotic arts, but take it with a grain of salt, will you? Plus, while such insecurities are common, they can be easily combatted with something as simple as educating yourself and reading up on the things that most worry you about sex – which you’re doing right now, and I must put a pause on my teachings and congratulate you for that. “Sexual techniques, like anything else, can be learned with straightforward, accurate information”, says Matthew Paul Turner, author of *What You Didn’t Learn from Your Parents about Sex: A Guide to a Touchy Subject*.

If your worries are only soothed if you’re able to evaluate whether you’re pleasing your partner, just pay attention to the following cues: listen to the rate of her breathing, be sensitive to other subtle sounds (Hint: “Ouch” indicates pain; “Ahhh” means you’re pushing her pleasure buttons.) If you must have a report card, ask such one-word questions as “Good?” “Yes?” “Here?”. But try not to get so wrapped up in deciphering her signals that you’re unable to enjoy yourself. A woman can sense these things and if she feels you’re struggling and not feeling it, your chance at helping her completely let go is blown away in a matter of seconds. And this means no squirting for you, mister! And we don’t want that, do we? After all, we’re here in this wonderful journey precisely because I want you to achieve this as easily as possible. I promise we’ll get there! Bonus: I’m not the only one accompanying you in this amazing route

...listen to the rate of her breathing, be sensitive to other subtle sounds...



to female ejaculation ecstasy – My hot and bothered instructors are here to clue you in on every move and technique, showing you exactly how you should be doing things. If this doesn't prove to be easy as pie, I don't know what will.

Wet & Wild – The ONE trick that makes squirting so much easier to achieve

Ever notice how some days, your partner is climbing the walls for sex, and others, a frozen yoghurt seems more enticing than hopping into bed? Well, you can blame it on female biology. While you guys have a steady stream of hormones coursing through your bodies that stay generically level from day to day, most women's bodies follow distinct sex cycles that can drastically wax and wane throughout a 28 day period. "A woman's cycle marks the rise and fall of her hormones during one month as she moves toward or away from ovulation", explains Debra Ann Byrd, author of *Help! I Don't Want to Have Sex with My Husband*. And if you know what phase she's in, you can pinpoint the days when she's feeling especially aroused, and you can time your squirting experiences then, thus ensuring you're at least a couple of steps ahead on your road to juicing success. Understanding her libido's peaks and valleys and knowing the exact days when her body's primed for intense pleasure will help you make your lust life soar like never before.



Days 1 to 11

Slowly revving up

When her period kicks off, her sex hormones are lying low, but that doesn't mean her libido is flat lining. While some women are squeamish about having "period" sex, others are up for action. The drop in hormones that accompanies menstruation relieves PMS symptoms, which leaves some women in the mood for sex because they feel more even-keeled. Another reason she might feel randy is increased lubrication. The extra wetness can make some women feel more sexual. However, from days 6 to 11, she may not feel as horny because her hormones are directed toward building the lining of her uterus

“*...most women's bodies follow distinct sex cycles...*

and prepping her body for pregnancy.

Passion pointer: If you want to have sex but she's having trouble generating tons of lusty energy, help her kick-start herself by engaging into a lusty exercise of dirty-daydream. Take a few minutes before drifting off to sleep or while enjoying your morning coffee to tell each other your favorite sexual encounters to date, without sparing any naughty detail. "Consciously devoting time to fantasize and talk about sex can help women build arousal when they're going through a lull", says Laura Berman, author of *For Women Only: A Revolutionary Guide to Reclaiming Your Sex Life*.

Days 12 to 16

Hot, hot window

On day 12, you may find that your partner jumps you the minute you walk through the door or wants to try friskier positions between the sheets. That's because her hormone levels (a carnal combination of estrogen, progesterone, and possibly testosterone) are rising. By days 14 through 16, she's nearing ovulation (when her body releases an egg to be fertilized) and she's likely at her most ravenous for sex. It's nature's way of getting a woman primed for nooky because she's at her most fertile (all the more reasons not to forget about protection in the heat of the moment). She also happens to be in major man-attracting mode. Estrogen makes her breasts fuller, so she's looking her best, which,

from a reproductive standpoint, draws you to her. In fact, a study conducted by Dr. S. Craig Roberts at the University of Newcastle, in England, found that women are considered better-looking by both sexes during these high-fertility days.

Passion pointer: Take advantage of her lustiest peak by grabbing her for sex as often as possible, be it a quickie before work or something more complex, like fulfilling each other's naughtiest fantasies (including squirting!). She's experiencing a heightened sense of arousal, so any kind of sexual activity will feel more intense and will give her double or triple the usual pleasure. For more tips on how to spice up your sex life and try as many carnal tricks as possible, check out my program on the subject, *The Sex Starved Couple* – www.gabriellemoore.com/tw/ff.

Days 17 to 28

A second passion push

Around day 17, her libido starts to lag, although neither you nor she will necessarily notice it. Her estrogen level drops, but the progesterone keeps climbing, so she might start to experience PMS symptoms around day 22 or 23. While some women in the throes of PMS aren't up for a sack session, others experience a second burst of lust around day 20, possibly because of the spike in progesterone. By day 28, her progesterone level takes a nose-dive. The next day, she starts her period and the cycle begins all over again.

Passion pointer: If she's lucky enough to get that second wind, make the most of it with some marathon mattress sessions. But if PMS



has deflated her desire, remind her that orgasms can help relieve cramps so it pays to let you prime her for pleasure. Offer to give her a full-body massage and then oral sex, without asking for anything in return. Taking charge of your partner's sexual gratification is mutually fulfilling, even though you're giving and she's receiving. All you want now is to help her relax and get her turned on for more erotic adventures afterwards. Because this is actually the best part about presenting your partner with a night of endless rapture, in which she's the main character and the sole receiver of all that amazing pleasure. The next sexual night to remember will definitely be yours!

“But what if she's on the pill?”

“Take advantage of her lustiest peak by grabbing her for sex as often as possible...”

Women who are on the pill follow a schedule all their own. The pill creates an artificial cycle by sending a regular dose of hormones into her body each day, which blocks ovulation. These hormones help her stay even-keeled emotionally throughout the month. As a result, she doesn't experience the same kind of hormonal highs and lows as women who aren't taking birth control. Here are the two key things to know about your partner's pill-driven cycle.

She doesn't have horny spikes

She won't get that burst of lust that she'd have during the few days before and after ovulation, but that doesn't mean she's never turned on. The pill allows women to have sex without worrying about getting pregnant, which can make the experience more enjoyable, and that in turn can increase their overall desire for sex.

She never experiences a libido lull

While her naturally cycling sisters endure a week when they're not in the mood for booty (caused by a drop in hormones), her sex drive stays the course. A woman's libido is heavily influenced by her emotions, and if she's not in the mood for sex, it can be difficult for her to become aroused. But women who are on the pill don't experience this hormonal fluctuation, which means they may have

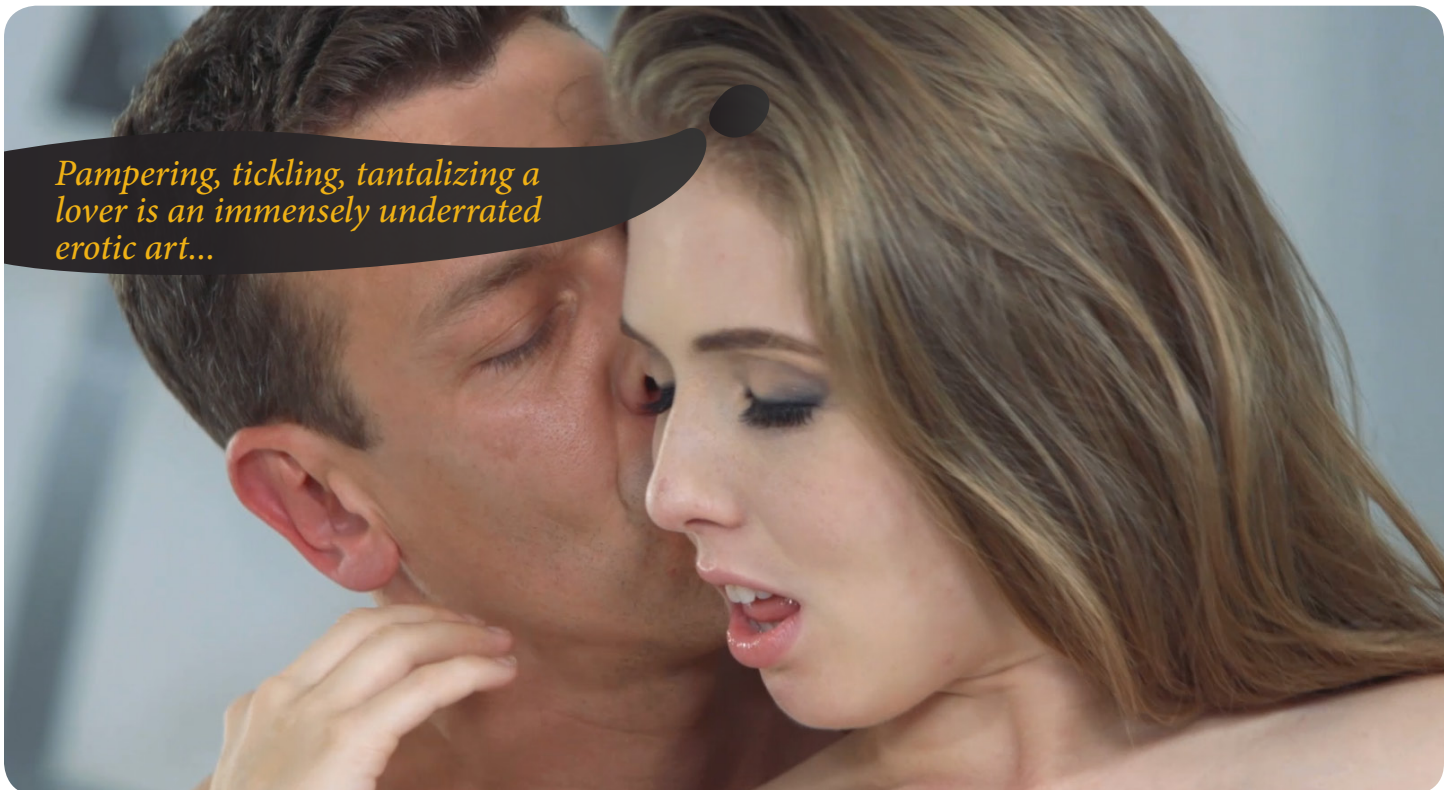
more days out of the month when they are feeling sexual.

Now that you can basically read your partner's libido between the lines, without her even knowing you possess this type of superpower, you can time your squirting sessions accordingly and you've got at least the base of things going in your favor. She's horny, she's happy, she wants you, she wants sex, she's relaxed and willing. This is the first rule for making squirting a reality. A woman who is not relaxed and willing will never squirt because, in the end, you can pump all you want, but if she holds it in because she's stressed, hormonal or PMSing, it won't happen. So choose your battles correctly and you'll never be defeated!

Section 2

Make her wish the night would never end

Pampering, tickling, tantalizing a lover is an immensely underrated erotic art...



Pampering, tickling, tantalizing a lover is an immensely underrated erotic art which can give you both an erotic high. When you assume responsibility for an entire session of lovemaking, every move is yours – all she has to do is relax and savor the experience. You become a flirt, sex god, a consummate seducer; your partner feels flattered and aroused, and the chances of squirting increase with every touch and move. Start your erotic journey here and find out what are the three types of double stimulation that will make your partner not only ejaculate, but also wish that the ecstasy continues for hours and hours.

TECHNIQUE 1

Gush Galore – Boob Bomb (Double Simulation of G-Spot and Breasts For Squirting)

You know the hottest sack sessions all come down to the right kind of sensations... and I'm not just talking about part A meets part B. Kissing, caressing, nibbling... they're essential to your repertoire, right? But there's another heat-producing type of contact you've probably considered less often: mixing the sensuous boob squeeze with the much-needed G-Spot action. This type of double stimulation is highly pleasurable to women, yet it tends to take a backseat during sex, with most men focusing on one hot spot at a time. But done correctly, this unexpected double trouble of a technique can prove ultra-exciting. Here's how to master it.



The moan zone you should pay more attention to

Sure, they'll come in handy when she needs to nurse her babies one day, but the only purpose nipples seem to serve in the pre-mommy years is providing an instant weather update to everyone in sight. Most guys, and probably you too, if you're honest, tend to rush past the N-spot on their way to the ultimate goal: the holy vaginal area. But a woman's nipples are actually pretty potent pleasure buttons, capable of priming her for passion and even intensify all her erotic feelings. "No matter how hot your sex life is, it has the potential to be even hotter if men discover the right way to teach and tease this part of a woman's body", says Patti Britton, author of *The Complete Idiot's Guide to Sensual Massage*. Here, the secrets to nipple nirvana and how you can use them as one part of a double stimulation technique that helps her ejaculate.

A primer on her pointers

Before you can become a pro headlight handler, it helps to understand her anatomy. A quick lesson: a nipple consists of two parts – the tip and the areola (the surrounding circle of pigmented skin). Both areas are packed with supersensitive nerve endings, which make the tips stand at attention at the slightest



stimulation. But what's even more amazing is that there's a direct connection between the nerves in her nipples and her clitoris. That's why the right stroke or squeeze leaves her tingling down below.

Give her a hand

To tap in to this pleasure pipeline, guide your hand to one of her twins and give her a dirty demonstration of what her nipples can do. Some women get really revved up by gentle caresses; others go for more aggressive tweaking or pushing. Some moves you'll want to master (depending, of course, on what feels right for your partner): lightly brushing her nipples with the back of your fingers, softly running the palms of your hands over each one in a circular motion to create a warming sensation, circling them with one fingertip or lightly squeezing them while varying the pressure to keep her on the erotic edge. She'll be more sensitive to your touch if your fingers are wet, so lube them up with saliva. Once you have her worked into a frenzy, I suggest this steamy stroke: brush an ice cube against each nipple. The cold will further boost her sensitivity. For more information on how to master the fine art of the sensual erotic massage, check out my program on the matter, *Flesh on Flesh* – www.gabriellemoore.com/tw/fof.

Get tongue-tied

Now, triple her nipple pleasure with some oral attention. Alternate between sucking and giving her quick flicks with your tongue. If she's up for it, you might try gently



biting or playfully pulling on them with your lips. You can also slowly lick the areolae with the flat of your tongue, as you would an ice-cream cone. And if you're ready to multi-task, suck on the nipples while using your hand to tantalize her below the belt. Trust me, the simultaneous sensations will put her into squirting overdrive. But more on that later.

Other areas of interest on her chest pleasure map

Neck

To fire up her desire even more, place your lips just above her clavicle and gently suck. Your mouth will be stimulating her thyroid gland, which, according to Chinese medicine, closely corresponds to her vaginal area.

Inner upper arm

This thin-skinned zone, close to the side of her breasts, contains a lot of nerve endings and is completely hairless, so it's super sensitive to the lightest touch. To turn her on without venturing into ticklish territory, gently run your nails in long strokes up and down the front of the muscle of her breasts.

The bottom part of her chest

The line that defines this area is a touch-worthy region because the skin is taut and thin, especially on a girl who does her push-ups and has really perky breasts. Stimulate this hot spot by running the tip of

A close-up photograph of a man's face in profile, licking a woman's chest. The woman's shoulder and part of her face are visible. A black speech bubble with yellow text is overlaid on the image.

Stimulate this hot spot by running the tip of your tongue along the perimeter of each breast...

your tongue along the perimeter of each breast – from side to center.

Along her sides

Beneath this soft run of skin are tension-filled muscles, so use a slightly firm touch to loosen them up. Place your hands on either sides of her waist, fingers pointing up. Use light pressure, slide them up to her underarms and back down to her hips. Repeat.

Lower abs

The area above the pelvic bone contains a cluster of sensitive nerve endings and, because of its proximity to her vaginal area, provides psychological stimulus as well. Using a barely-there touch, trace across her lower tummy with your tongue. Finish up by blowing air along the same path.

Treasure trail

For a tantalizing tease, slowly plant kisses along the line leading from just below her belly button downward. The soft fuzz of hair on this pleasure path tickles the skin, creating a tingly sensation. At her vaginal mound, pause, then head back up to amp her anticipation.

Boob Bomb Step-By-Step


It's okay, you can admit it: You love boobs but haven't included them in your randy repertoire because you think they're only there for your visual pleasure and don't really do anything to amp up your partner's orgasm chances, not to mention squirting. Well, you've come to the right place because I've prepared an extensive erotic exploration and found the top ways you can include boob stimulation to your carnal repertoire – these have the power to open up a whole new



realm of pleasure for your partner, creating sensations that intensify the squirting experience.

One way you can put the breasts on the erotic menu is to stroke them with your penis. Hear me out, this is actually pretty amazing. First, have your partner lie on her back and slather her breasts with lube, massaging them carefully until her nipples become erect, signifying she's fully aroused. Then, give your penis the same lubed-up treatment (if you go at it dry, chaffing will spoil all the fun for the both of you). Once you're all oily and hard, slide your penis between her fleshy breasts and ask your partner to squeeze them together. Don't worry, she won't hurt your sword no matter how hard she squeezes. You really can't go too tight here – her breasts are soft pillows, not rocks. While you're doing that, use a battery-operated G-Spot vibrator to double the ecstasy. "Insert it about two inches inside your partner's vagina, with the curve facing upward", says Sadie Allison, author of *Toy Gasms! The Insider's Guide to Sex Toys and Techniques*. Since you won't be able to operate the vibrator while you're straddling her, penis-between-boobs, ask your partner to maneuver the toy, but be sure to tell her to use a slow, rhythmic pressure instead of a rapid in-and-out movement.

Move the action to the bath tub and double the fun in this exotic variation. Have your partner climb on top of you as you're lying on your back in the tub, then have her lean backwards so her breasts rest on your chest, and slide your penis inside of her. You have to thrust only a tiny bit for your partner to feel your penis against her G Spot. Place one of your hands on her pubic mound, so it corresponds on



...slide your penis between her fleshy breasts and ask your partner to squeeze them together.

the outside to where her G Spot is inside her body. Pressure from both sides will up her pleasure. But don't stop with this, because you can go so much further on the ecstasy road. Enter: vibrating bath sponge. Ask your partner to close her eyes as you run this sexy sponge all over her breasts. For maximum orgasmic impact, tease her silly by matching the rhythms of the vibrating breast stimulation with the moves of your penis hitting her G Spot. Delicious torture and squirting guaranteed. Note: If you don't have a vibrating bath sponge on hand, you can also use a massage mitt. This feel-good glove is covered in spongy nubs that create an extra-scintillating sensation. Plus, getting a breast rubdown with one of these mitts is more pleasurable because the feeling is new. Also, the nerves are more stimulated because the nubs press the flesh deeper.

Boost your typical mattress moves with tiny touch variations that have a big bang precisely because they're not something she's usually accustomed to. "Our nerve endings and brain cells are dulled by routine, that's why you have to keep her body stimulated by weaving in new maneuvers", says Olivia St. Claire, author of *The Sex Devotional: 365 Days of Passion, Positions, and Pure Pleasure*. Just one surprising touch can instantly re-energize her senses, especially when it comes to her breasts. To be closer to saucy props, take the kitchen by storm. Have your partner lean back on a high table or counter, bracing her arms against the surface for support, then have her wrap her legs around your waist, angling her hips so you can enter her as you stand. You want her vagina to be parallel to or slightly above your



*ask your partner to maneuver the toy,
but be sure to tell her to use a slow...*

hips (you may have to bend your knees a bit), allowing your penis to aim toward her navel so it can connect with her G-Spot. Then stand still while she moves her vagina in circles around your penis, feeling the shaft glide against her front vaginal wall. Now for the surprising array of different touches. If the kitchen counter is close to the fridge, leave the door of the freezer open – the chilly sensation on her back and chest juxtaposed with the heat from the vaginal thrusting will give her a rush. Or prop two damp washcloths in the fridge pre-sex. When you're all hot and sweaty, pumping away, drape them over her breasts for an erotic cool down. After the cool sensations, further the pleasure with a yummy treat: Put a spoonful of vanilla pudding on her breasts and suck it off. The cool, creamy texture – followed by your soft tongue – feels awesome. Now for some tingly awesomeness! Grab a hairbrush and lightly swirl the bristles across the sides of her torso, where the skin is supersensitive. All this breast pleasuring on top of the G-Spot pounding is bound to end in a cosmic squirting finale. My sexy female assistants will show you – in the video we have prepared to show you how exactly these moves work – just how mind-blowing this technique really is. They're hot and bothered already, so sexiness will ensue!

TECHNIQUE 2

Gush Galore – Cosmic Clit (Clitoris and G-Spot For Squirting)

Take her lust to the next level by stroking two of her most sensitive hot spots at the same time.



While angling your penis in just the right way to gloriously hit her G-Spot, bring her to the brink of ecstasy by gently but expertly maneuvering her clitoris as well. From foreplay to the moment just before her ejaculating finale, these double stimulation touches and strokes, done in order, will keep her shaking and quaking for a long, long time.

Tease your woman's M area

When it comes to pleasing themselves, women head straight for their clitoris. Hey, it's easy access. But when your partner is in your hands, it pays to take a circuitous path to the coveted pleasure button. One randy route: The area I've dubbed her M zone, which represents the letter M shape you make on her body when you touch her in the region starting from the sides of her belly button down to her thighs. It can be very pleasurable when this ultrasensitive nerve-packed terrain between her upper thighs and lower stomach is stimulated. "To bring pre-sex play to a more exciting level, you need to home in on unexpected places on her body that arouse her in ways she doesn't usually experience", says Emily Morse, author of *Sex Positions for Every Body: From Kama Sutra's Clasping Position to the Weightless Doggie*. Plus, it adds an element of surprise, which can be incredibly erotic and lead to better, more intense squirting. To take her to M-spot heaven, follow these three steps.

Sexy Step 1

Tantalize her thighs

Have her lie down on her back on a comfy bed with her legs spread about 6 inches apart. Either kneel beside her body or gently



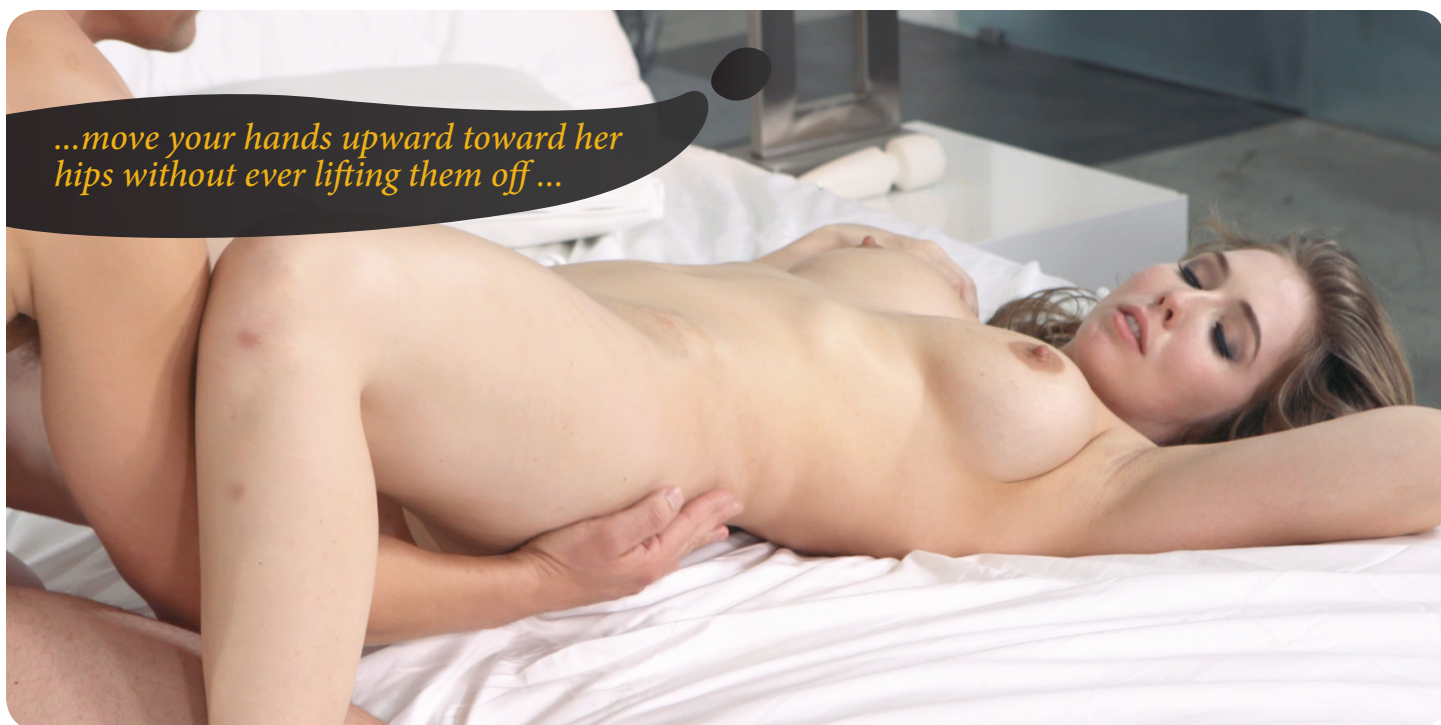
straddle her, sitting back on her lower thighs. Don't get totally undressed, since you don't want to distract her visually from the main focus: her tactile pleasure. Rub your hands together to warm them up (you can also use a bit of massage or warming oil), then rest them palm down on each of her upper thighs. Just go slowly. Women are more used to being massaged on their backs, not their front sides, so she might be a little tense at first. Knead her on the outside of her thigh only and, with light contact at first, build up gradually to the point where you're using considerable pressure (like you're smoothing the creases out of a shirt). Slowly move up and down and side to side over this outer upper-thigh area, mixing up your moves between long, smooth strokes and circular kneading motions. Don't be afraid of getting too rough, since these muscles – her quads – are usually among her strongest and thickest. It's going to require a strong touch to get the blood rushing to this area and give her pleasure. Switch to softer, lighter feathering motions as you move closer to her inner thighs, where the nerve endings become finer. She will be extra-sensitive there and can be stimulated by the slightest stroke. Warning: She can also become ticklish, so gauge her reactions and facial expressions as you go.

Sexy Step 2

Slide up to her hip bones

When you've maxed out her pleasure in her inner-thigh region (she may get a little antsy from so

...move your hands upward toward her hips without ever lifting them off ...



much stimulation and get wet), move your hands upward toward her hips without ever lifting them off her body, stopping right above and inside her hip bones. Now it's time to seriously ease up with your hands. Never put any pressure on bones. Sensitive connective vaginal tissue exists just inside both of her bones in this thin stretch of skin, so a lighter touch will go a longer way. I suggest making gentle circles with the tips of your fingers, then switching to light swirling motions with your tongue. Not knowing what you're going to do next will tease her, heightening the overall experience. You can also create tactile surprises for her by rubbing a furry scarf or even soft sections of your hair up along the area. It is a huge turn-on to feel sensations in places that she doesn't expect to feel them and will send blood coursing through the area. For an added thrill, reach under her body and drag your fingers upward and across her tush very slowly, moving toward the base of the spine. The buttocks are where her nerves connect from her spine to her vagina. Since any area where the bone is close to the skin is filled with nerve endings, gently massaging her tailbone region extends her pleasure.

Sexy Step 3

Arouse her almost area

All it takes is a light touch to stimulate this lava-hot region. Slide your fingers diagonally inward, way below her belly button, just above where her lower abs end and her pubic hair starts. You'll be touching

*Slide your fingers diagonally inward,
way below her belly button...*



her pubic bone, which is a very erotic, highly sensitive area for women. Since it is a bone, keep your fingertip motions extra-gentle. Try blowing on the area lightly, segueing into long, sensual licks – and if she’s not ultra-sensitive, nibbling – across this smooth stretch of skin. The key is taking your time. She’s going to assume you’re headed straight for her vagina, so when you don’t make a beeline for it, you’re really going to be tantalizing her. The longer you wait, the more potentially pleasurable sex will be. Tip: Lightly rub a popsicle across her almost area, then lick it up. The cool, then warm sensation will drive her wild. It’s also a perfect prelude to oral sex.

Cosmic Clit Step-By-Step

Since you read my work, you may think you’re familiar with every sex trick in the book. Reverse cowgirl? Been there, done that. The “Wheelbarrow Tickle”? Sooo last year. Luckily, I am constantly coming up with ways to push the envelope, whether it’s by inventing spanking new moves or upgrading the carnal classics. Putting a twist on tried-and-true techniques will create different sensations and make your sex life richer and more interesting, which is what you need when you’re on the journey towards female ejaculation. So, after researching far and wide, I’ve compiled the wildest, most squirting-inducing, clitoris-stimulating moves on the planet.

So use your tongue to trace a big W along the outline of her labia...



Start by paying special attention to the region surrounding the clitoris. Everyone knows that a woman's labia are part of her primo pleasure zone, but too often, the girls get the short shrift because all the attention goes straight to the main hot spot – the clitoris. “Men tend to focus on the clitoris, but touching, stroking, and lightly folding the labia can give women intense satisfaction”, says Gloria Brame, author of *The Truth about Sex, a Sex Primer for the 21st Century – Volume II: Sex for Grown-Ups*. To treat your lady to a new level of bliss, dip a soft cotton cloth into a bowl of very warm water. Then rub her labia with the wet cloth to warm and lubricate them. Next, slowly and gently run your fingertips up her inner thigh, across her lap, and back down her other thigh. By this point, her heart – as well as her other body parts – will be pounding with anticipation. So use your tongue to trace a big W along the outline of her labia: down one side, up the middle, down the middle, and up the other side. Mix up the amount of pressure you apply – a soft flicker one minute, a harder press the next. By alternating your moves, you're providing delicious distraction, and soon her eyes will be rolling back in her head with pleasure. When she's in such a frenzy that she can barely breathe, treat her to the next step. For more juicy lessons on acing your oral routine, check out my program on the subject – Oral Rapture – www.gabriellemoore.com/tw/or.

Begin by pressing her vaginal area with one palm, fingers slightly spread, then move your tongue back



and forth between the cracks left open by your fingers – this amps up her pleasure because she doesn't know where your tongue will reach next. When she starts whimpering like a little puppy, remove the hand and run the tip of your tongue up and down her labia and clitoris. Then open your mouth wide and try to take all the area inside, alternating between sucking and licking, so she never knows what to expect. After a few minutes, add more pressure and, in addition to your mouth, put your fingers into the mix. One strategy that will make her head spin: try some perineum play. "The area between the labia and anus is supersensitive because it's packed full of nerve endings", says Lou Paget, author of *The Great Lover Playbook: 365 Sexual Tips and Techniques to Keep the Fires Burning All Year Long*. Touching it puts indirect pressure on the G-Spot. To give her a pleasurable jolt she will never forget, use the knuckle of your pointer or middle finger to gently knead her perineum. For more fingering heaven, check out my program on the subject – *Flirting Fingers* – www.gabriellemoore.com/tw/ff. You'll learn so many divine digits techniques you partner won't know what hit her.

Now for the mind-blowing finale. Have your partner lie face-up on the bed, with her knees bent, a few pillows under her butt, then kneel between her legs and leaning your torso back. You can hold on to her knees or hands for leverage. This positions forces you to thrust in an up-and-over motion. You're leaning back, which means you'll push up to slide into her vagina and then over and down as you hit her front vaginal wall and glide against it. And that wall is where her G-Spot is, so every move you make, you hit it, making for a more intense sexual experience and, ultimately, a stronger squirting orgasm. If you would rather your partner be in charge, you can tweak the move so she has complete control. Lie on the bed, with your partner on top leaning back and bracing her hands on either side of your thighs. Then she should move her hips up and over so she's thrusting in an arc toward your belly button.



Like the previous variation, this lets your shaft glide right up against her G-Spot. To bring the clitoris in the action as well, whip out your battery-operated friend. The rapid pulsations of an electronic device add a whole new dimension of sensations to the clitoris. Opt for a mini egg-shaped version and place it over her clitoris or sandwich it between her labia to electrify both of your orgasms. The squirting she'll experience when this double stimulation does its job will definitely be out of this world! I'll let my saucy assistants convince you with their personal re-creations of these spectacular moves. Watch the video and let's start do this together!

TECHNIQUE 3

Gush Galore – Anal Abound (Gspot and Clitoris stimulation for Squirting)

It's about time hot-and-heavy anal play got the kudos it deserves. If you thought your lust life couldn't get any better, wait until you try the tawdry anal trysts I have in store for you, especially when you pair

...wait until you try the tawdry anal trysts I have in store for you...



them with G-Spot stimulation. Keep on reading to find out just how earth-shattering doing the deed by incorporating the back door can actually be.

The tiny move that maxes out her squirting chances

Your partner knows that banging out crunches will flatten her abs and doing squats will tighten her tush. But does she know that pelvic-muscle exercises commonly called Kegels can whip her sexual anatomy into shape and make her more prone to having squirting orgasms? “Regularly doing Kegels will result in amped up sexual sensation, from arousal to orgasm”, explains Carol Queen, author of *The Sex & Pleasure Book: Good Vibrations Guide to Great Sex for Everyone*. The best part: She can do them anywhere, anytime (she doesn’t need a gym membership), and they’re your sizzling secret. I’m here to help you teach your partner how to do the randiest workout around.

Kegels Crash Course


Kegel exercises are the rhythmic clenching and unclenching of the pubococcygeus (PC) muscles, part of the pelvic floor that supports a woman’s bladder, uterus, rectum, and vagina. These are the muscles she contracts to stop urine flow. And when it’s time to deliver a baby, they expand greatly, so the infant can fit through the birth canal. But her PCs also have a friskier function: The stronger they are, the more below-the-belt sensations she will feel during sexual activity. Working out any muscle increases the overall blood flow to that body part, making it more sensitive. A Kegels workout is no



different: It boosts heat and blood flow to her clitoris and vagina, so she becomes aroused more quickly and more receptive to pleasure. So even that tingling she feels when she's turned on will kick in faster and be more intense.

Another plus of strengthening her PCs: She'll get a better grip down below. "This closer contact allows her extra control over the depth and speed of your thrusts and the degree of friction she feels during sex", explains Patricia Taylor, author of *Expanded Orgasms: Soar to Ecstasy at Your Lover's Every Touch*. I know it for a fact because sometimes during intercourse my man falls into a thrusting style that doesn't give me enough friction, like when we're in missionary position, but if I do Kegels during the act, I get the constant contact that I need.

All of these benefits lead to the ultimate passion payoff: deeper, longer squirting orgasms. Toned PC muscles contract more forcefully when your partner reaches her peak, and the pulsing can go on and on, leading her to ejaculation. That's what I experienced soon after I started doing Kegels regularly. Before, my orgasms were fast and shallow, if I had them at all. But after a few weeks of Kegels, I began experiencing powerful spasms that resonated much longer throughout my body and helped me squirt. It was as if the volume on my sex life were turned up from 4 to 10.




she should practice squeezing and releasing, working up to a 10-second hold before letting go...

The right way to do Kegels

Before she starts practicing Kegels, your partner has to locate her PCs. The next time she has to pee, she should try holding back and then releasing her urine stream without contracting her butt, thighs, or abs. If she can make her flow stop and start while the rest of her body remains still, she has found them. A second strategy is to lie back when she's feeling relaxed and insert one of her fingers into her vagina, then clamp her vaginal walls around it. The muscles she's clenching are her PCs. Once she's pinpointed her love muscles, she should practice squeezing and releasing, working up to a 10-second hold before letting go. She should establish a routine where she does 10 to 20 Kegels three times daily, holding each one for 10 seconds. Total time spent doing them: a mere five minutes a day. After a couple of weeks, she'll notice a change in her grip and sensation, which will become more pronounced as she keeps strengthening those muscles.

Carnal Kegels

Kegels aren't a sexercise she does only during downtime. Contracting her PCs during masturbation or while you two are having sex lets her reap the benefits of her newly toned muscles while making



helping you put the brakes on a too-soon orgasm so the two of you can reach climax together...

them stronger. Another reason to try Kegels during sex: Each squeeze will enhance your pleasure as well because you'll feel more pressure. When she tightens her muscles around you, every sensation feels more intense. And if she squeezes you right before you orgasm, the hotness factor is off the charts. What's more, certain types of squeezes will help you hold off on orgasming before she's ready. Clamping down on the tip of your penis can stop your climax. I would also recommend that you do Kegels too, since strengthening your PC muscles (yep, you have them too) can give you more carnal control, helping you put the brakes on a too-soon orgasm so the two of you can reach climax together or around the same time. "Guys who are prone to premature ejaculation should be finding their PCs and practicing the perineal squeezes the same way women do", says Dudley S. Danoff, author of *Penis Power: The Ultimate Guide to Male Sexual health*.

Advanced Moves

Once she's mastered the basics, your partner should try these advanced Kegels configurations. The first move is for solo sex, while the remaining four are for when she's with you.

- **The solo sizzler.** While she's stroking herself, she should squeeze for a slow count of two, then release for two seconds. She'll notice her pleasurable sensations growing stronger and deeper with each Kegels flex.



- /// **The passion push.** Instead of doing a regular Kegels squeeze, your partner should push her PCs downward during sex, as if there's something in her vagina and she's trying to get it out. She'll feel her abs contract a bit as she pushes. This will lower her vaginal walls so that her G-Spot is even more accessible and reaching a squirting orgasm is easier.
- /// **The deep squeeze.** As she glides up and down in the woman-on-top position, she should begin doing Kegels in sync with her movements. She should squeeze as she rises, holding each clench for a second or two. The benefit is more control over the pacing and thrusting and more pleasurable friction.
- /// **The big O booster.** When she senses you're about to go over the top, she should keep her PCs contracted to squeeze your ejaculation out of you. You'll go crazy over this technique, which literally milks you dry.
- /// **The frisky flutter.** Just before her orgasm, she should flex her PCs as fast and shallow as she can. She'll increase the intensity of her orgasm... and ejaculate.

Anal Abound Step-By-Step

Fact: No one wants the same kind of sex day after day. We all want to expand the number of ways in



which we reach our orgasms. Even truer fact: Squirting is definitely not friends with regular, boring, going-through-the-motions sex. In fact, they're deadly enemies. If you invite one to the bedroom, the other leaves slamming the door. That's why if you want to get those wet juices out of her lady parts, booty play will be a better friend of yours than your usual carnal repertoire. Why? Because during anal penetration you're basically playing with all her hot spots. "The clitoris is shaped like a wishbone, and for many women the clitoris extends all the way down to the anus. So, when you're penetrating her anally, you're also stimulating the clitoral legs. Plus, there's also indirect stimulation of a woman's G-Spot, through the wall shared between the vagina and rectum", says Carlyle Jansen, author of *Anal Sex Basics: The Beginner's Guide to Maximizing Anal Pleasure*. With all this stimulation going on, your partner's chances of having an intense squirting orgasm are through the roof. Follow these tips for a seriously hot triple stimulation session that is bound to end with a mind-blowing ejaculating climax.

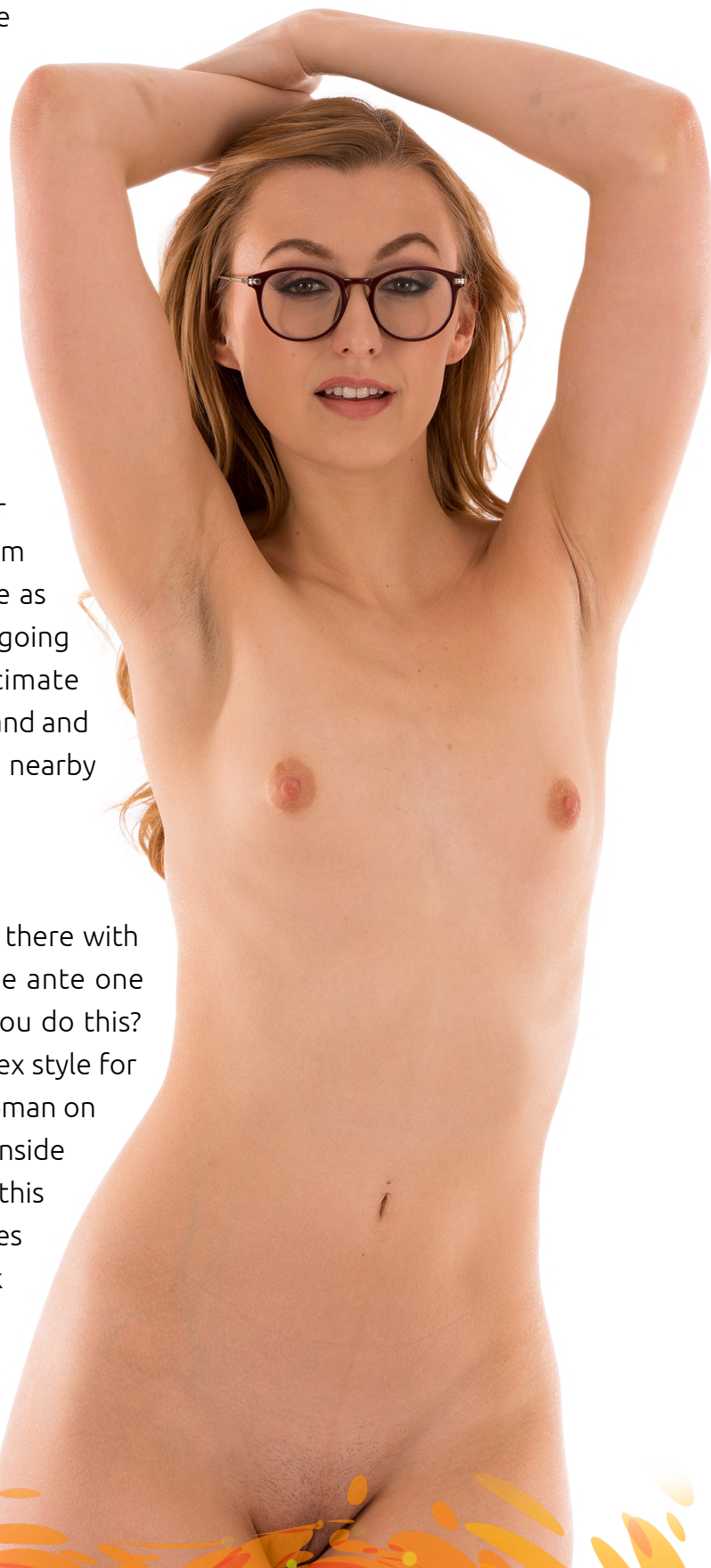
Go excruciatingly slow. Squirting via anal isn't advisable when you're got a mere 15 minutes to kill. It takes time to do it right. Especially if it's your partner's first time through the back door. She's going to feel very vulnerable so it's your job to calm her nerves and assure her you care about her pleasure and you won't do anything that could hurt her. My advice? Before you bring out the big gun, begin with a finger or an anal sex toy, plus a bucket load of lube (think of how much lube you usually use and triple it – extra lubrication will make everything run smoothly). If she's still squeamish, one of the ways you can help her



relax is by giving her a butt massage. To enhance pleasure, use a wide variety of moves, going from light to firm, teasing and pinching. Or you can consider analingus – most of the times, teasing a woman's anus with your tongue is a good start to butt play (but because there are definitely some bacteria in the area, using a plastic wrap or a dental dam is a good idea).

Once she's sufficiently turned on, slowly insert your erect member without beginning the thrusting motions just yet. While you're doing that, turn your attention to the clitoris for a change. "The easiest way to ensure an orgasm during anal sex or just to make it as pleasurable as possible is to add clitoral stimulation while it's going on", says Tristan Taormino, author of *The Ultimate Guide to Anal Sex for Women*. Try sliding your hand and fingering her clitoris or even rubbing it against a nearby pillow or a small egg-shaped vibrator.

Now that things are definitely heating up back there with all this stimulation going on, it's time to up the ante one last time: bring in the G-Spot, baby! How can you do this? By bringing a trusty sex toy into play! The best sex style for stimulating your partner's G-Spot and anus is woman on top. Have her climb over you, sliding your penis inside her anus – she controls the depth and pacing, so this will definitely feel good. After a couple of minutes of thrusting, have her lean backwards so her back rests on your feet, exposing her vagina, and slide the dildo inside, pushing it against her G-Spot. While you're doing that, place your hand on her



pubic mound, so it corresponds on the outside to where her clitoris is inside her body. You're basically going at it from three different hot areas, which will give her the pleasure of a lifetime – and a squirting orgasm to match. For more naughty secrets on how to make anal play as fun and exciting as possible – maybe even get her hooked up on it – check out my program on the matter, Anal Pleasure for Her – <http://www.analpleasureforher.com/>.

Another position that works, with the added benefit of also providing maximum closeness is the lap dance. First off, insert a string of anal beads down her anus, massaging the area slowly to get her hot and bothered. Next, while you sit cross-legged, have her scoot onto your lap and ease your penis inside of her, extending her legs comfortably. Hold her hips as she reclines – she can grab your shoulders for support. The upward angle lets your penis stroke her front vaginal wall, where the G-Spot is, while the anal beads do the work on the opposite side of the hot button. With your bodies wrapped tightly together, you'll feel incredibly intimate. Plus, you can always lube up a couple of fingers and reach down to stroke her clitoris for the added heat bonus. Prepare for an intense squirting session, my friend! And if my words aren't enough to help you see how these positions work, the video I created with my sexy instructors will surely convince you, so be sure to check them out as soon as possible!

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