

Squirting & Obsession EDITION

THE POWER OF
SPIRITUAL
SULTRY SEXUAL
SQUIRTING



TANTRIC SQUIRT & ♀ SENSATIONS



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Table of Contents

Section 1 – Facts & Theory

- Must long-time lovers have short-thrill sex?
- Keeping lust alive – Clever ways to rev up desire

Section 2 – Turn Your Woman Into A Bedtime Tiger

Technique 1: The Sacred Squirting Workshop

- Sexual chemistry – Get the so-deep connection she craves
- Squirting workshop step-by-step

Technique 2: The Art Of The Holistic G-Spot Massage

- Magical sex – Use water to unleash her waters
- The holistic G-Spot massage step-by-step

Technique 3: The Multidimensional Squirting Orgasm

- Sexual thrall – Preparing her body for out-of-this-world juicing
- The multidimensional squirting orgasm step-by-step

Bibliography

Section 1 – Facts & Theory

Must long-time lovers have short thrill sex?

Long-time relationship sex has gotten a terrible rap – and become such an oxymoron as to have spawned its own genre of humor. “Long time relationships are like a bank account”, goes one joke. “You put it in, you take it out, you lose interest.” Or in the words of author Robert Byrne, sex drive is defined as “a physical craving that begins in adolescence and ends after a few years of the same relationship.” And Phyllis Diller is wont to complain that “a terrible thing happened again last night – nothing.” Meanwhile, if you remember, on TV’s Married with children, the funniest lines snarled by Peg and Al Bundy also have to do with the couple’s constant inactivity in bed. The message is clear: Really hot sex belongs to new couples.

Sure, beginning-of-relationship lovemaking does sizzle. And after years of monogamy, lust can fizzle. But some couples manage to keep their passion ablaze long after they’ve moved in together or fed each other wedding cake. They’re easy to recognize, wearing we-just-did-it smiles and still playing touchy-feely in public. How do they manage to carry on? Let’s look at science for some answers.

First is the attraction phase, when you literally have a physical reaction to the sight (and thought) of a new partner because natural amphetamines –



dopamine, norepinephrine, and most important, phenylethylamine (PEA) – are coursing through your system, bombarding your brain. “Take a bunch of people who say they’re in love and a bunch of people who say they’re not, then test their blood”, suggests Anthony Walsh, author of *Love: The Biology Behind the Heart*. “Those who are in love will have higher levels of PEA... and new couples are full of the stuff.”

The infatuation-induced stimulants create feelings of euphoria and uncertainty – the mixed emotions that make sex incredibly exciting. But the high doesn’t last forever, notes Bernie Zilbergeld, author of *The New Male Sexuality*. “How long before it fades, though, depends on the frequency and legitimacy with which lovers thirst: Illicit affairs may have an extended thrill stage, while routine relationships, in which couples stare at each other over morning coffee, have an abbreviated one.” Eventually, however, that crazy kind of lust always diminishes.

“Passion’s outside limit is generally four years”, adds anthropologist Helen Fisher, author of *The Anatomy of Love*. Why? Because brains can’t handle a prolonged infusion of intoxicating neurochemicals. Eventually, nerve endings either adapt to high PEA levels or the body’s production of the sexy stuff suddenly drops – and with it goes insatiable desire. Couples who remain together after their PEA stops surging move into the attachment phase, when other natural love-drugs – endorphins – kick in. If PEA is speed, endorphins are morphine. Committed partners enjoy their tranquilizing effect and may even become dependent on endorphins for a sense of calm. Which might explain why unhappy partners are sometimes reluctant to split: Separation and divorce can be as agonizing as a drug withdrawal.

Meanwhile, internal manufacturers of the potent attraction chemicals don’t shut down, they simply go on strike until a new lover comes along. Then they’ll resume business as usual. That’s why some scientists believe we’re genetically programmed to cheat. The cycle of attraction-attachment-attraction to somebody else, they contend, is natural; to be consistently in lust with one person is to buck human biology.

Sounds pretty grim so far, doesn’t it? What does this mean? That you’re bound to lose passionate sex forever after four years of relationship with the same person? That you can only regain that kind of thrill if you go out there and seek another lover? Fortunately, this isn’t the case. Long-term loving can remain thrilling and magical indefinitely; old lovers can create enough heat to turn the PEA pumps on again. And it’s crucial that they do that because without it, squirting just isn’t possible. Routine sex, done in the same old way every single time, and most of the times done on fewer and fewer occasions, won’t make your partner scream her lungs out and juice all over the bed. It’s just physically impossible. Female ejaculation is a unique carnal experience and you have to understand that in order to achieve it, you need a set of carnal tools that are just as unique.

If you've been educating yourself on the topic of squirting by watching porn videos and you think that your partner will only gush that much desired liquid if you jackhammer into her as fast and hard and possible, you're most definitely in the wrong. Squirting is an experience that only comes when you lay the strong grounds of passionate sex, when you give yourself the time and the presence of mind to slow things down, up the erotic factor and tease your partner with expert seductive moves meant to make her explode with pleasure. Your old routine just won't cut it, and all experts agree on this topic. "With long-term sex, or long-term anything, you stop paying attention when things get totally predictable", says Ellen Langer, author of *Mindfulness*.

The antidote for same-old-routine lovemaking? Pay close heed to every physical sensation created by your partner's touch, movements, breathing. Breaking the sex act into smaller pieces means you'll notice more. What you notice doesn't matter, as long as it's something new. Hyper-attentiveness is the basis of tantric sex, the ancient art of slow-motion loving that's the subject of erotic books and holds special appeal for long-married couples who may be stuck in a sexual rut. You learn to pay attention, to connect in the moment, not the same old way you've always connected. That's why Tantra is the way to go if you want to give your

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partner a squirting orgasm, which extends pleasure throughout the body like no other type of orgasm. The sensuality brought forward by Tantra is not just a marketing con, it teaches you how to tease your partner's entire body, thus ensuring a squirting orgasm becomes a reality, not just a dream. For juicier information on how to better incorporate tantric routines into your sex life, check out the program I dedicated to this particular topic – The Tantric Touch – <http://www.the-tantric-touch.com/>.

Keeping lust alive – clever ways to rev up desire

Many couples hit lust lull when they've been together for a long time, but badass tricks will ensure your bedroom stays ablaze, and squirting comes to the rescue (pun definitely intended). As I've explained in the previous chapter, during the first few months of a relationship, a couple can usually be found in one of two places: her bedroom or his. And for good reasons. During that delicious early phase of the relationship, the sex is ultra-new,

ultra-frequent, and in many cases, ultra-hot.

But after a while, that searing level of heat begins to cool – for both partners – as their bond deepens. “While you may be growing closer as a couple, the initial rush of hormones calms down, and your

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



body and brain start behaving differently”, says Darcy Luidzers, author of *The 10-Minute Sexual Solution: A Busy Couple’s Guide to Having More Fun, Intimacy and Sex*. When that shift happens, it’s hard not to be bummed. Thankfully, it’s not a sign that the chemistry has evaporated – just a reminder that, to keep your lust life scorching long term, you have to expend a little erotic energy. Here, the sexual setbacks most couples face and expert advice on how to keep the passion ignited and welcome squirting into your love repertoire.

Sex stage

Six months

When you first get together with a woman, and start sleeping with her, your excitement causes the release of adrenaline, which provides plenty of fuel for those glorious sexathons. Around six months into it, however, both your and your lady’s bodies start releasing a chemical called oxytocin (known as the cuddle hormone) more than adrenaline. Oxytocin promotes feelings of love and connectedness. You may still be having sex often, but it takes on a more soulful note. The problem? Those steamy, have-to-have-each-other-now sack sessions happen less frequently than they used to.

Naughty hint: Get novel

When *Total Woman* author Marabel Morgan advised married women to perk up sex by greeting hubby



at the door wearing nothing but perfume, she may have been appealing to a basic human need for novelty. With a little creativity, the erotic possibilities are endless. Take Edward and Anna, patients of mine, married for five years. They often begin a night of ecstasy by playing strip poker: the loser has to do whatever the winner requests. Sometimes they both get so excited they end up throwing the game and get down to more serious business. The fact that they start actual intercourse being seriously aroused and ready for anything makes Edward rock hard for the entire night and makes Anna gush like the holy fountain without exception. Their sexual bond is so strong nothing can stop their orgasms. And boy are they powerful! Liz and Ted, another couple I counsel, have chosen a different route but

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

just as effective: they take turns treating each other to elaborate sexual adventures. Recently, they pretended to be castaways on a desert island. When you give your brain a part in the whole sexual act, you're basically set for success! It's well known that the main thing that stops a woman from juicing and exploding is actually her mind, so when Liz trains her brain to think and act dirty, squirting is a done deal – Ted doesn't even need to do that much to help her. Or you can try manufacturing a sense of urgency. Grab your partner while she's getting something out of the fridge and playfully slam her against the door, or give her some unexpected (but very welcome) company in the shower. The element of surprise will help reignite the excitement you felt during the first few months and will also help her ejaculate. What woman can stop herself when she sees her man so eager to have her that he can't even wait to get to the bedroom?

Sex stage

One year

During the first year of dating for both men and women, the brain releases two other chemicals in addition to oxytocin – dopamine and serotonin – both of which contribute to that exhilarated, super-happy feeling that makes you want to smile at total strangers. After a year, “chemical levels start to

return to normal”, says Thomas Lewis, author of *A General Theory of Love*. It is your body’s way of ensuring that you go back to focusing on friends, work, and all the other things you may have neglected during the honeymoon phase of your relationship. As a result, many couples get horizontal less often. There’s actually a subconscious logic at work behind the downshift. Because you are secure in your relationship and know you can have sex any time you want it (presumably), intercourse winds up getting put on the back burner. Plus, you’re so comfortable with each other’s bodies that you aren’t as obsessed with exploring every inch of them like you were before. The initial rush slows down considerably, allowing you to become less engrossed in each other and more relaxed in the relationship. You may want to have sex more often than your partner but may not feel as much immediacy to make the effort as you did in the earlier stages.

Naughty hint: Take a risk

According to one study on sexuality, anxiety can be a major turn-on. Two groups of men were asked to cross bridges – one span was stable, the other swayed above a two-hundred-and-thirty-foot gorge. When the men reached the other side, a young woman approached and said she needed each subject to fill out a questionnaire for a school project, and since time was short, she offered her phone number. Most of the men who called had traversed the perilous bridge. That’s because anxiety and uncertainty feel a lot like arousal. The perception of risk causes sweaty palms, rapid heartbeat, and a little twitch in the genitals. Compulsive



daredevils, with a high tolerance for risk, tend to have low levels of the brain enzyme monoamine oxidase (MAO). They're easily bored and open to adventure (Men, not surprisingly, have about 20 percent less MAO than women). They're also inclined to be sex enthusiasts – for example, they may have sex in semipublic places because they're aroused by the dangerous prospect of discovery. If you're a cautious couple, you might benefit by adding an element of risk to your sex life. Give your erotic life

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

a jolt by aiming for what another couple I counsel refers to as cautious spontaneity, such as getting it on in your locked bedroom while your party guests are downstairs or doing it in the car, even if it's just in your driveway. Explore a position that you and your woman may have felt was a little taboo or tricky but that you are totally curious about. Pushing the envelope may feel awkward and frightening at first, but it really pays off, especially when it comes to the prospect of squirting. That initial rush of hormones you both experienced may have faded, which means that it's harder for you and your partner to really get down to it so that she can ejaculate, but you can always rerelease their effects by creating a sense of excitement and desire for each other.

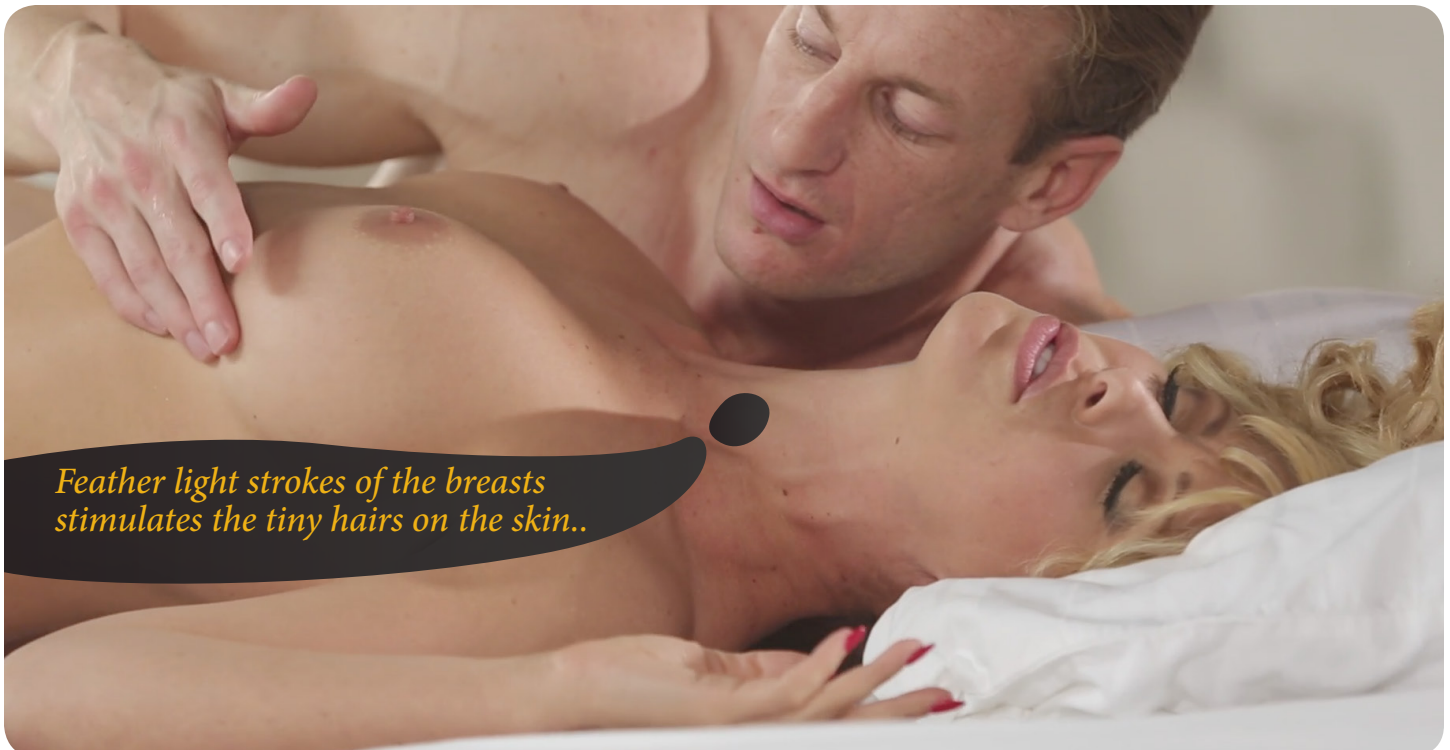
Sex Stage

Two years or more

Biologically speaking, there aren't any major hormonal changes going on with either of you at this juncture. But you are in danger of going on sexual autopilot. After two years, you settle into a sexual pattern. You know what she likes, she knows what you like, so you stop trying new things. But this is actually the time when getting creative in the bedroom is more important than ever. The key: breaking the habits that have turned your sex from playful to perfunctory. If you don't do this, she won't squirt. Period.

Naughty hint: Just do it

As the old saying goes: “Those who talk, don’t do; those who do, don’t talk.” This inverse correlation definitely holds true for sexual activity. Basically, it’s all a matter of the very nature of sexuality, which may be explained by the use-it-or-lose-it mantra. Enduring partners that keep their passion alive work for it. Sex isn’t always impulsive or reflexive, it’s volitional. Behave sexy, and you’ll feel sexy. Act loving, and you’ll feel love. Be thrilling, and you’ll forever enthrall. For starters, it’s time to start discovering maintenance sex (don’t worry, it’s hotter than it sounds). Maintenance sex means making an effort to jump each other on a regular basis – even if you’re both not necessarily in the mood at the time. Do yourselves that favor and you’ll notice that once your bodies start going through the sexy motions, your brains will get in on the action too. So instead of snuggling in front of the TV to unplug from your jobs, pull her into bed and start making out. Another suggestion: even if neither of you are morning people, set the alarm to have a 10-minute quickie before work that will leave you both giddy for the rest of the day. Then try it again the next day or the day after. Just make sure you don’t skimp on foreplay. Maintenance sex isn’t going to be satisfying if you always rush into intercourse. You need to make time to arouse each other physically first. That allows for the desire part of the equation to catch up. After a week of daily sex, you’ll both be so turned on with each other you won’t need to “force” yourselves to do it. You’ll want it. Badly. And when you want it with such intensity, you have laid the



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

basic grounds for squirting. Congratulations. Before we begin, let me just remind you that all you're reading now has a video version as well, so if you're more of a visual learner, check out the clip I created with the help of my sexy assistants. They'll show you exactly how everything works.

Section 2

Turn your woman into a bedtime tiger

Yearning to unite body, mind, spirit, with your lover... and share cosmic squirting orgasms? To really fuse with your woman, you have to work at creating a sexual soul mate strong bond. The payoff? The kind of squirting bliss most duos only dream of. In order to make it happen and enjoy truly transcendent sex, you have to rely on the erotic Tantra techniques invented by the ancients. The naughty variations I created will get you there, so get ready for the lustiest, most intense lovemaking sessions you've probably ever experienced.



TECHNIQUE 1

The sacred squirting workshop

In the Far East, sex has always been considered a spiritual as well as a physical union. Both the Tao of China and the Kama Sutra of India were instructing men and women in techniques and postures that were as erotic as anything you'll find in today's most graphic sex manuals. I perused their teaching and I created top-notch variations that will not only bring you together as a couple, but also help your partner squirt.

Sexual chemistry – Get the so-deep connection she craves

The Taoists believed that if a man wanted to reach sexual enlightenment and reach a higher pleasure plane, he must gather a woman's essence and add it to his own. How do you go about this? By bringing your woman to frequent squirting orgasms, thus capturing her juices. To achieve the ultimate sexual satisfaction, it is not just the position that matters, but how deeply and how often you have sex, and how good that sex actually is – the Taoists were adamant about this. "If you think of the act of love as an art form – a kind of cosmic dance of awareness in which every nuance of your lover's body is important –

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



you'll realize it's not jackhammering that provides fulfilment, but all that leads up to it, the intensity with which you concentrate on every move, every smell, every taste, every touch", says Ron James, author of *Energy Orgasm – Awaken Your Inner Bliss*. Making love is not two people taking separate satisfaction but a union in which the boundaries of the bodies are dissolved and two people become one. Here are a couple of tantric exercises that will help you reach that Nirvana state and make her come. Hey, if you're willing to train for golf, tennis, or running, why not for sex?

Erotic Exercise 1

While your partner is on her back, kneel between her thighs, insert your penis and then press in and out while fondling her clitoris. In the meantime, kiss her and gently suck her tongue then, as her vaginal area grows moist, use the "nine shallow, one deep" technique, pushing only the head of your penis into her vagina and continuing this shallow penetration for nine strokes before, on the tenth stroke, entering her with a deep, powerful thrust. Guide your thrusting – slow or quick, deep or shallow – by your partner's response. This type of repeated shallow penetrations, followed by deep thrusts, are highly arousing for the both of you because they heighten the stimulation of both the clitoris and the glans of the penis.

Erotic Exercise 2


Have your partner face downward in a crawling position, buttocks up and head down. Kneel behind her and



embrace her belly while thrusting hard, and I mean HARD, in series of five and eight “stabs” in rapid succession: You enter her rapidly and shallowly five times and then pull back and reenter her with eight driving motions, rocking back and forth, stimulating the walls of the vagina, rubbing and reaching into the depths of her. This position allows for very deep penetration, but to make your penis slide even further inside your partner’s vagina, she should press back against you while you thrust.

Erotic Exercise 3

Superlatively excellent is also the variation where the both of you are standing. Your partner should lean against you, her back resting against your chest. She should then bend forward, until her hands touch the floor or, if she’s not sufficiently supple, she should rest her hands on a chair, a stool or a stack of pillows. You clasp her around the waist and thrust in from behind, with the angle of her body making it possible for you to penetrate deeply. You should strive to withhold your ejaculation for as long as possible in order to properly stimulate your partner from this position and help her reach a squirting orgasm. To better control yourself, try practicing the Set of Nines: Enter her with nine shallow thrusts, withdraw and pause before entering again, thrusting shallowly and quickly eight times and then pushing inside for one last deep thrust. Again you withdraw, pulling back briefly from the edge of ejaculation before reentering. Now you take seven shallow strokes, just allowing the head of your penis to penetrate the vagina, before finishing the motion with two deep thrusts. Continue the Set of Nines – six shallow,



Take your time, go slow and explore her body.

three deep, five shallow, four deep – until you bring your partner to a beautiful squirting orgasm with nine deep, thrusting strokes.

Erotic Exercise 4

Lie next to your partner, who is on her back, reclining on your left side and facing her. She should bend her knees and draw them up against her chest. You then swing the top of your body away from her, bringing your penis in contact with her genital area, while she straightens her legs, capturing your right leg between hers. Penetrate her, but not deeply, and then lie motionlessly for a couple of minutes, visualizing the flow of energy between you, concentrating on the sexual contact that's uniting your bodies. What is the point of all this? Tantric experts say that somewhere after some minutes of thrustless sexual contact you experience an abrupt excitement, causing involuntary contractions of the entire body – not just a sexual orgasm but one that can shake you and your partner's entire beings. This kind of exercise not only increases awareness before actual penetrative intercourse, but it also prolongs the time of union. The cherry on top? Just before you're both ready to reach a squirting orgasm, try the Tantric Kiss: While she sits on your lap, with your penis still inside her and your legs wrapped around each other, kiss her exchanging your energetic flows – Your partner exhales as you inhale, and as you expel your breath, she inhales it. Up the



ante in this clever way: As your partner breathes in, she should rock her pelvis back and tighten her vaginal muscles around you. As she exhales, she should rock her pelvis forward and release. If you mirror her moves, you'll have a huge payoff: deeper intimacy and a mind-blowing climax. The energy of one becomes the energy of the other. The soul of one flows into the body of the other. Prolong this kiss for a couple of minutes and the squirting orgasm following it will be cosmic.

The sacred squirting workshop step-by-step

There is a trove of sex tips written in ancient times that are just as hot as the ones you can find today. For thousands of years, couples have been dipping into passion-charged how-to manuals from the Far East. The best news about these millennia-old erotic moves: you don't have to be a sex high priest to pull them off. From stimulating kisses to otherworldly oral-sex positions, the lusty history lesson starts now.

■ **Start with the Clasp Kiss.** What makes this Kama Sutra tongue-tango technique hotter than your average lip lock is that it simulates intercourse. To do it, place your lips fully over your woman's and slowly, softly thrust your tongue in and out, stroking her tongue, her teeth, and the roof of her mouth. Like sex, this kiss can alternate between soft and hard to increase intensity. Then



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

let your partner take the lead. Go back and forth for a few minutes before sensually tracing the outside of her lips with your tongue for the finale.

▮ **Continue with the Two-Handed Ecstasy.** From India's tantric tradition, around 7,000 years ago, comes a move that gives your partner twice the sensations down south. "Through massage, you're dissolving tension in her pelvic area to allow for a bigger orgasm", says Margot Anand, author of *The Art of Sexual Ecstasy*. Begin by having your partner lay on her back, legs slightly spread. Rub some lube on your fingers and palms and make a fist with your thumb on the outside. Using the flat part of your index and middle fingers between the first and second knuckle, massage her perineum – the inward dip that's halfway between her scrotum and the opening of her vagina – while you use your other hand to stroke her vulva from the base of the labia to the clitoris. Move both hands at the same speed. This combination will send a trembling sensation up her pelvis. For more naughty massage sexercises, check out my program dedicated to this amazing sexual experience and learn it by heart. It's called *Flesh on Flesh* – www.gabriellemoore.com/tw/fof - and you'll see why it matters on your quest towards squirting.

▮ **Now's the time for Sexual Kung Fu.** This Taoist move refers to delaying your partner's orgasm to ensure that when she does finish, it will be a squirting finale. By building up arousal, she'll open

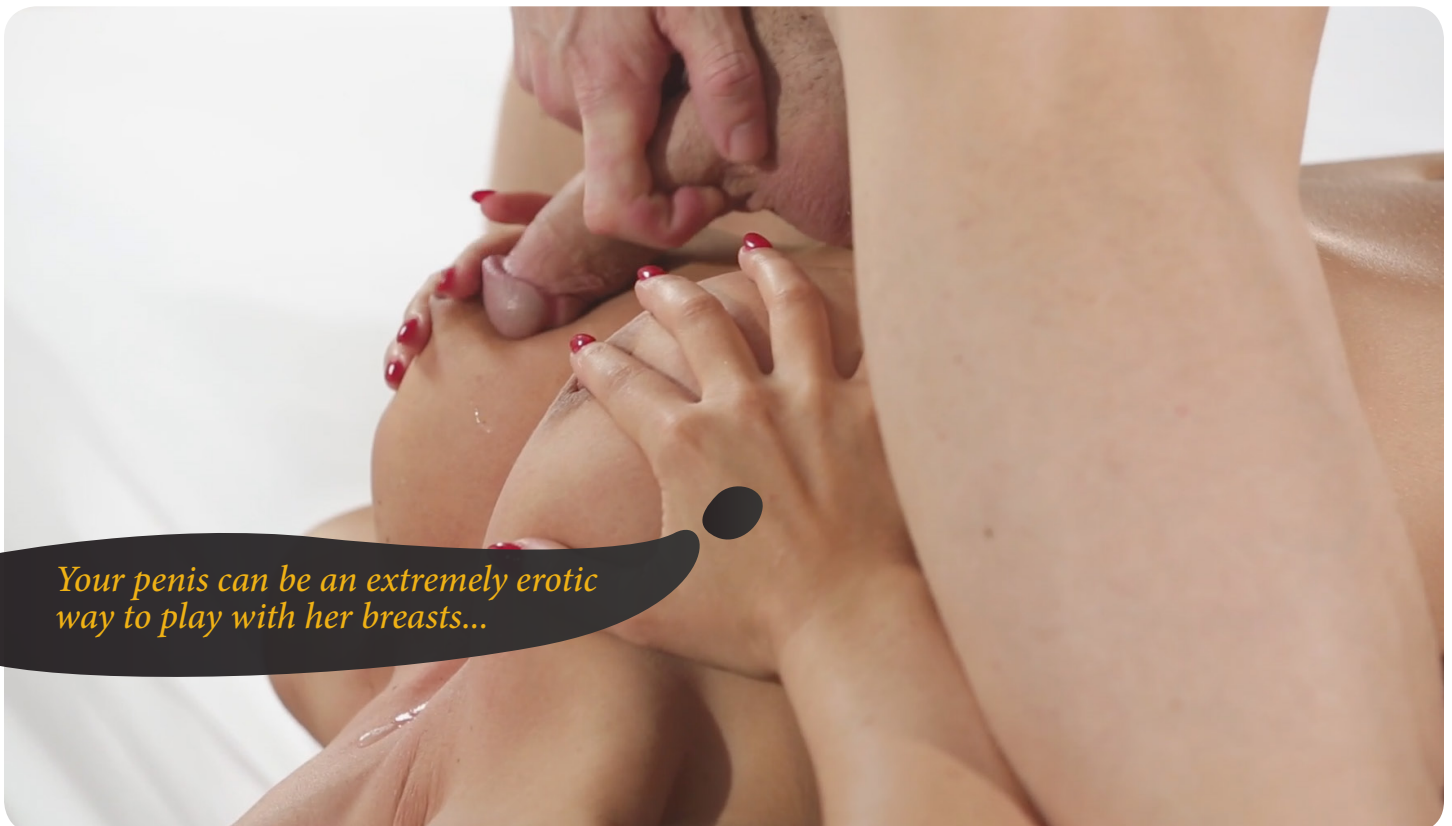


Many women love having their nipples tugged as it stimulates oxytocin.

up to a more sensational orgasm and squirting will be that much easier to achieve. To try it, place your hands one on top of the other on her vulva. Then make gentle spirals up her genital area with each hand going in opposite directions – one toward the clitoris and one toward the anal area. Or place your right hand on her clitoris and your left hand on her anus and make the same circular motions, again moving hands in opposite directions and drawing them closer until they meet in the middle. Then slowly rub her entire vulva for a minute. The idea is to bring her close to climax, downshift, then repeat the spiral so you're teasing out her time in ecstasy.

/// **Are you ready for the Oral Twist?** This Tahitian tongue technique is really worth learning. What makes it so hot is a slight geometric shift in your mouth action. To try it: Have your partner lay on her back with her feet firmly planted on the bed and her knees pointed toward the ceiling. Slide your head under her knees below the triangles she's making with her legs so you can lay perpendicular to her body. Then lick her clitoris from left to right – not up and down – alternating between fast and slow. "Half the women who receive this type of surprisingly different oral action have more intense squirting orgasms", says Sandra Scantling, author of *Extraordinary Sex Now*.

/// **Finish things off with the Sacred Rub of Love.** Every woman craves and needs serious heat, and



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

the best way to warm her up down there is with this white-hot friction-creating variation. Choose an immovable surface – a strong headboard or the side of a tub, if you have a spacious bathroom. Have your partner lie on her back on the bed or floor (depending on which surface you chose). Raise her arms overhead so her palms rest flat on the surface with her head several inches from either tub or the headboard. It's as if she's holding something up. Once you enter her missionary style, tell her to bring her legs together as much as possible. Word of caution: Intense friction can chafe dry skin, so be sure she's fully aroused or moisten her with lube before she closes her legs. With her thighs pressed together, your penis rubs against her inner thighs and labia each time you thrust. And since she's holding herself against that hard surface rather than moving with you, you create even more friction. The immobility combined with her closed thighs makes for a deeper penetration. But the hottest thing is the illusion of resistance, which heightens your arousal during sex, resulting in an intense squirting orgasm. Watch my sexy assistants re-create these particular moves and you'll see exactly how much heat you're birthing with these tantric-fueled variations.



TECHNIQUE 2

The art of the holistic G-Spot massage

Like so many other aspects of female sexuality, the G-Spot is typically – and unfairly – thought of as mysterious, elusive, and complex. In reality, it's not that complicated. It's part of a woman's body that can create a lot of pleasure – especially of the squirting kind. End of story. Here are a couple of things you should be doing with it once you find it and why it matters so much when it comes to both the tantric method of squirting and the overall strength of the female orgasm.

Magical sex – Use water to unleash her waters

If you want to turn up the heat on your carnal encounters, occasionally it's a good idea to bring in a third body... of water, that is. Whether in your tub or shower, having sex in or surrounded by H2O is sure to add an extra-sensual splash to your sack sessions... and make your partner splash as well, which is what we're aiming for in this book. Well, what are you waiting for? Dive in...



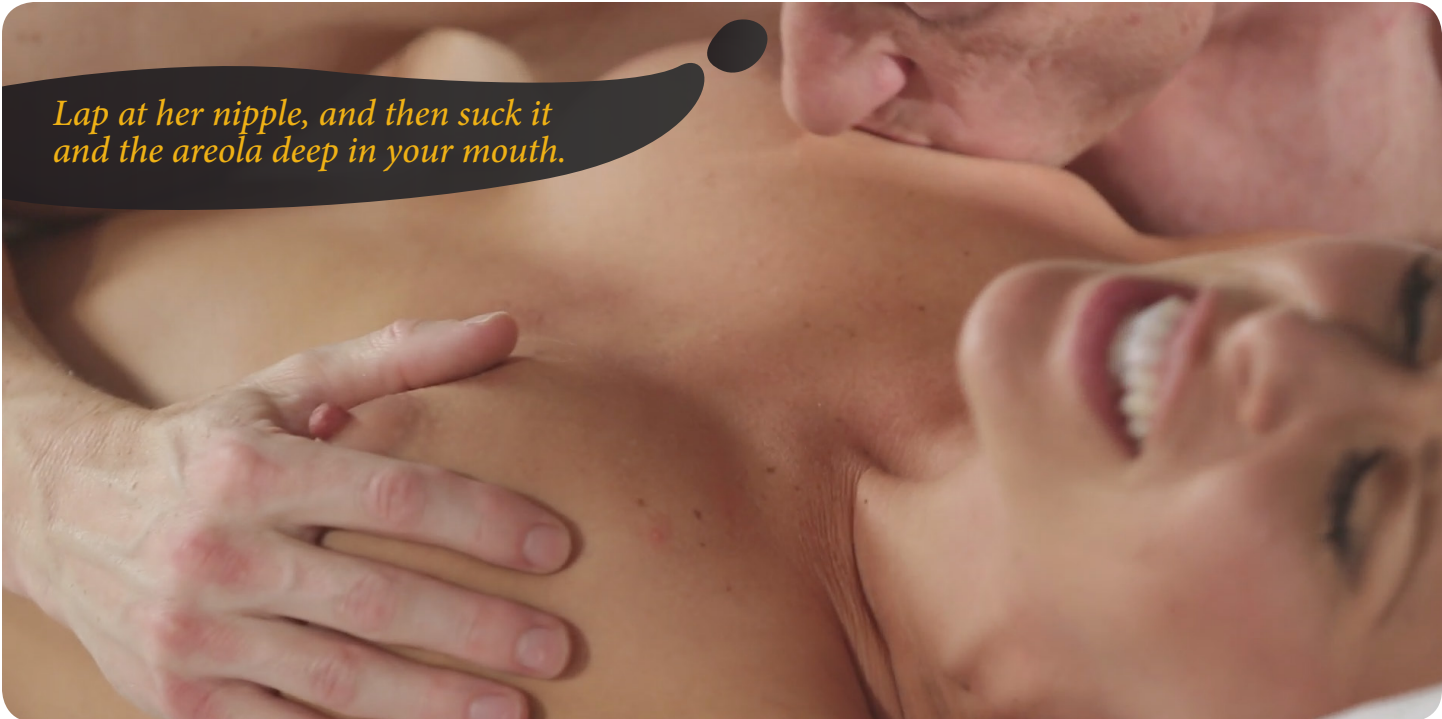
use your lips and teeth (gently) to nuzzle her ear, kiss and suck down her neck...

Tingly Tub

- ✓ **Erotic instructions:** Sit in the tub with your legs dangling over the edges. Then have your partner straddle your lap while facing you, and slowly lower herself onto your penis with her hands on your shoulders or the tub for support. Once you're inside her, begin to rock back and forth. You can intensify the action by grasping her hips to help propel her.
- ✓ **Why you'll love it:** This face-to-face position is seriously intimate. Since the tub is pretty narrow, the splashing water created by your thrusting hits both of your down-there domains, which only adds to the titillation factor.
- ✓ **Aqua extra:** To get into a better G-spotting pose and ensure she squirts, change the angle of penetration by placing your partner's legs over your shoulders and having her lean back.

Ball Booty

- ✓ **Erotic instructions:** This position gives a whole new meaning to the phrase "having a ball". If you have a big shower, have your partner lie facedown on the ground, under the spraying water. Place a ball under her pelvis and ask her to keep her legs slightly spread and her arms out-



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

stretched in front of her. Lie over her in the same position, with your legs together between hers, and enter her from behind.

/// **Why you'll love it: With her pelvis elevated by the ball, you have primo access to her G-Spot.**

The combination of your thrusts and the lapping water against your bodies feels downright heavenly.

/// **Aqua extra: Dig your toes into a rubber shower mat to steady yourselves.** Being anchored gives you better leverage for more passionate pelvic pumping.

Hot-Tub Hug

/// **Erotic instructions: Sit on the bench in the tub, with your knees bent and legs slightly spread, leaning back with your arms outstretched and resting on the edge of the tub.**

Have your partner straddle you, facing forward, and lower herself onto your penis, holding on to your shoulders for support. She should keep her knees bent and feet flat as she moves up and down or back and forth.

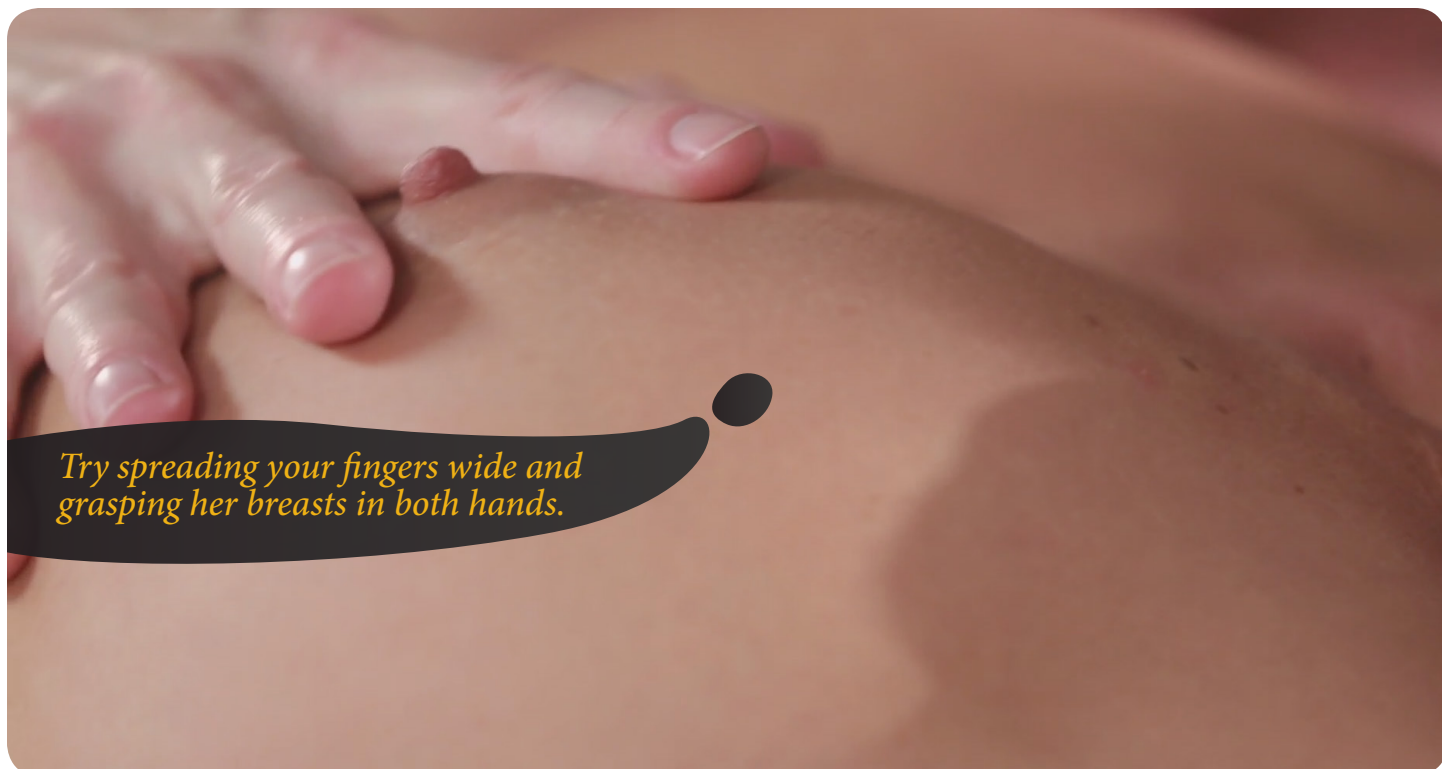
Try various types of pressure, from very soft sucking, to very deep sucking.



- Why you'll love it: **The space between your torsos allows both of you to watch the action.** There's also room for pelvic play, so you can maximize clitoral stimulation by rubbing her bliss button against your pubic bone as she gyrates.
- Aqua extra: **Take advantage of this she-on-top pose to titillate her pleasure-receptive nipples.** Draw gentle circles around them as she grinds.

Saucy Horsey

- Erotic instructions: **Lie on your back in the tub, with your legs straight in front of you.** You can prop yourself up on your forearms if you don't want to get your hair wet. Have your partner straddle your lap facing away from you and slowly lower herself onto your member. She should rest her hands on your pelvic area or thighs to help propel herself.
- Why you'll love it: **This passion position allows for deliciously deep penetration (and gives you a mouthwatering view of her booty bobbing up and down) as the water washes over your bottom halves.**



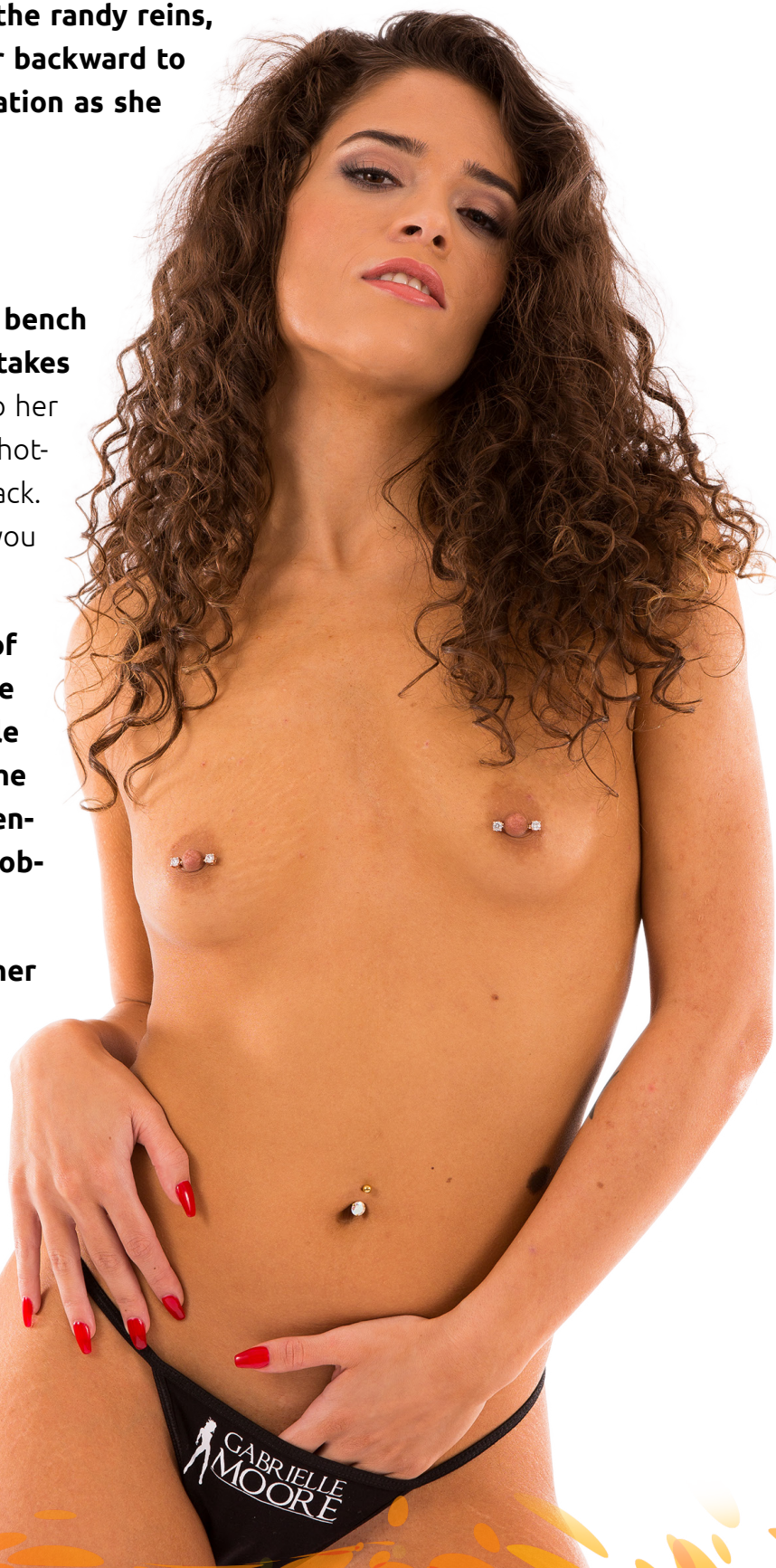
Try spreading your fingers wide and grasping her breasts in both hands.

- /// **Aqua extra:** Since she's in charge of the randy reins, she should lean her torso forward or backward to alter the depth and angle of penetration as she rides you.

Sexy Submarine

- /// **Erotic instructions:** Sit on the hot-tub bench while your partner straddles you and takes you inside of her. Next, lift her legs so her feet are propped up on the top of the hot-tub. Grab on to her thighs as she leans back. She should hold on to your calves as you pull her back and forth.
- /// **Why you'll love it:** The feeling of weightlessness combined with the sensual deprivation of not being able to hear (her ears are submerged in the water) will allow your partner to surrender to the bliss of your member throbbing inside of her.
- /// **Aqua extra:** Ask your partner to further hone her erotic sensory perception by closing her eyes. The more senses she stifles, the more intensely she'll feel the others. For more tips like this one, check out the selection I put together in my program dedicated to spicing up carnal adventures, The Sex Starved Couple – www.gabriellemoore.com/tw/ff.

Lusty Leg



- /// **Erotic instructions:** Fill the tub with a few inches of water, then turn on the shower and let it run lightly. Have your partner lie on her side, propped up on her forearm. She should bend her knee if she needs to. Lift her top leg and straddle her other leg. Once you've entered her, she can rest her lifted leg on your shoulder.
- /// **Why you'll love it:** With you crouching between her legs, your pelvic bone rubs against her clitoris, treating her to a double dose of bliss. And the cascading water showers both of your bodies with massaging droplets.
- /// **Aqua extra:** Work your woman into a frenzy by stroking and lightly scratching the inner thigh of the lifted leg. When she's near climax, gently tug on her nipples and you'll send her over the edge.

Water-Sex Wisdom

Here's everything you need to know about playing it safe while trying aqua poses.

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



Condom Conundrum

Protecting yourselves underwater is more challenging than on dry land. Some potential problems:

Putting on a condom is difficult to do in water. And once you manage to get it on, water can seep in through the base, causing it to slip off.

Products you may use during your erotic aqua adventure (such as bubble bath or shampoo) can break down latex condoms, which are the most popular kind.

To play it safe, you should use a condom anyway (it's easier to put on before getting in the water). If you're having aqua sex with someone with whom you have a monogamous relationship, use another form of protection besides condoms.

Lube Lowdown

"Having sex in water washes away your partner's natural lubrication, which can cause uncomfortable friction during penetration", says Lola Evan, author of 101 Top Foodie Sex Tips. The solution: use plenty of silicone-based lube, which is completely waterproof, making it ideal for underwater sex.

The holistic G-Spot massage step-by-step

Although some women are able to ejaculate via clitoral stimulation or even through other sex play like breast sucking and penile penetration, using your fingers



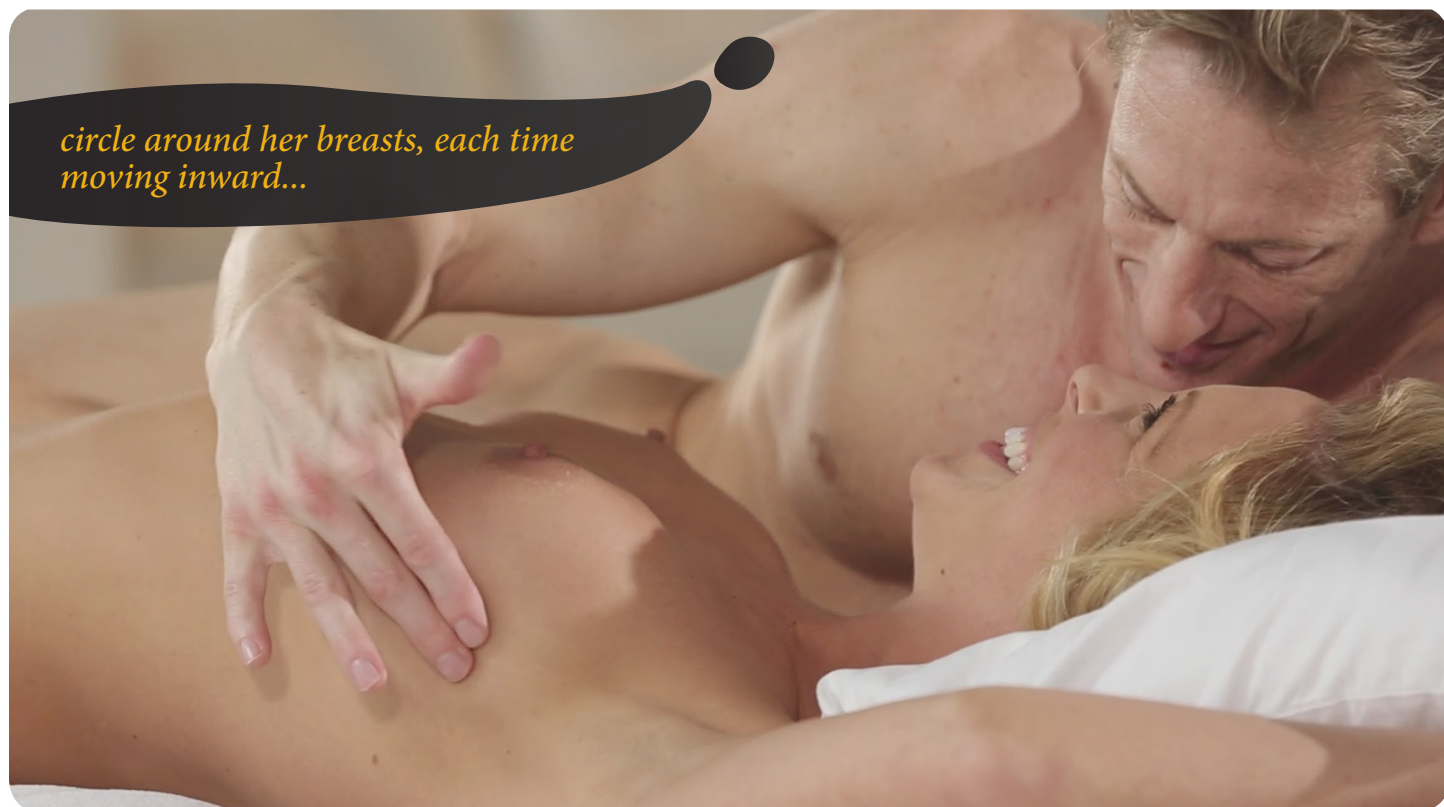
remains one of the most effective ways to make a girl squirt. To achieve this, you have to learn the right way of manipulating her G-Spot. Here are my step-by-step instructions on how to get there the first time you try it.

First, find the G-Spot. It's the spongy tissue located around 1-2 inches in and to the front of your partner's vagina. Have her lie on her back and insert two curled fingers to make a "come hither" motion. This will help you find it faster.

Play with the tissue once you discover where it's at. My personal favorite is the side to side windshield wiper gesture, but a variety of in and out stroking and circles gives a lot of different women a lot of different types of ecstasy. Your partner might prefer the classic deep thrust of the fingers, paired with the in and out pressure, or she might prefer a lighter touch, paired with external pressure on top of the pubic mound. Experiment a ton and you'll know you're doing the right thing when you're causing it to swell and your partner to scream the loudest "oh hells yeah!" you've ever heard. Keep doing that thing for as long as needed.

If your fingers tire before her body manages to get the squirting mechanism kickstarted, it means your partner needs the type of unrelenting stimulation and incredibly firm pressure only a dildo or vibrator

circle around her breasts, each time moving inward...

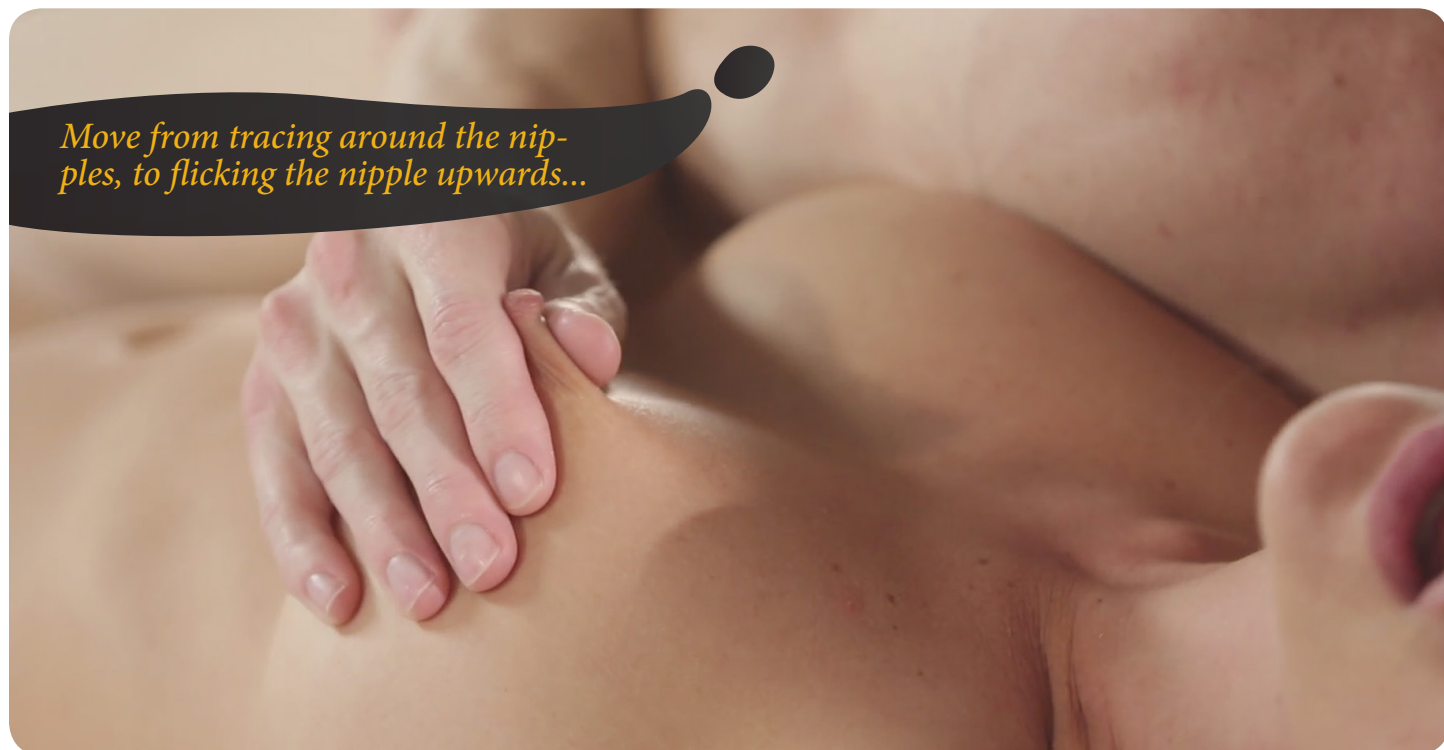


can give. Try a stainless steel dildo or one made of glass – these have both worked for me beautifully. I also had a lot of fun (and an epic G-Spot squirting orgasm that went on for about 20 minutes with wonderful aftershocks) using an acrylic G-Spot Lollipop, so be sure to give that one a try as well. For more information on how to properly use the G-Spot for orgasm purposes, check out the program I created with this particular need in mind, G-Spot Orgasms Made Easy – www.gabriellemoore.com/tw/gsme.

Practice and experiment because every woman is different so there's no guaranteed surefire trick that will make a squirting orgasm happen for every type of G-Spot. Try many different pressures, positions, angles. A vibrator on the clitoris or a pair of anal plugs might help get your partner there faster, but they may also prove to be a distraction – you won't know for sure until you try everything. She'll know she's close when she's feeling an incredible urge to bear down on whatever is inside of her. Moreover, some women can't squirt until their vagina is completely free of everything, so if you hear her scream, "Pull out! Pull out! Pull out!", this might be the sign she's about to squirt.

You can also take things a step further by giving your partner a tantric Yoni massage (yoni is the Sanskrit word for vagina). This is a spiritual treatment practiced for thousands of years in both India and China and aims at opening and healing the vagina by making it "cry and gush" – which means squirt. Begin by using plenty of lube – your fingers have to feel like a snail inside her vagina. In the meantime, ask you partner to breathe throughout the session: she should take in air through her nose and out

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



through her mouth; these breathing patterns will help her stay focused in the moment and better embrace what she's about to experience. She should also try and move as much as possible while you're massaging her vagina and her G-Spot – "the more she moves her body the more fluid is created and it becomes more easy for those molecules to travel out of her in the moment of squirting", says Deborah Sundahl, author of *Female Ejaculation and the G-Spot*.

Now for the actual fun! Have your partner lay on her stomach and start massaging her entire back, from the tip of her head to her feet, first over the nightgown and then, as you continue and you slowly remove the fabric bit by bit, directly on her naked skin. After this, ask her to turn onto her back and start slowly massaging her chest and breasts before moving to the vagina. Begin with lots and lots of gentle external stroking and caressing, using copious amounts of warm oil, and then insert your fingers, increasing the rhythm only slightly. When she's starting to shake and you know she's close to orgasm, take your free hand and press it hard on one of her palms. This is a move that brings you closer intimately and pushes her down from the precipice of ecstasy. After she's climaxed, don't stop, just change the movements. You should still be gentle, but move your fingers faster and with more pressure. Your hand should penetrate her vigorously and rhythmically for at least a couple of minutes and she'll finally, surely squirt, shaking and trembling like never before in her life. This is quite the emotionally healing experience as well, and you'll notice that you'll both come out of



this closer as a couple, not only more rich in terms of your sexual routine. You'll definitely want to see this one performed on screen as well, so be sure to check out the video I created for this – my sexy instructors can't wait to show you how easy they squirt and how much fun they're having!

TECHNIQUE 3

The multidimensional squirting orgasm

Do you know that having multiple orgasms is one of the most healing things that can happen to a woman's body? That all women can have them if their bodies are relaxed, thus allowing the energy to flow? If you want to tap into your partner's orgasmic potential and use its power to create the squirting reality you want in your sex life, then you've come to the right place, because this last technique tackles this precise subject – how can you give your lady the multi-dimensional climax she's probably never before experienced in her life.



When she is climaxing do not stop or change what you are doing.

Sexual thrall – preparing her body for out-of-this-world juicing

Want to entrance a woman totally when it comes to matters of the bedroom? Stop worrying about technique (for a second) – it's attitude that counts! You don't have to be a walking sex manual or have a body Channing Tatum would kill for to qualify as an erotic enchanter. But you do have to learn to manipulate a woman's most sensitive sex organ: her brain. Capture a woman's imagination, and her body is yours, that's what I tell all my patients. And many a female's mind is free for the taking. That's because a great number of women are practically bored out of bed by the uninspired sexual patterns they've established when it comes to their regular lovers. Instead, they long for a self-confident seducer who's willing to take charge in order to fulfill their sexual needs – which are not merely to achieve an orgasm, but to achieve all of them – especially the multidimensional one I'm going to describe in the next chapter. If your love life has been fizzling instead of sizzling, making certain changes in the ways you think and act in bed can turn you into a sex god before your very next amorous encounter. The following tips will teach you how to unleash your own erotic power – and use it to your advantage.

Build her hunger

"I sometimes think the steamiest times of my life, sexually speaking, were in high school, when I wasn't yet ready to go all the way", a patient of mine told me during one of our sessions. "Now I use that passion build-up in my relationship. Rather than jump into bed right away, I adore making out for



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

hours at a movie theater or on a dance floor, and when I see that my partner is ready to take things further, I delay the sex itself for a couple of days. The waiting brings our desire to the boiling point – and keeps it bubbling!” You can copy this behavior too, because no woman expects this kind of treatment and she’ll be both pleasantly surprised and teased into a state of steamy anticipation. You know you’re there when the touch of your hand gives her goose bumps and she’s always wet and ready. When you’re finally surrender to your desires, you’re likely to tear your clothes – and the sheets – to shreds with all that build-up passion. “Building a woman’s hunger means gradually whetting her appetite and heightening her pleasure for when you’re finally ready to satisfy it”, says Unique Lekrell, author of *Sexual Appetite: Are You Hungry?* Women too love to feel off-balance, unable to figure out what it will take to get you in bed – this isn’t a territory reserved for the guys exclusively. Your remaining just a little bit inaccessible keeps your partner crazy for you. An exercise that I like when it comes to building erotic hunger is the “May I?” sex. When you request permission before laying a hand (or lip or tongue) on her body, as in “May I please



suck your nipples?” or “Can I put my hand between your legs?”, the naughty factor is increased because it means sex is no longer a given. You’re basically demonstrating to your partner that her body is not taken her granted, but lusted after and requested – this is extra erotic. Another reason to have “may I?” sex: simply vocalizing words that usually remain unspoken is a tawdry treat in itself, especially if you don’t ordinarily use X-rated vocabulary.

Rethink your routine

Want to know what are women most attracted to when it comes to sex? It’s not how big a man’s package is. What inflames a woman more is her man’s inventiveness and playfulness in bed, qualities some men let slip away in the long term, which in turn dissolves the intimate erotic bond that had once held their sex life together. “Many couples fall into this sort of sexual rut. They depend on a few tried-and-true erotic routines and that’s it. Over the years, they set up a kind of nonverbal contract: these positions or practices are okay; those are too kinky”, says Emily Dubberley, author of *Sex for Busy People*. I know why this happens. Men think that their partners will be shocked if they suggest anything but the most straitlaced sex. So they remain silent and fantasize about the adventurous loving they would love to partake in. It’s up to you to get rid of your fears and inhibitions and tempt your partner into sex acts you’ve so far been too scared of asking your lover to try. Making just a few bold suggestions (an unusual position or a new, naughty place to make love) can reap major erotic benefits. Example: When you’re just hanging on the couch, straddle her suddenly, pull her head back with a tug of her hair and just sort of, well, take her. A powerful and unexpected push, squeeze, kiss or grab is guaranteed to set your mattress ablaze. You’ll both get excited when you play the tiger and your touch is anything but tame. Show your partner she can turn to you for the erotic excitement she craves and your bond will never weaken.

Calm your fears

When it comes to size, Freud may have been wrong. For women don’t suffer penis envy – men do. The first question a male patient asks me is almost always about the size of his erection. “Men measure themselves down to the quarter of an inch and yearn to be reassured they’re not tiny”, says Ian Kerner, author of *She Comes First*. They’re always afraid their partners have known other lovers who were bigger and better. They fear they’re too small, too fast, too slow, too unskilled, and that their performance will not meet their ladies’ expectations. But a sexual enchanter knows how to nip those fears before they reach the bedroom. Instead of looking for the woman to comfort him, he concentrates on making her feel amazing and lavishing her with sexual attention. When you take the lead, from foreplay on, you

demonstrate how much you desire your lover and this is the greatest aphrodisiac for any woman, and for yourself as well. When you see her so turned on, your every insecurity will be dispelled. When you make all the moves and she orgasms again and again, you'll feel like the greatest lover alive. Plus, after such exhilarating and pleasure-enhancing experiences, most women are more than willing to return the favor and make you feel better than ever. For more crucial tips on how to last longer than ever and be forever rid of the annoying curse of premature ejaculation, check out my program on the topic, Last Longer Tonight – www.gabriellemoore.com/tw/llt. You'll find here all the information you could possibly need on this thorny subject.

The multidimensional squirting orgasm step-by-step

To achieve the much coveted sizzling multidimensional squirting orgasm, you need an entire night of naughty sexual adventure. My playbook has everything you need for a thrilling, so fulfilling experience that culminates with the maximum pleasure you could both receive: the daringly complex squirting climax. Below you'll find a list of six sinful, titillating skin-on-skin games that get you there. Let the festivities and frolicking begin!

Start with a session of Red Hot Confessions

Get comfortable on the couch, with a couple of cocktails, and prepare to pass some very naughty notes – but sorry, no touching allowed just yet! Grab a pen and paper and each write the following sentence, filling in the blanks however you desire: "It makes me incredibly turned on when I..... my partner's hot....." Be as creative, sexy, and push-it-to-the-limit as you want. Then exchange your papers, and with a luscious, enticing voice, slowly read each other's X-rated sentences out loud. Start picturing the scintillating scenarios you're describing – see every delicious detail. Remember, the more risqué you let your imagination get, the faster things will heat up and the more incredible your night will be. Now add a lusty edge to your game by playing a scorching hot round of Truth. Take out a coin and flip it. Whoever gets tails must make the first confession about a hedonistic deed they've always found secretly intriguing and might even like to try tonight. If you get so insanely aroused that you have to drop everything and do it right this second, all the better.

Continue with the Sweet Surrender

Put on some music to get you both fired up, then blindfold your partner with your necktie, making sure

she can't see a thing. Very teasingly, start trailing your fingers across her breasts, lower abs, and around her buttocks. Slowly remove her top and skirt, blowing breath on her skin as it becomes exposed. Take a minute to admire her in nothing but her bra, panties and heels, then drag your tongue lightly over her breasts, just above the fabric of her bra. Lick along the back of her bra strap before unlocking it and sliding it off. Now lick the skin alongside her panties, across her lower back and cheeks, around her abdomen, and down both sides of the V of her panties in front. Pull her panties slowly down her legs and off. Then hold the pillowcase with a hand at each end and gently rub it across her breasts, just grazing her nipples teasingly. Slide it between her legs so she gets just the slightest touch of cotton – she'll go crazy. Softly pull it back and forth, making her so excited that she absolutely can't stand it for another minute. Next, pour a little dessert liqueur on your finger and tell her to open her mouth and lick it. Mmmm, good. Instruct her to open her mouth again, then pour a drop of liqueur on your penis and lean over to place it in her mouth. Mmmm, even better! Bring a cup of hot tea and one of icy water in the bedroom with you as well. Once you have both beverages ready, ask her to lie back on the edge of the bed with her legs apart. Kneel between her legs then sip the hot tea. Stick out your toasty tongue and lavish her with love from top to bottom. Now take a drink of icy water and indulge her with every kind of lick imaginable. With a pointed tongue, make tiny figure eights on her clitoris. Sip and repeat until she's close to her passion peak or desperately pulls you on top of her.

Finish things off with the Randy Rodeo

Sit on a chair, and have your partner slowly slide your penis inside her, facing away from you and giving you a gorgeous rear view. Ask her to put her hands behind her back and tie them with your belt or a scarf. Command her to move her body up and down on your penis while you drive her wild by gently tugging on her hands with the belt, bringing them towards you. After several minutes, turn her around, kiss her hard and deep and whisper that you want to lie on your back on the bed. The next step is for her to ride you in classic woman-on-top style, but first she should slide the belt around her (as if she were putting it on, but without bucking it) and position it halfway down her butt. Grab an end in each hand – these are your reins. As she moves her hips, pull and steer her any way you like. As you both get closer to climax, roll her over in missionary style. Sling the belt around your tush and have your partner use it to pull your body closer with every thrust. The squirting orgasm she'll have at the end of all of this will definitely be one to remember! Watch my saucy assistants replay this erotic scenario and they'll surely convince you why these are definitely techniques worth trying as soon as possible with your partner.

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