

Fingering Fanatics Edition

AROUSING HER
APPETITE WITH
HAND MADE
PLEASURE



*Double
Fingering
Delight*



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Part 1: Introduction

Hello Lover!

Welcome to my latest program, Naked U 3.0, where I will be teaching you via eBooks and video courses, advanced sexual skills so you can become the best lover for your partner ever!

Today we are learning advanced fingering techniques in this eBook, G-spot Buzz: Manual Stimulation for Squirting Orgasmic Pleasure. During this course we will focus on the best fingering techniques for G-spot pleasure and Squirting Orgasms including advanced fingering fun with sex toys! You will learn cutting-edge G-spot anatomy, all about squirting, how the clitoris and G-spot are connected, and of course, some amazing fingering techniques you can use on your partner today, to give her amazing G-spot squirting orgasms.

Erotic fingering is the best way to awaken your lover's G-spot because the G-spot requires a subtle and precise type of touch that you are unable to deliver with your penis. Fingers are very nimble and adapt at pleasuring, from sensual massage, to groping, rubbing, applying pressure, intricate movements and more. So, read on dear lover (or watch along with our video!) to discover new ways to make your sweetheart come!

This eBook is written with the most up-to-date information on advanced fingering techniques for the G-spot pleasure. It features hands-on exercises and techniques to help you easily learn new sexy skills that you can start using on your partner today.

So, are you ready to join me? Super! Let's begin!



If you want to learn how to become the best lover and last longer in bed, check out our eBook: Last Longer Tonight : www.gabriellemoore.com/tw/llt

How to Become a G-spot Guru

Gurus are not born, they are made. By that I mean, if you take enough time, effort and get the knowledge you need to learn a new skill, after a while you can become a Guru at it. Today we want to learn how to become a G-spot Guru.

Through our video and eBook course we have given you the knowledge, now you just have to read, watch, learn, practice and you too can become a G-spot Guru.

Sexual Communication

Communication during G-spot sex is especially important, because the G-spot, like the cervix and deep spots, can hold a lot of tension, past traumas, feelings of self-loathing, not-enough-ness, fears, anxiety, guilt and more. So, she needs to fully trust you to open up to G-spot pleasure. She needs to open and surrender and become vulnerable in front of you and with you. And, that my friend is not an easy thing to do.

In order to help her open to G-spot pleasure you must be 100% supportive of her feelings, any emotions that might come up during G-spot sex like crying, anger, hysterical laughter; and let her know it is safe to explore these emotions with you. That it is safe to let go, to open to pleasure, to be held, loved and fucked (yes, fucked) wide open.

You need to be her white knight, her stallion lover, her super hero in the bedroom, her Don Juan, her lover, her healer and her strong comforting partner and friend. If you want her to blossom into the Sex Goddess she really is, that wild, wanton woman inside, then be sure to hold space for her to BE who she needs to be, in order to bloom.

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” — Anaïs Nin

Her Sexy Anatomy

Whether you have taken any of my programs before or are well-verse in female anatomy (or not) there is always something new you can learn about the her sexy female anatomy. I know this because I am a woman and have been studying sexology for years, and still don't know everything about how my sexual erogenous zones work.

So, I would like you to take a look at the diagram below and study it. Think of it as an exciting treasure map or an unexplored tropical island where exquisite pleasure awaits! I want you to look at your map in detail and use it to plan your sexual journey into her erotic pleasure, sexual awareness and orgasmic abilities. The more you can visualize this map while making love to her (and know how each section on the map responds to stimulus), the better able you will be to turn on her hot spots, and in particular, her G-spot.

Her Treasure Map to Her Erogenous Zones

The Four Major Hot Spots

There are four major hot spots (or erogenous zones) that we are going to look over briefly. The most important ones that we are concentrating on for this e-Course are the Clitoris, G-spot and A-spots, which make up the female erectile system.

The Vulva

The vulva is the exterior part of the female genitals and consists of the external clitoris, the urethra opening, the opening to the vagina, the perineum, as well as the inner and outer labia.

The Clitoris

The clitoris is “the bomb” when it comes to female pleasure and genital arousal. Like a man’s penis, the clitoris has erectile tissue that swells with blood when aroused. With over 8000 nerve endings, it is the only organ on the human body made solely for pleasure.

The Internal Clitoris

But, even more amazing is that the clitoris is MUCH



bigger than most people realize! What you see on the outside of the vulva is only a very small part of the clitoris, the head or glans. The entire clitoral structure goes deep under the vulva, and looks rather like a wishbone, with two legs (the crura) and two bulbs (the clitoral bulbs or vestibules) which lay beneath the labia lips.

As you can see by the above drawing, the clitoris cuddles the urethra and top sides of the vagina, so is thought to be part of the G-spot and urethral sponge. The clitoral structure is a labyrinth of erectile tissue and nerve endings that encompass every other erogenous zone in the female genitals.

Clitoral Orgasms

Clitoral orgasms are usually a quick tension and release type of orgasm, like a sneeze. Therefore, the orgasm peaks quickly, for a couple of seconds, then quickly drops off. Usually after a clitoral orgasm, women find their clitoris too sensitive to stimulate again, resulting in one quick orgasm.

The G-spot

What is the G-spot? To tell the truth, no-one really knows. While there has been some study into the G-spot, scientists continue to debate over whether it actually exists or not. Let me tell you





unequivocally, that the G-spot does exist and every woman has one. That means that every woman is capable of G-spot orgasms and female ejaculation.

The problem is, the female erectile system remains a mystery, and women have been taught for a long time that vaginal and G-spot orgasms are hard to achieve, and that not every woman can have one. This mis-information has prevented women from exploring their G-spot, or if they did and failed, they were left believing they were not capable of it, so give up trying.

Here is what we do know. The G-spot is part of the urethral sponge (of female prostate) and is a zone that starts about 1-2 inches inside the vagina on the frontal (belly side) wall. It feels rather wrinkly at first, like the ridges at the top of your mouth, but once stimulated balloons out into a spongy, prune-like tissue inside the vaginal wall. Once aroused, the erectile tissues swell with blood and the entire zone becomes super sensitive to touch.

G-spot Orgasms

G-spot orgasms are deeper, wetter, often continuous orgasms that can last for a long time. They usually feel more fully bodied than clitoral orgasms as they expand throughout the body. When stimulated correctly, the G-spot has the power to unleash explosive orgasms and female ejaculation.

If you are interested in learning some amazing oral sex techniques, check out our eBook: Oral Rapture: <www.gabriellemoore.com/tw/or>

Female Ejaculation

Female ejaculation comes from two Skene's glands (also known as the lesser vestibular glands, periurethral glands, paraurethral glands) which are located on the lower end, on either side of the urethral opening. These secretory glands have ducts which drain into the urethra and lubricate the vulva. When the G-spot and other parts of the female erectile system are stimulated, they can produce female ejaculate.

Some women can ejaculate via G-spot stimulation, some during clitoral stimulation. FE can happen together with orgasm or without and is called squirting or gushing.

Learn all about G-spot orgasms and female ejaculation in my e-book Mastering Her G Spot at: <http://www.masteringhergspot.com/>

Diagram Showing the Location of the Skene's Glands

“Give your partner an advance warning before doing things you’ve never done before.”

What is Female Ejaculate?

Female Ejaculate has been called Amrita, Soma, Ambrosia, Nectar of the Goddess, Elixir, Cum, Gushing, Squirting and Coming, among other terms. Research in this area indicates that female ejaculate is made up of urea, creatinine, prostatic acid phosphatase, prostate specific antigen, glucose and fructose levels.

According to Tantric practitioners Devi Ward and Marthe Schneider, there are actually four different kinds of female ejaculate (or fluids) which can be secreted during high states of sexual arousal and orgasm. Two types are urethral emissions and the other two are vaginal emissions. However, only one of these is similar to male ejaculate.

The Four Types of Vaginal Secretions:

1. Urinary Bladder Discharge comes from the bladder and is emitted out of the urethra. It is very watery in nature with no color or scent, so is not urine, although trace amounts of urine can be

found in it. This discharge can be experienced like urination and can also be emitted in large quantities called squirting. It is believed to be part of the lymphatic and endocrine systems, in which the kidneys pull fluid from the body during sexual arousal and fill the bladder. In a study performed by gynecologist, Samuel Salama in France with seven women, in which the women emitted large amounts of fluid from their urethra (up to a glass of water), showed that five of the women had “a small amount of prostatic-specific antigen (PSA) present in their squirted fluid – an enzyme not detected in their initial urine sample, but which is part of the ‘true’ female ejaculate...” PSA is a substance found in male ejaculate and comes from the male prostate gland. In women, PSA is produced mainly by the Skene glands, says Salama. According to... In Tantra, this liquid is called “Amrita” which means something like “divine nectar” which is slightly sweet in taste and usually is associated with G-spot orgasm.

2. Prostatic Fluid, which is technically called “real” female ejaculate by researchers that comes from the Skene’s Glands, is also emitted via the urethra, is a thicker, viscous, milky fluid, like watery semen, which comes from the G-spot, also known as the female prostate gland or urethral sponge, which surrounds the urethra. The female prostate gland is a form of erectile tissue (like the penis) which gets engorged with fluid upon sexual stimulation. Only around one to two teaspoons of this fluid is emitted during sexual arousal. This type of fluid is slightly odorous and doesn’t smell



or taste very good. It can usually happen during a powerful clitoral orgasm.

3. Gushing is a vaginal emission that is like Urinary Bladder Discharge in that it is watery in nature, and this fluid gushes out of the vagina in a stream usually during penetration, increasing vaginal lubrication. Gushing can happen during deep A-spot stimulation.
4. Cream or “come” is the last type of female ejaculate, similar to prostatic fluid in consistency, in that it is thick, viscous, creamy like a pearly essence. In the ancient Taoist tradition, this cream was referred to as Cream Essence of Woman which was much revered because of its sweet taste. Women often mistake this as discharge, but it is actually creamy come related to deep cervical-uterine orgasms.

How to Female Ejaculate?

Female ejaculation happens most often when the G-spot is being stimulated. However, just because the G-spot is stimulated doesn't mean a woman will easily expel fluid or squirt. There are many conditions that need to be in place for a woman to be able to achieve female ejaculation. The great news is, every woman can emit female ejaculate if she learns how.

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

Essential Requirements for Female Ejaculation

Okay, so what are the essential requirements for female ejaculation?

To learn more about the art of female ejaculation, check out our eBook: *Squirting Orgasm Shortcuts*: www.gabriellemoore.com/tw/sos

Emotional Requirements:

Open Mind – It makes sense that having an open mind is important to experiencing orgasm and female ejaculation. You have to be willing to believe it can happen and also open to new possibilities, while letting go of goal-orientated sex, in order to get into a state where female ejaculation is possible.

Communication – As I mentioned before in this eBook, communication between partners is essential to helping her be able to achieve FE. This is communication before, during and after sex.

Safety – Safety is right up there with communication when it comes to her being able to orgasm and experience FE. If she doesn't feel safe, she will be unable to relax, let go and surrender.

Being Relaxed – G-spot orgasm requires one to relax, unlike the clitoral tension and release type of orgasm. With clitoral orgasm we tend to tense up as we peak, whereas with G-spot orgasms it is all about letting go. Therefore, the more relaxed she is the easier it is for her to let go and surrender into orgasm. Also, with G-spot orgasms she should try to push out, expel, let go, rather than tensing and pulling inward.

Surrender – Women need to be able to surrender to be able to orgasm. In fact, in one study, Janniko Georgiadis at the University of Groningen in the Netherlands, found that an area of the brain called the left orbitofrontal cortex (OFC) turns off during orgasm. And speculates that, “perhaps only by letting go, so to speak, can orgasm be achieved.”

Physical Requirements:

Strong PC Muscle – Women need to have a strong PC Muscle in order to achieve orgasm because they force female ejaculate from the urethra. Since the PC muscle also encircles the outside of the vagina, healthy PC muscles will improve sexual arousal, allow her to reach orgasm more easily, experience more powerful and pleasurable orgasms, and may even help her achieve multiple orgasms as she learns to better control and respond to her own sexual arousal. Fit PC muscles also improve G-spot stimulation and can help her learn to experience G-spot orgasms and female ejaculation easier.



Inability to Orgasm – If she can't experience orgasm, or has a hard time achieving orgasm, she will not be able to squirt. This is rather obvious, but women can squirt without orgasm. It is just a lot harder if you are not orgasmic already. Good thing is, most women, unless they have a physical impairment, can learn to orgasm.

Sufficient Intense Stimulation – Stimulation needs to be sufficient in order to orgasm. This means long enough, intense enough (including firm pressure) and also skilled stimulation that turns her on the right way.

High Arousal – She needs to be really turned on in order to squirt. Period. Think 30-60 minutes of foreplay, warm-up and intense stimulation before she will reach G-spot orgasm and ejaculation.

For more exciting tips on how to spice up your sex life, check out my e-book *The Sex Starved Couple* at: <http://www.thesexstarvedcouple.com/>

The Deep Spots

Our final spots that we will want to go over are the AFE Zone and Cervix, also know as the deep spots.

The AFE Zone

The AFE Zone consists of two "spots" at the top and bottom of the cervix, called the A-spot (or anterior fornix and posterior fornix). These spots are deep recesses with "arches" that surround the cervix like a deep groove or valley, and then a ridge.

There are four fornices (two lateral that are unnamed), as well as the posterior fornix



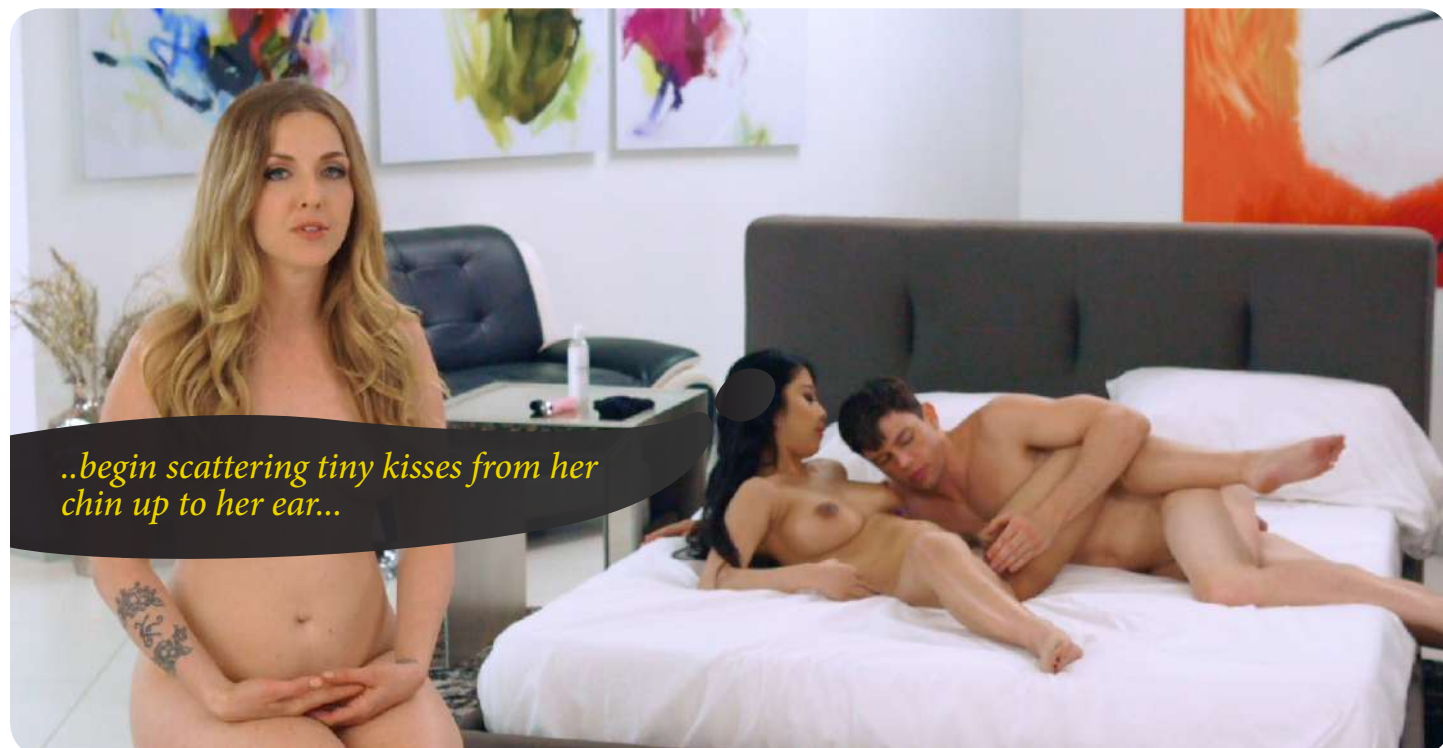
which is the larger recess behind the cervix, close to the recto-uterine pouch (beside the rectum) and the anterior fornix that is close to the vesico-uterine pouch (beside the urethra and bladder). It is the anterior fornix that we would hit first when feeling inside the vagina at the back end, then the cervix, then the posterior fornix.

A-spot Orgasms

The AFE Zone has also been referred to as the epicenter, second G-spot or female degenerated prostate. These areas can be stimulated by a penis, fingers, or long dildo which can result in large amounts of sudden fluid emissions, as well as intense orgasms within 5-10 seconds of stimulation. The doctor who named these areas the A-spot, Dr. Chua Chee Ann, also claims that women can achieve 30-40 orgasms in one minute with practice.

The Cervix

In Taoism the cervix is called the third gate, with the clitoris being the first gate and the G-spot as the second. It is said that the gates must be opened (stimulated) in sequence to be able to open (turn on) the third gate. This makes perfect sense, because as we know, the clitoris is usually the first part of the genitals you would stimulate to turn on the other areas inside the vagina.



..begin scattering tiny kisses from her chin up to her ear...

The Cervix itself, lies at the very back of the vagina, past the G-spot. It is the entrance to a woman's uterus and protrudes into the vagina, like a rounded button, resembling the head of a penis. This part of the cervix is called the Ectrocervix, while the opening into the uterus is called the Internal OS.

Cervical Orgasms

Cervical orgasms have been described as deeper, full-bodied, spiritual, expanded orgasms like an ecstatic tingling experience or "a shower of stars'..." While clitoral orgasms have a quick peak and then quickly drop off, G-spot and Cervical orgasm come in waves of bliss, with pleasurable sensation that can last for hours.

The Nerves of the Female Genitalia

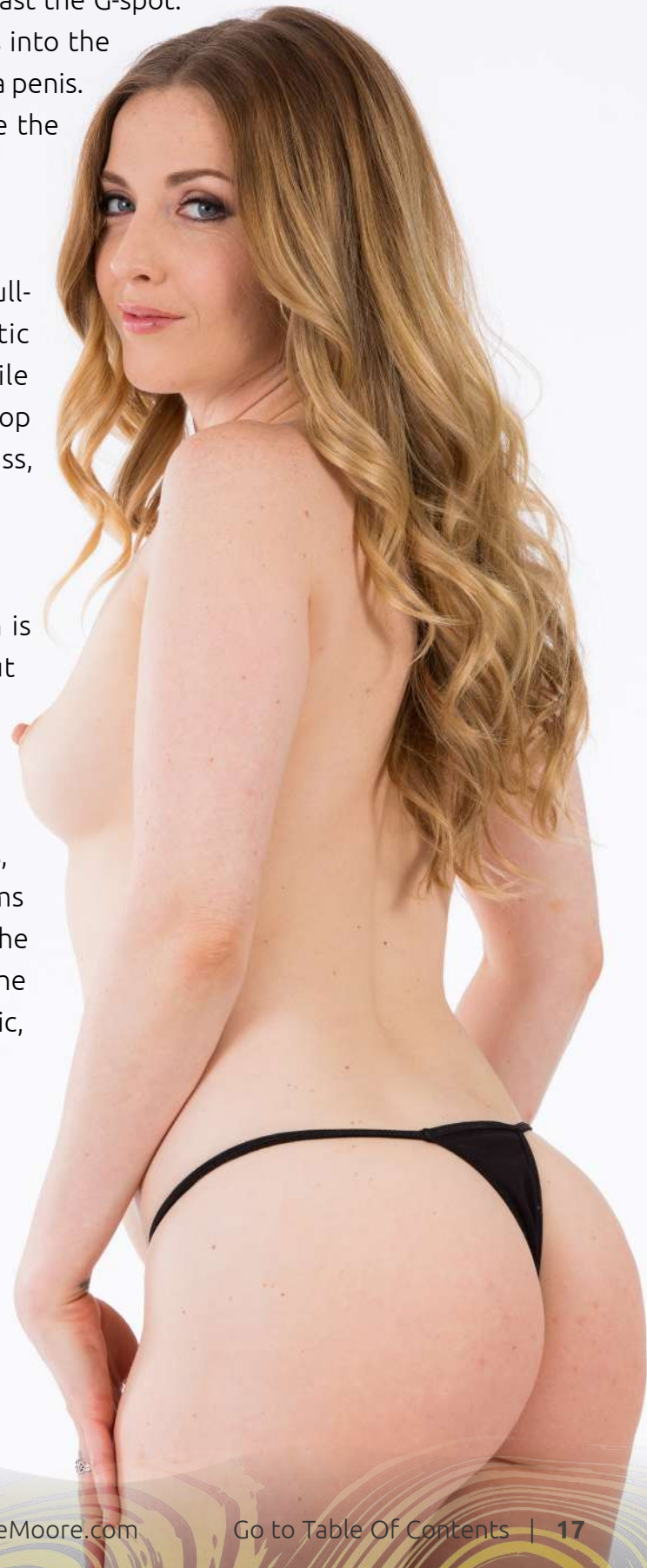
You have probably heard the saying, that the brain is our biggest sex organ. This is true, because without the nerves that send information to the brain about sensation, the ability to achieve orgasm would be impossible.

Different nerves supply different regions of the genitals, which likely explains why clitoral and vaginal orgasms feel different. The clitoris is supplied by one nerve (the pudendal nerve), the G-spot by the pelvic nerve and the vagus nerve, while the cervix has 3 nerves (hypogastric, vagus and pelvic).

The Brain's Pleasure Center

The brain has a pleasure center (or reward circuit) that lets us know when something feels good including sex. Some of the areas in the pleasure center include:

- ▮ The amygdala which regulates emotions.



- // The nucleus accumbens which controls the release of dopamine.
- // The ventral tegmental area (VTA) which releases dopamine into the system.
- // The cerebellum which controls muscle function.
- // The pituitary gland which releases beta-endorphins, which decrease pain; oxytocin, which increases feelings of trust; and vasopressin, which increases bonding.

Now that you have learned all about how the female genitals function, you are ready to start the stimulation techniques.

Part 2: Three Advanced Techniques for Clitoral & G-spot Fingering

Remember that Taoists say that there are 3 gates that need to be opened in sequence? Well in order to open the 2nd Gate: The G-spot, a woman must be very turned on. So, the first technique we are going to look at deals with foreplay, including stimulation of the breasts and nipples to awaken the G-spot and a clitoral warm-up.

Prepping for G-spot Fingering

In our first eBook: Digital Acrobatics: The 3 Best Positions for Fingering Pleasure, we go over how to



Try playfully tickling the undersides of her breasts and along the sides...

prep your hands and fingers for finger play. This includes making sure your hands are clean, trimming your nails, and using gloves if needed. You will also find some limbering up hands and finger exercises there to refer to as well.

Check out our eBook to learn all about Passionate Positions at: <www.gabriellemoore.com/launch/nus1>

The other things you will want to do is get all your supplies ready. These could include:

- // A G-spot blanket that will absorb fluids, or a painter's plastic drop sheets from the hardware store.
- // Several large absorbent towels.
- // Lots of water-based lubricant (natural, paraben and sugar free are the best).
- // A nice massage lotion or warming massage candle.
- // A pitcher of water for rehydration during your G-spot fingering marathon.
- // Snacks like finger food if you plan to be having sex for a few hours.

Okay, now you are ready... Set, Go!

Technique 1:

G-spot Ménage a Trois Awakening the G-spot with Breast Stimulation and Clitoral Warm-up

This technique is a warm-up technique to use during foreplay. But, just because it is technically foreplay, doesn't mean it is not as



important as sex-play. In all actuality, foreplay is more important than sex-play when it comes to getting a woman turned on and firing up her libido, so she is fully prepared for sex.

As we learned earlier, the G-spot requires lots of pre-arousal before it begins to swell and becomes big enough that we can find its location in the vagina. That's why foreplay and turning on her other erogenous zones are so important for G-spot play.

During this technique you are going to introduce breast massage and nipple stimulation to your repertoire, in order to awaken the G-spot, followed by a clitoral warm-up.

The Science that Links Breast Arousal in the Brain

When we think of the female erogenous zones we tend to focus on the genitals and ignore the breasts. Or, if we do play with the breasts it is only for a short time, on our way down to the genitals. Today, I want you to think of the breasts and nipples as a part of the female body that are highly orgasmic, just by themselves.

Did you know for example that the same area of the brain that gets stimulated during clitoral and vaginal sexual pleasure, known as the "genital sensory cortex", also lights up during breast and nipple play? And, women said they experienced heightened sexual arousal due to nipple stimulation in a 2006 study? Pretty amazing!



When a woman become erotically aroused, her breasts, nipples and areolas swell with blood and become very sensitive. Nipples have over 800 nerve endings and the nipples are even more sensitive when they are erect. Stimulation of the nipples also releases oxytocin (the love hormone), which cause uterine contractions, and help to produce orgasms in the vagina. Nipple stimulation also sends tingles of erotic sensation to the genitals, arousing the clitoris and vagina to prepare her for penetrative sex.

See our top selling eBook: *Flesh on Flesh* for more advanced massage techniques: <www.gabriellemoore.com/tw/fof>

Steps to This Technique

Step 1: Getting Ready

- Let's begin by assembling all our sex play tools in the bedroom, or where-ever it is that we will be having sex. Set the mood: lighting, music, turn up the heat, light incense, and have munchies and water standing by. You may also want to have a light meal and a glass of wine beforehand to get relax and unwind.



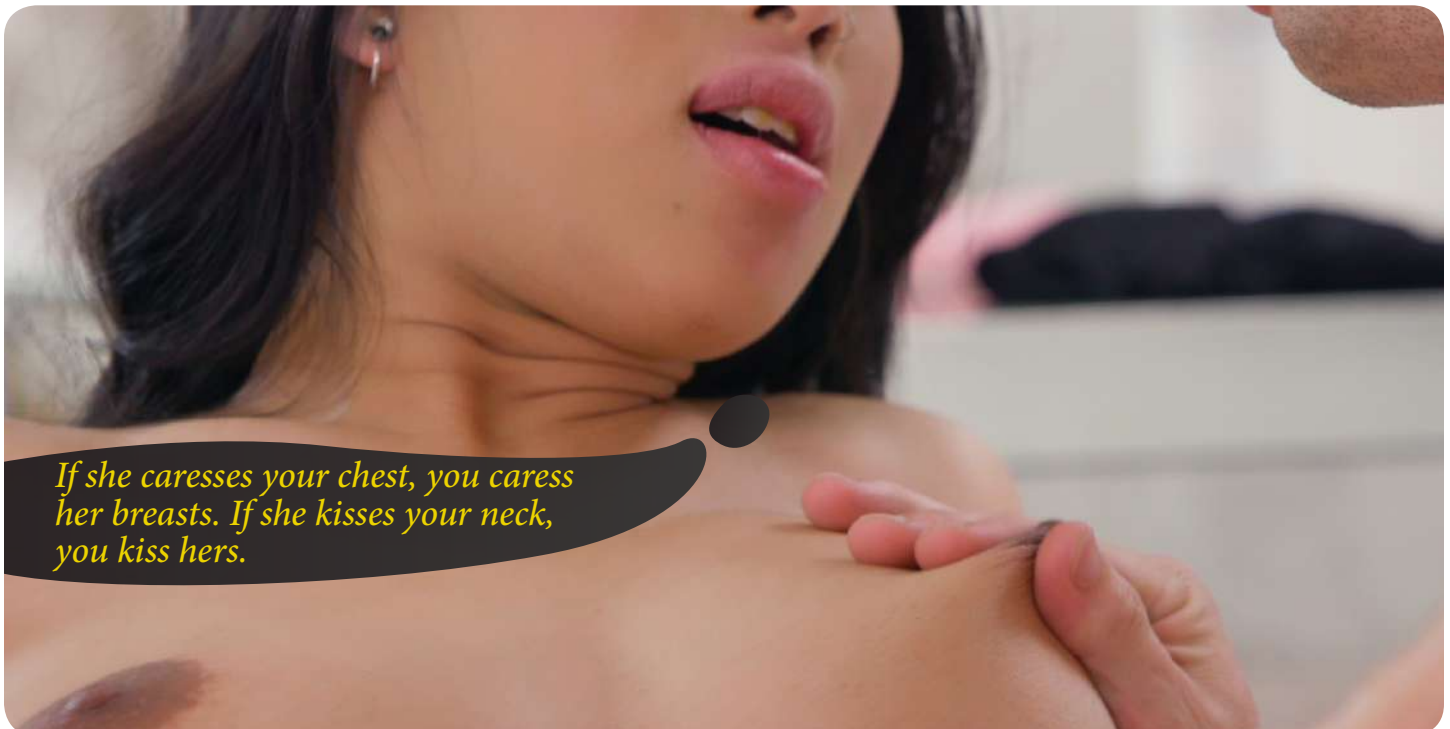
*While pinching her nipples gently,
pull the breasts out and upwards...*

Step 2: Making Out

- Start with a heavy make out session, kissing, heavy petting, feeling her up (and down), and undressing each other. Remember when you were a teenager how hot making out was? Bring in some of that adolescent energy to rev it up.

Step 3: Breast Massage

- You can start with a full body massage, or get straight to massaging her breasts, whichever she prefers. Warm your massage oil between your hands or use a warming candle oil, then apply it to her skin rubbing gently all over, or you can drizzle the warm oil between her breasts and start from there. Coconut oil warmed slightly in the microwave beforehand can also be used, just test it first to make sure it is not too hot. The goal is to get her relaxed, so she can open up, then slowly build arousal.
- She should focus on her breath, taking long, deep inhales and exhales through the nose, lightly constricting the back of the throat so that the breath makes a whispering “haaaa...” sound, without opening the mouth. This is calming, grounding breath is called “Bliss Breath” and is used in Tantra to help her get out of her head and into her body. This breathe also creates the “feel good” hormones serotonin and dopamine .



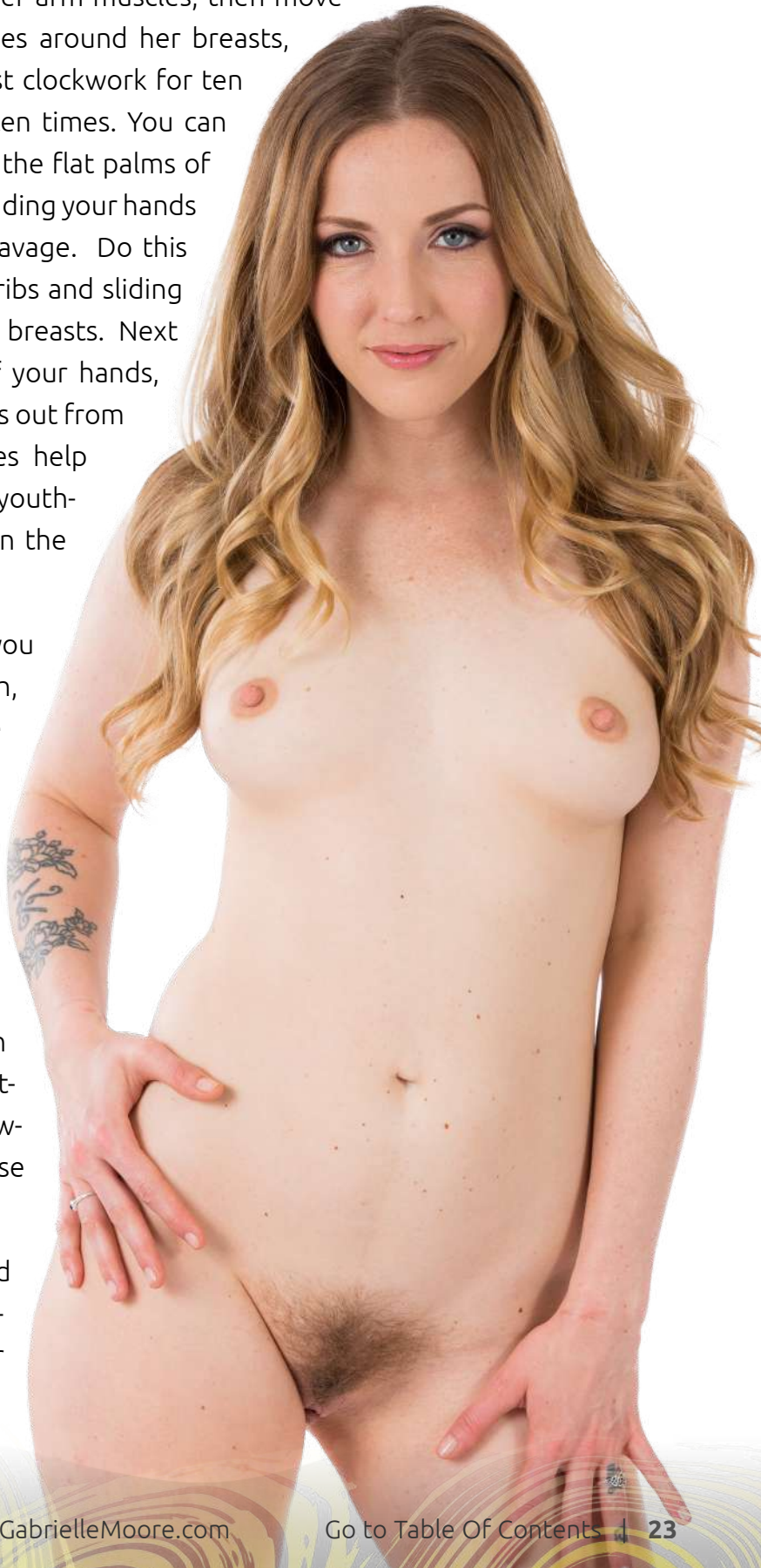
If she caresses your chest, you caress her breasts. If she kisses your neck, you kiss hers.

Begin by massaging her shoulders, upper arm muscles, then move down to the rib cage. Massage in circles around her breasts, slowly moving in toward the nipples, first clockwork for ten times, and then counter-clockwork for ten times. You can also squeeze the breasts together using the flat palms of your hands, starting at the armpits, and sliding your hands together from each side toward the cleavage. Do this same technique beginning at the lower ribs and sliding the hands up and together as you lift the breasts. Next gently grab her breasts in the palms of your hands, squeeze gently and slightly lift the breasts out from the ribcage. These massage techniques help to uplift the breasts, make them more youthful and healthy. It also releases toxins in the lymph nodes.

Now that her breasts are warmed up, you can start to stroke with feather light touch, the area around the areolas. Place the palms of your hands over the nipples, fingers splayed wide, and then draw your fingertips towards the nipples with light feathery caresses ending at the tip of the nipples. Do this until her nipples start to become perky.

Next draw circles around the nipple with the fingertip of your pointer finger starting at the outsides of the breasts and drawing your way in with tickling touch to raise goosebumps over her breast tissue.

Her breasts should now be awakened and ready for more intense stimulation. Begin to tease the nipples by placing your

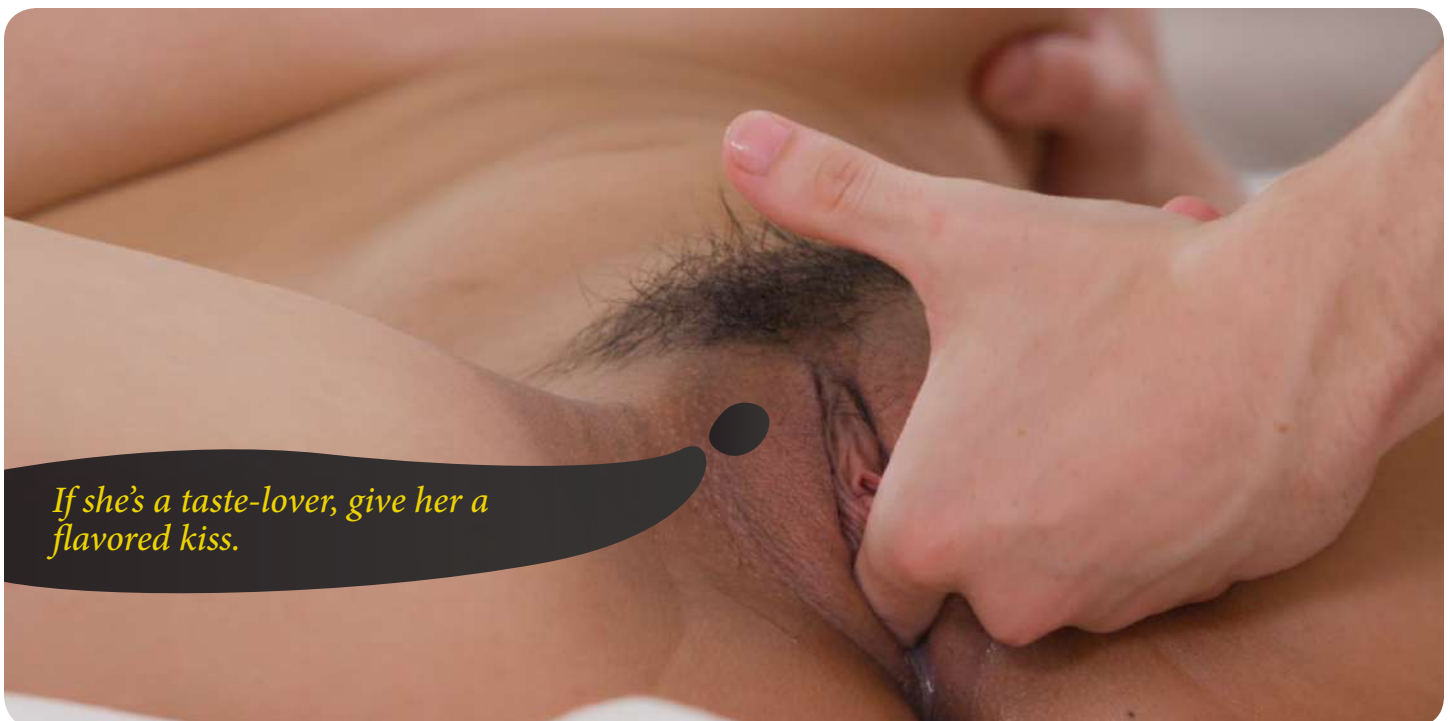


thumb and fore finger at the base of the areola a squeezing gently. Pull the nipples outward and upward then release. Do this technique several times until she begins to feel a tingling in her genitals. Pinching from the root of the nipple releases oxytocin. Go from pinching to gently sliding your fingers from the root to the top of the nipple slightly tugging and keep alternating.

- She should be feeling the pleasurable sensation of increased endorphins in her body. You can now pull the nipples out slightly, again from pinching at the root of the nipple, the areola, and then rolling the nipples between thumb and index finger. Try different types of pressure to see what she likes.

Step 4: Clitoral Warm-up

- She should be extremely turned on now and ready for clitoral play. Move your dominant hand down to her labia lips and begin rubbing the outer and inner labia. Make sure you've got lots of lube. Next, lift one breast and begin lapping at her nipple with your tongue and circling around the nipple.
- Continue to rub and massage the labia until the lips naturally open to you and begin rubbing the vulva with your finger tips from perineum to clitoris in soft, gentle touches. Continue to lap at



If she's a taste-lover, give her a flavored kiss.

her nipple. Once you reach her clitoris, circle around it until you reach her sweet spot and the focus there. As you begin to touch the clitoris start sucking her nipple deep into your mouth for a few seconds, then allow her nipple to pop out of your mouth. Continue to stimulate her nipple and clitoris until she is juicy and wet and begging you for more.

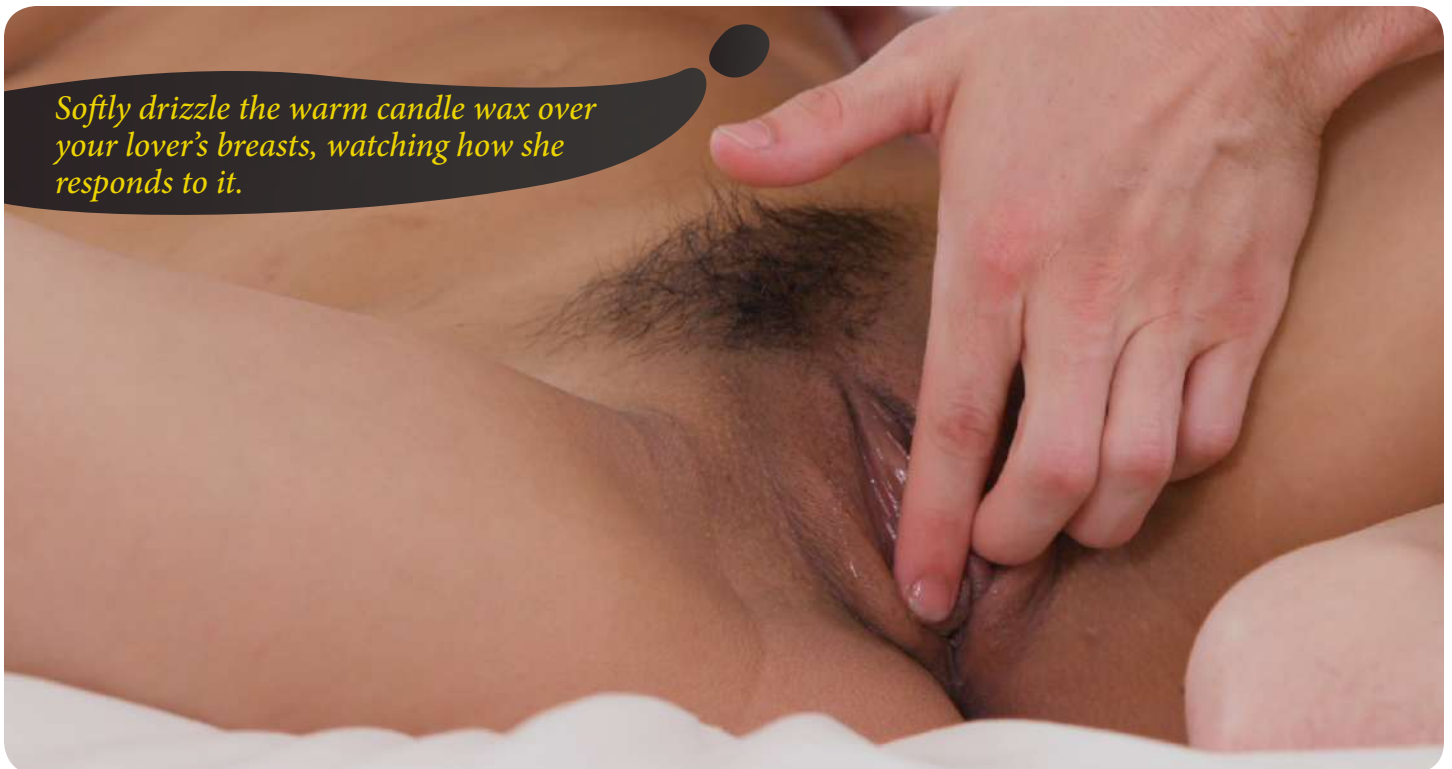
Step 5: G-spot Ménage a Trois

- /// The following techniques are going to require that you become very good at multi-tasking. You are going to stimulate three parts of her body at once. You will continue to stimulate her nipple, stroke her clitoris and apply a G-spot massage. Sounds tricky. Well, you may want to practice this for a bit, which means more time for sexplorations!
- /// While you continue to suck and lap on her nipple (you can also add soft nibbles if she likes that) while squeezing her breast with one hand, the other hand is going to enter her vagina. She should be naturally slippery with her own lubrication, but it doesn't hurt to add a bit more. Using two fingers enter her vagina, pads of your fingers pointing up towards her belly, and use your thumb to continue to rub along the top sides of the clitoris. If she prefers one side, focus there, as that is her sweet spot.



- Feel inside her vagina for the top wall 1-2 inches in depth where the G-spot resides. There should be a ridged, wrinkly area there and that is her G-spot. It may be deflated at this point or slightly aroused.
- Use acupressure to press into this area gently. At first, she may feel tension or pain, allow her to feel her way through the discomfort until she begins to feel pleasure. If she is feeling pleasure, continue to add more pressure as she likes it, along with the clitoral and nipple stimulation.
- As the G-spot tissue begins to swell with pleasure, try other forms of stimulation including the "Come Hither" stroke, tapping, and pressing into the G-spot then pulling out while applying pressure along the G-spot body from tail (about 2 inches in the vagina at the end of the G-spot) to the head at the front of the vagina just below the urethra.
- Continue varying these strokes apply more pressure as she likes it. If she likes one type of stroke in particular, focus on that. At this point many women enjoy a kneading feeling of pressure pushing into the G-spot like you're kneading dough. She may also enjoy deep thrusting, slow and hard into her G-spot, or simply just pressing and holding without movement. Experiment to find her favorite technique. Continue nipple and clitoris stimulation until she comes.

Softly drizzle the warm candle wax over your lover's breasts, watching how she responds to it.



Step 6: G-spot Ménage a Trois Orgasmo

During orgasm she may push your fingers out with the contractions of her vagina. This will allow her to release female ejaculate. Each time she comes, or ejaculates, you can thrust your fingers in again to keep her squirting and peaking in orgasm in a continuous orgasm. Her orgasm will probably be very powerful and explosive due to the triple stimulation of her nipple, clitoris and G-spot simultaneously or G-spot Ménage a Trois!

Watch Gabrielle's instructors demonstrating any of these above techniques by clicking [here](#) to go to video.

Technique 2:

Advanced G-spot & A-spot Orgasms Using Sex Toys

Intro to Advanced Clitoral & G-spot using Sex Toys

For our second technique on G-spot pleasure we are going to be using sex toys as tools to help you



give your lover a G-to-A-spot blended orgasm.

Sex toys have come a long way and are fairly mainstream these days. You can buy them in drug stores and at your local big box store. Many couples enjoy playing with sex toys during sex, to enhance their love lives. Sex toys are a great way to spice up your sexy time together and can facilitate more pleasure by getting to hard to reach erogenous zones, adding vibration for more stimulation, and allowing you to pleasure multiple places at once.


Choosing the Right Dildo

Today we will be using a dildo to help us stimulate the G-spot and to aid in reaching the A-spot and Cervix, or Deep Spot. Dildos are perfect for penetrative sex either for the vagina, G-spot or anal pleasure.

To find out more about how to do anal sex, see our eBook - Anal Pleasure for Her: <www.analpleasureforher.com>

You will want to choose a dildo that is specifically used for G-spot play and should have these qualities:

- Has a curved shaft to help in angling towards the G-spot.
- Is at least 7 inches in length so you can reach the deep spot.



Start with gentle caresses, then begin raking her bare skin with your nails for a sharper...

- Has a smooth bulbous head to massage the G-spot.
- Made out of high quality, body-safe material like silicone, glass, or stainless steel.
- Has a base at the bottom that is easy to hold on to.
- Has ridges or ripples on the shaft for extra stimulation (optional).
- For the purpose of this eCourse we chose the Silicone Love Rider Rippler, but you can choose any G-spot type dildo that matches those qualities above.

Technique 2: Advanced G-spot & A-spot Orgasms Using a Dildo

The Dildo Tango

Steps to This Technique

Step 1: Clitoral Warm Up with Fingers

- Every time you have sex with your lover you should start with a “warm-up”, much like you would before engaging in exercise. The warm-up helps her get in the mood and allows her body to relax for sex. You want her totally turned on, juicy and craving to have sex with you. The warm-up takes place after you have gone through at least 20-30 minutes of foreplay first.
- So now that she is getting in the mood after your foreplay, you can lube up your fingers and start stimulating her vulva. We already have a clitoral warm-up in Technique 1, so you can refer back to that for your warm-up.

Step 2: Fingering the G-spot

- Once you have her clitoris and vulva all warmed up, you are ready to enter her vagina for G-spot pleasure. Again, you can refer back to Technique 1 for more G-spot massage techniques.

Dildo Techniques

Once she is aroused, and you have opened her with your fingers, she may be ready for more. If yes, then perfect, we can move onto the Dildo Techniques and give your fingers (at least on one hand) a break.

Step 3: Entering her Vagina

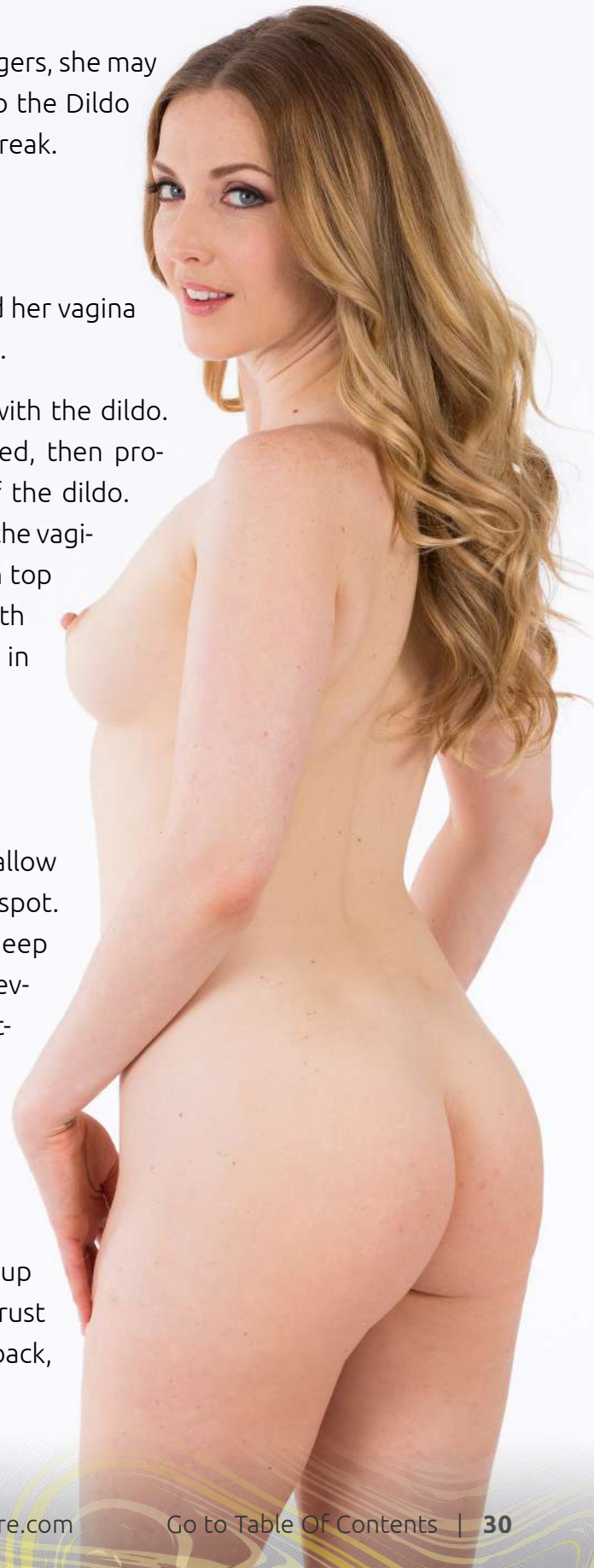
- ✓ You will need to make sure you lube up the dildo and her vagina well. Dildos tend to be very drying, unlike a real penis.
- ✓ Make sure she is ready for you to enter her vagina with the dildo. Ask permission. Once she has enthusiastically agreed, then proceed. Slowly enter the vagina with just the head of the dildo. Next draw a circle with the head of the dildo inside of the vagina so you are massaging top, left, bottom, right, then top again in a circular motion. Mirror this movement with your finger stroking the clitoris. Then reverse rotation in both the vagina and around the clitoris.

Step 4: Short and Sweet

- ✓ Start thrusting into the vagina in slow, short, shallow thrusts 1-2 inches in depth to begin arousing her G-spot. Try several short strokes in a row and then one long deep one to take her by surprise. Continue this method, several short, one deep while you press her clitoris repeatedly like a button upon the clitoral hood and stem going back onto the deeper tissue.

Step 5: Rock and Roll

- ✓ Go back to shorter thrusts and start rocking the dildo up and down, putting pressure on the G-spot at top. Thrust in about 2 inches, then rock the dildo up while pulling back,




rather like doing a “Come Hither” movement with the dildo itself. If she likes this, you can continue rocking it in and out, or try just rocking up and down and thrusting deeper into the G-spot. During the G-spot rock and roll, start to flicker or rub your finger quickly over the top of the clitoris focusing on her sweet spot. Keep your finger here and continue the stimulation for as long as you can, or until she orgasms.

Step 6: The Twister

/// The Twister works pretty much like you would expect. You twist the dildo with the head still placed on the G-spot body left and right as if turning a radio dial. You can also pump the dildo up and down as you do this. Continue clitoral stimulation, varying circles, flickering and rubbing on her sweet spot.

Step 7: Milk the G Spot

/// Milking the G-spot is similar to the Rock and Roll, except you are going deeper into the vagina,



A good rule of thumb is to handle her breasts the way you might hold a full water balloon...


to hit the A-spot and Cervix, while thrusting up and dragging along the G-spot when you pull out. Continue clitoral stimulation and variation.

Step 8: Deep Spot Bump & Grind

At this point she may have already experienced orgasm. If she has, that's okay. If she has more endurance, and is ready for more, go for it. If she hasn't had an orgasm yet, keep going! We are now going to penetrate deeply with deep thrusts and then rub against the deep spot (A-spot and Cervix). See what kind of stimulation she likes here from a bump and grind, to just holding on the cervix, to a deeper feeling of penetrating the cervix. Continue clitoral stimulation and variation.

Step 9: Deep Thrusting Ecstasy

Finally, we come to the finale! She should be ready to explode now with orgasmic ecstasy, squirting and full-bodied, continuous orgasm. Continue clitoral stimulation and variation. Thrust deep into her vagina with the dildo (if she likes this) with long, deep strokes. Try different rhythms from



*Lick off one flavor, and then make
your way over to the other...*

slow, to medium to fast, hitting the back of her vagina in a pressing motion she comes explosively.

So, that's how to give your lover exquisite pleasure with a dildo!

Watch Gabrielle's instructors demonstrating any of these above techniques by clicking here to go to video.

Technique 3: Five Finger Vibe Jive

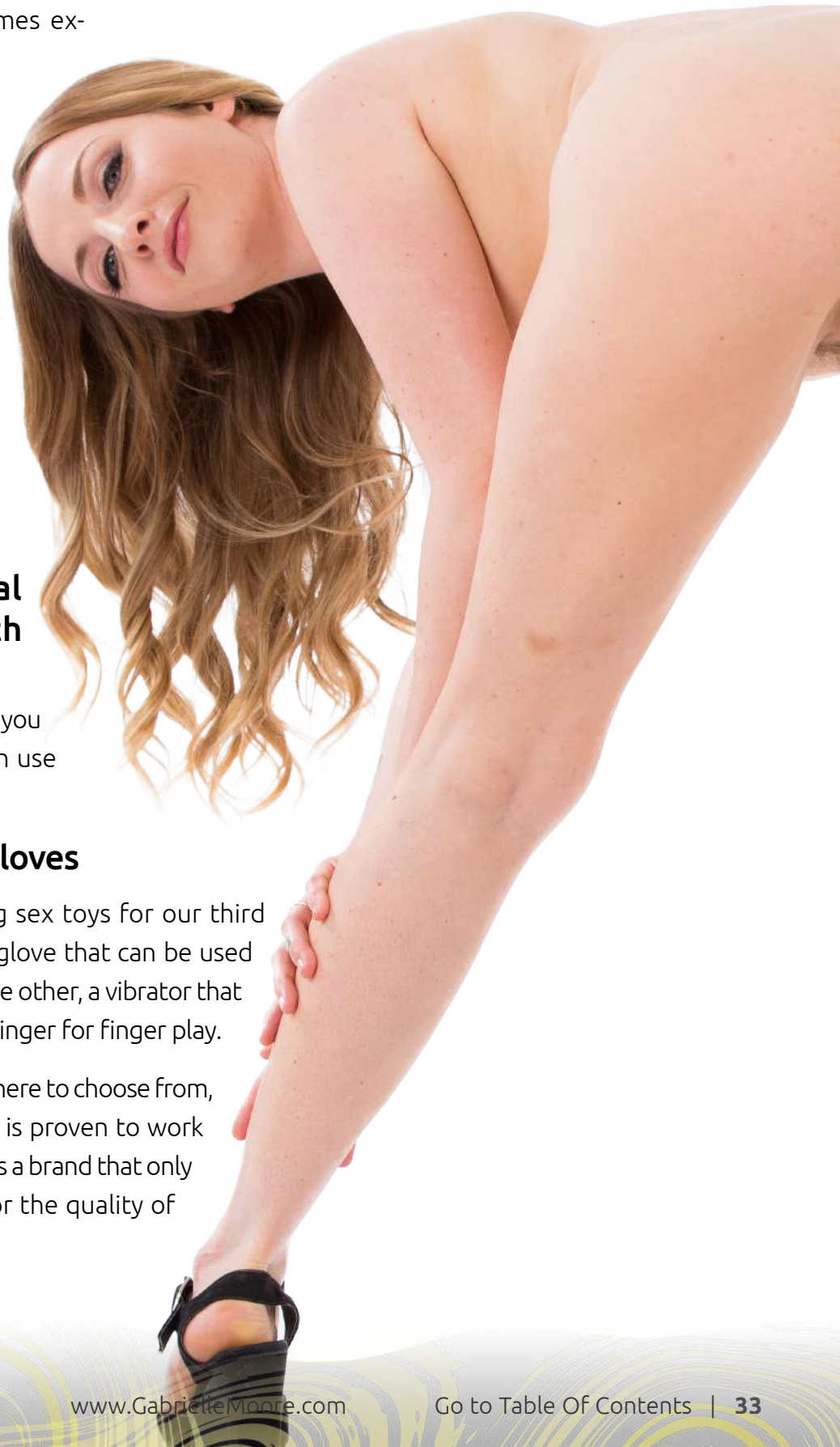
Intro to Advanced Clitoral & G-spot Stimulation with Finger Vibes

In our third technique, I will introduce you to finger vibrators and how you can use these to enhance finger play fun!

Finger Vibes & Vibrating Gloves

We will use two different vibrating sex toys for our third technique, one which is a vibrating glove that can be used for all types of erotic massage, and the other, a vibrator that you can use as an extension of your finger for finger play.

There are lots of finger vibrators out there to choose from, but I wanted to get something that is proven to work well with strong vibrations. Fukuoku is a brand that only makes fingerplay toys and is known for the quality of their products.



Five Finger Massage Glove

The Fukuoku is a vibrating massage glove that fits over the entire hand. The Five Finger massage glove is made of Lycra which is waterproof and conductive to all oils, lubes, creams and gels. Each finger tip generates 9,000 vibrations per minute for the ultimate in total body massage and fingering. Comes in small, medium and large sizes, as well as left and right hands and features multi-speed vibrations. With thousands of tiny fingers stimulating and manipulating her most sensitive areas the Fukuoku vibrating glove opens up worlds of erotic possibilities for you and your partner.

Fukuoku Three Finger Massager

The Fukuoku Three Finger Massager is a multipurpose, multispeed finger-enhancing vibrator to thrill you in more ways than one. This vibrating finger glove conveniently fits on your wrist like a watch. Flexible 100% surgical grade silicone stimulation tips are textured and body safe for sensational massage. Lightweight and convenient, this sleek, streamlined design works like an extension of your hand with adjustable finger fitting rings. Power pack sends out an incredible 27,000 vibrations per minute with 3 speeds to select using dial up controller.



Technique 3: Five Finger Vibe Jive

Techniques for Advanced Clitoral & G-spot Stimulation with Finger Vibes

Advanced Clitoral Fingering with a Vibrating Glove

Steps to This Technique

Step 1: Full Body Vibrating Massage

- ✓ Vibrating Massagers were originally made for massaging sore muscles. Women quickly figured out a better use for them, and soon they were selling off the shelves of Sears and Roebucks to give women relief from “Hysteria”, which is another term for being sexually frustrated.
- ✓ Before we dive into sexual finger play, I invite you to try out your vibrating glove as a full body massager to relieve tension and stress and get her relaxed for sex. You can use the vibrating glove on all the areas you would normally massage: shoulders, feet, back, buttocks, upper chest, breasts, legs and of course, her yoni. Choose a massage oil that you like so the Lyrca gloves glide



smoothly over her body. I like warmed Coconut Oil for erotic massage, as it can be used on the body and also her vulva.

Step 2: Get into Position

- You need to get into an advanced Missionary Position like the one above, which is called the Deck Chair Position. But, basically any position will do with the guy on top kneeling before her. Your partner should lie on her back, legs spread wide, knees slightly bend. She can also place her legs up with feet resting on your shoulders. You can use pillows to further prop up her hips and under her neck to get her in a better position for fingering. See our first eBook and video in this series for more advanced sex positions you can use for fingering called: Digital Acrobatics: The 3 Best Positions for Fingering Pleasure.

Step 3: The Bliss Breath: Orgasmic Breathing

- She can practice orgasmic breathing; a Tantra technique called the "Bliss Breath" which I explained earlier in this eBook during the Breast Massage technique (see Technique 1).

Step 4: Rousing Venus

- Put on the vibrating glove and turn it on to the lowest vibrating setting. On the other hand strap on the Fukuoku Three Finger Massager which you will use later during these techniques. You may feel a little bit like Robo Cop but remember this is all in fun and for sexual pleasure.



- /// To begin our yoni massage, start at the Mound of Venus also called the pubic mound, and use your vibrating glove to tease her lower belly and pelvis by running your fingers through her pubic hair. If she has no pubic hair, gently tickle the top of her mound, and insides of her inner thighs with your vibrating fingertips.

Step 5: Labia Flutter

- /// Next, run your vibrating fingers over her outer labia, in a featherlight tickling manner. Run your fingertips over her outer thighs, then back to her labia again. Place your middle finger in between her outer and inner labia lips, while ring finger and pinky finger tickle one side of the outer labia, and pointer finger and thumb the other side. Stroke down from top of vulva to perineum in slow strokes.

Step 6: Vulva Tease

- /// Now, open the inner labia to reveal her pussy. Apply lubricant to your gloved hand and drizzle it over her vulva. Lightly slide hand from top of vulva to perineum again. This time use your fingertips to circle around her erogenous zones as you slide down. Circle around the clitoris, U-spot, vaginal opening, then vibrate the perineum in soft slow circles and back up again.

Step 7: Infinity Stroke

- /// Next, use one or two vibrating fingers to stroke a figure eight from just above her clitoris and around, then down to her U-spot crossing over on top of it, around the outside of the vaginal opening, and back up, crossing over the U-spot again. Allow your fingers to linger on each erogenous zone as you draw around the loops.

Step 8: Tickling the Clitoris

- /// Now, the real fun begins! Using the vibrating glove, take two vibrating fingers to tease the top clitoral hood. Start with low vibrations and adjust to stronger vibes as she likes it. Draw small circles around her clitoris, but don't stay in one place for long. You want to get her wiggling her bum until she can't stand it and begs for a firmer touch.

Step 9: Sweet Spot Vibrations

- Now, find her sweet spot again (top left or top right on her clitoris close to, but underneath the clitoral hood). Rub one vibrating fingertip over this spot, up and down to begin with. Next try back and forth and see which stroke feels better to her. When doing these strokes, you want to maintain contact with the clitoris at all times, without lifting your finger. As she gets more turned on, make your strokes smaller, until you are holding your fingertip just on her sweet spot with delicious vibrations.

Step 10: Advanced G-spot Play with Finger Vibes

- Continue sweet spot clitoral stimulation with your vibrating glove with one hand and stimulate her vagina with the Fukuoku Three Finger Massager.
- First, use one or two vibrating finger pads to stimulate the vaginal opening with the Fukuoku Three Finger Massager. Make sure to use lube, so the silicone tips easily glide over her skin. Draw circles around her vaginal opening, and then run one fingertip down her slit repeatedly without entering. Continue this technique until she is begging you to come inside.

Step 11: Entering Her Vagina

- Enter her vagina with one to two fingers and sweep around inside the vagina in circles to stimulate top, sides and bottom walls.

Step 12: G-spot Buzz

- Next, find her G-spot and position your fingertips pointing up, and softly stroke the top wall back towards the vaginal opening. Continue this step until her G-spot begins to swell and she is very turned on. Try to vary your strokes, from circles on the G-spot, Come Hither strokes, and pressing into the G-spot.

Step 13: Jilling Her Off

- With the vibrating glove, gently grasp the clitoral hood between your thumb and index finger and slide the hood up and down over the glans as if you were jerking (or jilling) it off. Make sure

one finger is making contact with her sweet spot as you do this technique.

Step 14: G-spot Bounce

As you Jill her off, use your G-spot hand to thrust deeper into her G-spot. You can add the third finger if she likes. Push into her G-spot with the finger pads and then, pull back along the G-spot body to the vaginal opening with a waving stroke (as if waving up and down with your fingers, as your palm stays still). At this point she may want deep G-spot stimulation, so encourage her to rock her hips in a rhythmic manner to meet your thrust. This thrusting motion is more like a bounce, as you push into and bounce off her G-spot repetitively. Vary pressure as she likes it until she comes.

Watch Gabrielle's instructors demonstrating any of these above techniques by clicking here to go to video. For more advanced G-spot techniques see our eBook - G-spot Orgasms Made Easy at: <www.gabriellemoore.com/tw/gsme>

In Closing

Hey Lover! You are now a G-spot Guru. I hope you have found some exciting new tips and techniques in this eBook and video course. Practice what you have learned with your lover, and if she's game, watch the video together to become the best G-spot Guru you can, and introduce her to a whole new world of exquisite, squirting orgasms.

For more fingering techniques check out our eBook - Flirting Fingers at: <www.gabriellemoore.com/tw/ff>

Good luck, play safe and have fun!



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