

The Oral Obsession EDITION

REIMAGINE
YOUR ORAL
SEX GAME IN
BOMB NEW
WAYS AND
NEVER BE
BORED IN BED



Tongue Twister

Positions



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Section 1 – Facts & Theory

The danger of a mediocre tongue for sexual connection

Oral sex is a highly intimate act and also a complicated event. It's not some frivolous, mindless act. It requires precision and dedication; concentration, skill and patience. It takes a lot of work and quite a bit of trust, and many people find oral sex to be way more intimate than regular, run-of-the-mill intercourse. Perhaps this is because oral sex triggers a lot of feelings of vulnerability, and it's emotionally intense to let someone so close to your most sensitive parts.

And this vulnerability is not only felt by the receiver, but also by the giver: there's no position more vulnerable than being on your knees, with your head between someone's legs. With sex, you're equals. You both control the level of intimacy and you're both getting something out of it. But eating her out automatically puts her in control. You're in the submissive position.

It's also, at the core, a purely selfless act, as opposed to sexual intercourse, which is mostly selfish. Sure, you want the other person to get off, but your orgasm is your first priority. If you're giving your partner cunnilingus, you're serving her with no guarantee that you'll receive the same



satisfaction. You're giving up your pleasure – and perhaps suffering some discomfort – for the sake of making her happy. You're valuing her pleasure above your own. You're showing her you genuinely care that she feels good.

Because of this, oral sex remains one of the most pleasurable and orgasmic sex acts, so learning how to perform it is an essential step in enriching your sex life and making sure it's as wonderful and spicy as it can be. Because one thing is for sure: oral sex is a job that takes skill. It's not something that can be taken lightly. "One wrong move with oral sex, and someone could get hurt (think teeth), because it's a sex act that requires your attention and affection", says Christian Radley, author of *The Art of Oral Sex: All There Is to Know About Cunnilingus and Fellatio*.

One of the things that I've always failed to grasp was why, considering oral sex can be so fun and intimate and it can lead to some of the most intense orgasms, so many people downplay it as a warm up before the main act. Also, since the vast majority of women require external stimulation (or external paired with internal stimulation) to achieve orgasm, why is it that oral sex is not given the attention to detail it deserves? And that includes the positions you and your partner are getting into. People, the right angle can make all the difference, I'm sure you know this by now!

Experimenting with oral sex positions is crucial to making sure your tongue tango has truly marvelous results. Besides creating specific angles and giving access to sensitive spots, creative oral sex positions communicate your feelings and excitement about giving it, which in turn helps your partner enjoy the process and eliminate any uncertainty and discomfort.

By making the entire oral experience more diverse and exciting with the help of advanced poses you create an intense connection with your partner while also finding new and better ways to give pleasure. Also, when your partner sees how involved and enthusiastic you are in finding improved positions that amp up her pleasure, she gets even more turned on.

The biggest turn-off when it comes to receiving oral sex is always doing it in the same way, as if it's just something that you have to do in order to get to the good stuff: intercourse. Yeesh. No woman enjoys that. Plus, the road to mediocre sex is paved with repetition. Unless "mediocre" sex is the kind of sex you want to be having, it's important to keep mixing things up, trying things out and approaching things from new angles. Especially when it comes to oral sex, when you have so many different opportunities to explore your partner's body. Why waste them on the same old, same old?

Being the orally-enthusiastic practitioner that you are, I'm sure you've honed your skills and techniques for offering your partner the ultimate in oral pleasure, and I'm not saying your routine is wrong, but it can

definitely benefit from switching up the positions you use. “Just as there are different positions for penetrative sex, there are different positions for oral sex and you might find that a new position will completely change your partner’s road to orgasm”, says Emily Nagoski, author of *Come as You Are: The Surprising New Science that Will Transform Your Sex Life*.

Let’s be very clear here: It’s not easy for a lot of women to achieve an orgasm during sex. Clitoral stimulation is the majority of women’s only means of achieving orgasm, as I’ve said before, and even that isn’t always a sure thing. When you’re creative with your oral sex positions you’re more in control of your partner’s magical, yet (let’s face it) sort of high-maintenance clitoris.

New positions help you control the placement of your tongue, enhance the speed, adjust the pressure and tease all the nooks and crannies of her hot spots, resulting in a stronger, faster, more ecstatic oral orgasm. Also, “switching things up and using different positions provides a boost in intensity and helps you avoid over-stimulating a specific cluster of nerves, which most of the times uncomfortable rather than orgasmic”, says Emma Leblanc, author of *Cunnilingus: 34 Advanced Techniques to Make Her Come*.

While, of course, almost every woman will appreciate the classic cunnilingus positions, like riding your face and the muff dive, you can bring your partner to the point of ecstasy by doing things no other man has done, or took the time to do. Think of it this way: The average cunnilingus positions are just that, average. Do you want to be remembered as the average guy in bed? I don’t think so. Before you go to town with your mouth, stick around for some great ideas on unique ways to go down on your woman.



The number one way to make oral sex even sexier

How many of us have contorted ourselves into twisty pretzel shapes, lit dozens of aphrodisiac candles, or even got kinky, all in the name of better, hotter sex? And hey, it's true that a little off-the-beaten-path pleasuring can add a whole lotta spice to your lovin'. But no matter how far you go with the fancy moves and jazzy tricks, it always comes back to the classics, especially when it comes to oral – bed-devil skills like knowing exactly how to handle your partner down below and getting the absolute most of your tongue twists.

So dig in: I've determined the erotic essentials that must be set in motion for great oral sex to happen. Learn these and there's no way you're having a boring night. Ever. Ever, ever, ever.

Use a sex pillow

"Good oral sex is always about angles," says Yvonne K. Fulbright, author of *The Best Oral Sex Ever – His Guide to Going Down*. And sex pillows make angles easier to manipulate. Even if you've never used one, it's not hard to guess what it does. Usually, they come in wedge-like shapes and are used to lift your partner's hips or butt into an angle you can't reach with regular bed pillows (because they're too squishy). Using a sex pillow for eating your lady out is especially nice because it can lift her hips into an angle that makes giving oral much easier for you. No more neck pain.



Try flavored lube

Some men really love the natural smell and taste of vaginal fluids. And some either aren't comfortable with the taste yet, or just aren't into it. And that's okay, too. "For someone who's not fully embracing the natural taste, flavored lube is a way to add something new, but also makes it more pleasurable and enjoyable," says Jessica King, author of *How to Become The Greatest at Oral Sex 5: The Greatest Sex Positions*. Just remember, there's nothing gross about how a vagina naturally smells or tastes. It's okay if you like tasting something sweet, like candy apple-flavored lube, but it's not okay if you're trying to shame your partner's body.

Prep the area

For women, any kind of sex is going to feel more intense the more aroused they are. And one thing that can be highly erotic for some women is if their partner "grooms" them. Some women wax, so grooming may not even be on the table. But having a partner use a razor on her genitals can be very arousing for a woman. It's about trust and care-taking, and can make some women feel more connected and intimate with their sexual partners. "You're really giving yourself over and surrendering to someone if you're trusting them with a razor on your privates. It's about trust, and letting go, and being taken care of", says Ian Kerner, author of *She Comes First: The Thinking Man's Guide to Pleasuring a Woman*.

Try orgasm control

"Edging" is a sexual trick some people use to make orgasms more intense. The idea is that you build tension up to the point where your partner almost has an orgasm. And then



you back off. “You can tell by ‘oohs’ and ‘ahhs’ whether your partner is getting close,” says Trish Maine, author of *Oral Sex Moves for Him & Her Over 50 Demonstrated*. When it seems like they’re about to come, stop licking. And then, slowly start to tease them again. You’re building more intense orgasms by getting close and backing off. Because the more aroused someone is, the more intense their orgasm will be. Also, edging can be fun for you too. If you’re the kind of person who gets turned on by pleasing other people, repeatedly bringing your partner to the brink of orgasm can be extremely hot.

Suck and blow

Oral sex is all about the licking, right? Not exactly. There are plenty of other things you can do with your mouth, and adding some sucking and blowing can make both giving and receiving oral more fun. Blow on your partner’s vulva, or put their clit or most of their vulva in your mouth and suck. A lick and a suck feel very different, and new sensations could put your partner over the edge. As you do this, pick up the passion pace as well. Bring on the frantic, frenzied lust-busting oral sex moves: a powerful and unexpected push, squeeze, kiss or grab is guaranteed to set your mattress ablaze. Why? First,

“*Most women looove going south and they couldn’t care less if things get messy.*”

these tough-love techniques are likely a departure from your usual soft strokes, so it’s arousing simply because it’s different. Second, urgency is an amazing aphrodisiac, sometimes more erotic than tender caresses – your partner will feel so incredibly desired. When you ignore the niceties and go right to the real, raw thing, she’ll feel like a queen. However, there’s no need to get sadistic – you don’t want to end the evening in the emergency room.

Play with temperature

Want to make oral sex feel new and different? Stick an ice cube in your mouth before you go down. Or, drink some hot tea beforehand to warm your mouth up. Like sucking and licking, playing with temperature makes the sensations of oral sex feel exciting. You could also achieve temperature play

by using a warming lube or a cooling lube, but I am partial to using ice cubes and hot tea or something similar because it's easier to make it a whole-body experience. You can roll ice cubes around on your tongue, or dripping water from ice cubes from your partner's breasts down her stomach and over her clit. Think about the whole experience and what opportunities you have to bring in teasing and build anticipation. You can find more crucial and essential information on how you can truly satisfy your woman by checking out my ebook on the subject, Double Her Desire - <http://www.double-her.desire.com>.

Give the Kivin method a try

This method claims it can help you give your partner an orgasm in three minutes and the climax will be more intense because it stimulates more of the clitoris than traditional cunnilingus. Here's how it's done. Ask her to lie on her back while you position yourself side-on between her legs. Put two fingers either side of her clitoris to raise and steady it and slowly sweep your tongue back and forth feeling for two tiny bumps on each side of the hood. Slowly increase your speed then, using a finger from your free hand, press into her perineum (the area between the entrance to the vagina and the anus). As you feel her nearing orgasm, transfer your tongue from the side to the head of her clitoris. Having a finger on the perineum is key because it will give you immediate feedback on how well you're doing. If your tongue is stroking the correct place, your partner will experience involuntary, pre-orgasmic contractions in the perineum and you'll feel it in your finger.

Cut off her sight



It's common knowledge that men are way more into sexy visuals than women. But here's a surprising bit of news: women can be equally excited, but by what they don't see. Recent studies have found that a great deal of women would love to be blindfolded in bed. The reason is that restricting a woman's view during sex means she no longer has control over what's going to happen, which is wildly stimulating. Also, without her sight, her other four senses – particularly touch and taste – kick into overdrive. Those same-old oral sex tricks will feel new to her because she has this more intense way to experience them. Once you have her going crazy not knowing where your next lick, kiss, or stroke will land, treat your blindfolded girl to a slew of new sensations. Three to try: the feel of your hair, her own silk panties, or a string of pearls rubbed gently against her vulva. If eyes wide shut electrifies your woman, imagine how naughty you'll feel in control of her pleasure. With her peepers covered, you can tempt and tease her any way you want. And don't forget to be on the receiving end. Have her slide a scarf over your orbs and you'll give new meaning to the phrase "love is blind".

Section 2

Position variations for the expert tongue pleaser

Going down on a woman requires a lot of things. You need to have the right mindset, the right cunnilingus techniques as well as knowing some great oral sex positions to use if you want to make the whole experience a special one. Going forward, we are going to be discussing the best positions to experiment with for a truly mind-blowing tongue session. We have broken them down into 3 different groups: Basic, Intermediate & Advanced. Let's get to work, shall we?

TECHNIQUE 1

Mmission accomplished – Classic positions with a twist

Why is it that when you first went down on your partner her heart fluttered faster than a butterfly on steroids and she came faster than ever, even though you didn't do anything that special? What happened to that deliciously devilish feeling? It's simple. When you're with the same partner on a regular basis

and you always do the same thing, familiarity replaces the sense of excitement. Fortunately, this can be reversed and I'm here to show you exactly how to bring that amazing feeling back.

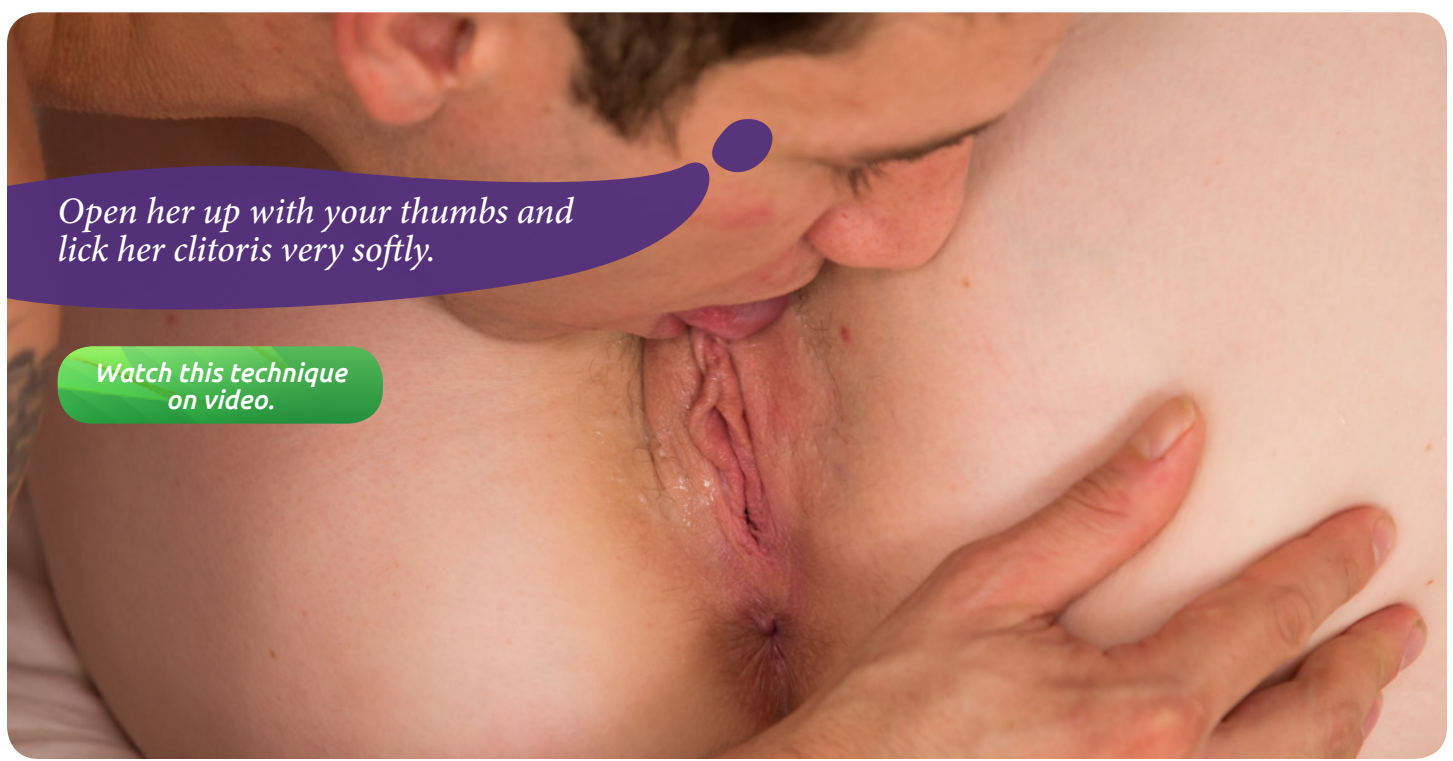
What is oral edging and can it give your partner better orgasms?

Ordinary, run-of-the-mill oral orgasms are great. But what if there was a way to give your partner the mother of all oral orgasms? Yeah, I thought you'd be listening.

The good news is that such a thing exists. All you have to do is practice this little sex move called oral edging. Never heard of it? Let me fill you in.

What is edging?

If you've ever delayed gratification just long enough for your desire to grow so fierce you feel like you're going to burst, then you've already experienced the concept behind edging. Simply put, "edging is when you bring yourself or your partner close to orgasm, back off before the orgasm is reached, and then build back up the sexual energy to approach the orgasm again," says Katie Collins, author of *Everything You Wanted to Know About Sex: A Guide Having Tips and Advice on Foreplay, Sex Positions, Pleasing Your Partner Using Oral Sex and Much More*. "It's one of the many, oh-so dope ways of enhancing a person's orgasm and sexy time experience."



*Open her up with your thumbs and
lick her clitoris very softly.*

*Watch this technique
on video.*

It's also a lot like being on a rollercoaster ride. Think of the orgasm as the end of the ride: You slowly take the coaster car up toward the top of the hill, but then you come back down before you get there. Repeat the process a few more times until you've reached your climax — AKA finished your ride.

Why does edging feel so good?

Denying yourself a cookie until your work is complete feels like a well-earned reward once you have it. The pleasure you'll experience from edging can be just as psychological, but there's also a pretty basic physical reason for why it's so damn awesome. "There is increased blood flow into the pelvic area when you stop orgasm and continue stimulation," says John Courtney, author of *Sex Position: 21 Best Sex Positions to Make Her Moan Louder*. When you think of blood flow, you usually think of your erection. But women have 'erections' of their clitoral organ, and edging creates a stronger erection for both men and women.

Can your partner try edging on herself?

You wouldn't serve a meal to party guests without sampling it first, right? The best way to figure out what works for your partner is to ask her to try out the edging technique during masturbation. You can be present during this hot scene to amplify your connection.

Women can edge by varying sensations instead of falling into a rhythmic pattern of movement. So if she typically masturbates with her fingers and prefers slow, rhythmic strokes along her clitoris, she should start off that way, then mix it up with faster strokes or circular motions



around her clitoris. She loves vibrators? Then she should experiment with different speeds or invest in a sex toy that wouldn't ordinarily capture her attention or imagination.

To really embrace edging, she should leave herself wanting more by masturbating for a few minutes, stopping, and attempting to distract herself by taking on another task before going back to the deed. The more excitement she build, the more powerful her orgasm.

How can you try the edging technique on your partner?

If you're ready to experiment edging with your partner, then the first step is the most important one: communicate. You don't want to confuse your partner and make her wonder why it is taking you extra time to give her an oral orgasm. Be open about your desire to edge. It's a hot, sexual practice that a couple can enjoy together.

A few ways to get started: You could playfully push your partner aside when you sense she's getting very close to orgasm, or turn the attention onto you for a moment.

What are some edging techniques?

When it comes to specific edging techniques, the sky is the limit. What's best for you and your partner really depends on her oral preferences. But the "green light, red light" approach is a good place to start.



“This is when she comes close to orgasm and you stop touching completely — red light — and allow the sexual energy to calm down a bit before starting again — green light”, says Jean-Claude Carvil, author of *Sex: Woman First – How to Teach Him You Come First*. You can also use the “green light, yellow light” approach. When she comes close to orgasm, slowly back off by touching other parts of the body in a slow and controlled manner. You are still holding the sexual energy, it’s just being diverted until your partner is ready to get back to orgasm town.

One thing you shouldn’t do? Rush your partner. Edging is all about relaxation and focusing on pleasure in the moment.

Depending on the context of the day or your life, you may bring her to oral orgasm in two minutes or it could take 45 minutes. “What really chases the pleasure away is preconceived notions of how oral sex should be”, says Diana Richardson, author of *Tantric Orgasm for Women*. If you want to try edging with your partner, approach this like you would a sexy exploration game. The theme: ‘experience pleasure.’

Mmission accomplished Step-By-Step

For this technique we are tackling different variations of the classic Missionary position. But before we go into the details of each variation, I want to teach you some vital things that you need to know in order to give your woman incredible oral. You see, there is more to a great cunnilingus



session than just the positions you use to go down on her. Before you even lay your lips on her down-there lips, you can build up the sexual tension so that she is practically begging you to go down on her.

- Start by kissing her and while you're doing that, rest your hand on her inner thighs, massaging them slowly and moving upwards to her panties. Then just softly start moving your palms in circles, massaging her clitoris and labia over the thin fabric of her underwear. Once you feel she's getting wet, you can get a little more aggressive and delicately grab and squeeze her crotch and then releasing the pressure. For more crucial information on the surprisingly pleasurable art of flirty fun fingering, grab a copy of my book on the subject, *Naughty Fingers* – <http://www.mynaughtyfingers.com/>.
- After massaging her like this for a few minute, help her take off her panties, then just keep doing what you were doing, running your hands directly over her hot spots. When you're ready to move in with your mouth, first get into position. The first missionary variation we're going to talk about is called The Couch Curl. While your partner sits back on the couch with her butt at the edge and her legs up in the air, closed together, you should kneel in front of her.
- Start kissing around her vagina first, at an excruciatingly slow pace, to really build up the erotic tension, alternating between kissing around her crotch, gently massaging her inner



First massage the pulpy flesh of the breasts

Watch this technique on video.

thighs and softly tickling the area with the tips of your fingers. Once she's ready for you to inch closer, go ahead and devour her. "There are multiple different ways to kiss her down there, from giving her small, quick pecks, to ravishing her with longer, more intense kisses", says Dorian Solot, author of *I Love Female Orgasm: An Extraordinary Orgasm Guide*.

█ **One great way to amp up the sexual tension and have her squirming in delight is to lick her gently, making sure to use lots of saliva, and then blow on the wet patch you've created.**

Blowing on a wet patch creates a cooling sensation that is great for teasing your woman and making her moan with pleasure.

█ **Now move into the second missionary variation, So-fa So Good.** This time you're the one sitting on the couch, with your back propped and legs splayed. Your partner gets on top of you, with her crotch aligned to your mouth and her head down the bridge of the couch. Rest your hands on belly, moving them upwards to tease and massage her breasts and nipples while you're eating her out.

█ **A great move to try now is The Mouth Swiper.** Create a little suc-



tion with your mouth over her clitoris and labia then shake your head side to side, in circles, fast and slow. This move mimics the way a lot of women touch themselves and will get her to orgasm quite fast. When she's close to having an orgasm (signs: ragged breathing, belly tightening or the traditional "Oh God, I'm gonna come") stop briefly and tug gently downward on her labia to cool her down. Repeat your torturous edging until she begs. Then press a finger against her clitoris as she's about to come and behold the results.

For our final missionary variation, **The Side Saucer**, have your partner lay on the bed with both her legs to one side, while you grab her upward cheek and position your head facing her vagina. Place two fingers on either side of her clitoris and make a little scissor motion while gently licking and sucking the tip of her clitoris. This move isolates the clitoris from the rest of the body and really pinpoints that pleasure.

To help her orgasm, make good use of your hands by playing with her nipples or fingering her for double pleasure. "You can also lightly massage her inner thighs to bring more blood to her vulva", says Carlyle Jansen, author of *Sex Yourself: The Woman's Guide to Mastering Masturbation and Achieving Powerful Orgasms*. The massage also keeps her in the moment for her orgasm is scream-inducing.



TECHNIQUE 2

Sit on me baby – All Hail the Queen of Oral

In the first technique, we discussed the variations of missionary oral sex. Now it's time to taste the Intermediate types of oral sex positions, and face-sitting is a great example of going from basic to not-so-basic when it comes to going down on a woman.

Up your cliteracy – Know her body to become a better oral lover

C-Spot. Love Button. Rose But. No matter what you call it, your partner's clitoris is a supersensitive, nerve-packed sex organ that exists solely for her pleasure. And her next climax probably depends on it. Stimulating the clitoris is either necessary for or enhances orgasms during sex for a whopping 73 percent of women, according to a new study from Indiana University and the research backed women's pleasure website OMGYes. No matter how ambitious or knowledgeable you are in the sack, you could always use a refresher course in cliterature. Aim for a C+!

When you first get your partner turned on (by kissing, foreplay, or even naughty discussions), her brain receives a green light to send more blood down south, which causes her internal clitoris to swell. As she become more aroused, the glans (external tip) of her clitoris will feel hyper responsive to touch



due to its thousands of nerves being fired up.

Once enough stimulation pushes her over the edge to orgasm, the surrounding area contracts, delivering an “oh, yes” release. “For some women, the clitoris will be even more sensitive post-climax, and they may not want to have anything or anyone touch it”, says Tina Robbins, author of *Orgasm in 5 Minutes: 1001 Roads to Happiness*. Then a few minutes after she’s peaked, all her lady parts will start to relax, and her clitoris returns to its usual resting size. Let’s look more in depth at what the clitoris is really made of.

THE SHAPE

The clitoris is wishbone-shaped and has “legs” that extend internally along her lower pubic bones. It also has two bulbs located around the openings of the urethra and vagina.

THE SIZE

When you look down, her clitoris may seem pea-size. But only a small fraction of the organ is visible from the outside. The whole thing can range from 7 to 13 centimeters long!

THE POWER

While the glans of the clitoris is small, it packs mighty orgasmic power with about 8,000 nerve endings, which is around the same number as in the glans of your penis.



THE FEELS

Her interior clitoris has erectile tissue (like a penis). When she gets turned on, more blood is sent downtown, which gives her that pleasurable sensation.

ID an enjoyable Tongue Style

When it comes to the clitoris, you have to experiment. Many men think they should automatically know what feels good for a woman, but that's just not the case. "Explore the area to find out what works and what doesn't", suggests Debby Herbenick, author of *Sex Made Easy: Your Awkward Questions Answered – For Better, Smarter, Amazing Sex*, and lead author of the study in partnership with OMGYes. Here, the types of touch—using fingers or tongue—that women enjoy most, per their research: 64% prefer up-and-down motions, 52% want circles, 31% like side-to-side, 21% enjoy pulsating, 19% get hot for pushing/pressing, 16% are into flicking, 12% say yes to tapping.

Do your hot homework

AVOID DIRECT CONTACT

Sixty-seven percent of women prefer direct clitoral touching, per the study, but zeroing in on her love button can sometimes feel too intense. In that case, take

advantage of her clitoris's shape by stimulating everything except the external hot



spot. Rubbing the skin around it (including the clitoral hood, the fold that covers the nub when she's not aroused) and the labia can still be enough to make her climax. Also, when you're touching her there, think crescendo: a gradual increase in volume, force and intensity.

TRY PANTIES ON PLAY

For a seriously hot thrill, ask her to keep your underwear on. Touch her through her skivvies, moving the pads of two fingers back and forth over her clitoris. "This can also be a steamy start to foreplay (and a way for your partner to give you an erotic tutorial) if your partner does it yourself and lets you watch", says Amie Harwick, author of *The New Sex Bible for Women: The Complete Guide to Sexual Self-Awareness and Intimacy*.

SWITCH IT ALL UP

Pick two ways to stroke: swirling and tapping, for example, or rubbing and flicking. Switch between them with your fingers to see which technique gives her the most pleasure. You can also try this duo with your tongue. Just remember: 82 percent of women like to be touched in a repeated, rhythmic motion, so spend enough time (at least a few minutes) on one motion before switching to the next, and so on.



ASK FOR A HELPING HAND

During intercourse, girl-on-top is hands down the best position for giving her C-spot the finger (wink!). When she straddles you, you or her can simply stroke her button left to right with a finger at the same rhythm of your grinding. Teamwork makes the

dream work! For more information on the female orgasm, check out my program on the matter – 7 Day Orgasm - <http://www.7dayorgasm.com/>. It has plenty of more detailed information!

Sit on me baby Step-By-Step

I've asked many men about their secret fantasy and face-sitting (which is also a very popular genre of porn) is on top of their list because it adds an extra element of dominance and submissiveness to your oral play. They want their partners to sit on their faces and use them for their pleasure in a carnal and selfish way. Women, on the other hand, being taught that they should be giving and selfless during sex, are sometimes hesitant to try it.

But sitting on a man's face can be immensely pleasurable for a woman – both physically and emotionally – it can feel incredibly powerful and empowering. Once you both work out the mechanics, it might become one of your favorite sexual activities. Face-sitting isn't really a crazy sex position, but it does



take a bit to find the style that works best for you and your man. So how exactly do you go about it?

- First, start by having your partner straddle your chest in a kneeling position. She should then scoot forward until her thighs are on either side of your head, the lower her body so her vulva makes contact with your face and mouth. Voila! You lick. She grinds, choosing to apply the pressure she wants. Everyone wins. The warmth, pressure, taste and wetness of this position make it a truly immersive oral experience. As you can see, it's not hard to master the art of face-sitting, but if you want to add something a little more adventurous to the mix, then use the following variations.
- The first one is called **The Spiderwoman**. You lie down on your back on the bed with your head hanging off the edge. Your partner stands behind you and leans forward, placing her palms on the bed on either side of your torso, and you can reach her vulva and clitoris upside down.
- But before you get into position, start with a much-needed dose of foreplay. Oral often gets bundled along with kissing and stroking as a form of foreplay, but because it's so intense, your partner actually needs to warm up before you head south of her border. Since you tend to get aroused faster than your partner, your instinct will probably be to start orally pleasuring her



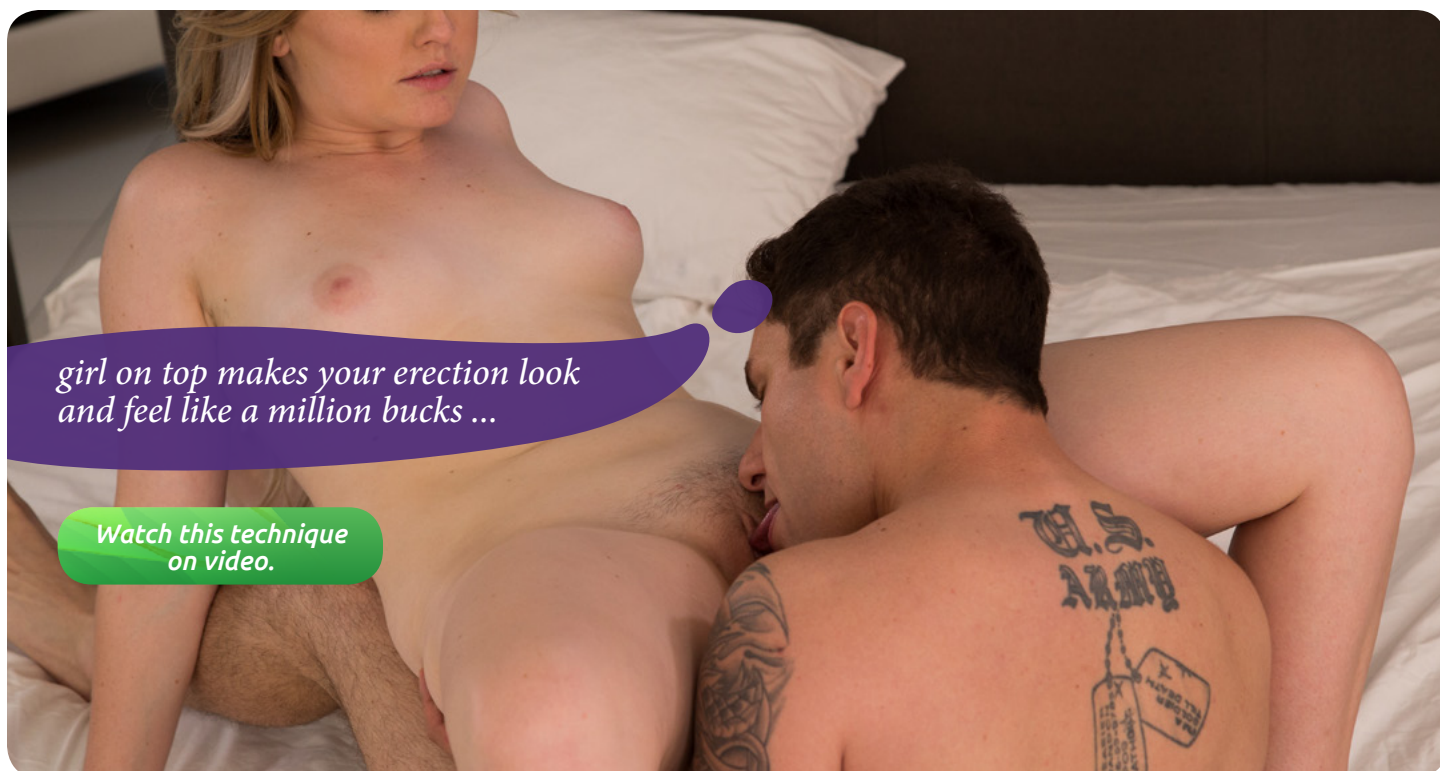
For the majority of women, being eaten out can feel fantastic...

Watch this technique on video.

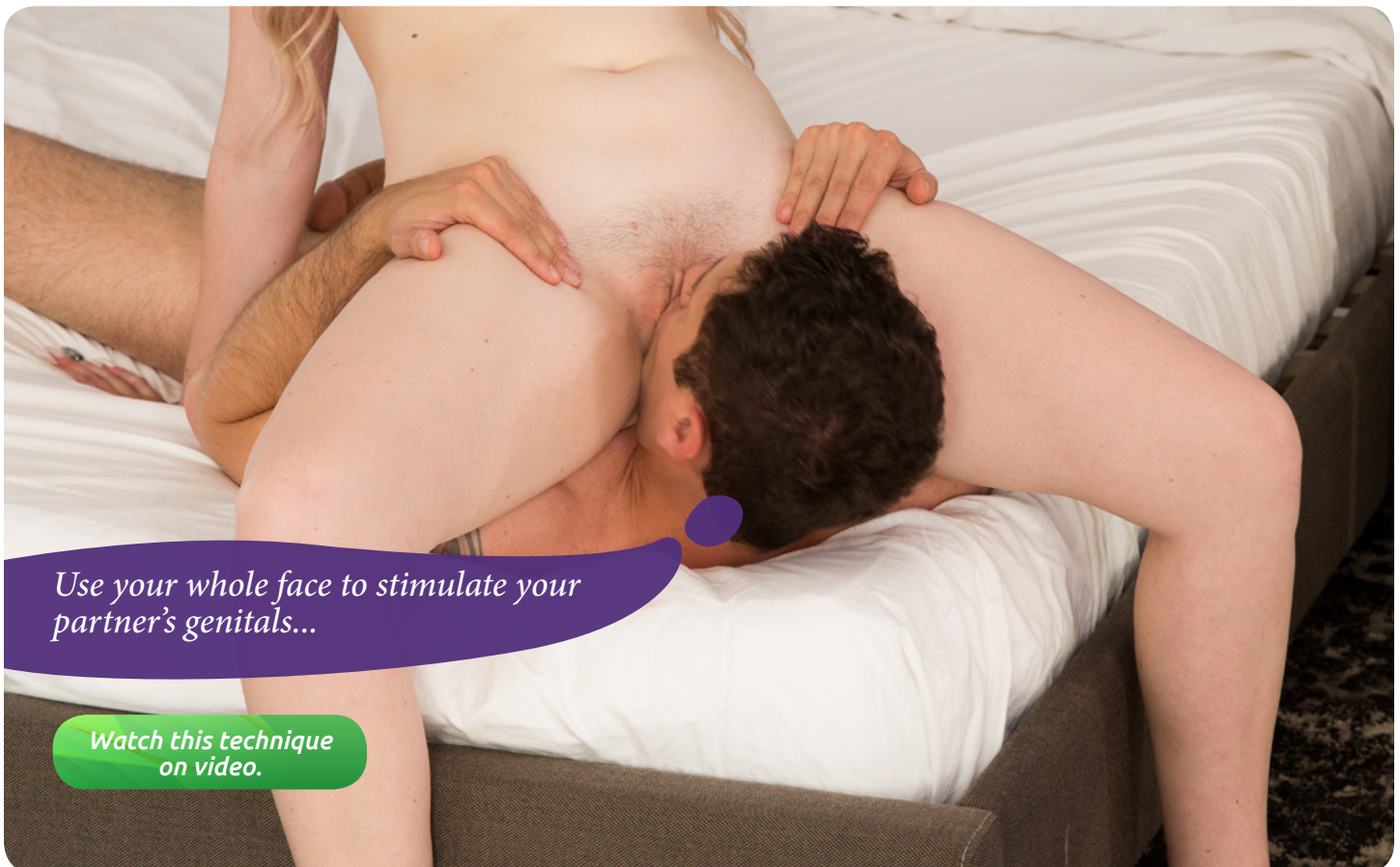
within 90 seconds of hitting the sheets, but it's important that you extend the time you spend touching, licking, nibbling and talking dirty to each other. Since it's important to go slow at first, put away your poky index finger when you're touching her. Ring fingers are far more gentle and erotic. Another move that turns her to mush? "Use your tongue to draw the tip of her tongue into your mouth so you can suck on it", says Iris Finz, author of Secret Sex.

/// **If you want to get a little rough but don't want to shout "Smother me with your juices, you bad girl", give her nipple or earlobe a good nip and she'll get the point.** Or you can try sucking, licking and nibbling her index finger – to show her exactly what you're going to do to her nether regions later on – it will give her a thrill.

/// **Now that she's wet, get into The Spiderwoman position, but instead of diving right in on the clitoris, tantalize her entire V-zone first.** Breath your hot breath on her delicate skin, suck on her labia gently, then lick, kiss and massage her inner thighs and pubic area before proceeding to the bull's eye. You can also try exploring the back door. Even if she's usually squeamish about it, if you rub only around the outside – the back porch, if you will – it's really nice and gets her even more turned on.



- Another thing you should know is that at first, most women crave a soft touch during oral sex... and then the more turned on they get, the more pressure they desire. “Things that felt uncomfortable at the beginning might not be enough towards the end – so increase stimulation exponentially”, says Stephanie Theobald, author of Sex Drive: On the Road to a Pleasure Revolution.
- Another variation that you can try is **The Crouching Tiger**. While you’re lying on your back on the bed, with your head propped on a pillow, she kneels over you, with her feet on either side of your torso and her hands propped on your biceps for support. While during oral you’re the one usually doing all the work, this is a position where she gets to participate as well. Tell her to grind against your mouth, pushing into your lips and writhing in whatever way gets her off.
- In the meantime, since in this position the G-Spot is easier to access – insert two fingers inside her vagina while you’re licking her clitoris with a flat tongue and tap on that spongy button until she comes.



Use your whole face to stimulate your partner's genitals...

Watch this technique on video.

TECHNIQUE 3

Give her a standing O-vation

The previous technique was pretty hot, but are you ready to go all in? For our Advanced oral sex positions, we're teaching you the Holy Grail of carnal poses – pleasuring your woman with your mouth while she's standing tall like the Queen she is.

Gabrielle Moore's 20 Epic Oral Sex Hacks

I present to you my tried and tested wall-shaking, Earth quaking tips for a sexed-up season ahead. To satisfy all your urges, use these expert-backed tips and tricks to have even more fun in the bedroom—or outside it—if that's more your style. Either way, get ready to make your oral hookups so much hotter.

1. While she is resting with her back on a pillow, put one of your palms on her chest, where her heart is (warm that hand in advance for a more electrifying sensation), and your mouth on her clitoris, sucking gently. Use your free hand to hold a vibrator against one of her nipples. She can rest and enjoy the view while you concentrate on giving her the most powerful oral orgasm.
2. Put your phone on vibrate and have her call you. Then place it over her clitoris while you're thrusting your tongue inside her vagina. The dual stimulation will not only give her clitoris the focused attention it needs, but the vibration will also feel great internally for your partner, giving her G-Spot a wake-up call as well. For more saucy info on getting the G-Spot as hot as possible, as well as positions that help you hit the jackpot every time, check out my program on the matter, Mastering her G-Spot - <http://www.masteringhergspot.com/>.
3. Have your partner sit on a chair so you can give her boobs the up-close-and- personal attention they so deserve. Sitting in this position gives you the perfect access to lick or suck on her breasts before taking control of the rhythm of the night and ravishing her vaginal lips and clitoris to your heart's desire.
4. Have your partner wear barely-there lingerie while you give her oral sex through the lacy, satiny fabric. I guarantee she won't be able to resist this sensation for much time and she'll soon be begging you to take it off and eat her fully and completely.
5. While you are in a comfortable spoon position, stimulate her clitoris using a small massager. You've got one free hand to touch her breasts, entangle your fingers with hers, whatever.

6. Flip missionary oral sex upside-down. Your partner gets on top in the traditional dude position and moves her hips in circles over your lips and tongue, while you stay completely still. While you stick your tongue forward and insert it into her vagina, she should thrust with your face between her legs, holding herself up on her hands or elbows. It feels great because she's the one in charge of giving herself the pleasure and ecstasy she needs.
7. A change of place is definitely an escape. Have oral sex in the kitchen. Have your partner sit on the counter while you stand in front of her. She should lean back, supporting her weight on her arms, and rock her hips to feel your tongue inside of her.
8. Place a small dab of coconut lube onto her clitoris, then lick the exotic flavor in excruciatingly slow moves of the tongue and lips. You're eating the dessert but she's the one feeling the burn.
9. Lie on your sides face to face and start slowly kissing her from top to bottom. Starting from her forehead, move down to her eyes, lips, neck, breasts, belly button, clitoris, vagina, thighs, knees, and all the way down to her pinky toes. All this stimulation will definitely have her screaming like never before.
10. Have your partner do her best plank and go stiff as a board on top of you, supporting



herself on her elbows. Wiggle your tongue against her boobs and vaginal area, commanding her to stay still a while longer, until you're done with her. The combination of body stiffness, which means blood is coursing through her entire body, and your expert tongue movements will soon have her crashing on top of you, begging you to enter her because she can't stand that sweet torture any longer.

11. "After bathing, she shouldn't dry off, but slip on a white top and white panties and walk into the bedroom to show you she'd win any wet T-Shirt contest, hands down" says Chrystal Bougon, author of *Making It Hot: Sex Tips From The Curvy Girl Playbook*. As she enters the room, start pleasuring her with your tongue through the wet fabric. You will drive her wild with ecstatic delight.
12. "Help her cool off after a long commute. As soon as she walks in the door, start stripping her down, saying, You should be naked. Now. Then lead her to the couch and start giving her oral sex", says Rachel Hoffman, author of *Dating And Mating In A Techno-Driven World*.
13. Give your partner a sexy, sensual massage with Aloe Vera gel or a smooth body lotion, everywhere but her hot spots. Whenever you're nearing the zones you know she wants touched, just lightly trace them with your fingers to drive her insane with lust. Once she's totally fired up and ready, give her what she needs and bring your mouth in on the action.



14. Gear up for a hot session with your partner by taking a blanket outside right before sunset. Cover up, then use your hands to pleasure each other downtown as you watch the sky's color show.
15. Get on top, then lie flat on her. Instead of pounding away, rub against her, make out, and kiss your way down each other's necks to build the excitement. Once you feel her getting wet beneath you, get off, looking her straight in the eye. She'll be wondering why you're refusing her the pleasure, but after a few torturous seconds, still looking her in the eye, move in with your mouth.
16. While in a tent on a camping trip (or pretend you're in one), use only your flashlight and mouth to find new erogenous zones on your partner's body, like the nape of her neck or rise of her hip.
17. If your partner gets supersensitive after an orgasm, a seated position is your friend. Have your partner sit on your lap facing away for orgasm #1. After, when she thinks she can't take anymore, gently cup her vagina with your whole hand. As her body parts calm down a little, move up to slow rub with your whole hand. And so it begins again.
18. To give your partner a literal head rush, have her sit on the couch upside down—legs over the back edge, back on the seat cushion and head and shoulders leaning over the seat cushion. Start with manual stimulation, then move on to pleasuring her orally. The rush of blood to the head paired



with your tongue torture will make her explode with pleasure.

19. Put on a sexy movie. Stay completely clothed but tease each other throughout. When it's over, have her hop aboard your lap for a dry hump, gradually removing each other's clothes and making out till it mutates into a wet hump.
20. Avoid that weird 69 zone where you're simultaneously giving and receiving yet not doing either properly by trading off. Torture her by bringing her just to the brink of orgasm then switch. Lie in a sideways 69 position so that when the other person cuts you off, you barely have to move to immediately translate all her passion back to them via your mouth.

Standing O-vation Step-By-Step

Most couples, when it comes to oral sex, stick to a finite set of dependably-orgasmic and horizontal sex positions. But during vertical oral sex, your partner is much more active, and usually has to engage her muscles (especially her pelvic floor) in ways that in-bed oral sex doesn't usually require. Getting all that blood pumping can make it easier for her to orgasm, which means that afterwards she will find herself adorably sweaty, flushed, blissed out, and often ready to pass out.

But while upright oral sex can seem daunting, or more trouble than it's worth, it can actually create more possibilities for intimacy. Being able to have sex standing up not only adds variety to your sex life, but also provides options for spontaneity, bringing your erotic adventures to new heights.



- ✓ **The first variation that you should try is The Amazon.** While your partner stands tall, with her legs splayed, you sit between her legs, with your bottom propped on a pillow and your hands on her hips, mouth just below her vulva. Starting right above her knee, plant a light-as-a-feather kiss there, then work your way up, increasing the pressure of your lips on her skin the farther you go.
- ✓ **You can prolong the agony by starting over again down at her other knee before licking her vulva.** She'll go crazy with anticipation. You can also launch her libido by using more forceful nips and bites. It will display urgency, which is very arousing. When you finally start eating her out, she can start slowly moving up and down your face or in circles, swinging her hips from side to side until she comes.
- ✓ **Another standing variation that we love is The Naughty Ballerina.** She should stand upright near a wall, then bend forward, supporting herself with her palms on the wall. You scoot behind her in a kneeling position (put a pillow under your knees to avoid bruising), raising one of her legs and placing it on your shoulder for better access to her vulva.
- ✓ **This is a great position for trying tongue penetration – you can grab her butt with your hands and work it in a back and forth motion to support the movements of your tongue inside her vagina.**



Another move that works here is The Hot Humming.

Humming while you're penetrating her with your tongue causes your mouth to vibrate in a way that feels similar to sex toys. Plus, varying the pitch of your voice creates a range of sensations: Lower pitches create slower vibrations; higher pitches, faster ones.

The third and final variation of the standing position, The Table Tornado, goes only halfway in terms of standing but it's extremely powerful.

She should start by laying on her back, then raise her torso up, supporting herself on her palms and feet. You insert yourself beneath her, grabbing her butt with your hands for extra support and raising your knees so she can rest on them comfortably.

As you're speeding up your tongue motions, you can move into more adventurous rimming positions.

To really take her to seventh heaven, introduce new sensations. There's more to your mouth than just a tongue. You've got a tongue, lips and teeth. All three provide a different feeling. In between licking and sucking on her vulva and clitoris, try grazing them with your teeth for a little added excitement.

Careful, though.

Be gentle and never move from side to side. A soft, pulsating nibble is erotic; actual chomping is painful. Note that. Right as she's about to climax, increase pressure with your mouth. At the height of arousal, a firmer pressure feels so good to her, sending shivers to every nook and cranny of her body.



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