

Trigasm For Advanced Lovers



*How to triple
her "Oh yeah!"
moments*

*The best
techniques for
unforgettable*

SEX



GABRIELLE
MOORE
Better Sex. Better Life.

Trigasm
Edition

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The most toe-curling act on every woman's carnal menu

Trigasm Edition



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Section 1 – Facts & Theory

Orgasms Unlimited – Is this just a faraway dream?

Let's be honest here. For a lot of women, climaxing can be tricky at times. Sometimes it seems like just as you're about to explode, your partner's orgasm goes bye bye and you don't know why and how and what you should do to bring it back, if it's possible. But rather than chalk it up to bad luck, it may simply be time to switch up your gratification giving MO. This is important because if you're not helping your partner reach peak potential constantly, how are you supposed to manage to give her the ultimate climax: a triple orgasm?

Troubleshooting for possible circumstantial things that may be holding your partner's orgasm back and learning to correct simple bedroom boo-boos and to fix the most common carnal errors is the first thing you need to do on your journey to unleashing the power of the elusive trigasm.

Having an orgasm shouldn't be like solving a difficult math problem but for a lot of women, it really can seem like that. The latest data from the Kinsey Institute indicates that 20 to 30 percent of women don't have orgasms during intercourse. But the number is likely much higher. The statistics that Good Vibrations, a feminist adult toy shop and education center in San Francisco, has been citing lately is that roughly 70 percent of women rarely or never have orgasms with



intercourse. That makes it the norm and a bad one at that.

Compare that to the fact that nearly all men can climax without difficulty (75 percent of men climax every time they have intercourse), and you'll see that there really is an orgasm deficit when it comes to ladies' pleasure. Women just don't have the same luck – they need precise moves to get there and they need a man who knows exactly what those moves are.

Which is a shame because virtually any woman can climax – and indeed have multiple climaxes – but only if the man is sufficiently knowledgeable about sex and uses that knowledge to help his partner reach her peak point constantly and as often as possible. Unfortunately, not all men know that. This is partly because books, films and – most of all – internet porn paint a picture in which women are hot and raring to go, and in an almost constant state of sexual ecstasy.

This inaccurate portrayal can lead to many men believing there's something wrong with their partners if they can't climax easily. And who can blame them? Only a generation ago many doctors believed that a high proportion of the female population couldn't climax at all. Why did they think this way? The answer is simple. Since women don't need to climax in order to conceive, most doctors didn't rate the importance of the female orgasm very highly. Fortunately, these antiquated beliefs are now a thing of the past. Female satisfaction is now just as important as that of guys (finally, we might add!).

In fact, now there's proof that the ladies can experience no less than 13 types of orgasms! Yes, you read that correctly, there's no mistake here, there are 13 different types of orgasms that are within the realms of possibility. Let me give you a quick review of them and then we'll move on to the one that interests us today: the trigasm!

So here they are, the 13 types of climaxes women can happily get if they're with the right partner. Print this sheet and keep it on your nightstand, you'll need it for your next erotic encounter. Don't you want your partner to be the lucky woman who gets to enjoy each and every type of orgasm she possibly can?

Clitoral orgasm. The most common type of orgasm and the one that's easiest to achieve... and yet too many women are putting up with minimal clitoral stimulation during sex as their partners prefer to thrust away.

G-spot orgasm. Less common, but well known. The expertise on this is pretty divided, as some experts insist the G-spot isn't real, while many women claim to have had mind-blowing orgasms purely from G-spot stimulation. You'll find the G-Spot about two inches inside the vagina, on the front wall (not the back wall, closest to your anus). Try massaging it with your finger in a come hither motion. If it feels

amazing for your partner, congrats, you've found her G-spot.

Anal orgasm. That's when the woman orgasms through anal sex. It's another controversial type of orgasm, that not everyone accepts is 'real', but the anal walls are rich in nerve endings, so anal can definitely feel pleasurable.

Blended orgasms. Simple: A blended orgasm is when multiple areas of a woman's body are being touched at the same time, so she can't pinpoint whether just one sensation brought her to climax or if it was a combination. You need to have good coordination for this to work and the ability to multi-task.

Multiple orgasms. They can be either sequential (when your partner orgasms, rests, and then orgasms again) or serial (one orgasm after another with no rest in between).

Sleepgasm. That's when your partner orgasms in her sleep. It can happen thanks to a particularly vivid dream or just feeling deeply relaxed, and it can wake her up. Sleepgasms aren't really something you can try, but that just happen on their own.

Cervical orgasm. This happens as a result of deep penetrative sex, as the penis taps the opening of the cervix. You'll need to build up to this and help your partner be fully aroused, and be careful to avoid cervical bruising. Doggy style helps to ensure deep thrusts.

U-Spot Orgasm. The urethra isn't just for peeing. It's actually surrounded by some of the hidden parts of the clitoris. When stimulated, blood rushes to the erectile tissue that surrounds the opening, which can result in ejaculation or squirting. Although you can buy internal urethral vibrators, you can also stimulate the area externally using a standard clitoral vibrator. The urethra can be very prone to



infection, so do your research before you insert anything. Oh, and make sure to have a towel handy.

A-Spot Orgasm. The A-spot is the anterior fornix exogenous zone, located right above the cervix, in the area of the belly button. It's tricky to reach, and unless you're using lube, it can be painful. It is best reached after considerable foreplay has taken place, and with a generous amount of lube, so take your time before aiming for this kind of climax.

Nipple orgasm. Breast and nipple play can be such a turn-on it brings on an orgasm all by itself, as it triggers the release of oxytocin.

Coregasm. Probably the least fun type of orgasm to attempt, a coregasm – also known as an EIO, exercise-induced orgasm – is an orgasm that's induced by exercise, usually focusing on the core muscles. It can happen during exercise or shortly after, and happens as a result of all the feel-good hormones flooding a woman's body when she's physically exerting herself.

Expanded sexual response. ESR is a type of orgasm only experienced by some women, who are able to have multiple, prolonged, more intense orgasms that can also bring on flashes of light and color in their





vision, out of body experiences, and feelings of earthquake. Essentially, it's an orgasm had by someone who is able to achieve extra levels of pleasure beyond a standard orgasm. Their orgasms will last longer and feel much more intense.

Triple Orgasms. Trigasms mean experiencing a synchronized orgasm in three different erogenous areas: the clitoris, the G-Spot and the anus. A genuine sex bomb! 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!

As you can see, women's erotic palettes are pretty diverse and impressive, and you will really rock her world if you're the one giving her all these types of climaxes. And if I were to give you just one piece of advice that will help you up the odds of your lady's climax – no matter the type or form, that would be to not rush through the warm-up. "Most women need about 20 minutes of arousal time to reach the orgasmic platform, when the clitoris is most sensitive and the body is primed for stimulation", explains sexologist Yvonne K. Fulbright, author of The Hot Guide to Safer Sex.

This is crucial, but there are more tips and tricks you should know, especially since right now we're not talking about giving your lady a mere regular orgasm, but a triple one, which though it might seem like an impossible feat at first glance, it's easier to achieve than you might have thought. Let's get started showing you exactly what you should be doing to help your partner join the club of the lucky happy triple pleasure receivers!

She's not that into sex. Should you forget about the trigasm?

It takes a lot of experimenting and finding out what turns your partner on to manage to help her enjoy the Trigasm. This doesn't just happen by mistake, once in a while. It's the result of a specific set of moves that push the right buttons in exactly the right ways. But to experiment you have to have by your side a partner who's game to try everything between the sheets. So what do you do when your partner simply seems to not be that much into sex at all?

It's hard (make that impossible) not to take it personally when your woman rebuffs a roll in the hay with you, especially when the porn flicks you're watching show women that are total horn dogs turned on by damn near anything. But here's the dirty little secret I want to share with you: though this is alarmingly common – a great number of women just don't want sex that frequently – this kind of dip in desire and sex drive is completely fixable.

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

Let's dissect her passion problems and find the proper solution to properly whetting her erotic appetite.

It's physical

Before resigning yourself to a sex life in which your hand figures more prominently than your partner's vagina, you should first try to pinpoint what's causing your partner's erotic apathy. If she only wants to knock boots once every two weeks or less, she's most likely suffering from a low libido, stemming from a psychological or physiological issue, which are easy to fix. "To rule out physical causes, encourage her to make a doctor's appointment and see if there's anything wrong with her physically that might affect her sex drive. Some illnesses and the physical and emotional impact that come with them may make some women have trouble getting in the mood to be sexual. "Many illnesses, such as depression and anxiety, as well as conditions such as cancer, diabetes, high blood pressure, arthritis, et cetera, can also lead to women not feeling good about their bodies, feeling disconnected from their bodies, or being preoccupied with changes going on in their bodies", says Rachel Hills, author of The Sex Myth: The Gap

Between Our Fantasies and Reality.

Should that be the case, it's a relatively easy thing to fix. There are a variety of medications to treat underlying physical ailments, depending on the one she's suffering from, which will help her regain her libido and get ready to continue with a normal, healthy sex life.

It's mental

Unfortunately, though, medications can't cure every woman's sucky sex drive. Experts that that for most women who rarely want sex, psychological issues are to blame. "The majority of women with low libidos weren't born that way. Instead, negative past experiences made them so inhibited, ashamed, or anxious about sex, they either never developed a healthy interest in it or suppressed their natural inclinations to the point that it's not appealing to them", says Jill Blakeway, author of Sex Again: Recharging Your Libido.

One possible culprit: her upbringing. "If a woman was raised to believe that sex is dirty, she may feel guilty having it in the first place. It's not easy to loosen up and enjoy yourself if you've been ingrained in your head since childhood that sex is sinful", says Stephen B. Levine, author of Handbook of Clinical Sexuality for Mental Health Professionals.

Another source of erotic angst? Performance anxiety. If a woman's last partner was critical of her body or made her feel like she had no skills in the sack, she's not going to be eager to have it again. A negative sexual experience can be so traumatizing for a woman, she'll carry those insecurities into the next relationship. A woman like that would rather avoid sex altogether than deal with the humiliation of being berated by her partner.

The silver lining: Since performance anxiety usually manifests itself when a woman is an adult, it's much easier to resolve



than deep-seated childhood hang-ups she's carried around for years. The best strategy here is to gently suggest therapy. Explain that you really care about sex but your needs aren't being met, and you're hoping that if she addresses some of her concerns, she'll boost her sex drive.

You're just not in sync

Low libidos aside, if your woman has what's technically considered a healthy sex drive but your drive is just greater, it can still be a problem in your relationship. "Not only are your sexual needs not being met, but you may also start to feel rejected if she isn't responding to your erotic advances", says Michael Bader, author of Arousal: The Secret Logic of Sexual Fantasies.

Although it may be tough to raise her libido to your levels, you can at least try to milk her existing appetite for all it's worth. First off, initiate erotic activity between 6 and 11 in the morning, when women's testosterone levels are also at their highest, allowing them to become more easily aroused.

Also, on nights when you've just got to have it but she seems lukewarm, offer to take the reins and do all the work. By alleviating any pressure to perform, you may make sex seem more appealing to her. And good experiences are motivation for her to keep at it.

Lastly, realize that a dip in sexual frequency is a common side effect to dating long term (familiarity breeds complacency). If you connect on other important levels, the sack sessions themselves are fulfilling, and you keep communicating about your amorous desires, chances are, you can find a mutually satisfying middle ground.

Section 2 – How to give her the best orgasm of her life

You probably already know that the intensity of a woman's orgasm can vary wildly. You can give women light, playful orgasms that make the hairs on her skin stand. You can give them deep, full body orgasms that start in her hips and send pulsating waves of pleasure down to her toes and back again. And you can give her a wild variety of others in between, as I've shown you earlier. What you're about to learn is the best way to make a woman come HARD, come with triple amount of pleasure. So how can you make her whole body vibrate?

TECHNIQUE 1

Tantric Trigasm

Tantric sex doesn't mean breathing and sweating for hours on end, it can also mean pushing the pampering envelope up a notch. If you want to give your lover a tantric trigasm, you should properly set the scene and really light her fire (and yours!) with some erotic and relaxing indulgences that use heat to maximize the pleasure you'll experience.

The sexy maneuvers that are missing from your tantric repertoire

If you've been craving erotic encounters with a special tantric twist, borrow from the spas and incorporate heated-up treatments into your foreplay routine. "A massage that uses warmth enhances all the senses, which makes the experience feel more erotically indulgent", says Charla Hathaway, author of Erotic Massage: Sensual Touch for Deep Pleasure and Extended Arousal. Heat also relaxes your partner and boosts blood flow, priming her whole body for the steamy sheet session sure to follow.

I've put together four tempting and super-easy tantric treatments to treat your woman to. Try them



...their orgasms feel better if their clitoris is stimulated during intercourse.

tonight and I promise you'll both feel so good that the tantric orgasm will become more easily achievable than ever.

Tantalizing Tub for Two

A warm bath helps relax muscle tension, so it's a great way to start off your evening, whether you follow it with another treatment or a snuggling session that leads directly to the steamy part you'll both be craving by the end of it.

- Bubbles are fun, but they can fizzle quickly.** Instead, try milky bath oil. It will make the water opaque (you'll both like thinking about what you can't see) with a slinky, slippery feeling.
- While you soak, sip a spa-tini (a spa-inspired cocktail).** A great option: hot green tea spiked with sake.
- Once you're done, wrap each other in toasty towels.** (Prep for this just before you go into the tub. Throw the towels in the dryer, then roll them tightly in one large towel to keep the heat in.)
- Finally, slather each other with moisturizer that you've scooped into a microwave-safe bowl and zapped for about 15 seconds.**

Steamy scrub

If bath isn't your thing, try starting with a warm body-polish treatment and a shower. Your partner will love it because she'll end up with soothed and temptingly smooth skin.

- De-chill the bathroom first by turning your**



shower on hot. But don't get in just yet. The steam will soften your skin and your senses, making you sweat the good sweat.

▮ **Do a scrub on your partner in the steam-filled room before you hop in the shower.** Choose a scrub that warms up when you rub it on. Want to make your own? Combine sugar, bamboo powder (this will create a heating sensation), grated fresh ginger (it revs up circulation) and jojoba oil.

▮ **Use three long, slow strokes on one area at a time, starting at your partner's calves.** Move up to the thighs, arms, chest, back and butt.

▮ **Once she's thoroughly sloughed, invite her to shop in the shower.** Soap away the exfoliating grains with a moisturizing cleanser, which will feel sensual on her soft skin.

Make-Her-Melt-Massage

You already know how good a back rub feels. Add toasty blankets and warm oil and it will be even better. Following her bath or shower, give her a sizzling rubdown.



▮ **Most professional massage tables are heated.**

Bring the experience home by having her lie on an electric blanket. Put a plush towel on top of it too.

▮ **Use a candle that melts into massage oil.**

Light the candle, and let the first inch of it liquefy. Blow out the flame, pour the oil into your hands and get rubbing.

▮ **Try to spend at least 15 minutes on the massage, concentrating on the upper back.**

That's where most women hold the tension, so working on that area can relax the whole body. Plus, acupuncturists believe that the kidneys, found along the lower back right above the waist, are a source of sexual energy. Find the sacrum: a flat triangular bone at the base of the spine directly between her hips. The sacrum contains little holes that are jam packed with nerve endings. Knead your palms into it so you generate heat and warm the skin. Then, trace your fingertips from the base of the spine upward via firm pressure.

▮ **A few other moves: Pinch the upper shoulders, then use your thumbs to knead any tight spots.**

You can also press down between her vertebrae and run your fingers under her shoulder blades.

▮ **As a bonus massage, you can also try switching her body over, so that you can work on her stomach area.** Slow-



ly tap two fingers from her naval to the base of her vaginal area. Next, circle her belly button with your fingertips, making the circles bigger and bigger as you move towards the outer abdomen. It's important to adjust the speed and pressure here to avoid tickling her. You're looking for moans, not laughs.

Red-Hot Rubdown

This sole-warming massage is a great add-on to a back rub or a pleasure booster on its own. According to studies conducted in the early twentieth century, there are points in your partner's feet, called reflex zones, that are connected to every part of her body, all the organs and functions, so a foot enhanced by heat can leave her blissed out all over.

- First, wrap her feet in separate hot, damp hand towels, then place a soothing eye mask over her eyes (it can be pre-warmed for extra relaxation).
- After two minutes, unwrap her left foot, and slather it with a glycolic-acid moisturizer to help smooth rough spots (Put some in a bowl, and pop it in the microwave for 15 seconds first).



...make that area hot and steamy again with the power of your breath and warm tongue.

- Massage in the cream by placing your thumbs side by side and running them up and down the bottom of her foot.

Then use one thumb to make circular motions all over, especially on the ball of the foot.

- When you're ready to go more professional massage therapist on your lady, hold her foot with both hands in such a way that the thumbs are on the sole of her foot and the remaining fingers are on the instep.

From the toes to the heel, slide the fingertips with intense movements by increasing the pressure on the heel with anti-clockwise circular movements alternating between the right and left thumbs. When the muscles are more relaxed, clench your fist, and without using a lot of knuckle pressure, perform to and fro movements in the arch area of the foot. You can also intertwine the fingers of your hand with her toes and perform subtle onward and inward movements without any pressure. Work the Achilles area too, exerting a medium pressure towards the knee.

- To give a more spicy touch to the session, you can alternate these exercises with a body to body massage, kisses, caresses and everything you deem appropriate to relax and turn on your partner.

- Repeat with her right foot.

Tantric Trigasm Step-By-Step

You wouldn't expect a pot of water to go from zero to boiling point in seconds flat, right? Well, same goes for sex – giving her body time to warm up before the act is key to reaching peak pleasure.



"You'll have the hottest intercourse when there's been a ton of tantric buildup before and during foreplay", says Joy Davidson, author of Fearless Sex. Plus, your partner will love the extra passion prelude and the tantric carnal cocktail you are showering her with.

- **Start a tantric erotic ritual that you do only before sex.** For instance, undress her slowly, spending a few minutes giving her little kisses around her waist, bra straps and chest without going for the goods just yet. Then rub lotion all over her, with slow, languid moves. Eventually, her body will associate the experience with arousal, so she'll get turned on automatically.
- **As she gets wetter, sit on the bed so you're facing her, and wrap her legs around your waist.** Then give each other a simultaneous shoulder rub, taking breaks to kiss surprisingly erotic areas – the inside of her wrist or the back of her knee.
- **Now is time to get into position!** One of the most famous tantric sex positions is Yab-Yum, a symbol of divine union with Tibetan origins. I like to call it The Lusty Lap Dance. While you sit on an armless chair, your partner should straddle your lap, facing you, and lower herself onto your penis. With her feet planted firmly on the ground for leverage, she should hold onto your shoulders as she pulses up and down.
- **To reach the G-Spot and make this sensual pose even hotter, she should lean back to ex-**



periment with different angles, swivel her hips in circles or make figure eights. And for even deeper penetration, you should grab her butt and pull her closer while she bumps and grinds. Since your hands are free to stimulate her allover, use one to tickle her clitoris (lube your fingers for extra wetness) with slow, seductive moves, and the other to play with her anal area. For more information about how to properly set the scene for anal and enjoy yourselves as much as possible, with no pain or discomfort whatsoever, check out my program on the matter - Anal Pleasure for Her - <http://www.analpleasureforher.com/>.

- **To up the tantric ante of this hugely arousing position, breathe in tandem.** Press your lips to hers, and inhale deeply as she exhales. It will increase your feeling of connectedness during sex.
- **Another position that works great is The Frog.** You should sit on the bed, with your back against the headboard and legs parted. Your partner should sit on your lap, taking you all in, and then leaning backwards so she's resting her body on her elbows, feet planted on the headboard, on each sides of your neck. She then uses her legs to push against the headboard and pump her body back and forth. This positions also gives you plenty of freedom for finger play, so use your hands to play with her clitoris after inserting a string of beads down her backdoor.
- **The fact that her body is angled like this gives your penis direct access to her G-Spot, and**



while she's pumping her own brains out, you're taking care of her clitoris with your hands while the anal beads do their job, which means a triple explosion will soon arrive.

TECHNIQUE 2

Trigasm – The Male Edition

When it comes to understanding how to have the best sex and orgasms possible, many men and women are still unaware of the fact that guys can also experience a trigasm, not just the ladies. But with the help of some simple tips (and some pleasurable masturbation as practice – I know you want to!), both partners can experience a level sexuality they may never have thought possible.

Your turn: Receive the best sex of your life

When it comes to sex, women tend to have so much more fun in bed! The clitoris alone has 8,000



nerve-ending whereas the penis only has “only” 4,000 in comparison. And the multiple orgasms women are capable of having – we talked about them in the introduction of this program, so you'd better not have forgotten about them!

But ... men are actually capable of having multiple orgasms, too! Most of them just don't it and most don't know how. The obvious problem is that having an orgasm, or at least, ejaculating, is generally both the end goal and end of each sexual encounter for men. You have your orgasm and then you lose interest and turn over to watch football or whatever else that you like to do after ejaculating. The fact that you are stuck in a cycle of sex for the sake of ejaculation is what actually stops you from enjoying multiples as well.

Most men don't know that they can orgasm without ejaculation — and this means that you can orgasm many times without having to stop (if you know how). The good news is that thousands of years ago, people found a way around this sexual dilemma.

The first thing to understand is that orgasm and ejaculation are not the same things. Orgasm is the energy around the ejaculation and it can happen without ejaculation. If you learn how to separate the two, then you can have multiple orgasms without ejaculating. Not only does this benefits you, but it's also an amazing experience for your partner too. Both bodies vibrating together in a long orgasmic harmony can be the most incredible thing ever.

To most people, this seems like an impossible feat and it might not even make sense. But, it takes practice and dedication to make that happen and many men claim that the benefits more than pay off.



Here are 3 steps you can take to learn how to have good sex and have multiple orgasms:

1. Relax.

Allow the energy to spread through you rather than involuntarily force it out. Stress is a fight-or-flight response and plays a major role in ejaculation. Stress can wreak havoc on all areas of your health, including your libido. Stress increases your heart rate (in the bad way) and increases blood pressure. Both of these are damaging to sexual desire and performance. Psychological stress can also affect achieving an erection or reaching an orgasm. Plus, stress can also trigger bad habits, such as smoking or alcohol consumption, which can harm your sexual performance. Many men have limited control over their ejaculation so instead of allowing stress to take over, try to relax. Talking to your partner about your stress can also calm you down, while strengthening your relationship at the same time.

2. Practice edging by yourself.

Set aside time for self-pleasure in order to practice edging. Work on continuously bringing yourself close to the edge of orgasm and then pulling back just before it happens. Eventually, you will get to a point where you have a greater awareness that an orgasm is about to start with a partner and you will be able to stop it before ejaculation.

Most men tend to masturbate in a pretty linear way, trying to orgasm as quickly and efficiently as



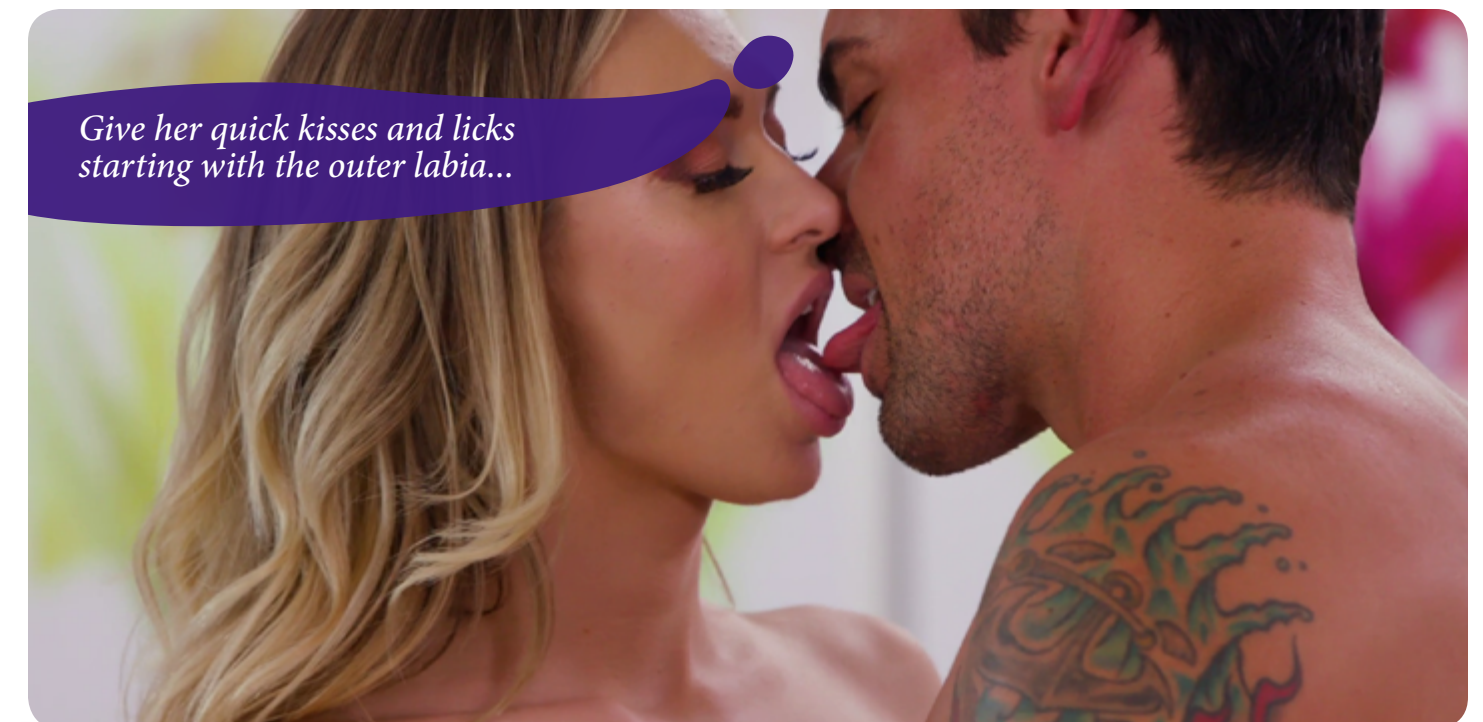
possible. But if you want to be able to stop yourself (or be stopped by a partner) before reaching orgasm, you have to learn when to stop yourself. Most people have what's called a "point of no return." Once you hit that point, you can't stop your orgasm, no matter what you do. In order to even attempt orgasmic control, you have to learn the signs of your "point of no return."

As you masturbate, try to get a sense of what your body feels like as you're starting to approach orgasm. Do your toes start to curl? Does your breathing pick up? Try stopping yourself as you get close, and letting your arousal levels fall. Then start up again, and get yourself close to orgasm again. Repeat the whole process as many times as you'd like.

3. Locate, and learn to use, your PC muscles

Use your pubococcygeal (PC) muscles, the muscles located on your pelvic floor, as well as your mind, to pull the energy up and back into your when it is trying to make its way out. This will send your orgasm shooting up your body, turning into a full body orgasm.

In ancient China, sex was viewed as an art form. There were realms of literature dedicated both to sex for fun and to sex for health benefits, some of which survives to this day. In ancient China, the emperors also realized that after having sex with their multiple wives and concubines, they were exhausted. So, they set about on a mission to discover how to have sex without draining themselves.



This became a national pastime and most Chinese families at the time had a book entitled The Art of the Bedchamber in their homes. The secret, it claimed, was not to let the energy come out, but to pull it up the body. The Ancient Chinese considered the 'self-massage' of sexual organs as part of a healthy meditation practice and an essential part of health and self-care.

These practices are part of Sexual Alchemy, an ancient Taoist practice that combines sex and masturbation with meditation. Alchemy is about transformation and when the energy travels up the body, it transforms and it energizes you. It's meditation where you play with your sexual energy with your mind, spreading it around your body instead of forcing it out.

It's a whole different perspective on masturbation than you might be used to, but it's a good way to improve your orgasms and it's so much fun, plus, it leaves you feeling energized instead of depleted after.

Through conscious self-pleasuring techniques like edging, you can learn to unleash your orgasmic potential and have multiple orgasms so you can have as much fun as many of us women do!

The Trigasmic Fellatio Step-By-Step



Stimulating this surprising moan zone will literally make her toes curl.

Welcome, sexy lady! Here's how you can turn your man into mush with a Trigasmic Fellation so intense he's forget his own name. Usually, men don't need that much to get into nooky mood, but if you want him to enjoy a triple orgasm, you first need to spend a bit more time engaging in pre-play. "When a man is turned on in the right way, it not only feels good, but his body is also more receptive and his orgasm more intense", says Gloria Brame, author of The Truth About Sex.

Start by pushing him down on the bed and straddling him. Then, while he's defenseless, very leisurely peel off one piece of your clothing at a time. To really titillate him, let him sneak a peek at the good stuff – your breasts, butt, inner thighs. Once you're naked, tease him by twisting your body over him in different directions, arching your back and letting your breasts graze his face and chest.

Continue by letting your parted lips linger somewhere on his body, like his stomach or chest, then slowly exhale. The rush of hot air will create a temperature change in his skin and heighten arousal. Two hot spots to pay attention to are his backside and thighs. Have him turn over on his stomach so you can massage each butt cheek, then inch your fingertips down to his thighs. These swatches of skin are packed with pleasure-receptive nerve endings. Tease them and your fingers will send shivery tingling sensations shooting through his body.



You can also move lower and tug the sides of the lips.

After several minutes, wake up the nerve center in his spine by using a touch he can't anticipate – like lightly tracing your finger beside his backbone in a zigzag or squiggly pattern.

These motions won't let him predict exactly where your fingers are going next, and that sense of not knowing is a huge turn-on. You can also brush your lips along his collarbone to the back of his neck. Since he can't see you, he won't know where your hands or mouth will go, so he'll ache with anticipation.

Next, work your way south to his package, pucker up, and blast a circle of cool air around his penis, as if you were blowing a candle. Breathing cool air on a hot region will actually make his arousal last longer. Now hold his penis with one hand and place it in your mouth. Keeping your tongue still, move his member back and forth inside your mouth, even letting it brush gently against your teeth. Run the tip of your tongue up and down his shaft, then take all of him into your mouth and keep alternating between licking and sucking so he never knows what to expect.

To treat him to a new level of bliss, dip your fingers in warming lube and rub his testicles



....make your partner feel seductive and powerful.

with them. Trace a big W along their outline: down one side, up the middle, down the middle, and up the other side. Mix the amount of pressure you apply – a soft flicker one minute, a hard press the next.

Now here is where the Triggasmic part comes in. Wrap your thumb between your index and middle finger and place your fist under his testicles. Press it against his perineum, shaking it up and down quickly. This stimulates his prostate from the outside. To stimulate it from the inside, add a naughty vibration to the mix. Moan or hum while he's in your mouth and he'll feel this electrifying buzzing throughout his entire genital area. Or put a mini egg-shaped vibrator against the outside of your cheek while his penis is in your mouth. For more juicy information on delaying your ejaculation and lasting as long as possible so that your partner can fully feel all the pleasure you can possibly give her, check out my program on the matter, Last Longer Tonight - <http://www.lastlongertonight.info>.

In the third and final step of the Triggasmic Fellatio you should make a second ring with your other hand and lock it around the base of his testicles, gently tugging them away from his body. Usually, right before a guy orgasms, his testicular sack will tuck into his body, making the path from it to the penis shorter. Tugging them, you're making his ejaculation longer and increasing the duration of his orgasm.

TECHNIQUE 3

Sex toys that lend a helping hand

Sex toys are no longer just for masturbation. Introducing sex toys into your relationship can be lots of fun. Plus, they don't just take the pressure off both partners, but they help close that damn orgasm gap, too. According to a 2009 study published in the Journal of Sexual Medicine, of the nearly 4,000 women between 18-60 who were surveyed, 41 percent reported having used vibrator with their partner, and 37 percent reported using them during intercourse. When you consider that barely 25 percent of women can climax through intercourse alone, it only makes sense that vibrators, as well as other sex toys, would make their way into the bedroom.

Buzz me, baby – Make sack sessions sextraordinary

“Think of sex toys as just one more ‘tool’ in the lovers’ toolkit. Consider it your goal to make sex even more fun for each of you and choose toys that are likely to do that”, says Rachel Venning, author of

Sex Toys 101: A Playfully Uninhibited Guide.

While there's no denying that couples sex toys are beneficial to our sex lives, when it comes to buying them it can be a little daunting because there are so many options out there. Although you could go big and get something expensive and high tech, it's really not necessary to get something great these days. Here are three types of sex toys you should add to your erotic repertoire.

Hands-free vibrators

Trying to hold on to a vibrator while having sex might not feel like the sexiest thing. Thanks to sex toy technology, you no longer have to deal with keeping hold of a vibrator while you have sex if you don't want to. There are now several toys available that either insert into someone's vagina (or anus) or sit on top of their clitoris, so that they and their partner can both keep their hands available for lots of other fun activities.

The first one you should consider buying is a hands-free clitoris vibrator. The toy sits between your partner's vulva lips, right on top of the clitoris. It buzzes away, giving your woman extra clitoris stimulation while you get to do other naughty things to her other hot spots, which is crucial when it comes to giving her a trigasm.

You can also try a rabbit vibrator that thrusts all on its own. So you



can just place it inside your partner's vagina or anus and let it do the job.

For double the fun, pick a double sided toy that offers both benefits: the thinner, flatter end of the toy fits inside the vagina, while the longer, fatter end rests on the clitoris. Plus, these usually come with a remote, so you can control how fast and hard it hums on your partner's hot spots. Some of them also rotate: the part that fits inside your partner's vagina vibrates and swirls to create the most luxuriously satisfying orgasm ever.

Best sex toys for shower sex

If you've never even thought to bring a sex toys in the shower, this needs to change, um, yesterday. Sex toys are an awesome way to make shower sex more fun, because let's face it, shower sex is rather challenging.

A great toy to pick for underwater fun is one that's moldable. You can bend it into a curved shape for G-Spot stimulation, leave it straight for optimal clitoral stimulation, and more. The options are essentially limitless. It's kind of a "do it yourself" sex toy.

For something more undercover, go for a small clitoris vibrator that gets the job done like a champion,



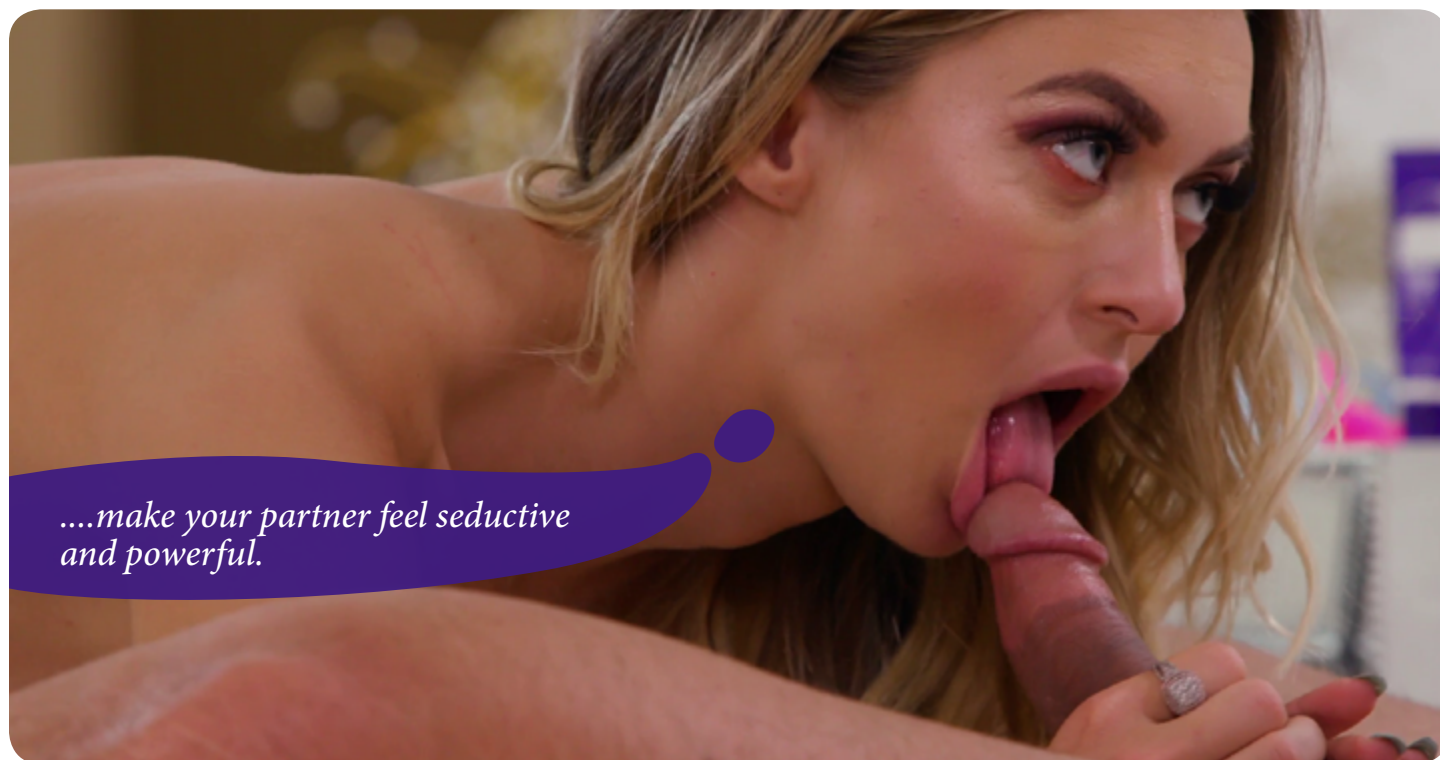
resting on either side of the clitoris and offering total stimulation.

If you want to go with the double part toy, designed to be worn internally during intercourse, you can! It isn't only great for penetration, but can be used as a fantastic stimulator for your partner's hot spots, but yours too – the perineum, ball sack and head of the penis. And if we're on the topic of your pleasure, a cock ring also works wonder in the shower, because it prolongs the fun, restricting blood flow and making your erection last longer and stay harder. You'll both enjoy an explosive orgasm. Literally!

Best toys for anal play

When it comes to anal play, there's so much experimentation and exploration to conquer that you need a couple of buzzing friends to help you go thorough all the sensations and experiences. So if you're eager to give exploring anal play a shot, grab the lube and give these toys a try.

Start with something that doesn't look even remotely intimidating. A small butt plug is great if it's your partner's first time at the anal rodeo. You can acquire a set of butt plugs that get a big bigger and heavier as you get more daring in your anal play. You can also pick one that comes with a mini motor, to give a little bit of jolt, as subtle as possible. The vibration offers an entirely new sensation that is bound to make your lady's mind spin with delight.



If for your partner girth is an issue and she's too anxious to relax her anus, then a wand, which is more about length than diameter, is fantastic. Your partner will get to enjoy the pleasure that comes with the deeper penetration than a plug can provide.

Anal beads are also a great option because they're flexible and insert very easily. Plus, the purpose of anal beads is to remove them quickly while your partner is having her orgasm, thus taking things to a whole new level of OMG.

The Buzzing Climax Step-By-Step

Every woman has an inherent bed right: to be shaken and stirred between the sheets. But sometimes, the deliciously decadent moves you've come to rely on can start to feel a little stale. Luckily, maximizing her ecstasy does not mean coming up with brand-new body-contorting positions or engaging in an Olympic-caliber mattress marathon. It's about vibrating tweaks that can upgrade your lust life from mmm-good to please-do-that-again amazing. You'll see what we mean when you test-drive the following Trigasm electric enhancers.

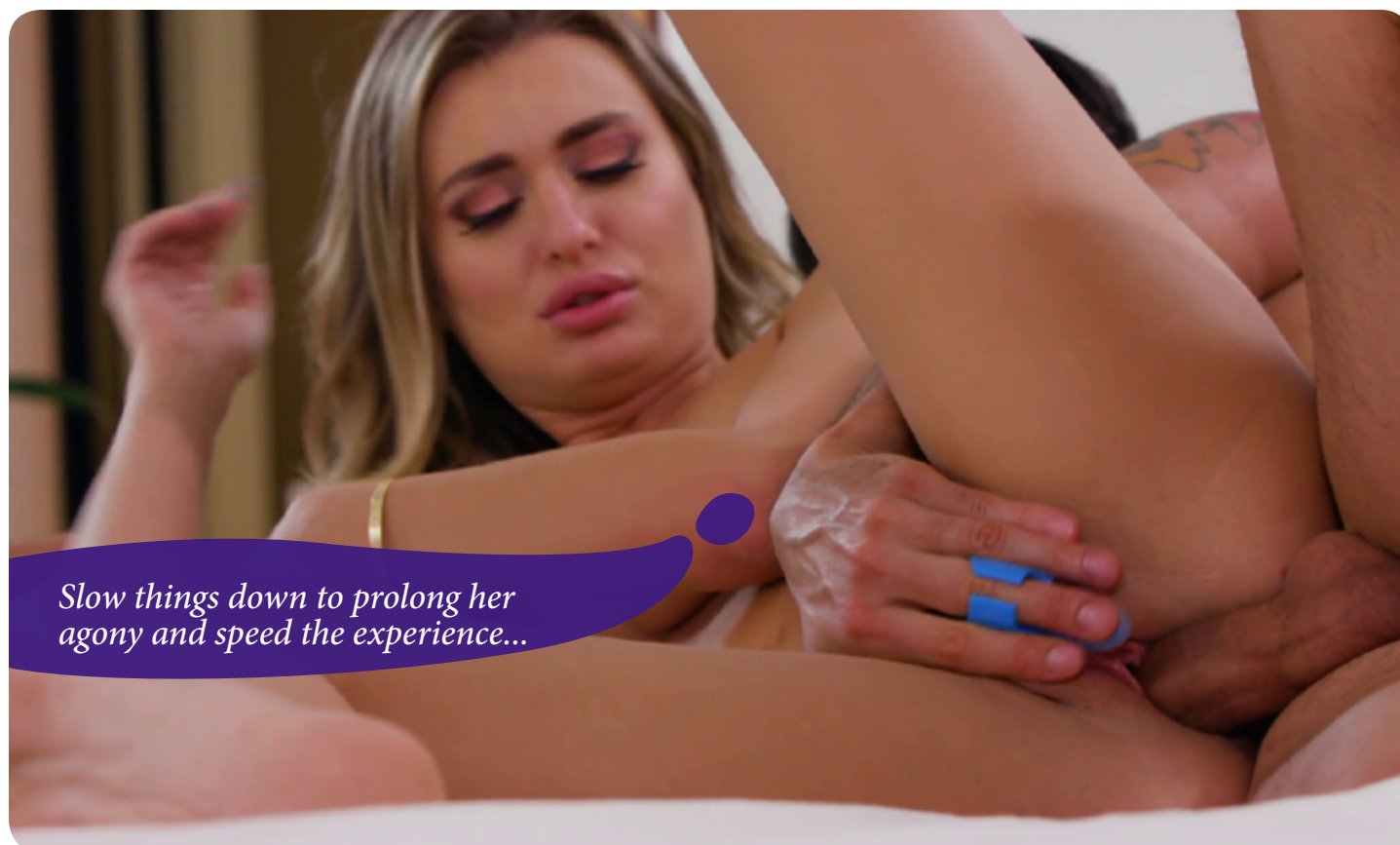
▮ To begin, take a hot bath together to prepare her body for what's to come.

The bath will also clear her head and ease her muscles. Once you're relaxed in the tub, wake her senses by running your hands over her breasts, belly, and thighs. Begin to caress the area around her clitoris – make figure eights with one fingertip, then try up-and-down strokes with three fingers. Go slow, concentrating on the warm, flush feeling that's heightening below the belt for you too. Rather than focusing on a goal (like making her come right away), try to help her get lost in a sea of pleasure. Soon, you'll



notice that the muscles of her vagina are contracting and that her breath is intensifying, both of which mean she's getting closer. Intensify these sexy sensations by asking your partner to inhale deep as you touch her, then imagine her breath going all the way down between her breath before slowly exhaling. Another technique that women swear by: Go hands free and direct the warm water flow from the faucet to her lady parts. The constant stream will cause a gradual buildup of erotic excitement.

Now it's time you pulled out the big guns, so get ready! Let's start with the clitoris, shall we? After a good dose of foreplay, lightly stroke and press against her clitoris. Some women find direct contact too intense. If she seems overly ticklish or jerky when you touch her, play with her through her panties until she's ready for more. Note: Her clitoris is not a button to be punched. Instead, think finger painting, where you gently glide over her. With your index, middle and ring fingers together, press the flat part of your fingers – not the tips – into the apex between her legs and rub her gently but firmly in circle. At the same time, you can also stroke her nipples while you lick and nip at her neck. If it isn't enough, go in with your tongue on the clit for some truly pas-



sion-building oral activity. Don't rush – the point is to wait until she's practically on the brink of kingdom come.

When she presses against you or seems anxious for more, pull out the big guns. Use a We-Vibe if she's not a fan of direct contact – its concave shape means her clit snuggles nicely into the toy so it's completely enveloped by vibrations, making the orgasm much more intense and all-encompassing. For more precise vibrations, go for a bullet vibrator and if you want for a more personal touch, try a vibrating glove that you can pop on and use on her. Plus, since you control the moves, you can get more bits involved, not just the tip of the iceberg, which enriches her orgasm. As she closes in on her climax, ask her to flex her Kegels (her vaginal muscles). Contracting and then releasing them as do your thing with the We-Vibe



brings more blood to the area, causing sex to feel 10 times more intense... and sparking an explosive outcome.

Now that she's so turned on, it's time we get the G-Spot in on the action as well. Start by penetrating her, slowly swiveling your hips in circles – almost like a car would go in a figure eight around a racetrack. You'll cover more surface area inside of her and you'll increase your chances of stimulating her G-Spot. Just don't make the mistake of assuming that pumping harder and faster will up your chances of taking her to G-heaven. After you've made her breathe faster and she's well aroused and lubricated, pull out a G-Spot vibrator – the one with the slightly curved tip. Slather it with lube and slide it about two inches in, pressing the shaft head against her vagina's front wall. 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.masteringhergspace.com/>.

As for the backdoor, you can go for something that attaches to your penis. For example, there's a toy that contains a penis ring and a vibrating butt plug. Basically, you're hitting two spots at once with this baby! Your vibrating penis absolutely ravishes her G-Spot, while the butt plug makes her anus go completely crazy. If you're also attaching a vibe to one of your fingers and massaging her clitoris, you're basically electrifying all her three spots at once, which produces a type of trigasm I can't even begin to describe!

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