

MASTERING HER CLITORIS

HOW TO GIVE HER
THE ULTIMATE
CLITORAL PLEASURE
AND ELECTRIFYING
ORGASMS



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Introduction

We tell ourselves and each other a lot of stories about female orgasm. Some of them are simple misinformation, others are downright scary, but ultimately this compendium of mythology only serves to make the experience of orgasm more elusive for the average woman.

I'm going to be talking a lot about orgasm in the next few pages and some of my ideas are not going to be very popular, with you or your lover. You might even consider them to be radical. That's okay. I just want you to keep an open mind. Our understandings about sex and orgasm are always evolving. You don't need to be confused. This is just one way to look at female orgasm, an especially good way if your lover is someone who doesn't orgasm during intercourse at all and is unsatisfied with your sex life. But even if your partner is getting off every time you have sex (and isn't just faking it) these techniques can help you increase the intensity with which she orgasms and help boost the frequency of your sexual experiences together, too!



Orgasmic Thoughts

First and foremost, before we get into the heart of the content, I want to talk a bit about what the word “orgasm” means, both scientifically and culturally. Because it isn’t always clear what it is we are talking about when we use the word, and this confusion is at the heart of the many reasons that so many women are suffering through unsatisfying sex.

Sometimes we use the word orgasm metaphorically, to talk about an experience that is climactic, ecstatic, transcendent, or otherwise overwhelmingly pleasurable. Usually when we are talking about chocolate and hot tubs and massages, this is how we use the word - often we say it is orgasmic. But many times this is also the kind of “orgasm” we are referring to when we expound on the many kinds of female orgasm.

And sometimes we use the word in a clinical way to refer to the specific pleasure of the uncontrollable, rhythmic contractions of the pelvic floor muscles surrounding the sexual organs. This is the kind of orgasm we are describing when we are talking about men’s orgasms, and also when we talk about the so-called “clitoral” orgasms that women have.

Here’s the problem with these double meanings.

When it comes to women, only one of the many kinds of “orgasms” we talk about being possible are actual, *clinical orgasms* - the kind caused by direct or indirect stimulation of the clitoral glans.

From a scientific, medical standpoint, there is really no such thing as a “vaginal orgasm” or a “g-spot orgasm” or a “uterine orgasm” (can I just say, whoever



came up with this final concept - ewwww) or even “energy orgasms” in tantric sex. Of course, from a more spiritual, poetic, or metaphorical standpoint, all kinds of sexual activities have the possibility to be considered orgasmic, the way we think of a great song or an amazing meal being this way. Except, you know, way better! The heart swells, the spirit soars, the brain floods with happy chemicals like endorphins and feel good hormones like serotonin. The problem is, of course, that we don’t apply these metaphors to male sexuality with any kind of regularity.

When we talk about a man having an orgasm, we all know exactly what that means. Increasing pleasure, contractions of the pelvic muscles, and unless he is practicing some serious

“A vast majority of women have faked an orgasm at some point in their lives.”

tantric muscle control, ejaculation. But the way we talk about women’s orgasms suggests that they are fundamentally different from men, as if they are elusive, mysterious, magical things that no one really understands. And this is simply not true.

Unfortunately all of this misunderstanding has resulted in a massive case of cultural orgasm inequality. Women don’t just orgasm significantly less often and less reliably than men in their sexual relationships. They enjoy sex less and feel more pressure to perform and pretend about having orgasms than men do. A vast majority of women have faked an orgasm at some point in their lives, and many do it on a very regular basis.



The 6 Rules for Understanding Female Orgasms

In order to really go deep with the information presented here in this book, there are a few things that you need to understand very clearly on the topic of female orgasm and what that means for you and your lover. So let's go through the Gabrielle Moore Rules for Understanding Female Orgasms, shall we?

1 All clinical female orgasms involve some kind of clitoral stimulation. Not just some kind of rubbing of the “inner” parts of the clitoris, either, but stimulation of the actual exterior clitoral glans. Studies have long told us that less than 1/3 of women can experience orgasm during intercourse. What people often don't share is that the 30% of women who do orgasm during penetrative sex are doing so because either their labia or their partner's body is creating enough friction with the clitoris to induce orgasm. And these orgasms are consistently less powerful than ones produced by direct stimulation.

Imagine it like this. When you are growing up, developing as a sexual being, you start to hear some interesting things about your body. People say, “Well, most men need some kind of stimulation on their penis to have an orgasm. But some men can experience orgasm from being penetrated anally by their lover! Lucky guys!” You are bombarded with all kinds of ideas about what sorts of things might help to give you an orgasm so you or your partner don't actually have to touch your penis. You can use a butt plug or a dildo while you go down on your lover. You can tweak your nipples and tug on your testicles. You can rub your prostate by pressing on your perineum or have your partner use fingers inside you to stimulate your prostate to ejaculation - which is obviously just as good as orgasm - while she grinds herself against your leg to get herself off.

Imagine what your life would be like if this was all you were taught about your sexuality and your own orgasm. Consider how much less likely it would be for you to have an orgasm on a regular basis with your lover if it was expected that you would somehow stimulate her clitoris, but it was not at all expected that she would reciprocate by stimulating your penis! Even further, it was thought or at least implied that if she had an orgasm and you ejaculated, this was superior to any kind of sex in which your penis

was stimulated and you reached orgasm yourself. How might your life be different?

Take this even one step further. A significant number of women in the world don't even know where the clitoris is! Can you imagine not knowing how to find your penis? Having no idea and no instruction about the location of your most pleasurable organ? Muse on that for a few minutes.

This is the kind of world that women grow up in. This is your lover's world

2 Women are able to reach orgasm just as quickly as men are (on average in under three minutes) when they are masturbating solo with direct or indirect clitoral stimulation - most women prefer direct stimulation, but some find it a bit too intense. The female orgasm, in and of itself, does not take longer to produce than a man's. And female arousal is not slower to rise than men's, if the stimulation being used to create these experiences is the right kind for the woman! You would take upwards of 20 minutes to get off too, if the best you could hope for during sex with your partner was a bit of jostling about in the direction of your penis, wouldn't you? Heck, you would be lucky to get off at all!



In other words, women's orgasms take longer because their partner's aren't as skilled at stimulating the clit as women are at doing it themselves. Having sex with a lover is a lot more complicated than masturbating, and women often don't go into sex expecting to have an orgasm. What would sex be like for you if you had no expectation of an orgasm going into it?

This reason alone is why it is so important to encourage your lover to masturbate. She needs to know what kind of stimulation works for her, and needs to be comfortable providing that stimulation to herself even during intercourse!

3 Ejaculation is not the same thing as orgasm. Women can ejaculate with stimulation of the g-spot, the same way that men can ejaculate (without orgasm!) if the prostate is stimulated and not the penis. And like men, women can also ejaculate and experience orgasm at the same time, if the clitoris and the g-spot are stimulated together. But in all people, orgasm and ejaculation are two individual processes that sometimes (in men, usually) happen simultaneously.

If your lover wants to both ejaculate and orgasm at the same



time, she will need both g-spot and some kind of clitoral stimulation. Don't try to convince her that her squirting is a "g-spot orgasm" if she doesn't feel that this is true. Because it isn't.

4 Lots of sexual activities can be pleasurable, ecstatic, climactic and ultimately sexually satisfying without being clinical orgasms, and that is totally okay. Your lover might still call these experiences "orgasms" and that is okay too.

This news, when men and women are first confronted with, tends to result in a lot of responses regarding women who claim to be having vaginal orgasms, or being able to have orgasms from nipple stimulation alone. As I mentioned earlier, some women do experience clitoral orgasm from vaginal penetration. A few lucky women may even be able to squeeze their thighs together or somehow produce enough friction on the clit without any direct touch, to reach orgasm during foreplay activities. But these women are rare. More likely, women have climactic experiences during sex that they call orgasms, much in the way that their chocolate ice cream is orgasmic.

I'm not telling you that you should be trying to correct your lover. "You know, sweetie, it's unlikely that the thing you just experienced was a real orgasm." Don't do that. Bad idea. But this information is important for us all to understand if we are *going to bridge that orgasm gap*.

Ideally in a healthy sexual relationship, you both have the self-awareness to



know what an orgasm is and what it feels like, along with the understanding of what you really enjoy as a shared sexual experience. You don't need to have an orgasm to have a pleasurable sexual experience, especially if that experience is ecstatic and climactic. But it is still important to know the difference if we are going to change the culture of orgasm inequality for women around the world.

5 The longer you are in a relationship, the more likely your lover is to experience orgasms during lovemaking.

People have used this bit of information to suggest that it's really important to women that they have emotional intimacy in their relationships. While this may be true, it is likely that the only reason this is true is because increased emotional intimacy goes hand in hand with an increase in investment.

In a loving relationship, a woman is able to begin trusting and believing that her partner actually cares whether or not she comes! She can begin exploring her body in a safe environment where she need not feel afraid to express her desires and communicate to her partner what kind of stimulation works for her. She isn't just having sex to feel connected, to please her lover, or to establish a relationship. Instead she really starts having sex for the sole purposes of pleasure.



6 The greater the variety of sexual activities you engage in as a couple, the more likely a woman is to experience orgasms with her partner.

Again this statistic has been used off and on to make some pretty weird arguments about the female sexual response, suggesting that women just need things to be more intense than men or that with a variety of sexual activities, women can have either clitoral orgasm or vaginal orgasms or anal orgasms or whatever.

In truth, this simply shows us that the more kinds of sexual activities a couple engages in, the more likely they are to be stimulating her clit. Mutual masturbation, oral sex, manual stimulation, using sex toys - all can help to bring orgasms into everyday experiences.

So how can you apply these rules to your lovemaking to increase your partner's pleasure and her likelihood of experiencing orgasms with you?

Each of the next three techniques is designed to do three things: stimulate her clit in a way that mimics her masturbatory style or otherwise provides stimulation guaranteed to get her off, increase the level of intimacy and sexual knowledge between you and your partner, and diversify your sexual experiences so you have a chance to find out what works for you and what is most likely to really get her off.





**TECHNIQUE
ONE:
ORAL OVERLOAD**

We start with oral sex because despite the fear and concern most men have about being able to do it well, oral sex has some unique advantages to manual stimulation and is actually easier for most men to master.

The benefits are actually pretty straight forward. Whereas manual stimulation is essentially about attempting to mimic her masturbation technique as exactly as possible - something that might be more difficult than it sounds - oral sex offers her a kind of sensation that she simply can't reproduce herself. Unless she happens to be a little bit kinky and a lot flexible, your tongue is the only surface that can produce such a wide range of various touch sensations to bring her to orgasm.

While there are any number of different positions in which oral sex can work for you, the one I am describing here is designed specifically for beginners who want to try something new in a way that gives her a bit more control over the situation.

For many women, receiving oral sex is a very vulnerable experience and often it

isn't nearly as exciting for her as it is "supposed" to be. With this technique, you have the chance to try out a completely new way to do oral sex, and she gets to be in the power position, which can both help her to feel safer and sexier, as well as offering her the opportunity to control the pressure and pull away or push into you depending on how you are doing.

Preparation

1 Oral sex takes a little bit of preparation on both your parts. So let's start with you! Your mouth should be clean, but you also don't want to brush or floss immediately before hand, to avoid bleeding gums and what not. Be sure you have a regular tooth care regime and your mouth is generally clean, then use a quick mouthwash right before to tidy everything up.

"Use a quick mouthwash right before to tidy everything up."

You may find when you begin practicing oral sex that you lack some stamina. Your tongue is a muscle and if you don't exercise it, that muscle will not be up to the task! The best way to do this is by performing oral sex on your lover more often, but you may also enjoy licking and flicking are her nipples, and extended make out sessions.

If you have a beard, make sure that it is clean and be aware that it will probably get messy. Keep a clean, damp cloth and/or a towel nearby to wipe your face down, especially if your lover is the type to get very wet, as these fluids will get caught in your facial hair.

On the other hand, if you generally shave, you do want to be clean-shaven but again, not so freshly shaven that you have open wounds on your face. Use an electric razor if that helps. Most women find that the five o'clock shadow stubble is very irritating to their sensitive skin, especially if they shave their vulva as well.

Set the scene so you are both comfortable, the sheets are clean, and the bedroom is well lit. You want to be able to see exactly what is going on.

2 She will probably want to do a bit of prep as well. If she happens to be menstruating, be sure she has a tampon or a sea sponge in to keep things relatively clean. In this case, you probably aren't going to be transitioning to intercourse, unless you're into that sort of thing, but many women find orgasms to be very soothing and helpful for cramps, so don't completely opt out.

She may want to shave. If not, she can at least be sure to wash right beforehand, taking care to clean between the folds of her labia lips gently with a soft, soapy cloth and lots of warm water. Easy! It will also help you if she holds her labia lips apart while you are going down on her, so she may want to trim and clean her fingernails. Basic stuff, here.

3 Get into position! You should lie on a bed, couch, or other surface that supports your body, with your head hanging off the surface over the edge. Your shoulders should be supported but right at the edge.

Choose your surface so that she is able to straddle your face in this position without suffocating you. She should be standing with one leg on either side of your head, looking down at your face.

If she happens to be especially dainty and you rather robust, she can lean back and sit a little bit on your chest, with her hands behind her on the bed for some support. Or, if it works better for you, she can face the other direction and bend over, supporting herself with her hands on the bed, allowing you to also penetrate her with your fingers as you give her oral.



In the position where she is facing you, she can look down and make eye contact easily, giving you a great view of her face. You also have a great view of her vulva, which can help immensely when it comes to doing oral sex right.

4 She should spread her labia lips gently, if necessary, and lower herself onto your mouth. Because of the angle here and the fact that you can lean your head back when you need to, there shouldn't be any need to worry about running out of breath.

If she isn't really feeling one of the techniques, or if you are being too rough, she can easily pull back, unlike in the traditional missionary-style position where you might mistake her squirming to get away from stimulation as pleasure. Similarly, she can press herself harder against you to indicate that



she wants even more pressure and intense stimulation.

She can also pull back and play with herself if she finds her arousal waning or if, as you are learning oral techniques, she finds she needs a break and to just get herself off.



Going Down

5 There are several different oral techniques available for you to use with your lover. I recommend my book, *Hot Licks* (www.hotlicksprogram.com) for more info on oral pleasure. Today we are going to cover three very basic movements that you can use to bring her pleasure: the lick, the flick, and the suck.

The lick is the most simple of the three movements and is pretty much exactly what it sounds like. You are going to lap at her clit with regular, steady, high pressure movements of the flat part of your tongue. Every contact you make with her clit is in the same direction, licking from down upward. If she is facing you, this means that you will begin with your tongue between her clit and her vagina, or underneath her clitoral hood, and end with the tongue at the crease of her labia lips above her clit. Keep a steady rhythm and follow her lead when it comes to pressure. If she is backing away, lighten up a bit. If she is pressing into you, try to go at it harder.

The next most intense move is the flick, which is similar to a lick but goes in both directions, generally much faster. You can start the flick off slow,



using just the tip of your tongue to flick her clit up and down. Point your tongue so the tip is stiffer, providing a more intense stimulation. Increase your speed as she gets closer to orgasm, maintaining steady pressure. There can be a tendency to let the tongue relax from the pointed tip as you progress through this move. If she prefers that, go for it, but generally you will find that this decreases sensation for her, so do what you can to build that stamina up!

In the final of the three moves, you are actually going to be using your lips as the primary source of stimulation, creating a suction seal around her clitoral glans (and likely the hood as well) and sucking her clit into your mouth rhythmically to create sensation. With this move, you can also supplement this with the licking or flicking of your tongue inside your mouth, in addition to the suction, to up the intensity even more.

6 Throughout this experimentation with the three different techniques and their variations, you should be able to figure out some kind of pattern. If not, just ask her! Which of the different stimulation types did she prefer? Or does she like a progression through all of them, from licking to flicking to a suck/flick combination of some kind?

When you know what move works best for her, settle into it. Practice it with all your heart and effort. Put some serious energy into it. Hold onto her hips with your hands to steady yourself and give it everything you've got!





TECHNIQUE TWO: MIMICKING MASTURBATION

Manual stimulation tends to be described primarily in terms of fingering - that is, using your fingers to penetrate your lover vaginally. But the most powerful way to master the art of using your fingers in sex is to learn how to exactly copy the way she masturbates when it's just her, all by herself, aiming to get off hard and fast.

This step-by-step guide includes both some tips and tricks for learning the skills you need to mimic her masturbation style, as well as guidelines for a scene in which you take your lover from behind and finger her clit until she comes. This can be performed with or without intercourse in just about any from-behind position.

Recognize that this will require a bit of multi-tasking ability on your part. Try to learn the techniques for getting her off with your fingers first, watching her masturbate herself and learning how to do it too, so that when it comes time to pair this technique with intercourse, you won't get lost in your own pleasurable sensations and totally forget about everything you've just learned!

Before you get started, there are plenty of things you can do to prepare. For starters, be sure your hands are clean, your nails are trimmed and smooth, your skin as soft as you can get it to be. Have lube handy just in case.

More importantly, if you find that when you practice these techniques, your hands cramp up, check out my book *Naughty Fingers* (www.mynaughtyfingers.com) for some great exercises you can perform to help keep your fingers strong, as well as increasing your sensitivity to her sexy spots.

Your first step is to really get it in your head how she does masturbation for herself. If your lover is one of the few women who does not masturbate regularly, or if she is accustomed to using a vibrator, have her take a few weeks with scheduled me-time to really get in touch with her body using her own fingers before you begin exploring these techniques together. When she has it totally down, it's time to share the knowledge.



Hands on!

1 She should lie back on the bed, or in whatever position works best for her to get herself off. Remember that this is not a show for you. She shouldn't be performing or doing stuff she thinks will get you off. This is a learning experience for you. You need to see her completely in her own element.

If she feels more comfortable, she may want to instead film herself masturbating a few times so you can study it that way, but nothing quite beats the real deal. Pay attention to the details.

What position is her body in? How are her thighs held? Which finger or fingers does she use to stimulate her clit? Where in relation to the clitoris does she place her finger(s) - does she press into the clit directly, use the labia as padding, circle around the clit? In what direction do her fingers move - up and down, side to side, around in circles? How quickly does her fingers move? Does she begin slowly and increase speed, or go right for gold? How much pressure does she appear to be applying? How does this change throughout her experience? Does she like lube? Porn? What really gets her off?

These are just some of the questions you should be asking yourself during the experience. This is an exercise in concentration. Pay attention. Don't let your mind wander off into fantasy or boring random ideas about your day. Get as close to her as you can and really get inside the experience.

You may want to watch her several times over the course of her menstrual cycle. Does her technique change throughout, or stay constant? Does she seem to like different kinds of stimulation at different times of the month, or is in kind of random, or completely steady? Does she give herself any other kind of (non-clitoral) stimulation that is entirely about her own physical pleasure?

Every tiny detail is important, so be sure to know exactly what you are getting yourself into before moving on to the next step.

2 That next step is mimicry. The technique here is to take what you have learned about how she moves her fingers during masturbation in order to recreate this experience using your own hand.

When you are first starting out, it may be helpful to have her guide you. Get into a position that best reproduces both her body position and the angle at which she approaches her clit. This might mean lying on your sides with you spooning her from behind, or if she is light and it is comfortable, with her lying on her back on top of you in bed. You can try it standing up behind her, or with her sitting in her lap. But basically you want your arms to wrap around her body and your fingers to dip between her legs as if they are her own fingers.

In order to get you started, you can simply place your hand over hers while she masturbates herself, getting a good feel for how her hand moves, what kind of pressure she is using, her speed and her rhythm. You can progress by switching, with your finger(s) on her clit and her hand on top of yours to help guide you. This way she can press into you to let you know if you should be applying more pressure, or move against your hand faster if she wants you to speed up.



2 In the final step, it is all you. If you are lying in a spooning position or standing up (this works great in the shower!) then she can reach around behind her and begin to stimulate you as well. In fact, you may want to practice all these steps in reverse so she can learn the best ways to give you a hand job too!

With her hands busy now, it's all up to you. Use your free hand to caress her. Kiss her neck. Whisper sexy stuff into her ear. But most importantly, keep your focus on everything you have learned about her masturbation style and go for it!





TECHNIQUE THREE:

IT'S BUSINESS TIME
INTERCOURSE ALL THE WAY

Very few intercourse techniques include information on how to really get a woman off through direct clitoral stimulation. With your manual stimulation skills, you can modify just about any sexual position to include her clit, using your fingers or encouraging her to use her own. Add sex toys into your play and the possibilities are endless!

But with this particular technique we are going to talk about a unique pair of sex positions called the Coital Alignment Technique (CAT), specifically designed to hit her clit during intercourse without anyone's hands needing to be between you. In fact studies have shown that more than twice as many women are able to orgasm with this technique alone than during regular intercourse positions! First I will describe the basic missionary position CAT and once you have mastered this skill, you can try the modified woman-on-top version to see which works best for you. The CAT missionary position is actually quite simple, and once you get the hang of it and know what it feels like, the woman on top version is easy to adopt as well.

The CAT position works great as a “finishing position” if you want to have a longer sex session and try a few things, and it’s also excellent for multiorgasmic women if you really want to get all tantric with it. There isn’t a lot of rough thrusting with this move. It’s mostly about using the hips and the pelvis to create friction, so it’s more rubbing and grinding than going at it hard. But it’s totally worth it, I promise. This one move completely changed my sex life.

Missionary Style CAT

This particular technique can be difficult for some couples, especially if learning new movements isn’t your strong suit. In many ways it is the exact opposite of your standard thrusting missionary sex, which can make it feel a little bit weird at first, especially for you when you are on top.

There are a few variations you can try if things just seem too strange, so give it a try and see what happens. Experiment with the different styles of CAT, both missionary and woman on top, and remember to always come back and try a new thing again sometime in the future. As bodies change and get to know each other better, you would be surprised at how a position that didn’t work for you last week or last month or last year suddenly just seems to click!

- 1 You should start in this position (after all the requisite foreplay and getting turned on, of course!) with her lying on her back, legs spread, knees bent, and hips tilted slightly upwards. You may find that a pillow under her hips help, or it may just get in the way. Try it out and see what works for you.
- 2 Enter her as you would during normal missionary position sex, but after you have penetrated her fully, shift your body a bit. Move upwards against her body, keeping your penis inside her, so that instead of being chest to chest, your chest is more in line with her shoulders, holding yourself up on your arms.
- 3 In this position, the side of your penis that normally faces upward when you are erect is now pressing against her vulva. She may find it helpful to spread her labia lips at first, just so you can better position yourself against her clit.
- 4 Unlike in the standard missionary position, when you “thrust” with this technique, you aren’t really thrusting at all. You aren’t going to be pushing in

and out of her. Instead, as you slide or grind your body down so you are more aligned, you will be penetrating her more deeply, and as you raise your body up you will be sliding slightly out of her vaginal canal. But if you keep your pelvises aligned and pressed together, with each in and out stroke you will be rubbing against her clit.

- 5 She can press her hips on the “up” stroke, rocking against you. You may find it easier if you have your feet pressed against a wall, the headboard, or her feet, allowing you to get some leverage.
- 6 If you find this particular move to be awkward, try a similar version but with her legs closed inside of yours. On other words, she spreads her legs slightly, you penetrate her with your legs straddling hers, then she closes her legs tight. With each thrust, you will be penetrating her and sliding against her clit. Her clenched thighs will be extra tight for you and will make you feel larger and deeper inside of her!



The Woman on Top CAT

This version allows her a lot more control over the speed and motion of the hip-grinding, since she is pretty much entirely in control of it. You may find it easier to master than the missionary version, which can be difficult to get used to.

- 1 In this version, she comes on top of you, facing you, straddling your pelvis and lowering herself onto your penis until you are fully inside of her. Rest here for a moment and enjoy the sensations.
- 2 From here, she moves slightly forward, tilting her hips and spreading her legs and/or her labia lips so that her clit presses directly into your pelvis. She may want to lean into you a bit, supporting herself on your chest or the headboard so she can get the perfect fit. Try tilting your pelvis a bit to give her a better angle to approach you.
- 3 She can then proceed to rock back and forth or grind into your pelvis with whatever speed and pressure she prefers! You may notice that the motion she chooses is very similar to the type of masturbation style she uses. Remember this! It will help you to improve the way you rock back and forth when you practice the missionary CAT again in the future.
- 4 If she really has a hard time making contact between her clit and your pelvis, now would be a good time to invest in a quality vibrator! In the meantime, have her turn around so you can use the skills you learned in the last technique section. See if you can't mimic her masturbation style while she is bouncing up and down in your lap!



In Closing...

There are so many ways to bring a woman to orgasm, this is only a small sampling of some of the tried and true methods that I have used to improve my own marriage. I'm confident they will do the same for yours. When you have explored and mastered these techniques, don't stop! Check out more of my books, come up with new and exciting ideas of your own, and just fall in love with falling in lust with each other, all over again. You and your lover deserve to be committed to bringing each other pleasure. Now is the time. Take all this knowledge and make something magical happen in your relationship.



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**** *Science, Sex and the Ladies*