

MUTUAL MASTURBATION

FORBIDDEN TIPS AND
TECHNIQUES FOR
MAXIMUM MASTURBATION
ENJOYMENT WITH YOUR
PARTNER



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Table Of Contents

Introduction	3
Why Mutual Masturbation	4
Understanding your anatomy	6
Touching Yourself	9
Getting down to business	10
Before you begin	12
TECHNIQUE ONE: HIS & HER HANDJOBS	13
TECHNIQUE TWO: TOUCHING HER	22
TECHNIQUE THREE: ANAL STIMULATION	27
In Conclusion	29
References	30

Introduction

Mutual masturbation may sound super fancy but it's really just another term for masturbating with a partner. Though many people associate masturbation with virtues of solo pleasure, masturbation together can actually enhance your relationship and strengthen your bond. It's actually kind of romantic. Masturbating together is twice the fun as going at it alone! You get to show your partner what really truly turns you on when no one is looking and you can learn what really excites them.

There are two ways to approach mutual masturbation; non-contact mutual masturbation and contact mutual masturbation. The first way is to have both of you masturbate yourselves at the same time or while the other watches. Think of it as show-and-tell for adults. Or having front row tickets to your favorite concert. It's rare that anyone gets to see you masturbate, but now you can perform for your lover which will undoubtedly turn them on and make them want to get in on the act. The second way is to have your partner masturbate you and vice versa. The beauty of mutual masturbation is that it can be part of foreplay or it can be the main act. Sort of like an appetizer that could be an entrée. For many people it can be like watching your own personal movie.

While mutual masturbation can be an alternative to sex and avoid pregnancy particularly if you're a teenager, if you're an adult it can be an excellent way to bring you closer to your partner and achieve orgasm in a new way. When two people stroke each other to



reach orgasm, each partner hones in on their partner simultaneously creating and experiencing orgasm. You get to really watch their movements, breathing, expressions, and maneuvers. Sex is great, but obviously it's impossible to put that much focus on all of the little details when you're doing it. Using your fingers (in combination with a lubricant if need be) you can stroke your partner (or vice versa) to create a slow building orgasm that can be explosive. For women in particular, it can be difficult to achieve orgasm through penetration via sex. Mutual masturbation allows you to see what turns her on and execute the same moves yourself. So what are you waiting for? Let's get started.

Why Mutual Masturbation

Partners who masturbate in front of each other or masturbate each other can enhance their intimacy and their sex lives. Although we'd love to think our partners know our bodies best, the truth is no one knows your body better than you do. Sharing how your body gets turned on with your partner will not only improve your sexual experience (and turn you on even more!) but it will allow you to achieve orgasm more easily.



- 1. For women.** Many women have a harder time achieving orgasm than men when having sex (all those nooks and crannies!), which can lead to intimacy problems down the road. Being able to show their partners how to bring them to orgasm can not only bring couples together but it can make her more comfortable in her sexuality. Encourage her to masturbate on her own at first. Once she knows what she wants she can show you. Plus you don't want her to fake it do you? Didn't think so. Mutual masturbation is the perfect way for her to show you what she wants without hurting your feelings.
- 2. For men.** If you've been experiencing problems achieving orgasm or staying hard too long (hey it could be worse!), then masturbating more can ease some of those problems. But even if you don't have problems in that department, it can be very exciting to have your partner watch you so she can see exactly what it is that you like. Handjobs aren't the most common sexual activity, but there's no reason they can't be incorporated. Why save all the fun for when you're alone? Let her please you too.
- 3. To mix it up.** Maybe it's too hot to engage in full blown sex. Maybe you're guys are feeling frisky but a little bit mellow at the same time. Or maybe you just want to extend foreplay. Mutual masturbation is a great way to get the two of you hot and bothered before the main act or get you off without penetration. Think of it as a challenge.

"Mutual masturbation is the perfect way for her to show you what she wants without hurting your feelings."



Understanding your anatomy

Before we get into the nitty-gritty of technique, it's very important you understand both your and her anatomy. Sure you likely know your own body parts, but if you want to explain it to her you'll have to get a little more technical. Though a penis seems easy enough to stimulate, there are actually areas on the penis that are more sensitive than others. While she may focus on just stroking your shaft up and down, it's helpful to know the difference between the all your little hidden parts that can make all the difference between a so-so handjob and rocketing off into outer space.

Male Anatomy

The Shaft

This is where the primary action takes place and likely where she will gravitate to first. Firm pressure works great here as it's the least sensitive part of your nether regions. Just don't let her focus all of her attention here.

The Head (Glans)

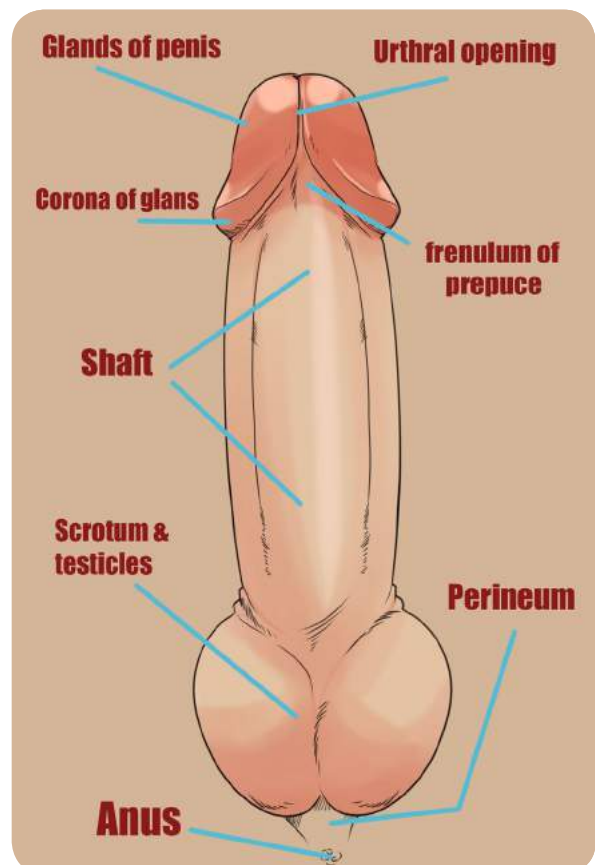
While touching your shaft can feel great, it's not as sensitive as the head (glans). The underside of the glans (frenulum) is chock full of nerves making it extremely sensitive and a perfect place to slowly start touching. Not every man will enjoy jerking off with the glans, but it can be a nice place for her to start before she goes full throttle.

The Corona

This is the ridge surrounding the head which forms a border between the head and the shaft. Also a sensitive area and another one she can start off with.

The Testicles

Teach your lady to play ball! Many women forget that the balls need love too. The testicles are sensitive and responsive to



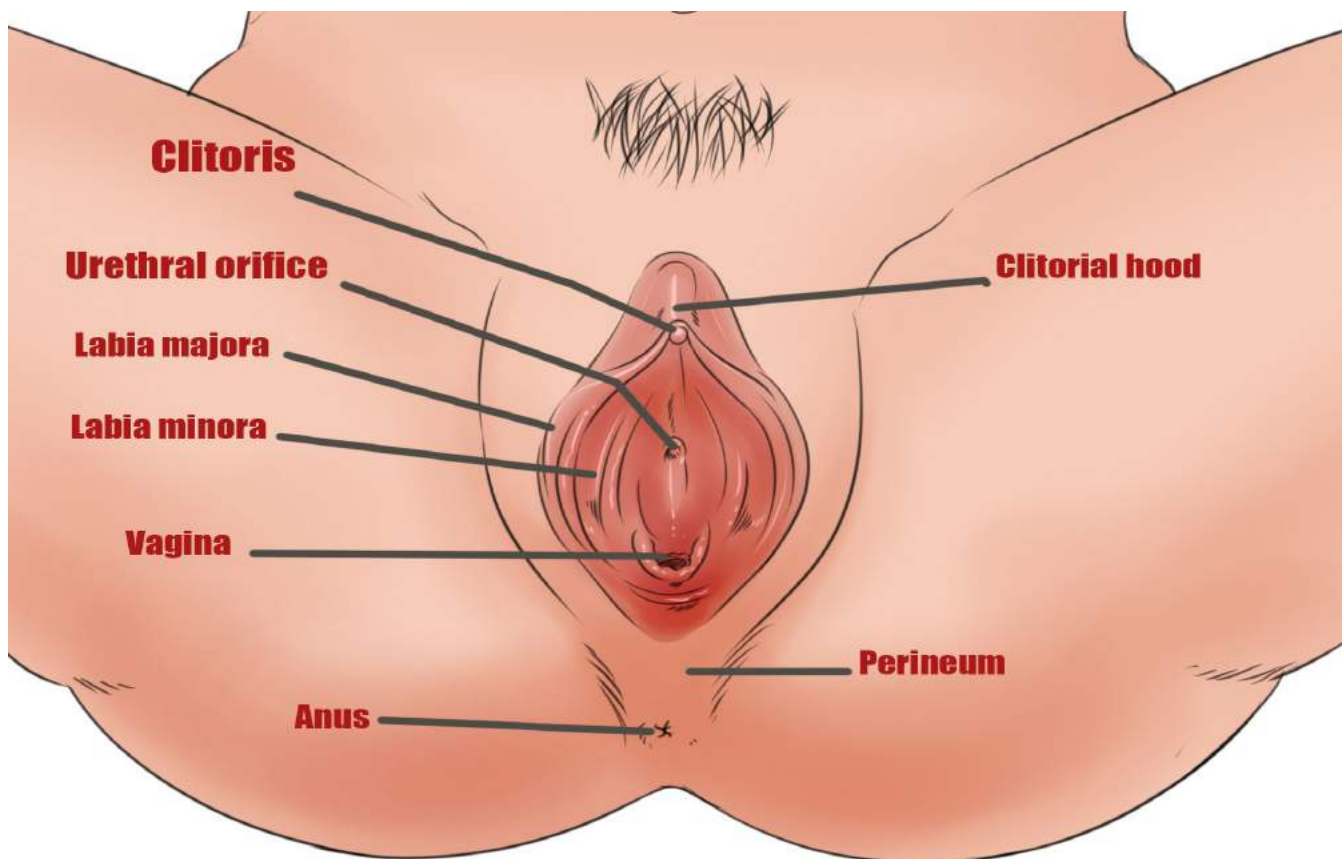
pulling, tugging, and fondling. Encourage her to touch you down there by touching yourself or guiding her hands down there.

Female Anatomy

A woman's anatomy below the belt is a little more (OK a lot more) complex than a guy's and some women themselves often don't know what's going on down there. For example, did you know the clitoris is made out of the same erectile tissue as the penis? It too can swell with blood when stimulated. There's multiple lips, the clitoris, a shaft (yes she has a shaft too), a hood and more. But there's more to stimulating her than just playing with her clitoris. Her vagina and G-spot are also sensitive and knowing how to stimulate all three areas can lead to explosive orgasms.

The Mound (Mons Veneris)

This is the soft fleshy part of a woman right above her vulva. It is slightly padded with fat to protect the pubic bone from the impact of intercourse.



The Outer Lips (Labia Majora)

The outer lips serve as a protective covering keeping all the good stuff protective.

The Inner Lips (Labia Minora)

The inner lips are softer and hairless and covered in mucous membrane. The inner lips surround the clitoris as well as cover the opening of the urethra and vagina.

The Clitoral Hood

This little hood protects the very sensitive clitoris. Sometimes it completely covers the clitoris. In others, it only partially covers it.

The Clitoris

The clitoris is always the center of attention and rightfully so. This tiny little part of the body is responsible for an overwhelming amount of sensation. In fact, it's the only organ whose sole purpose is pleasure. Forget what you've seen in porn; every clitoris is different. Some are smaller, some are bigger. Some are hiding under larger clitoral hoods than others.

The Clitoral Shaft

The clitoral shaft is connected to the clitoris. It feels like hard wire. It is connected from the clitoris towards the pubic mound where it then bends and divides like a fork in the road or a wishbone.

The G-Spot

This spongy much debated area is located about 2 inches up from the vaginal opening towards the front of the body. It feels like a little bean and when touched it can make her feel like she has to pee. Though there has been much debate about its existence, in recent years it has become accepted that women have a G-spot and they can orgasm from it. To learn all about the G-spot, you can check my program "Mastering Her G-Spot" (www.masteringhergspot.com)

The Anus

Once considered taboo, the anus is finally coming into the mainstream as a source of pleasure for both men and women. For women, the anus presents another way to stimulate the G-Spot. For men, the prostate is located about 2 inches up from the rectal opening and feels like a walnut. Fondling the

prostate can result in intense orgasms that are unlike any other. For her the dual stimulation of vaginal and anal stimulation can result in wild orgasms.

The Perineal Sponge

This overlooked area lies between the vagina and rectum just beneath the perineum (aka taint) which is the skin between the vagina and anus (or on a man between the balls and the anus). The PS is actually a bundle of erectile tissue which like all other erectile tissue becomes filled with blood when stimulated much like the penis or clitoris.

Touching Yourself

So you and your partner are ready to explore masturbation together. Awesome! But first you have to master it yourself. Even if you both are familiar with masturbation, it's a good idea to try exploring different areas you haven't normally touched in the past.

G-Spot Exploration

She may be used to rely on a vibrator to masturbate solo. This is the perfect opportunity for her to try stimulating the g-spot on her own. Once she gets used to stroking herself there, she will get used to the “pee” sensation and will be more comfortable with your fingers down there.



The Head (Glans)

If you normally just masturbate by moving your hand quickly up and down your penis, try playing with your testicles or the head of the penis for a more intense sensation. If it's too intense, try going slower or maybe putting a light cloth over the head.

Anal Exploration

Anal play can be uncomfortable for many people at first, so this is a good time to try this solo at first. After lubing up, try inserting a finger slowly inside the rectum. She can try doing it while masturbating vaginally, while you can look for your prostate. If you like it, you can bring into your play together. Just don't forget to breathe and relax!

Getting down to business

So now that you have the basics of female and male anatomy, it's time to move on and learn how to stimulate her happy spots and get her to stimulate yours. If you're lucky, you may even have a simultaneous orgasm! Focus on your partner to see what she enjoys and to learn how to mimic her moves and vice versa.

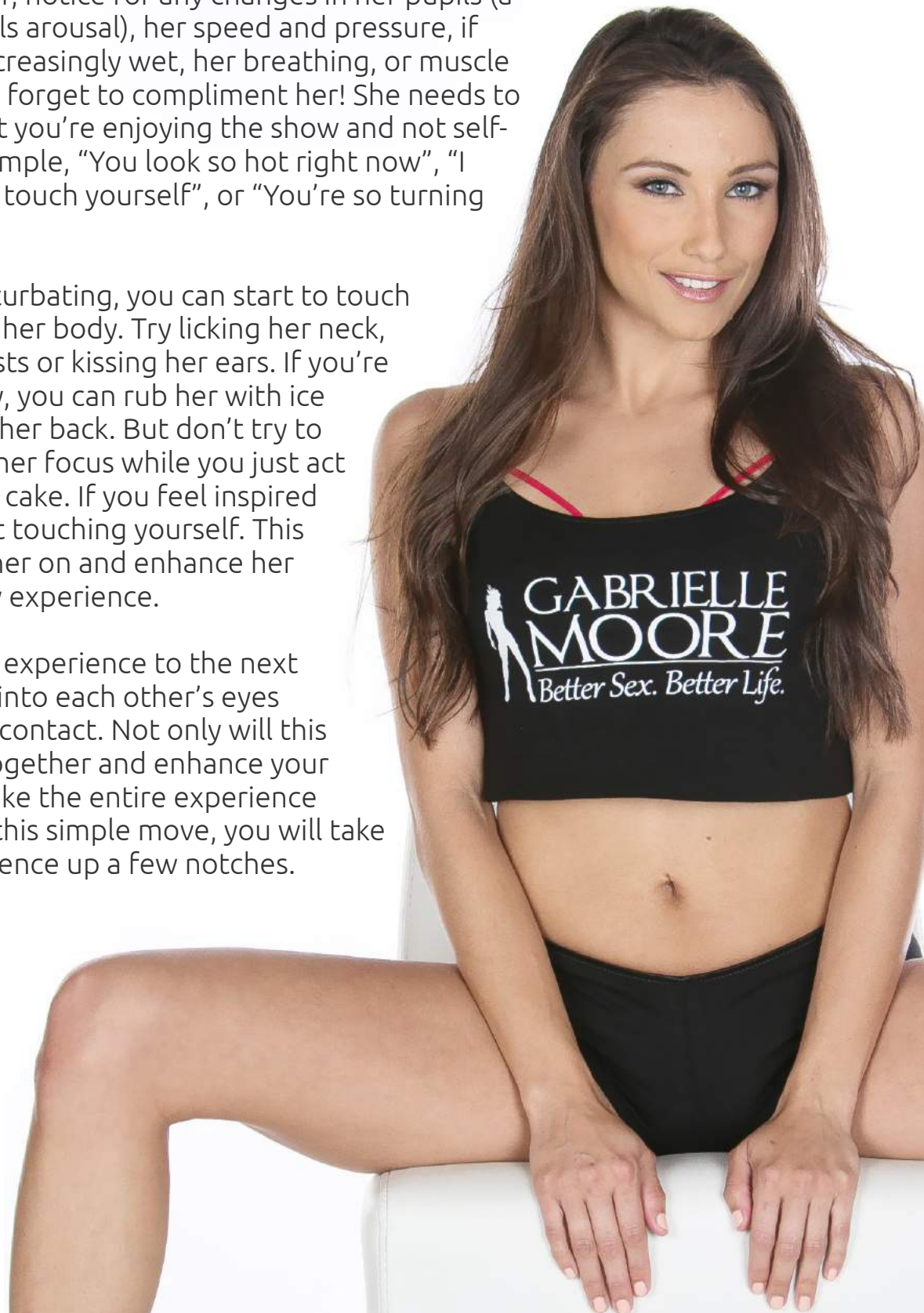
While you are masturbating for your partner keep your attention on your sensations, taking your time to really build up your pleasure. Remember this isn't a race to the finish! This is about enjoying the senses that arise. Plus if you want her to take note, you'll have to go slow enough for her to observe. Stay calm and focused not allowing performance anxiety or thoughts of the day to interrupt your thoughts.



While watching her, notice for any changes in her pupils (a dilated pupil signals arousal), her speed and pressure, if she's becoming increasingly wet, her breathing, or muscle tensing. And don't forget to compliment her! She needs to feel reassured that you're enjoying the show and not self-conscious. For example, "You look so hot right now", "I love watching you touch yourself", or "You're so turning me on right now."

As she's busy masturbating, you can start to touch her gently all over her body. Try licking her neck, touching her breasts or kissing her ears. If you're feeling extra frisky, you can rub her with ice cubes or massage her back. But don't try to interrupt her! Let her focus while you just act as the icing on the cake. If you feel inspired watching her, start touching yourself. This can serve to turn her on and enhance her own masturbatory experience.

To really bring the experience to the next level, start gazing into each other's eyes making direct eye contact. Not only will this bring you closer together and enhance your intimacy, it will make the entire experience even sexier! With this simple move, you will take your sexual experience up a few notches.



Before you begin

Make sure you have plenty of lube on hand. With that technicality out of the way, keep in mind this is still a sexual adventure. Do everything else you would do to set the mood; dim the lights and create a sexy playlist of tunes you know will get her hot and bothered. Just stripping off your clothes and hopping right to the genital area isn't likely to turn her on. After all she's not a car; you can't just stick the key in and hope it starts.

You can start off with making out or a fun and playful striptease to get in the mood. And don't forget about eye contact! Being watched is inherently sexy. Even as you come closer to orgasm don't forget to watch her.

As far as staging, there are many different ways to approach this. The two of you can sit across the room from each other to create an erotic viewing experience for both of you. Or one of you can watch while the other performs.

You can sit next to each other, caressing your partner as they get off. Or you can sit next to each other playing with each other at the same time. One person can straddle or hover in 69 position over the other while watching the opposite partner masturbate. This gives the masturbating partner a nice visual to enjoy.





TECHNIQUE ONE: HIS & HER HANDJOBS

Part 1 His Handjob

Every guy has given himself a handjob. You probably started when you were just a young boy and once you started dating women, handjobs fell to the wayside remaining an activity you do when you're by yourself or when you're single. It is not often that women are enlisted to give their partners handjobs. But why not let your lady love give you some handjob pleasure? When you have been together for a long time, it's great to explore different ways of being sexual together. After all, variety is the spice of life. The trick is getting her to understand what turns you on. When you're solo, you might just want to rush to the finish line. But now that you have a partner, let her explore you more thoroughly. That's half the fun of having a partner!

A handjob from a partner might be totally different to what you experience on your own. You've had years of practice and you know exactly what gets you hot and what doesn't. Just like you won't know what turns her on right away, she might need you to show her the ropes when it comes to your particular tastes. Hey, that's all part of the fun! In mutual masturbation, you get to literally show your partner what you like and how you like it... and at the same time you get to see exactly what and how she likes it. What could be better? Let's start out with your masturbation while she watches. Here are some tips on how to show her how to give you an A+ handjob.

1. Lube

She might not realize something wet is needed to make her hand easier to slide up and down the shaft, but it makes sense when you think about it. Using lube on her lady parts feels a million times better too! There are two options here; lube or spit. I would suggest lube, as it tends to be longer lasting than spit and some women might not be into hocking a loogie into their hand. So make sure there's some lube available nearby.

2. Get in position

It is going to be very tempting for her to just grab your penis and go up and down rather quickly. But what if she started by massaging your penis slowly? Show her to move slowly by demonstrating on yourself as you masturbate for her. After all you have a real live woman in front of you, not a porno. You don't have to move as quickly as you would when you're by yourself and you just want to come as quickly as humanly possible. Make a note of which hand you use and where you position it. Where are you starting? Where are your fingers placed? When it's her turn you can guide her fingers to do the same.

3. Pressure

Women have smaller hands and tend to be more delicate. Let her know she's holding onto a penis and not a doily. In other words, she can likely use more pressure. Chances are she's not going to hurt you. When it's her turn to touch you, you can give her some gentle direction by telling her to use more or less pressure.

4. Depth

Every guy has a different stroke length when they are going at it. Have her take note of how short or long your strokes are. If you have foreskin this may

be a little different but ultimately you want to make sure she's not pulling the skin too tight or bumping into your head too much.

3. Two hands

When you're by yourself you're likely just using one hand and going at full throttle. But you have a lady friend now. Let her grab you with two hands. Two hands allows you to stimulate both the shaft and the head of your penis. So give her a show with both of your hands and she'll likely follow suit. She can try twisting her hands or just alternating going up and down.

4. The balls

Midway through your handjob stop and play with your balls. It will give her every incentive to play with them too. They can be pulled, fondled, or stroked. As long as they're not ignored, they will be happy.



5. The head

As we've established the most sensitive part of the penis is the glans or head. It has the highest concentration of nerve endings in the entire body (though her clitoris definitely has more). She can focus on this area by making a ring shape with her index finger and thumb and putting it over the head. She can move it up and down oh-so-slowly just enough to hit all those sensitive nerve endings before moving on to the shaft.

Not all men are able to enjoy jerking off with a focus on the glans. For some men, it's just too sensitive. If that's the case you can try jerking off away from the body instead of towards it. This will allow more sensitive types to experience glans stimulation and it will prolong your orgasm. As a little appetizer, you can also have your lady stimulate your glans through your underwear particularly if you're extra sensitive. She may be able to make you cum just from this.

6. The Frenulum

Poor little frenulum often gets ignored. Get her to pay attention by gently rubbing your finger over it, (FYI it's on the underside of the head). She can mix it up by stopping her up and down motions and switching to lightly stroking the frenulum for maximum pleasure.

7. Mixing Up the Speed

Variety is the spice of life. And masturbation is no different. Mix up the speeds going fast and then slow and back again. The element of surprise can enhance the sexual stimulation. Unless of course you're about to come and you just want her to keep going. Feel free to let her know that.

8. Letting go

She may be tempted to keep going even harder as you approach orgasm. Let her know it's OK to loosen her grip. After all that penis is sensitive as it approaches orgasm!

Of course the point of all this is to turn her on and make her excited to touch you. While you're performing for her, let her know how hot you think she is and how you can't wait for her to get her hands on you. Just jerking off in your own little world isn't going to do either of you and good. She is going to love the attention you give her which in turn will make her more enthusiastic to perform. It's a win-win situation.

Toys for Boys

Yes boys can use toys as well! To mix up the good old handjob, she can use masturbator on you. These silicone toys mimic a vagina and can be used to jerk off. As their designed from silicone (which is inherently a little slippery) they make jerking off a whole lot easier. Plus they're fun! Vibrating cock rings can also spice up the whole experience. If you haven't tried a little vibration on your balls, taint, or rectal opening you don't know what you're missing! Vibrations can offer a different and exciting feeling on the genital area that you may very well not be used to.

Positions

You may be used to one or two positions when jerking off, but in reality there are a ton of positions you can try out that will take your handjobs to the next level. Here are a few to try out:

- Lying down
- On your knees
- Standing
- On your back with legs raised in the air
- On your side
- On all fours

Try them while she's just watching or have her do it while you're in one of the above positions.



Part 2 Her Handjob

Now it's her turn to do the showing. With mutual masturbation, you can either masturbate simultaneously in front of one another or you can each take turns. For observation purposes, it's often easier to take turns, but a lot of people choose to masturbate at the same time because watching their partner touch themselves is such a turn on. I would suggest taking turns in the beginning so that you each can pay full attention to what you're showing each other. There is so much to be learned by watching your partner touch herself. If you think women are complicated creatures when it comes to sex, now is your chance to really get into her head and see what gets her hot and what doesn't. Once you have learned what works for her, you can masturbate at the same time and take full advantage of the voyeur excitement.

1. Lube

As you probably already know, women produce their own vaginal lubrication. This is amazing for sex and for masturbation, but it's also important to know that women don't produce an endless supply of lubrication. It's helpful to have lube on hand to get started. She might be slower to warm up and using lube will feel much better as she begins to masturbate (this is important for you to remember as well once you take over).

2. Pressure

Pressure is absolutely key. As I mentioned before, the clitoris is extremely sensitive, so sensitive that you need to use very little pressure in the beginning or it could be really uncomfortable or even hurt. Watch the type of pressure that she uses in the beginning. Take note of about how long it takes her to get warmed up and begin applying more pressure. What signs do you see to indicate that she is ready for more pressure? Has she started breathing more heavily or rapidly? Is she thrusting her hips up toward her hand? When it's your turn you will notice that the clitoris will engorge with blood and get bigger, redder, and firmer (much like your own penis). This is a sign that you're doing something right and you should keep up the good work.

3. Movements

Take note of how she touches herself and what movements she uses. Some women will touch themselves around their clitoris and not directly on it while they are still getting turned on because it's so sensitive. If your partner does that, take note of where she touches herself and how.

How does she stimulate her clitoris? Does she stroke it up and down? Does she swirl her finger around it in a circle? Does she slide her finger across it from side to side? Does she stroke other areas of her vulva? These are all important things to pay attention to as you watch her.

4. Penetration

Some women won't penetrate themselves at all when they masturbate, they'll only use clitoral stimulation. Other women might use a combination of clitoral stimulation and penetration with their finger or some other object (ie. a sex toy). And others still might use only penetration when they masturbate. If your partner uses penetration, here are a few things to note.

Does she use a combination? Take note of both of the techniques and how she uses them simultaneously. Does she start out masturbating right away



with penetration or clitoral stimulation or both? How many fingers does she use? Is one sufficient or does she use two, or even a sex toy? How deep does she penetrate herself? The opening of the vagina has the most nerve endings, and therefore is very sensitive. Some women don't need very deep penetration to enjoy it to the fullest. On the other hand, others LOVE deep penetration. So, it's important to note what your partner enjoys. How fast does she like to be penetrated? Does the speed increase as she gets more excited or does it stay steady? If she likes penetration only, pay extra attention to how she penetrates herself. Is she hitting her G spot? How does she stimulate it?

5. Other erogenous zones

Some women will focus just on their genitals during masturbation, but others might touch themselves in other erogenous zones. Does she stroke her breasts or nipples? If so, take note of how she does it. Does she stroke her body to get herself turned on before moving down to the genitals? Ask her what she does to get herself in the mood when she masturbates alone.

6. The final act

Just like men, women's genitals (especially the clitoris) get really sensitive during and just after orgasm. Take note of how her stimulation changes as she is orgasming. Does she use a lighter touch during orgasm or is it the same? Does she immediately stop or slow stimulation after she has come?

Mutual masturbation is an amazing way to learn all about your partner's secret, sexy spots and turn ons. If you're worried you can't learn it all by watching, not to worry. When it's your turn to touch her you can also ask her if the pressure, speed, and technique is working for her. Communication during sex and sexual activity will only make the experience better for both of you.

Toys for Girls

When it comes to women, sex toys are fantastic for masturbation. If she likes penetration, using a sex toy, like a dildo, is often easier than using her own fingers. It takes less coordination if she is stimulating herself in various areas and it's easier to get the angle right. There are also sex toys with vibrators that some women like to use on their clitorises. However, I would avoid using those because it won't teach you a lot about how she likes to be touched and stroked. If she likes penetration you could try a G spot toy and see if you can find the elusive little pleasure zone. Ask her if she uses any sex toys on her own and if she would feel comfortable using them for (and later with) you. If she doesn't have any, it might be fun to purchase one together and explore it during mutual masturbation.

Positions

Just like with men, your partner probably already has the position she likes to masturbate in all figured out. If she likes to do it lying flat on her back with her knees bent, encourage her to adapt to a more viewer friendly position. You can prop up a few pillows and have her lean back on them so that her upper body is raised and you can get a better look. Or you can have her slouch way down in a comfy chair and spread her legs wide open. Find a position that is both comfortable for her and allows you to enjoy the show fully.





TECHNIQUE TWO: TOUCHING HER

Men are like microwaves; they get heated up very quickly. Women are more like ovens; they need time to get hot and bothered. So when you're touching her your best bet is to go slowly. The more you tease her the more likely she is to get excited. When you're watching her, notice how she doesn't immediately start stroking herself (or using her vibrator) at full speed. If you go full throttle right away, you are more likely to hurt her very sensitive areas. For women, it's all about the tease and the buildup. Take note and follow her lead.

1. Get Her Wet

To start off, don't just ram your finger in and out of her vagina like your plunging a toilet. Your penis is there to go in and out. Your fingers exist to provide more dexterity. Instead start off by pressing your thigh between her legs and start grinding. You'll indirectly get her clitoris and vagina stimulated

and ready for more. You can also start touching her while she still has her panties on, teasing her and getting her ready for the main act. As you start to arouse her, you'll notice it will become slightly larger and engorged with blood, much like your penis.

2. Stroke Her Clitoris

Start off by gently stroking her clitoris, (make sure your nails are clipped and clean). If her moans aren't enough of a cue, ask her if she's enjoying it. Avoid asking her if it "feels good", a question which may very well elicit a "yes" response so she doesn't have to hurt your feelings. Instead ask her if she wants you to go faster or harder. This way she can give you specific instructions that will guide you in the right direction. If she's more sensitive down there, try stroking her hood first. Go to side to side first then up and down.

3. Give Her a Handjob

Yes even women have a shaft. Grasping the upper labia including the clitoris and hood, you'll feel what feels like a small cable. This is the shaft. Stroke that bundle slowly giving her the equivalent of a female handjob. Most women never get to experience this, so she'll think you're a sexual genius if you pull out this move.

4. Don't Slap Her Labia

Contrary to what you may have seen in porn, most women do not enjoy having their nether regions slapped. Your lady might be one of the exceptions, but wait to see if she does it first or ask if she wants you to slap her down there (in your sexiest dirty talk voice of course). You can however lightly blow on it or stroke her lips to see if that gets her going. Go side to side or in circles and as always be gentle. If you go too fast, you can ruin the mood and make her sore rather than turned on. Have her place her hand on yours to guide you in the right direction.

5. Become a Master Finger Expert

Though the term vagina is often used to describe the entire female genitalia, the vagina specifically refers to her vaginal canal or where you put your penis during sex. For stimulating the G-spot, fingering is the way to go. Here are a few simple steps to help you (and her) find her G-spot and stimulate it (just don't forget to get warmed up first):

- Slide your fingers inside her and curve them in a “come hither” motion so that your fingers are pointing towards her navel.
- Feel for a bumpy (think a bean or a walnut) area the size of a dime.
- Lightly press and stroke this sensitive area.
- Increase or decrease the pressure and speed according to her reactions.
- She may feel like she has to pee, but this is normal.
- Keep going until she feels like she can’t take it anymore, (in a good way).

You may feel the G-spot getting bigger or harder which are all good signs. You can deepen the sensations by placing your hand on her lower belly and lightly pressing down. For more info on fingering, you can check out my in depth book “Naughty Fingers” (www.mynaughtyfingers.com)

Using Toys

Don’t be afraid of the big bad vibrator. Sure, the Rabbit is still the old standby, but these days vibes come in all shapes and sizes to suit your individual tastes. The bonus is vibrators and toys can relieve some of the arm or finger soreness you may feel while trying to masturbate your partner. You can just keep going



and going thanks to those batteries. And some women simply need them when they masturbate. There are finger vibes, vibrators that react when you squeeze them, vibrators shaped like bullets, G-spot vibrators, and vibrators specifically designed for the clitoris. So no matter how she gets off (or she likes you to get her off) there is an option out there for everyone. As always the rule is to start slow. Don't turn the vibe up to full speed and expect her to orgasm. Choose a lower speed and gently caress her lips, clitoris, and vaginal opening with it.

- The traditional vibrator aka the Rabbit has a revolving penis and two “ears” that serve to tickle the clitoris. Many women find this the ultimate in pleasure as they can experience vaginal and clitoral stimulation. The dual stimulation of these vibes make them a very popular choice among women. It's two for the price of one!
- G-spot toys have the “come-hither” shape mimicking the motion your fingers would do if you're trying to finger her down there. These tools come in vibrating and non-vibrating options. I always recommend going with the vibrating option because you can turn it off if need be or use it stimulate the clitoris.
- Clitoral vibrators are designed specifically to stimulate the clitoris without any internal stimulation. However be forewarned, these can be very powerful so if she's sensitive try putting a towel over the vibe to act as a buffer.
- Tongue vibrators serve to mimic cunnilingus. Although I'm sure you are undoubtedly amazing at eating women out, this vibe allows something else to do the work while you touch her breasts or stroke her in other ways.
- If vibrators aren't her thing, dildos are always a great alternative. You can use a dildo to penetrate her while stimulating her clitoris for some dual stimulation. Most women prefer rubber toys but glass can be great for firmer pressure.



No matter what you choose don't forget that you still have to do some work! The toy can't do everything. You still have to make her feel sexy, wanted, and hot to trot. And you'll have to set the mood and get her excited. The toy is just the icing on the cake allowing you to stimulate her on other areas while the toy is pleasuring her.

Keep Going

Consistency is the key to making her orgasm. If she's really into a specific move, don't suddenly stop in the name of variety. You can change the pace by going faster or slower or using different types of strokes but keep going no matter what. Once she starts clutching the sheets, you'll know you're getting close. Before you know it, she'll start screaming and her whole body will finish with shudders and shakes.





TECHNIQUE THREE: ANAL STIMULATION

Though people are beginning to expand their horizons, the anus is still a little bit taboo; particularly for men. However both men and women can enjoy anal play. And no, enjoying anal stimulation does NOT make you gay. Both gay and straight men have the same never endings after all! Not to mention a prostate. Unlike other types of stimulation, anal often requires a lot of relaxation and a hell of a lot more lube. So make sure you're stocked up before you begin. Make sure anal stimulation is something you discuss with your partner beforehand. Many men think it's OK to just stick a finger in a woman's anus when they're fingering her vagina. It's not!

Perineum Massage

Before moving to actual anal insertion, let's start off with perineal massage. Perineal massage can feel amazing and get both of you ready for anal action. Using the index and middle fingers, stroke rub, and touch your own or your

partner's perineum. For some people this may be a major turn on, for other's not so much. Listen to your partner and their needs. If you haven't experimented with anal fingering before, perineum massage is a great way to get started.

Anal Fingering

Anal fingering is basically the same for both sexes except that men have a prostate and women have a perineal sponge. Here's how to go about stimulating her:

- Put a generous amount of lube on your finger and start massaging the area around the rectum.
- Once she's excited, gently slip a finger inside. If she clenches up tightly, slip out and massage her again taint before going back in.
- Once she becomes more comfortable move your finger deeper inside.
- To stimulate her PS, use your fingers much like you would to stimulate the G-spot. You're stimulating the front wall of her rectum and the back wall of her vagina at the same time. Not every woman will find this stimulating, but if she's OK with it give it a shot!
- Move your fingers around, wiggle them, or make a circular pattern.

When it comes to you, she doesn't have to do much differently. Of course, if she's not used to anal play she may be uncomfortable about sticking her finger in your rectum or hers. Anal plugs or beads can work great on both of you. To stimulate your prostate she can try starting out with a sex toy like a prostate massager. If she's willing to use her finger she can use it to stimulate you too. All she has to do is use the same "come hither" motion you used to excite her G-spot. Like the G-spot, the prostate is also a bumpy area. If she's coordinated, she can stimulate you anally while giving you a handjob, (using the tips above of course). Can you imagine *anything better? I didn't think so.*

One word about hygiene; you cannot put something in the anus and then the vagina. That is a major no-no. Anytime you move back to the vagina make sure you thoroughly clean all toys and your hands and fingers of course. Your best bet is to start vaginally and then move to the anus to avoid interrupting the mood.

In Conclusion

Mutual masturbation is a fantastic and amazing way to enhance intimacy and really truly let yourself go with reckless abandon. There's nothing more vulnerable yet exciting than masturbating in front of your partner. Though it may seem nerve-wracking at first, it is an activity that can ultimately bring the two of you closer together. Seeing your partner in such an intimate and exposed way can only serve to solidify and strengthen your relationship. And it's something you can have fun with! Moan! Talk dirty! It will add some audio stimulation to the visual feast. Squirm, move, and thrust your hips and encourage her to do the same. There's nothing sexier than seeing your partner in the throes of sexual stimulation.

When it comes to the grand finale (climaxing that is) announce that you're about to come. It's easy to get lost in the moment, but announcing that you're going to orgasm will allow your partner to be front and center for the action. They get to see you excited which in turn will excite them. If you can make eye contact during climax, even better. There's something deeply intimate and satisfying about locking eyes during an orgasm.

If you finish first don't forget to continue encouraging her so that she feels comfortable with all eyes on her. Tell her how hot she is. Tell her how much you love watching her touch herself. You can even come behind her and massage her breasts or kiss her neck. Plus you'll get a whole different view than you would from the front.

This is a whole new world you've just entered and you're about embark on a whole new sexual trip. Forget about any performance anxiety and just enjoy the experience together!



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