

# An Intimate Guide to the Female Body and Orgasms

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## Intro

Of all the treasures found upon this great earth, the female body is the most breathtaking. This may be obvious at a glance to some, or perhaps sound a little biased given my own feminine physique, but even if you are the most seasoned of explorers, or perhaps you're a woman yourself and simply desire a deeper understanding of your own anatomy, I promise there is always more to discover. Through this short booklet, I intend to take you on a wondrous journey high over splendid hills and deep into stunning valleys, with stops at every attraction in between. It is a journey into femininity: an adventure across these enchanting creatures we call *women*.

Ah, but what about orgasms, you may be asking? We shall get there, I assure you. One does not write a symphony without first understanding every instrument at their disposal and how every note dances together. The same is true of the female body.

Before we begin, I would like to introduce you to my assistant, Belle. Though she will have no speaking roles, she will be serving as my visual aid for every demonstration today. She's assured me nothing is off limits in our expedition of the female body. You may consider her an average girl: twenty-five years of age, roughly five feet in height, longer brown hair, green eyes, a healthy weight, and a figure with pleasing curves that we shall certainly explore to their fullest when the time comes. I would use myself as an example, but such things are easier to show on another willing subject considering how in-depth I'll be taking you. As we progress, I think you'll find Belle is quite willing to push herself to the limit for us.

One final note. Keep in mind this is only a guide. Every body is different and no two sensations are the same between two people. When we arrive at part two and you begin exploring yourself, it's important to listen to your body or what your partner is saying.

Join me and by the end, together we shall write a symphony.

## Part 1

### The Female Body

#### The Head, Neck, and Shoulders

We begin at the top, and as they say, our fine assistant has a good head on her shoulders. Do not be deceived: there is more here than meets the eye. Her scalp is charged with nerve endings spanning to the nape of her neck and below. A gentle run of fingers through the hair...

The light trace of nails over her follicles... Gentle scratches at the back of her skull or a light massage across her entire head... Even simply brushing her hair. All these things can calm and send shivers down her spine. It alone may be enough to bring a sheet of goosebumps to her skin. Already you can observe Belle's eyes fluttering as we gently mess and tussle her brown locks.

Now I would like you to pay attention to the side of her head. Ears can be among the most erogenous parts of the body. Watch as I rub and tug, only slightly, on Belle's. There's that rush of goosebumps we were after... Scratching behind them may yield the same results. The earlobe itself is highly sensitive to the slightest touch, whether it be your fingers, lips, or teeth. Tugging or gnawing on its own can be enough to rev someone's engine. Even Belle is unable to contain her moans as I play with both. If sucking, one must be careful about the strength and duration; this can cause hickeys. They will fade with time but are a tell-tale sign of the past.

Around the front we find Belle's lips. Plump yet petite and smelling of strawberry lip gloss. They, like everything we'll examine, host a trove of sensitivity. The most obvious stimulation would be from another pair of lips with a kiss. Belle is blushing at the thought but I shall spare her for now. However, see how she purses them as I run a finger across her bottom lip, stifling a whimper? You may also slip a finger into her mouth, like a hook. This forebodes dominance, especially when done from behind. They're moistening with her breath as her body warms. You can also see how they plump ever so slightly.

We travel lower now to her neck. Soft and petite, Belle's neck begs for attention. You'll find most women enjoy oral stimulation to varying degrees across the sides, back, or even front. The skin is sensitive here. You must take care, as it does not take much to cause blemish. Hickeys are prone to formation with even a small amount of suction.

The neck's intimacy cannot be understated. It is one of the body's most critical parts. To allow one access to the neck is to trust one completely. Granting that intimacy brings with it a rush of endorphins. Teeth upon the skin are animalistic. A hand, placed firmly at the front, is a forceful and dominating action that can be extremely thrilling to some. Belle whimpers and blushes when I do so and I have a feeling this isn't her first rodeo.

Choking, when done correctly, can greatly enhance one's lust and bring an orgasm to new heights through oxygen deprivation. You **MUST** take care to never apply pressure to the front of the neck. To correctly, *and safely*, choke during sex, apply pressure down the sides of the neck under the jaw's curves with your thumb and fingers. This restricts blood flow to the brain and heightens sexual pleasure. Always watch for signs of danger and listen to her reactions. I'm afraid I can't perform it too long or we'll lose Belle's sanity before we've even truly started.

The shoulders share many of the same qualities as the neck but are far more durable. Here you may feel more comfortable to sink your teeth a bit deeper. See here, this slope where Belle's neck so gracefully transitions to the muscles above her collarbones? Nerve endings abound here in the trapezius muscle. Watch as I slowly drag my teeth across it and she falls into a fit of shivers. Her hands clench and we even earn a moan for our efforts. We could read braille off her goosebumps at this point.

## The Breasts

We come now to what I'm sure many of you are excited about: the breasts. Belle's are certainly worth the attention, as are all breasts in all shapes and sizes. Hers measure in at a 32C cup, a few cups smaller than mine, but still plenty to fill my hands as I cup them from behind. You'll find they're perky for their size, maintaining a high, rounded shape. Take note of a birthmark hidden just on the side of her right breast. It's not particularly important; I just thought it was cute.

It's hard to know just where to begin on these bouncy little miracles.

Visually they're very pleasing: a soft round shape rounding off from the torso with a pink nub on the front called the nipple. Around this nub you'll find a larger pink circle known as the areola. Like breasts themselves, these two pink sisters can vary wildly in size and shape. Some may be flat, others risen and puffy. When aroused, the nipple contracts and hardens. Watch as I gently pinch and twist Belle's. They're firming between my fingers, almost doubling in size. This is a common sign of arousal but can also happen from low temperatures.

Now we begin to explore her breasts themselves. The larger the breasts, the more they'll fold and hang from a woman's torso. They're soft enough to massage and squeeze, bulging between my fingers. All the while you can see her cleavage blushing a darker pink. She's becoming aroused. Being one of the most erogenous zones on the female body, I'm not surprised. Belle's mammaries are especially sensitive, as you can tell from her panting gasps. If I had to guess, they regularly receive attention in lovemaking or Belle's sessions of self-pleasure. They're incredibly receptive to stimulation.

From puberty, breasts assume a mind of their own. Growth begins at the nipples in what we call "budding". This is signified by the areolas rising into pronounced cone shapes. Whole breast growth follows from here, bringing with it tenderness and heightened sensitivity. Growth will balloon rapidly over several months to a year, accounting for the majority of the girl's breast growth throughout her life. After puberty, the development slows but does not truly stop until the mid-twenties.

A woman's bust size is determined purely by genetics. Sizes can range from hardly anything to large enough to cause difficulty in daily life or even walking. Such extreme cases of growth fall into a medical condition called "macromastia" and "gigantomastia", where growth does not stop. This often requires surgery to correct in order to live a comfortable life. Belle's C-cups are placed neatly at the average bra size. If she would like to be bigger... Well that's a topic for another day. But the look on her face tells me she certainly wouldn't mind going up a cup or four!

While on the topic of furthering breast growth, we could not possibly go on without touching on lactation. One of the miracles of nature, women are equipped with the ability to feed their children from their own body. Pregnancy brings not only additional breast growth

(sometimes extreme) but also milk. Breasts contain fat and milk glands. Now of course our little Belle isn't pregnant, but if she were to give birth, her body would be flooded with hormones causing her milk glands to fill like a dozen tiny balloons hidden within her breasts.

The result? Her breasts would engorge. Severe engorgement rounds out the breasts with fullness and pressure and often leads to discomfort. The nipples are where such pressure finds relief and where her child finds its meal. It is a common misconception that there is one hole per nipple; each of Belle's nipples actually contains a collection of pores that would secrete her dairy. The breasts are extremely sensitive during this time, unsurprisingly. They've just been inflated from the inside and forced to stretch. This can leave them hard and marbled with veins, the nipples darkened and enlarged to several times their normal size. Contrary to popular belief, the size of the breasts has no bearing on how much milk they can produce or contain; all women have the same average number of milk glands per breast. The only variable is how quickly the body produces milk.

Belle could very well be a world-class producer and give more than double that of a woman three times her size in a day. Likewise, a girl with hardly any chest to speak of could do the same. The strain would be tremendous on such a small bust. It should come as no surprise that times of rapid growth and engorgement, either due to puberty, pregnancy, or lactation, can push breasts beyond their limit. Take Belle as our example. See how soft and malleable her breasts are in my hands. Now suppose these C-cups experienced substantial growth during late pregnancy, followed by a near-intolerable amount of milk being produced daily thereafter, all within the span of a few months. The perky C-cups you see before you would bloat into hulking, heavy mounds that could push her well into the F, G, or even H-cup range. Her skin would struggle to keep pace and assume a pinkish glow. Veins would certainly arrive as she was stretched to her fullest, coming fully to the surface whenever she neglects to pump for too long. Additionally, there is a good chance stretch marks would mar her otherwise flawless skin. Don't worry, such things are not dangerous. They would only be a sign of her skin adapting to the capacities her breasts are reaching.

Truly breasts are one of nature's miracles. Nature's own eager little milk balloons.

When it comes to breast stimulation, it's hard to go wrong. I shall demonstrate on Belle. Gently take each one in your hands. In slow, firm motions, massage them in opposite circles. While doing this or separately, the nipples may be twisted, pulled, pinched, poked, and twiddled. The desired intensity depends on the party. Belle prefers a firmer touch. You can see how she squeaks when I pull on them as if trying to milk her. Sucking on the nipples should be an obvious choice, as the heat and fluid from one's mouth bathe her in sensations.

Have you noticed anything while we've been exploring Belle's chest? It's nearly invisible, but you may have observed an increase in size. That's right: Belle's C-cups have swelled, pushing her to a full C-cup or perhaps even into the D-cup range. Stimulation and sexual arousal cause the breasts to inflame due to increased circulation. This in turn makes them temporarily larger, up to an astonishing 25% bigger in some cases! If we were to have Belle put

her bra back on--not to worry; she'll stay nude for the duration of our guide--there is no doubt her cups would struggle to contain her arousal.

One little-known secret to end on: the top half of the areola is a tight bundle of nerves. If exploring breasts orally, paying extra attention to this area will yield fine results.

## The Abdomen

Here we are, at the contoured seductive siren of the female form: the abdomen. Belle's is an exquisite example. Minding her ticklish giggles as I show you around, see how this long sprawling expanse of soft skin guides your eyes from her breasts and down to her hips. She's fit enough to have a little of a waist to help her hips flare to the side. Belle's petite midriff, I'm sure you'll agree, is tantalizing in every aspect of the word. The soft curves of small fat reserves help to add a look of cushion over her abdominal muscles. Of course on an athletic woman, this area could very well be composed of hardened ridges of muscle. At the center is a perfectly cute innie belly button, sloping the middle of her belly inward like an intimate sinkhole.

Any caress across this area can be stimulating. Light teasing, kissing, grabbing, rubbing, or even squeezing can all elicit a response depending on the subject. Belle is quite weak to a fingertip dragging across her lower belly, between the two peaks of her hips. Watch how a simple draw of my finger sends her whimpering and her thighs rubbing together. They're glistening, yes, but don't let that distract you from our focus just yet. We'll get there. Right now I would like to discuss what is hidden within this fantastic canvas of pale skin.

The female abdomen is nothing short of a miracle. Though it is soft and slender now, within Belle is the ability to carry another human being. I speak of course about pregnancy. If she were to take on the role of motherhood, Belle's abdomen would transform into a burgeoning globe of nurturing. Over the course of nine months her belly would distend out and down as her growing womb demanded more space. Belle's supple, pliable skin would become firm and stretch as she domed outward from the base of her breasts and clear down through her navel. Such effects do not usually show until four or five months into the pregnancy. From there her womb would expand fuller by the day until Belle's abdomen rivaled the size of a standard beach ball. This is only an average of course; she could be smaller or larger depending on hormones, hydration, and the number of children she's carrying.

As she reaches her largest at the end of nine months, her innie belly button would spring forth into an outie due to her skin's tightness. Stretch marks would be likely, most common along her underbelly where the stress is greatest. By this time her belly would be a shelf for what I'm positive would be at least E-cup breasts. Similar weight gain would attack the rest of her curves, most notably her rear and thighs. Our assistant, once slim and petite, would have become a collection of swollen spheres bursting with life. A living amusement part of attractions to explore with hands and mouth alike.

Oh dear, I'm afraid all of this talk has left Belle red in the face. She's holding her belly with wide, glazed-over eyes and appears lost in fantastic daydreams... The idea is very exciting, without a doubt! Perhaps one day we will explore the prospect with scientific means and watch just how her body would react to that overwhelming flood of feminine hormones. For now, we must turn our attention even lower.

## The Pelvis and Thighs

We're nearing the conclusion of Part 1. Although we've covered the majority of the female form, the intricacy of the pelvis region and its hidden treasures cannot be underestimated. Let us follow the belly's path, as it already knows the way.

Flow down Belle's abdomen. Let the lines on the side of her belly guide you down to the cradle of her hips. This delicate triangle of skin spanning between the wings of her pelvis is her navel. A natural arrow pointing to the so-called Promised Land. After all of our examination today, Belle's navel is already blushing with desire. You can see she keeps her hair trimmed short into a tidy brush of luxurious black fuzz. Normally only her lover would see such a garden, but we're lucky enough to have been given access to whatever we please. I've assured her we will be taking full advantage; my fingers are not shy.

Watch how the sides of her navel shift and crease with her thighs as we twist her hips. Our precious assistant has quite the supple thighs for her frame. You can see how they rub together even as she stands still for us. There is little gap to be found. They meet in a fine line of bare skin, warm as the sun and as comforting as a pillow. The bottom of her navel meets here as well.

Do you notice her skin plumping ever so slightly at the intersection of these curves? This is where our exploration of her pussy begins. Even just saying the word makes Belle blush. Let's get her on her back, part her thighs, and dive in, shall we? It's time to *truly* get to know our assistant.

Take it in for a moment. Appreciate Belle and her openness to letting herself bloom purely for the sake of our curiosity. Everything you see here, from the base of her fuzzy pubic mound to the crest of her petite butt cheeks is her vulva. Admire her blossoming petals situated in the middle.

They're damp. They have been damp for some time now, from back when I first caressed her lips. You'll see there are many layers to the pussy. The outermost lips, the labia, are the fullest of her folds. They're plump and thick. Large enough to be squeezed by her thighs when she walks. These engorge with arousal, blushing as blood rushes to tempt her lover. You can see they even have a slight jiggle as I push them in one direction and let them spring back.

Listen to her squeak as I gently pull her labia open. We're greeted with a canvas of bright, pink folds. These are her labia minora. They help keep things sealed away during normal activity. But if we just feel around, you'll see there's a world to discover.

Look here. At the top, hidden beneath a fleshy hood. You'll find a pale pink nodule. This is Belle's clitoris. These can vary in size. Belle's is quite small but *very* sensitive. Even the slightest touch of this secret button makes her squirm. Now observe what happens as I rub her labia. She's already wet, but if she weren't it would be preferable to prepare with lube, further foreplay, or even spit.

Ahh yes... There... Isn't it wondrous? As we rub and massage Belle's soft mound, you can see her arousal flourishing. Already it's trickling from her folds like condensation on a cold soda can. And from the top, what's become of her clit? It's protruding, engorging forth and swelling to rise to the occasion.

The clitoris is actually the seed of a penis. During fetal development, it either stays as-is or grows into a boy's manhood before birth. On a woman, hidden beneath these folds, the clitoris is a larger organ that runs over the top of her labia and down the sides before ending in two bulbs. While we can only see this small tip, the entire organ can be stimulated by grabbing the outside of the labia and pinching, massaging, or rolling it between our fingers. Your first instinct may be to be gentle, and that is of course a matter of the woman's preference. But so long as she's open to it, tender hands are not necessary when stimulating the clitoris. It can take a lickin' and keep on tickin', if you catch my meaning. Even now, I'm squeezing the soft mass of the upper half of Belle's labia with a moderate force. It bulges around my fingers and I roll it between them, tugging and pulling as I do so. You can see how she's bridging her back and covering her face with her hands to hide her moans.

I'll fully part her lips now so you can see the effect we're having on our little Belle.

She's throbbing. Everything is pulsing, jolting with her heartbeat. If you look closely you can see her clitoris pulsating as well. Belle is primed for intercourse. Even her labia have become fuller and more pronounced, like a peach ripe for eating.

Speaking of eating, the mouth is a perfect tool for labial stimulation. Exploring her folds with your tongue, spinning and dancing with her clitoris, and even thrusting it into her body itself all yield exciting results. Suction is a surprising tool here as well. If you take the top half of her labia and seal your lips around it, then apply suction to draw the whole of her flesh into your mouth, you'll be applying constant stimulation that sends building waves across her body. It also helps to bring the clitoris out of its folds, where you can then tease with your tongue as you continue sucking.

A woman's taste can vary based on her hormones and diet. In general, you'll find that their wetness has a dull tang, sometimes salty. Belle's quite the example, as it carries a hint of sweetness. I believe she eats a lot of fruit, particularly pineapple. It's thicker than water and the scent can linger on your face or hands for hours. A nice little reminder of the fun you had.

At the bottom of her lips you'll find the entrance to Belle's inner world. This dark pink tunnel of flesh looks small but it can stretch to what you might consider an impossible girth. Not only to accept her lover's gift but to birth an entire infant! As she's already positively dripping with arousal, we'll head right on in.



Two fingers is a fine starting point. Slowly guide them down from the top of her labia, parting her as you go. As your fingertips feel her flesh opening up, curl them into her. Mine slide with ease into our eager assistant. Her muscles tense and contract around my digits as I slide them in and out. It's good practice to hook your fingers upward as if you're trying to reach something hidden behind her navel. This lets you massage her G-spot. It's a sneaky, spongy-textured area. Some women find it works as an orgasm button. Others find it only mildly stimulating. Belle's seems to lean more toward orgasm button. Only several seconds of light internal massage is causing her thighs to shake.

If you instead curl your fingers down and press into the bottom of her canal, this brings a satisfying sense of fullness, as if she's being stretched and filled to the brim. Quite the feeling when an experienced hand is set to work!

I'll give her a pause, as we still have more to cover.

Inside this entrance is Belle's actual vagina. With arousal, this tunnel 'inflates', becoming bigger to accept her mate into her. At its end you would find the entrance to her cervix as well as the belly-stretching womb we've already discussed at depth. It's fascinating to think about, don't you agree? The idea of a man pumping something so small into this tight, dripping space, where his gift then grows in size, to several magnitudes of its original mass, all while her body must transform and stretch to contain it? There's something so...*helpless*...about it.

Belle has been whimpering, if you haven't noticed. I think she wants us to continue, and by the looks of it, her pussy agrees. You could almost mistake it for a peach it's become so full and flushed with color! But there is still more to explore. We will finish her off in due time.

Let us turn Belle over onto all fours now. One thing to note as she gets on her hands and knees: she's lowering her chest and shoulders to the ground while raising her rear and arching her back. Arousal is driving her to present herself to us. She's ready for whatever we might throw her way, and dare I say, she wants us to be daring.

Take in Belle's posterior. Attached to the back of her hips, her cheeks sit atop her thighs like melon halves. Even in this position they're very pliable. I can take both in my hands and squeeze with a fair amount of give. Massaging the butt can be a worthwhile endeavor on its own, as it has nerve endings that run straight to the clitoris. Watch what happens when I deliver a healthy slap...

Not only did Belle cry out with a trembling moan, but her entire crotch tensed. You saw her labia contract and a quick rush of fluid drip free. A spank is a thunderclap of stimulation when done right.

If we fully spread her cheeks now we'll find Belle's final hole. This tightly puckered entrance is the last bastion of her modesty. From what she's told me, even her past lovers haven't done what we're about to.

The anus is extremely sensitive. Whether it's sensitive in a good or bad way depends on the woman. Some prefer it to vaginal penetration because it is so incredibly tight. It brings a sensation of intense fullness. Some prefer only a light touch or massage around the anus itself.

Watch how Belle trembles when I knead her cheeks and tease around her hole with my thumbs. Taking a healthy donation of fluids from her pussy, we can get things lubed up. Gently now as I massage and slide around it, I begin circling toward the center and applying pressure with my thumb. There's a telling whimper as I part her anus, slipping inside and hooking my thumb. Belle is exceedingly tight here. As her body tenses, I can feel her muscles squeezing my thumb like a vice. Pressing deeper, to the base of my thumb, causes her to cry out. Watch how I use my other knuckles to push and rub her clitoris at the same time. She squirms, exasperated and panting for air before collapsing.

With this, we've reached the end of our tour and turned our poor assistant into a blushing mess.

## Part 2

# The Female Orgasm and Masturbation

## The Process

We come now to our symphony: the female orgasm. It is as wondrous as it is mystical. Before the climax of this guide, for lack of a better word, let us take a brief peek into what effects an orgasm will have on our assistant's body. They're nothing short of spectacular. Belle is already shaking with excitement! Our thorough examinations of her every nook and cranny have left her more than ready.

There are four main phases to consider: arousal, approach, climax, and descent.

Arousal, as you may have guessed, deals with her body "warming up". It doesn't take much to trigger this phase. It's the initial spark that will lead to Belle's eventual explosion. You've seen much of this phase in action already! It begins with an increased breath and heart rate... Blood will rush to where Belle needs it most in order to draw her mate's attention and increase her own sensitivity. Primarily this means her labia and breasts. They'll gently swell, literally engorging her sexual organs with arousal. As we've seen this will bring an increase to her breast size, harden her nipples, and plump her clitoris. Outside of our view, her soft inner walls will tighten as well. This helps to eventually stimulate her partner with every thrust.

Fluid will begin secreting in a thick, lubricating nectar. Through foreplay this easily spreads across the whole of her vulva and thighs to create a near-frictionless surface. The more vigorously she's stimulated and the more arousal builds, the wetter Belle will become until she's gushing with desire.

Tension spreads across her body. Belle's muscles will quiver and pull, most notably across her core and pelvic floor. Her thighs receive a similar treatment but their quivering is best saved for a later phase.

None of this requires physical stimulation. Belle could experience this in bed due to her own exploration or waiting in line at the grocery store. Attaining a high level of arousal through visual and mental stimuli is more difficult but not unheard of. Imagine Belle waiting in line, or perhaps driving home from work. A flash of erotic inspiration hits. She feels her heart flutter... Her thighs clench as tension moves through her intimate walls. Flushed and warm, she feels her chest sitting fuller in her bra. Perhaps a low-cut neckline betrays blushing cleavage. Under her skirt, wetness is beginning to soak into her panties. By this point, Belle could focus on calming her mind, or perhaps stoke the flames as she finds privacy and pushes herself into the second phase: approach.

The approach is about adding fuel to the fire of arousal. It brings the body from the "maybe" into the "let's do this." Physical stimulation is almost certainly required, as Belle's body will need all the encouragement it can get. You'll see it's much the same as phase one, but intensified to a glorious amount.

This is where her breasts will experience the majority of their temporary growth. Up to an astounding 25% larger, as we previously discussed. Her nipples will sing with sensitivity and the slightest touch or flick of a tongue will cause her to tremble.

Below, Belle's clitoris will become so engorged that it actually pulls back into her labia. This helps protect it as her sensitivity skyrockets. Her fluids will pour forth and she'll feel her heartbeat throbbing through her abdomen and pelvic floor. Breath will become short and hitched. Tremors and quivers will race through her body.

This is the ramp to climax. The length of that ramp varies for all women. As Belle reaches the end, she'll tighten and tense. Her heart may feel ready to burst from her swollen chest. She may feel as if she's about to urinate, or that her core is about to erupt with all the tension and pressure coiled within her pelvic floor. When her thighs start to quiver, you know it's about to happen.

The climax.

Here is where all the pressure she's been building is released. A barrage of muscle contractions attack Belle from all angles. Her core, her uterus, her vagina, her thighs, even her chest. They all flutter and kick like a mule as her body overflows with desire. If you were penetrating her at this time, it may feel like a fist is stroking your shaft or fingers. Even more so if you've decided for her tighter, more forbidden, entrance.

Belle's mind will be assaulted with hormones during this time. Dopamine and oxytocin come in a great deluge to drown all thought. It's not uncommon for women to forego breathing because of this intense rush of pleasure. Belle will become paralyzed for upwards of twenty seconds as she rides this rollercoaster, possibly squirting from her now overly sensitive folds.

It all ends very quickly. The climax comes with a roar and fades into throbbing jolts with more time between each one. This is Belle's descent. Muscles relax across her body. She melts into a puddle, perhaps alone, perhaps in the arms of her partner. Breathing and heart rate slow. By the looks of her, you might think she's in a state of utter exhaustion. And truly she is. Every part of her body has just been pushed to the limit.

She's weary. The fullness of her breasts aches as the swelling lingers for some time. Her nipples and vulva will be incredibly sensitive now, perhaps unbearably so. They may also feel numb depending on the climax. Long, deep breaths lift her chest up and down as she feels comfort wash over her. This is the effect of the oxytocin, bringing a sense of closeness and satisfaction. It even helps her bond emotionally with her partner as they lay gasping in the lingering heat and sweat of Belle's release.

## Putting it All Together

Now that we know what an orgasm will entail, shall we experience this symphony together? Belle certainly looks more than ready. I fear she may come out of this with stretch marks on her chest if she becomes any more aroused! I jest, of course.

For the final section of this guide, I'll be walking you through a masturbation session as performed by Belle. Women, feel free to follow along and lose yourself to the process. Of course if at any point you feel drawn in a different direction or wish to take your own path to climax, perhaps with toys or another form of stimulation, feel free to do so. Men, I encourage you to stick around as well. Put yourself in Belle's shoes and experience this as she would. You'll be amazed at what a dose of femininity will do for your pleasure.

Now then... Let us begin.

Start by undressing... Remove all your clothes. Feel the stress of the day fall off your body with each garment. Lie back in bed or on a chair. Whichever is most comfortable.

Close your eyes and let your body speak to you. Feel every part that we've discussed. Your head... Your neck... Let your attention fall over your breasts. Feel their weight upon your chest, no matter their size. Cup one of them, sharing its warmth. Gently massage and explore its shape. Trace your fingertips over its curve, bringing them to meet around your areola before tracing over your nipple.

Enjoy the tingles the light touches bring. Feel how they emanate from your nipple to the core of your breast. Cup your other breast now, taking both in your embrace. Warm them. Feel your nipples rise and harden into your hand. Don't be afraid to pinch or twist as they awaken.

While massaging, feel your heartbeat pulsing beneath them. Imagine it sending energy into your breasts, filling them with pleasure and sensitivity. Every throb pushing them to be a little more attentive. Perhaps you're already feeling them ache with need. Plumping ever so slightly with the fullness of lust. Feel as they squeeze between your spreading fingers.

Let a hand drift lower now. Slow and delicate, like a feather tracing across your belly. Don't rush over its soft expanse. Enjoy the tickle of a fingertip running over your navel and hips. Open your palm and press down on your belly. Hold it there, feeling it fight back as you take each breath. Picture your core warming beneath your palm. Tensing as your chest grows hot in your hand.

It's definitely larger now, even if only by a small amount, but they're swelling with your efforts. Your body is answering your call.

Allow your hand to glide lower and settle over the taut surface of your navel. Don't open your legs just yet. Let your touch explore the pillowy creases between your navel and thighs. Caress and press upon them. Grope a thigh and feel its heft in your palm. Feel free to massage yourself, even letting your hand wander to your hips and rear. Take in every curve and twist of your lower half. Delve into every valley.

It's ok to let your fingers dive deeper. Let them part your thighs, becoming engulfed in their heat. Perhaps there's already a level of wetness there, urging your hand to slide deeper. But don't give in, not yet.

Feel the way your navel so delicately nestles between your legs. Follow its crease. Rub over the top of your pubic mound until you encounter a delectable softness. Part your legs now. Feel the inferno burning between them. We're here to tease. To build up pressure within your body. Pressure that will swell your breasts and pussy with a readiness to explode.

Dance your fingers over your inner thighs. Do you feel that crease where they meet your glutes, at the bottom of your labia? Follow that valley back up. Rub and massage the outside of your labia, not daring to actually touch it just yet. Just stimulate the outside. Enjoy the fullness of it pushing back. Feel how it makes your folds interact and slide against each other despite you not touching them.

There is a wetness growing between them. Perhaps it's light, perhaps it's already coating your fingers. Let it continue to build. Feel your breath deepen and inflate your lungs, lifting and pushing your breasts into your hand.

Follow the outer curve of your labia up and down. If you're feeling adventurous, follow it deeper into the valley of your cheeks. Don't be afraid to explore yourself. Spread your nectar until your inner thighs gleam with lust.

Now go to the top of your lips. Take them between your thumb and fingers. Pinch lightly from the base and pull upward, rolling them in smooth motions. Let yourself enjoy the sensations engulfing your entire mound. Imagine your clitoris, smothered and swollen, buried within the pinched mass of your folds.

Pull harder if you would like. Clamp down. Find your perfect pressure. Do you feel yourself getting puffy? Plump and ripe with arousal?

It's time to fully open. Spread your legs. From your navel, slide your hand down. Use a single finger to rub over your hidden clit before pressing and parting your lips. Wetness soaks

over you. Feel your folds embrace your fingers. Continue lower, fully parting yourself for the world.

We may add more now. Two, three, even four fingers or your whole palm. Spread your lips fully, gently moving your hand in firm circles that press upon the whole of your womanhood.

Breathe. Your belly may start to tremble now. Your core tightening. Your legs bending and tensing. Take in your scent as your body comes alive. Feel the pressure building in your core. It's going to erupt soon. The heat in your breasts may become unbearable.

Focus the pressure of your fingers over your clit. Experiment a little, working to find the special little motion that stimulates your clit in just the right way. Back and forth... Up and down... Small circles... Back and forth waves of pressure... Whatever it may be, embrace it. Pour yourself into your clit and feel every fold glide against you.

Now... Are you ready to enter yourself?

Pair two fingers together. Slide them down into the deepest parts of your lips. Allow your entrance to guide them to the goal. As they enter, feel yourself stretch to accommodate their girth. Feel your walls quiver and contract. All the while, apply pressure to your clit from your wrist. Assault yourself with stimulation. Feel your clit throb under your arm's weight when you curl your fingers within your walls.

Find your speed. We're almost there now. Listen to your heart pounding in your ears. Give your body exactly what it's asking for. Don't resist its urges. Maybe your nipples want to be pulled and milked. Maybe your legs want to lift and pull into your chest, squeezing your pussy from your thighs until it blossoms its petals.

Don't forget to breathe. Feel how slippery your hand has become. Perhaps your other hand needs to handle your clit while the other works the unseen.

It's building. Feel the pressure welling. Belle can hardly breathe. She's ready to explode. Watching her ravage herself is like watching art in motion. She can barely contain it.

Are you ready to climax with her?

Get ready.

*Three...*

Find your perfect rhythm. Feel all of your body as a whole and take it as yours. Bask in the subtle contours of your curves.

*Two...*

Everything is tensing. Shivering. Quaking. The heat is unbearable within you, pressurized in your core like a bomb. You've lit the fuse. It's ready to blow. Any second now... Hold back, just a second longer. Feel your pussy ache with the intense engorgement of extreme arousal. Feel how full you've made yourself.

*One...*

It's all ready to come crashing down, this mountain of lust we've built. Let your body take control now. Whatever that means for you. Let your mind go blank. Feel your core ignite as

you overflow with desire, far too full for any woman to contain. Don't be afraid about making a mess; it's the artwork you're about to paint.

As that sharp tingling flares within your navel and shoots through every inch of your plumped lips and your body begins to tremble, let it all come flowing out of you...

*And release.*

## Basking in the Afterglow

Thank you for joining me on this wonderful voyage. I hope you learned something special about yourself or others. Don't rush in cleaning up. Take your time and enjoy the lingering bliss. Get lost in the head fog. Belle certainly won't be getting up anytime soon; she may need help getting cleaned and dressed after everything we put her through today.

If you didn't find success in our final adventure, don't despair. Pleasure is a self-journey that takes time to complete. The more you explore, the more you'll learn about yourself and which special buttons you have. The important lesson is to keep an open mind and try new things.

If you found this guide helpful at all, please do let me know. Belle is especially interested in hearing your thoughts; a little encouragement goes a long way with that girl. I'm sure if she could manage words right now, she would thank you for your attention as well.

Until next time.

-- Dr. Rachel Magnolia