Waypoints 1-8

Exact search terms from the manuscript, with clickable links.

Waypoint 9 is covered by the two Fine Motor Skills infographics on the following pages.

WAYPOINT 1
Limbic System
SEARCH THIS TERM
"So that explains it" "shopping lobe" chocolate sex brain

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WAYPOINT 2
Bartholin Glands
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Bartholin gland Marcia Hartsock diagram

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WAYPOINT 3
Urethral Sponge
SEARCH THIS TERM
Bonny Oysterbed7 urethral sponge diagram

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WAYPOINT 4
Skene’s Glands
SEARCH THIS TERM
Skene’s glands urethra female ejaculation side view anatomy diagram

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WAYPOINT 5
The G-Spot
SEARCH THIS TERM
"Approximate location of the Grafenberg spot G spot"

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WAYPOINT 6
The Clitoris
SEARCH THIS TERM
Clitoris Anatomy Wikimedia Commons

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WAYPOINT 7
Anterior Fornix — The A-Spot
SEARCH THIS TERM
IARC Atlas visual inspection anterior fornix posterior fornix diagram

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WAYPOINT 8
The Nipple
SEARCH THIS TERM
Terese Winslow Female Breast Anatomy 2011

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Waypoint 9 - Fine Motor Skills: Tongue Training



Waypoint 9 - Fine Motor Skills: Finger Training

FINGER TRAINING

Same motion. Different tool.
Build control. Build confidence.

1 Start Position



Hold the spoon handle with a relaxed grip. Middle finger ready at the base.

2 Make Contact



Place the pad of your middle finger on the back of the spoon near the middle.

3 Stroke Up (Mid to High)



Keeping your finger's base in the same place, swing your middle finger up the back of the spoon with light, steady pressure.

4 Reach the Top



Control the top of the stroke. Pause briefly.

5 Stroke Down (High to Mid)



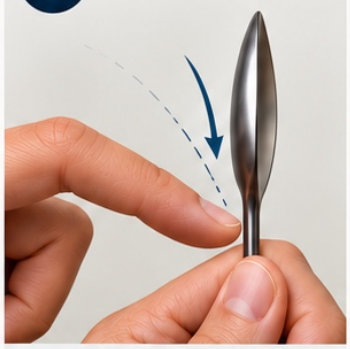
From the top, swing your middle finger down, maintaining the same base position and light pressure.

6 Continue Down (Mid to Low)



Keep the same pivot point at the base. Let your middle finger swing down the back of the spoon with light pressure.

7 Finish at the Bottom



Complete the stroke at the bottom. Keep it smooth.

8 Repeat



Repeat with the ring finger and on both hands.

SAME MOTION. STRONGER SKILLS.

FINE MOTOR SKILLS BUILD GREATER CONNECTIONS.