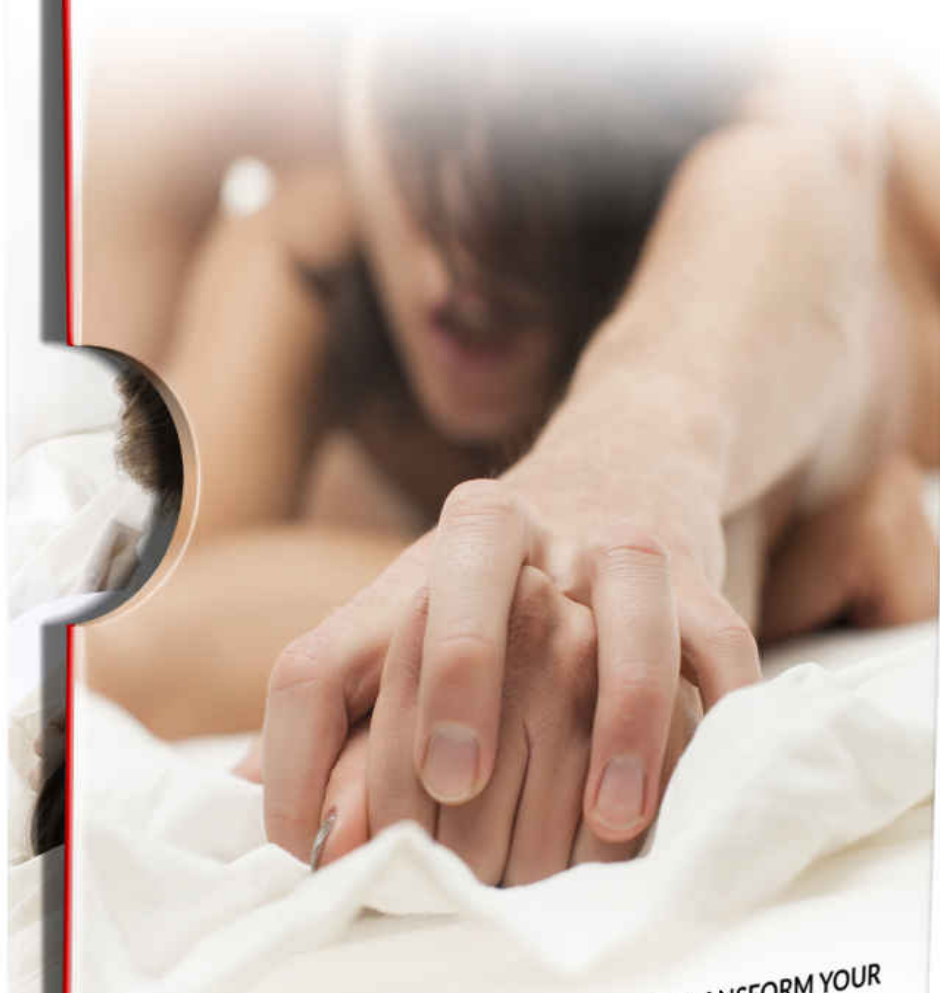


Sex positions

2 BOOKS IN 1



KAMA SUTRA + SEX POSITIONS FOR COUPLES. TRANSFORM YOUR
SEXUAL LIFE, INCREASE INTIMACY AND IMPROVE YOUR
RELATIONSHIP. INCLUDES VALUABLE SECRET TIPS
FOR MEN AND WOMEN

KIMBERLY WALKER

SEX POSITIONS FOR COUPLES

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2

KAMA SUTRA SEX POSITIONS

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1

SEX POSITIONS

2 Books in 1:

Kama Sutra Sex Positions + Sex Positions for
Couples. Transform Your Sexual Life,
Increase Intimacy and Improve Your
Relationship.

Includes Valuable Secret Tips for Men and
Women

By Kimberly Walker

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First book

[**KAMA SUTRA SEX POSITIONS: A Comprehensive and Phased Beginner's Guide to Master The Art of Kama Sutra Love Making. Transform Your Sexual Life and In-crease Intimacy with Secret Tips For Men and Women**](#)

Second book

[**SEX POSITIONS FOR COUPLES: Sex Guide From Beginners to Advanced. Discover the Pleasure and Intimacy in Relationship. Transform Your Sex Life With the Best and Exciting Tips**](#)

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KAMA SUTRA SEX POSITIONS

A Comprehensive and Phased Beginner's
Guide to Master The Art of Kama Sutra Love
Making. Transform Your Sexual Life and
Increase Intimacy with Secret Tips For Men
and Women

By Kimberly Walker

Introduction

The wide assortment of stances recorded in the Kama Sutra guarantees that everybody is going to discover something they are captivated by and need to attempt. There are representations that incorporate resting, standing up, sitting, man on top, lady on top, confronting each other and the rundown continues forever.

From a specialized point of view, sex is an unusual and impossible to miss act with two individuals occupied with places that appear to challenge gravitational law, breathing vigorously, and moving quickly as natural liquids are traded between them. This aside, sex can be an exhausting and to some degree terrible act similarly as it tends to be a pleasurable, fulfilling, and helpful experience. The more imaginative you get and the more you work to make a positive air in bed, the better you will feel and the more competent you will be at imparting positive sentiments towards your accomplice.

Coming up next is a posting of a portion of the sexual positions portrayed in the Kama Sutra:

Of the resting positions, the generally vacant position is performed when the lady brings down her head back and raises her center parts anticipating entrance from the man. The yawning position is the point at which a lady raises her thighs and keeps them wide separated to take part in congress. At the point when a lady puts her thighs with her legs multiplied on them at her sides, it is known as the situation of Indrani and is learned distinctly through training.

At the point when both the male and female stretch their legs out over one another, this is known as the fastening position', and once congress has

started in this position and the lady squeezes her darling with her thighs, it is the squeezing position.

The rising position is accomplished when the lady raises both of her thighs straight up, and when just one of her legs stays loosened up, it is known as the half-squeezed position.

The suggestive V is a place that requires some adaptability. The lady folds her arms over his neck while sitting on a table edge with her advantages and her base at the edge of the table. The man stands legitimately before her and twists his legs if important to accomplish the best section point.

The splitting bamboo is the point at which the lady puts her leg over her sweetheart's shoulder, at that point loosens up her other leg and spots this upon his shoulder and keeps on doing so then again.

The Catherine wheel is a situation wherein the man and the lady sit confronting one another, and the lady folds her legs over the man's abdomen until he infiltrates her. To help herself, the lady reclines with her hands up off the bed. The man underpins himself on one elbow and folds the contrary leg over her middle, in this manner securing her.

The x rated is where the male accomplice lays face up on the bed, and the female accomplice straddles her band together with her back to his face. She brings down her hips for infiltration and after entrance, she brings down her chest area between his legs and broadens her own legs out straight. His and her legs make the letter x. She slides her body advance and in reverse, all over.

Chapter 1: The Origin of Kama Sutra

You have likely heard of something called The Kama Sutra before, but do you really know what it is or how you can take advantage of it? In this part, we are going to look at The Kama Sutra, including what it is and how it can benefit you in your own personal journey to having the best sex life possible.

What Is the Kama Sutra?

Kamasutra is an ancient book written in northern India in the language of Sanskrit. It is more than just a book of sex positions, but these days most people only know it for its complex and flexibility-requiring positions for intercourse. The book of Kama Sutra includes a general guide to living well in other ways than just through sex. It includes a guide to foreplay, a guide to kissing and touching, other ways to achieve intimacy with your partner such as bathing together and giving each other massages. It does also include the sex positions it is known for as well as different types of sex like oral and masturbation. The Kamasutra also touches on same-sex relations, calling this the third nature. It also touches on group relations and a little bit of rough sex. For a book written so long ago, it is still quite relevant in terms of its discussions on ways to achieve intimacy and how to treat your partner well in a physical sense. You could say that Kamasutra is a guide to love and enjoying a pleasurable life with yourself and also with another person. It can be seen as a guide for a long-term relationship or a marriage to keep sex interesting and to try new forms of intimacy.

Kama Sutra Positions

The Kamasutra includes 64 sex positions of varying difficulties from a flexibility and strength standpoint. Below we examine some of these positions for you to get a sense of what positions are included in this sacred text of love. If you enjoy these positions and want to know more, there are many others for you to try once you master the ones in this book.

The Milk and Water Embrace

The first Kamasutra position we will look at is The Milk and Water Embrace. This position gets its name from the idea that the two people in this position are enmeshed and become so close that they lose themselves in the other person. Interestingly, this position can be used as a loving embrace after sex, or as a sexual position itself if you add penetration to it.

The man sits on the edge of the bed, his legs planted on the floor. The woman approaches him and climbs into his lap, her face to his. She wraps her legs around his waist and her arms around his neck. He holds onto her by wrapping his arms around her back. From here, she positions herself so that she is open enough to receive his penis, and she can help guide him inside of her. His penis slides into her vagina, and to thrust, they can work together, with the man using his feet on the floor as support while he moves his hips up and down, and the woman can grind her hips on his lap for a pleasurable clit stimulation. If she wants, the woman can touch herself here, or if she wants to remain pressed against her man, she can keep both arms around his neck for a closer embrace.

This position is quite easy to get into and only requires a bit of strength from the man both of their bodies are supporting each other in this position, which is what makes it so intimate. Their bodies are touching at every point, and they can breathe together and feel each other's every heartbeat. This is why this position is said to be two people becoming one, like mixing milk and water when you cannot tell where one ends and the other begins.

The Yawning Position Variation

Have you ever heard of the term 'balls deep'? Have you ever wanted to try it? The Yawning Position creates the deepest possible penetration of any sexual position. In the classic yawning position, the woman puts her legs in the air and spreads her legs with her knees straight, forming a 'V' shape. The man kneels in front of her and puts his penis inside her from the front. This creates an intense sensation for both partners.

The variation of The Yawning Position that we are going to look at can begin when the woman is fully aroused and wet. The woman lies on her back and lifts her legs into the air with her knees straight. The man lies on top of her in a missionary-like position. She places her straight legs on the man's shoulders. He can then enter her vagina with his erect penis and thrust his hips forward for the deepest penetration. As I said, this position makes for the deepest possible vaginal penetration of any sexual position, and if the woman can manage it, she can slide her legs to the outer edges of the man's shoulders which will make for maximum depth of penetration as her legs will be as far spread as possible.

The Peg

The Peg has a sexy name that implies pleasure and may even have you turned on already. This is a more difficult position, certainly more difficult to get yourselves into, but it comes with the reward of a great all-encompassing orgasm for both parties if it can be done.

The man lies on his side, and the woman lies facing him on her side, with her head towards his feet. The woman will lift her knees towards her chest and place one of her legs underneath the man's legs and have the other on top of his legs. Essentially, she is hugging his legs with her entire body. She slides up so that her vulva is next to his penis. When aligned properly, he can penetrate her and can achieve depth and control as she is positioned perfectly for his penis to enter her. The woman wraps her arms around his legs and he can use his hands and arms to help with his thrusting, or if she is comfortable, he can use his hands to stimulate her anal area with his fingers or a toy. The woman is positioned like this allows for all of her vulva to be open and accessible once again and this is what will lead to a stronger orgasm for her. The man being able to see all of her and to play with her anus will lead to a stronger orgasm for him.

Pros and Cons of the Kama Sutra

We will now look at some of the pros and cons of the Kama Sutra so that you can develop an opinion of it on your own, given all of the information.

Pros

- The Kama Sutra contains a wealth of information about sex and different sex positions as well as including information about different positions from which to give massages, tips on kissing, and tips for men on courting women.
- There are a wide variety of sex positions included in this book, so there is no shortage of new positions to inspire you if you are feeling that your sex life is becoming stale.
- Information from this book can still be found to this day, even though it was written so long ago, not even in English!

Cons

- For some, they may find that the Kama Sutra may seem like it is just a little too adventurous. Some people may think that this book full of positions takes away from the deeper purposes of sex and simply wants to try to challenge the bodies of the couple during sex.
- The Kama Sutra has been criticized for being a book that contains sex positions that are not realistic for the average human to try to recreate.
- Many people also think that the Kama Sutra should not be relevant anymore as it is not inclusive of different levels of ability and strength, as well as not including the potential for people with physical disabilities to try these positions.
- This book has also been criticized for being sexist, as it is written for a man who wants to know how to please a woman physically

and emotionally.

Chapter 2: Sexual Compatibility

Sexual compatibility is the capability of both companions to comprehend each other's passions, wishes and desires, what makes each other excited or not so they can achieve very satisfying sexual connections. Sexual compatibility is as well about the ability to get used to the differences each one has, accept those differences to use them as incentive to strengthen the sexual compatibility in the relationship.

Compatibility begins by developing a good level of confidence to speak openly about sexual preferences. Ability to discuss each other's fantasies and about how encourage them can support the build-up of compatible bond.

Usually, partners that are incompatible have some feelings that adversely affect the level of interest towards intimacy. Partners improve on their incompatibility problems if they are keen to deal with their dissimilarities. Some couples suffer for example from differences in sexual frequency i.e. when one wants sex more than the other.

By putting focus on stimulating the emotions that promote intrigue and affection couples can improve the sexual attraction and manage concerns about the sex drive disparity. Couples that work on improving their sexual experiences are more likely to sustain a lasting relationship.

It is also true that every couple will have a starting point and so much that can do to improve. Working on improving will do a lot but some couples are just more compatibles than others.

When sexual differences in preferences arise however one should not get discouraged. It is instead a good moment to talk about it desires with your partner.

The things and jesters that turn us on and off can change over time. But it is important to continue cultivate intimacy and do not get discouraged when differences arise.

Sex can be one of the most enjoyable and satisfying form to express love. However, sharing your more intimate views and emotions can take more bravery than sharing your body. Sex may briefly solve a problem but does not solve profound intimate issues.

Romantic love often solves on the rocky areas of sexual incompatibility. In a long time working with people on matter of relationships it has been observed that sexual involvement can cover up problems that do not come out until the romance starts to fade. Once the romance is finished you may be left with someone you may not really know. Sometimes in in extreme situation a relationship may be close to the end and sex is used to reconnect the two people together. However, the reconnection is usually only physical and limited in time. Romantic feelings alone are not a good foundation for a long-lasting relationship.

We all must the different parts of our relationship, including sexual and physical intimacy. Too many people assume that sex and passion will effortlessly stay alive and well, spontaneously nurtured by the love a couple has toward each other. This overly romantic, and idealistic vision of passion does worse than good, often bringing couples to wrongly think that the relationship must be ended if their sexual becomes too low.

Couples should follow the following advices if they want to increase their chances to thrive in their relationship:

- Couples need to protect and take care of their sexual desires and must not be shy to share them
- Partners may have different sexual tempo; this should be discussed with openness rather than blame or judgment

- The right mindset such as promoting sexual exploration, play and discovery will enable the partner to experience sexual satisfaction. Learning about each other sexually as well as yourself should be a lifelong journey of discovery
- Sharing intimate information in a romantic and/or sexual desire is important but being intimate involves much more than this. It requires being open minded. Take this as good examples:
 - Sharing how you like to be touched or kissed
 - Speaking in a calm
 - Choosing the battles.

When our partners only know a small part of our personality, they can only love us partially. By exchanging ideas directly and honestly, we can build intimate and strong bonds that will help our relationship in the long term.

If we say it kindly, we can say whatever, because our messages are a lot transmitted through our 'tone' of voice. It is our tone that conveys love or hatred, rather than our words.

Sharing aspects of ourselves that we are ashamed of has the exact opposite effect that we think it will. Being vulnerable enough to disclose things we feel silly about or ashamed of creates real closeness with others if it is done within the right context. The reason for this is that we all hold very similar negative thoughts. For example, when your partner is busy all the time, even though it is unhelpful, it is normal to start thinking that he or she is losing interest, which often triggers a fear of abandonment. Most likely, when this situation arises, your

How to strengthen your love intimately

Have you been dating for some time and have the feeling that you are stuck? How can you get him to see you as his life partner? These are big questions with unexpectedly easy solutions. If you would like to see how to strengthen your love and get your regular date to be your one and only, follow these advices:

- Try looking directly into his eyes while you have sex. This can be incredibly intense for both of you. Do not break eye contact. If he is going to share something profound, it is pretty likely to come out now
- Spend time together while doing and saying nothing. This may seem strange but think about it for a while. Imagine you are walking in some beautiful mountain on a gorgeous spring day. You stop to take in a beautiful view. Or you are both sitting on the grass, feeling the best that nature has to offer, thinking about your place in the world. Moments like these will definitely make your love stronger and these are the moments when he is likely to share his innermost thoughts with you.

It can take men some time to fall in love but when it happens, they tend to be completely dedicated. If you take little steps to build up your love, you will be in the right path of a promising future ahead of you.

Determine sexual compatibility

What are the characteristics that you should search for when you need to determine if you are compatible with your lover or not?

1. Sex definition - You both have the same understanding for sex i.e. similar definition of what sex is. For instance, do you consider anal, oral, Vas sex and so on? Whatever your answer is, she/he should have the same answers too
2. Frequency - are you satisfied with 5 times in a week? Do you want more or less?
3. Positions – What sex positions do you prefer does your partner enjoy the same styles? Do you prefer to change from time to time?

If your partner has the similar answer to these questions your compatibility is already quite good!

Sexual compatibility at scale

The next stage to improve sexual compatibility is to get to a level where:

1. You are aware of exactly what turns her/him on, and you practice you master this ability – this is one of the most important one
2. You can tell when your partner is turned on
3. You can tell when you should just give a cuddle and leave sex for next time
4. Your partner can tell the same about you too

In order to know each other better try to answer this question

1. Do you enjoy having sex in a completely dark place? Do you prefer a mildly lit or a very bright room?
2. Do you love sex in silent places and?
3. What type of environment do you enjoy? Kitchen, Garden, Bathroom, beach...
4. What positions and styles do you enjoy?
5. What about sex recording? Your partner might be thrilled by the thoughts of recording your sex. He/she may want you to share nudes, flirt on texts et cetera.
- 6.

Ways to improve couple's health and sexual compatibility

1. Communicate - You need to talk to each other as much as possible. Share your emotions and ideas. When you choose to share your thoughts on your sexual relationship with your partner, make sure they are in the best mood they could listen. Perhaps right after sex, before sex or at a flirty dinner. Watch their hidden expression as they listen to your suggestions and be ready to guide them through.
2. Adjust - You need to understand your partner's preferences. They have their own ideas and sexual desires. They probably do not like the styles you were presenting or They Ways to improve couple's health and sexual compatibility.
3. Communicate - You need to talk to each other as much as possible. Share your emotions and ideas. When you choose to share your thoughts on your sexual relationship with your partner, make sure they are in the best mood they could listen. Perhaps right after sex, before sex or at a flirty dinner. Watch their hidden expression as they listen to your suggestions and be ready to guide them through.
4. Adjust - You need to understand your partner's preferences. They have their own ideas and sexual desires. They probably do not like the styles you were presenting, or they had not given them much thought earlier. Do not put a push them. Be willing to adjust and switch your taste with theirs. For example, if your partner likes sex in a dark place and you want a bright environment, you must be willing to adjust and compromise.
5. Be pragmatic - If your partner has a much less sexual drive than you, or some strong differences that they cannot be easily

overlooked. Do not expect magic and recognize that there are differences that may never be bridged. This way, you can think and decide if the circumstances are within what you can stand, or you would walk away.

6. Get a professional advice: if you love each other and you realize that there is difference that you are unable to resolve yourself it is highly recommended that you get a professional help. Talk to a sex or relationship counselor. Trust me there are always many options you can explore to find a balance.

With all of these measures in place, you will definitely find a satisfactory compatibility level with your lover, and you could lead a fulfilled sexual affair.

Chapter 3: Dirty Talk

How to Ease into Dirty Talk

Women are often raised to be quiet and polite. Using your voice frees you and it can be extremely enjoyable for women. Being vocal in the bedroom will help your sex life. It is about using your voice to make you and your partner have a more intense experience together. Dirty talk is not just porno voices and the phrases that come up. It is about verbalizing your experience and the experiences you want to have with your partner. If you want to ease into dirty talk it is as simple as using your voice to explain pleasure or to express pleasure to use words such as more, harder, or faster. If you want to ease into you can start with basic pleasure. First, by moaning, then use words like more, harder, faster.

Another tip to get into talking dirty is to read erotica. You can skim through the first pages of any book for free to see if it is your kind of thing.

You can also talk about a memory you had. Tell them how hot it was and how you were feeling during that hot experience. Talk about your fantasies. When it comes to talking dirty, if you have never done it before, it can be uncomfortable. Finding the right words to say can be difficult.

Start by saying I cannot wait to make love to you.

What are you thinking when you are having sex? You feel so good inside me Say it aloud. I like the way you feel inside of me. I feel you throbbing inside me. I feel your pussy tightening around me.

Women want to be craved after. Women want to be wanted. They want to feel sexy. Tell them how they are making you hard. Tell them how their legs make you feel. Every woman is beautiful and should be told how

much they turn someone on and how they do it. You can get very creative and eventually very hardcore.

What NOT to do: The Turn-Offs

There are no rigid rules when it comes to dirty talk. However, I have come up with a list for you to learn the general not-so recommended aspects of talking dirty.

The Psychology and Physiology of Dirty Talk

Arousal is not simply accomplished about touch. According to researchers, sexy phrases you say, whisper, moan, or even scream have the power to trigger neurochemical reactions in the brain to increase arousal to heightened states. The neurochemicals feel-good chemicals in the brain that are released during dirty talk and sex are dopamine the happy neurochemical and oxytocin the neurochemical that makes you feel connected to your partner.

You understand the feeling when your special someone takes a look at you with intent and desire. Your natural instinct begins to kick in. You have one thing in mind ... sex. There are 2 stages to the sexual reaction cycle: enjoyment, plateau, orgasm, and resolution.

In this initial phase, serotonin is released. It is a neurotransmitter that is known to cause you to feel happy. When you get excited or aroused, your pupils dilate. It is a sign your autonomic nervous system is working at increasing levels. It is also a sign that you are attracted to someone as well. That is why women back in the day used to place a toxin in their eyes...to make their pupils dilate for the purpose of attracting a mate. Dilated pupils actually make a man more attracted to a woman. Adrenaline is also released during the stage of excitement. The heart rates start accelerating. Blood rushes to the genitals. A man's penis becomes erect. A woman's clitoris and labia minora swell. Men experience a tightening of the scrotum and swelling of the testes. Men experience the discharge of liquid meant to lubricate. Women's genitals also become lubricated. Dopamine is released increasing your sexual desire. Everything you experience intensifies. You will now have reached plateau.

By connecting mind and body you take sex to the next level. There are many ways to make a lover go wild without even touching their genitals

during the excitement phase. Let him/her feel your hot breath...your lover will go mad I promise you. Making sensual sounds can be very stimulating for your lover. But it is also stimulating for you. Making sensual sounds activates your throat chakras. However, there is no need to pretend to be a porn star. Let your moans come naturally.

Plateau

Continuing from initial excitement, your heart rate, blood pressure, breathing, muscle tension increase. Norepinephrine similar to adrenaline and raises blood pressure is released during stimulation, making your genitals more sensitive. Muscles in the feet, hands, and face may begin to spasm.

Orgasm

During climax, the pelvic muscular tissues agree. The lady's womb as well as the base of a guy's penis experience balanced contractions. The hefty quantity of nerve as well as muscular tissue stress that was built up releases everything involuntarily at the same time in the form of intense pleasurable waves. Male climax their semen. Women can experience ejaculation also. Your oxytocin degree the love hormonal agent peaks at climax. Oxytocin is what researchers believe constructs trust as well as nearness between partners.

Chapter 4: Intimacy

From the moment we were born, we were already learning about relationships by watching how our family members treated us and each other. In addition to our families, we learned more about relationships from friends, including how trusting, vulnerable, and honest we could be with others. And if you have had one or more partners, you learned even more about the risks and rewards of relationships from these experiences.

Aspects of Intimacy

Consider the following areas in the context of intimacy:

- Personal Information
- Kinds of Trust
- Difficulties with Trust
- Embarrassment
- Vulnerability
- Caring and Respect

Personal Information

The first time you meet someone and disclose a small piece of information about yourself, you have begun the process of building intimacy. As you reveal more about yourself, the other person should also be opening up to you. If you both keep going in this direction, you are developing a sense of mutuality. Over time, disclosures become more personal. We will consider this aspect of relationships as we look at how Jason and Brianna first got to know each other.

Jason is twenty-eight and has never been in a relationship. He started looking for someone about a year ago. He is tried several ways to meet women, including the Internet, which is how he met Brianna. After they met, they exchanged emails. In one email, Jason mentioned that he saw a movie he liked and that he went for a hike in Runyon Canyon. Brianna replied in her email that she had not seen the movie, but that it was on her list. She added that she liked to hike too, but she had not been to Runyon Canyon because she was afraid of heights.

In another email, Jason asked Brianna where she lived. Brianna wrote back telling him that she lived in Hancock Park an area with many expensive homes. Jason responded that he loved Hancock Park, but that he could not

afford to live there. Brianna wrote back saying that she was only able to afford it because she got a good deal on her apartment. She also said that she thought about buying a home someday in Echo Park, which was a more affordable part of the city.

Jason and Brianna disclosed some information about themselves in their initial emails. They still did not know much about each other, but they did let each in on a few personal details. Brianna also decided to disclose personal information about her fear of heights, which I will discuss in a bit.

Kinds of Trust

Let us look at the different kinds of trust, which includes keeping confidences, showing concern for sensitive areas, being honest, and acting dependably.

Keeping Confidences

Disclosing personal information is a natural part of getting to know each other. Some things about you can be public knowledge, but you may want to keep other things private. When you confide in someone, you will learn whether you can trust the person to respect your personal information. He or she should want to protect any information that could be embarrassing or hurtful if it came out. As you reveal more about yourself, s/he should be doing the same and begin trusting you to guard his or her private information.

Showing Concern for Sensitive Areas

When you reveal embarrassing or painful parts of your life to someone, you open yourself up to the possibility that s/he will judge you or use the information against you someday. In the example above, when

Jason mentioned in his email where he liked to hike, Brianna took a small risk when she told Jason that she did not hike there because she was afraid of heights. Many people do not understand the nature of phobias, so she risked opening herself up to being misunderstood or even ridiculed.

Brianna hoped that she could trust Jason not to minimize her fear of heights or try to convince her to hike in areas that would make her feel uncomfortable. If Jason did either of those things, Brianna would have been uncomfortable. So, Brianna placed a little trust in Jason, who, in turn, showed respect by not belittling or minimizing her fears.

Being Respectfully Honest

This area is trickier than it seems. Sometimes, we withhold or alter the truth because we do not want to offend someone. However, for trust to develop, it is better to be honest. One challenge is how to be honest without being harsh. Here is a situation with Jason and Brianna for you to consider.

Jason and Brianna

After a few dates, Jason and Brianna went shopping together. Jason tried on some clothes, and as he walked out of the dressing room, he asked Brianna what she thought about the shirt he was trying on. He seemed to like it, but she thought it looked awful. Instead of saying it was the wrong color, looked odd, etc., Brianna simply said that the other shirts he tried on earlier were more flattering.

By saying it that way, she showed Jason that she cared enough about him to be honest without being critical of his taste. At the same time, she did not try to avoid hurting his feelings by saying that the shirt looked good on him when she thought that it did not.

Being Dependable

Dependability is another kind of trust. You want the other person to know that you will keep your word. In general, in order to gain more trust, you will want to be reliable and consistent. For example, a person will learn that you are dependable when you are basically on time when you get together. Of course, there are times when obstacles get in the way, and how you react to the other person's disappointment or irritation might make a difference. If you immediately apologize, it is more likely that it will be forgiven. But if you respond by making excuses or talking about when s/he has been late, then your lateness might be a touchy subject for you. And that can adversely affect intimacy.

Difficulties with Trust

Problems with trusting others can come from several areas. One place is from your family. If certain family members teased you, belittled you, revealed your secrets, or discounted you, your ability to trust others could be affected. What is more, many families stifle expression of feelings and make it difficult for us to learn how to be intimate. Many of us had to learn to put up walls to survive, but the very walls, or 'protective strategies' that helped us when we were younger can hold us back from getting close to someone as an adult. Examples of these coping strategies include withdrawal, getting angry, becoming defensive, and not being truthful.

A fear of being close to someone could also happen if your trust were violated by a friend or partner. These types of experiences often create new protective strategies and make it more difficult to trust others. As a side-note: You never want to get rid of your old protecting coping strategies. Sometimes, a protective strategy that you developed while growing up can still be the best response in certain situations. I believe that the goals

regarding protective strategies are first to become aware of them, and then to use them when you want to and to not use them when you don't want to—rather than having them be automatic responses. So rather than raising your voice, running out of the room, or pouting, being an adult capable of intimacy includes taking a moment to think about how you want to respond, and then doing so. It also includes knowing beforehand the impact that your actions will have on another person, and if it is going to upset him or her, to be able to act in other ways.

Trust issues can also stem from not feeling emotionally safe enough to reveal certain aspects of yourself. When you want to conceal certain things, intimacy can feel unsafe. Even so, can you still imagine at some point opening up about these subjects with a person you trust?

It is OK to reveal things slowly so that you can build up trust at your own pace. Over time, you might need to let him or her know why you act in certain ways. Think about Shannon's fear of heights. She could have kept it from him, in which case Alex might become confused as to why she doesn't hike in certain places or sit in a theatre balcony, or she could have told him so that hopefully he would know not to try to pressure her into situations where she'd be afraid.

Embarrassment

In small amounts, embarrassment can be useful by keeping us in check in certain ways because embarrassment is related to humility. Embarrassment, with humility, reflects a genuine concern about other peoples' welfare. So, together they are a type of 'social glue' that holds us together on a fundamental level. But it is possible to have too much of a good thing. Personal information that you think you must withhold can clash with a desire to be intimate. For example, is there an aspect about you

that even the thought of disclosing causes you to feel embarrassed or humiliated? Even so, are you willing to talk about it if withholding the information could interfere with intimacy? If you are not willing, you are probably too embarrassed about it.

What are some of the things that you do not want other people to know about you? Examples include you easily get impatient, you are not very sexually experienced, or you are bothered by the behavior or background of some of your family members. It could also be related to age, lack of intelligence perceived or actual, and so on. Finally, it could have to do with physical characteristics: Weight being overweight or not being physically fit, hair too straight, too curly, or not enough, sexuality 'hang ups,' past abuse, or a low sex drive, among others. You can discover if you have too much embarrassment about these aspects by examining your internal 'self-talk,' which reflects the way you think about yourself. You might silently say I am so stupid sometimes, I can never do this, I am such an airhead, or What is wrong with me? All of this could lead you to wonder: What would someone possibly see in me?

You also might hold back from expressing your opinions. You may be afraid of being put down or do not want to be upset with yourself for saying something you would later regret. In short, you might be unwilling to be yourself when you are trying to get closer to another person. If you have several of these sensitive areas, it may be hard for you to risk rejection. But if you do not reveal them, they can become secrets. And keeping secrets often make people touchy or defensive. This can give more energy to these secrets, and they become more powerful when you will not talk about them. So, if you want greater intimacy, your only choice may be to talk about your past, along with any phobias, fears, and things you do not like about yourself, with someone you trust. In fact, revealing these areas may be the

only way to help the other person make sense of what otherwise may seem puzzling. By opening up, you are not only allowing him or her to get to know you, you are also indirectly letting the other person know that it is safe for him or her to self-disclose. When the other person knows that you will not later use the information against him or her, and you know it too, you are creating a mutual sense of safety in the relationship. As a result, you will be more connected to each other.

Chapter 5: Sex Toys

First of all, it should be noted that intimate games are not a negative consequence of the sexual revolution. If you delve into history, you can trace that such intimate things were used in different eras. So, imitations of the male penis alone were indescribable numbers.

In some countries of the ancient world, even religious attributes and folk-art objects could be used for erotic games and pleasure. However, the presence of such objects of an intimate nature often raises a number of questions.

Indeed, it is not in vain that nature created man and woman as diverse creatures. A woman excites a man, and a man a woman. In bed, they can perfectly satisfy each other. So, why are all these foreign objects needed, what else is missing? It happens that a person does not have a partner for some reason, but the need for intimacy does not disappear. A long absence of sexual life and satisfaction does not lead a person to acquire harmony and happiness in his personal space. In addition, the instincts laid down by nature are extremely difficult to ignore.

For example, back in the last century, women were treated with their bad mood with the help of various objects resembling the structure of a male organ. It is worth noting that now many couples use various adult features, and this is normal. After all, the body of each person is unique - someone needs more time to get pleasure, but someone may have just a little and it seems enough. Therefore, the use of objects of a sexual nature to achieve orgasm is quite acceptable. Nevertheless, there is one more question that scares many: what sex toys are suitable for use? This begs the question, against the background of the diversity that can be found in sex shops. Now for sex games you can find many items for every taste and budget.

Dildos

The penis, a highly functional male organ, is capable of exciting and stimulating, as well as affecting some points of the vagina. That is why dildos have the most anatomical similarity to the male genital organ in the erection stage. Such items are made in various sizes, shapes, and colors. It should be noted that the male penis, on average 15-18 cm, when dildos, can reach 35-40 cm in length. However, even here one should not abuse such sex toys, in particular, of large sizes. According to experts, woman's vagina may be stretched by often usage of large dildos. As a result, a man has a delay in ejaculation or its absence, and the woman ceases to feel her man.

Anal chains

A similar type of intimate object consists of balls that are interconnected by units. They are made of plastic or silicone and designed to simulate the penis during anal penetration. Sexologists are asking to pay attention to the fact that this area is not entirely suitable for making love. This is due to the high risk of anal injuries and the development of inflammation. Such items for intimate games are not suitable for everyone, so before buying, you should familiarize yourself with the recommendations for use and description.

Vaginal balls

Now such balls are very successful. Kegel exercises using them are especially popular. Such balls are not only created for pleasure, but also are useful from a medical point of view. So, regular exercises keep the vagina in good shape, thanks to which the woman gets an orgasm. Not infrequently, doctors recommend connecting such physical activities before planning a pregnancy. Also, many women claimed that having passed the

course of such exercises, childbirth was much easier, there were relatively fewer ruptures and micro cracks, and the vagina came into tone much faster. Also, they can be used after childbirth. If you decide to start using vaginal balls, it is best to consult a gynecologist who can recommend the optimal size and tell you how to use them correctly. Often, you can find balls decorated with rhinestones or stones, but these options are best not to use, in order to avoid damage to the vaginal mucosa.

Erotic swing

A very interesting product of a sexual nature, which can be useful to many in trying to diversify an intimate life, in particular postures. It is not always possible to apply various desired postures in bed, someone is not comfortable, and someone cannot allow them because of physical unpreparedness. Therefore, furniture for intimate games was created specifically for such moments. It is worth noting that furniture of such a plan exists in a variety of ways - it has a different design or is able to give acceleration. What makes the closeness between partners more interesting and memorable?

Erotic lingerie

We can say with confidence that this is the safest way to diversify your sex life. Especially, this applies to women's intimate lingerie. Indeed, today it is so huge variety that you can please your loved one at least every day, without repeating it. Erotic lingerie will always be considered the best accessory in bed. Of course, you cannot directly say that this is a type of adult toys, but it brings in its diversity and brightness into personal life. In addition, for women, beautiful underwear is absolutely win-win option during the seduction of a man. And according to psychologists, wearing

sexy underwear in everyday life allows a woman to feel desirable and beautiful, playfulness appears. This allows not only to feel special but also attracts men.

Sex positions and sex toys: how to correctly combine them

Sex toys can make familiar postures vivid and memorable. But what intimate things to apply in certain positions? How to use them so that they help, rather than interfere with the process? You can use sex toys in any position, in different circumstances. But somewhere, a mini vibrator that works silently and does not attract attention will be more appropriate, but somewhere a massager that connects to the network would be more useful. When used, the sensations will be different, and it is interesting! With intimate little things you will never get bored in bed, even after 10 years of living together.

Missionary position with sex toys

The classic position for sex can be varied. A girl can widely spread her legs, hug them partner or even throw them on his shoulders. At the same time, a sex toy is able to additionally massage the erogenous zones of partners. Choose a model to stimulate the clitoris, massage the genitals of both partners, and use butt plugs for pleasant sensations in very tender places.

What sex toys to use in a missionary position?

- Vibrator for the clitoris.

It is used to increase her arousal, to bring closer the onset of orgasm or to help her experience several peaks of pleasure at once. The clitoral stimulator is set to the desired point, it can hold it with your hands, and with your fingers to regulate the impact. With a vibrating little thing, you can draw some kind of drawing on the clitoris, but the vacuum model does not move. It is the wave or vacuum stimulation that guarantees orgasm. With vibration, the chance for her orgasm simply increases significantly.

- Vibrator for a couple, which is a V-shaped device.

Used directly during sex. One part of the toy is placed in the woman's vagina, the second touch her clitoris. In this case, the toy does not interfere

with the penetration of men. And wavering is felt by both partners. For her, there is stimulation of the clitoris, entrance to the vagina and the G-spot; for him there is a massage of the glans of the penis. The more modes the toy has, the more sensations partners can experience. And ideally, if the device is controlled from a remote control or from a smartphone, then you do not need to reach for it.

- An erection ring with vibration.

An erection ring with vibration is put on the penis in an excited state and prevents the outflow of blood, as a result, a man cannot quickly finish. It does not cause discomfort, but it lengthens the intercourse by 20-30%. And also a motor is built into it, which, in a missionary position, touches the woman's clitoris. Sensations of vibration enhance her experiences, increase excitement, and bring orgasm closer. This sex toy can help a couple experience a simultaneous orgasm.

- Butt plug.

If the butt plug is inserted into the anus of a woman, her vagina becomes narrower. This increases the pleasure for both partners. And if the butt plug also vibrates, then its vibrations extend to the entire perineum, which also gives bliss. A man can also use butt plug, because in his anus there are also many sensitive areas, and fullness helps to experience something amazing.

Chapter 6: Oral Sex

Oral Sex Techniques for Her

The bad news is there is no super-secret move that will turn all women into a melted puddle at your feet. All women are different, and a woman's tastes may change from romp to romp, so the best trick I can give you is to read your partner. Pay attention to all the signs she is giving you, from the words she is saying and oh, yeah counts to the way she is moving and breathing, to the touch and feel of her body. But everybody says that, and it does not give you anywhere to start. So, I have put together some more tips that can help you explore her body and find out exactly how to make her say, More, please!

SAY THE Abcs

This trick is tried-and-true, and it will help you suss out how your partner likes to stroke it. Use your tongue to spell out the ABCs on her pussy. This is a good beginner technique because as you are twirling the letters, up, down, left, right, you can try to feel out which movements she likes best. Slow down and change your pressure while you move across her entire vulva, feeling out where she wants you. This is a good trick to have at the ready to help with pussy calibration, but once you know what your lady likes, you should move on, since the ever-changing motions can get frustrating as she gets closer to coming.

Hum!

You do not want to seem bored, or strange, so do not just hum a little ditty to her pussy. Instead, incorporate some noises of enjoyment into your oral experience: with her clit in your mouth, or with your mouth pressed up

against her pussy, make a little mmmmmmm noise to let her know you like what you're doing. The gentle vibrations can feel really good, and the primal, enthusiastic noises are a serious turn-on, especially when combined with so many other sensations!

Pants Off Dance Off

This tip is great for getting started. The rule is that she keeps her pants on until she is ready, moaning, and tearing them off herself. This way she is ready and begging for it before your mouth meanders south. Until then, use your whole hand to fondle and manipulate her pussy lips from the outside of her pants. Do not focus on her clit or try to pinpoint a specific spot to touch; this is more of a macro pussy massage. Let her grind against you as you make out; it might seem old-school, but that just adds to its appeal. Use your hands: lay your hand on her whole pussy, with your palm by her clit and your fingers resting on her pussy lips, then move your hand to pull back toward her belly button. This slides the clit in and out of its little hood, essentially jerking her off. Try back and forth movements as well, right over her clitoris. Sitting either in front or behind her, put your whole hand over her pussy again, with your fingertips in line with her clit, then move your whole hand back and forth, kind of like an old-school DJ scratching a record. Try not to create too much friction: you do not want to rub the fabric of her pants against her clit, because without any lube that can be painful! By the time she tears her pants off, you will not have to do much more to get her off!

Now Kiss

Some like their cunnilingus with a side of romance, so pucker up when you go down. Kiss gently along the inside of her outer pussy lips, then circle inward, leaving soft kisses along her inner labia. Trace kisses from her

vagina to her clitoris, quick and lightly at first, then slower with a bit more pressure. Switch to more passionate kissing: part your lips and gently suck on her pussy before you pull away. Start using your tongue like you would when kissing rhythmically stroke her clit and inner labia, moving your tongue with your lips. Move in the same patterns you traced at the beginning, changing the speed and pressure. Focus your attentions on her clit, using the same gentle sucking, kissing move you used before. Follow her lead and let her tell you how she likes it. When she is ready to come, stay right where you are, keeping the pressure and speed steady—unless she is yelling harder! or faster! in which case, she is the boss!

On The Button

But what do you do with the clit? All the advice says you are doing it wrong if you ignore the clit, but once it is looking you in the face, what do you do with it? Some women do not want you touching their clit at all, and some women only like it after you have gotten them warmed up. But if you know your lady loves to have her button pushed, you need to give it some extra attention. Here are some ways to stimulate that needy clit:

Swirl It

Draw circles around her clit with your tongue. Start wide, pausing to nibble on her lips as you slide by. Move toward the clit, making it the center of the concentric circles you are drawing across her vulva. Every other swoop reverses the direction. Draw the circles tighter and tighter until you reach her clitoris, reversing direction and alternating your speed. Continue tracing circles around her clitoris, flicking your tongue over clit until she hits her groove.

Bop It

Suck her clit into your mouth, holding it steady while you gently smack it about with your tongue. Come at it from all angles, batting it around. This will drive even the hardest clitoris wild! Keep your suction gentle, just enough to keep her in place as you bop her clit. If she seems to respond to one bop more than others, add more of those into your rotation. Just do not keep smacking her the same way for too long, since it could desensitize her, and make it harder for her to come! But as she climbs toward climax, you should make your moves more regular and switch to a steady rhythm to help drum her home.

Suck It

You are not trying to give her a lower hickey, but do not be afraid to suck a little clit. Pop the clit into your mouth, then suck gently to draw it farther into your mouth. When you begin, suck as you would when you are kissing, alternating sucking with other soft fondling and massaging moves with your lips and tongue. Try giving the clit a mini blow job, sucking on it while sliding it in and out of your mouth.

Lick It

Ever heard of the term flicking the bean? Do not take it so literally. You will notice none of these tips tell you to flick your tongue against her love button at the speed of light, because that move, while sadly quite popular, is shit. Your mouth is not a vibrator, and you are just going to wear yourself out, so just retire this move and write it on your list of ways porn is wrong. Instead of flicking, you should concentrate on licking. Trace a slow line up between her pussy lips, right up to her clit. When your tongue hits that peak, roughly slide it up and over, then start again. Leave sometime between strokes, and try not to confuse rough with hard, unyielding tongue.

Get animalistic and lap her up, but do not spend too much time slobbering on her. Alternate wide, wet strokes with more precise ones.

Hands And Mouth

Many women find it easier to come when they have something to hold on to in this case, you are going to want to add some penetration. You do not want to try to go too deep, since most of the more sensitive nerve endings are near the opening of the vagina. Use clean fingers to gently part her pussy lips, and keep doing what you're doing with your mouth as you move your fingers around—it may be interesting to stop and look, but you don't want to break your rhythm!

When you use your hands, try not to think about penetrating her in the traditional sense: your fingers are not a penis, and it's unlikely that simple in-and-out movements will give her the kind of sensation she needs to get off. Instead, try a few different moves to see what she likes:

Small movements: Firstly, you may have better luck not moving much at all. Pussies are sensitive, and sometimes all she wants is something to hold on to while you are rocking her world. Start by gently inserting a finger into her vagina. Stroke inside of her gently while she gets used to your fingers. She may even grind against you or move so your fingers slide in and out. In this case, shift to make her motions easier, then continue what you are doing. Use your fingers to push against the insides of her pussy. Do not poke, and do not be too rough, just push gently. Pause and let her push back at you with her muscles, then you push again, gently. This back-and-forth can be useful if your partner feels disconnected during oral sex—a concern that is common among some women.

G-Spot: This is a must-see location on your holiday down south! There really is no mystery to the g-spot: it's a bundle of nerve endings just inside the vagina on the front wall, kind of like on the other side of her belly

button that many women like played with during sexy times. This erogenous zone is different for everyone, a clear illustration of the phrase different strokes for different folks! The g-spot is most likely part of a kind of pleasure system made up of the clitoris and the other connected nerve endings spread out around her vulva. All the advice says to just stick in a finger and give a little come-hither wiggle, and this seems to work for lots of people. If you are not having any luck, you may have to spend some time spelunking. As you stroke her g-spot, it swells and becomes more sensitive, so if you cannot find the magic spot right away, it could get easier as you play around. Contrary to popular belief, though, the g-spot is not a magic bullet, it is just an added dimension of pleasure for her. I like it best when the pressure on my g-spot is countered with pressure on my clit!

Chapter 7: Anal Sex

Despite the capacity for enjoyment and anticipation, whether it be faith, hygiene, or alleged discomfort for purposes or theories, anal intercourse is hard to deal with. So, let us break a few myths and explore how to think about anal sex before you start a safe conversation about bringing anal sex into your house, so you can prepare to have a backyard session. Anal sex is gross. Anal sex is filthy. Although there is a room of germs, likely, given the physiology involved, no traffic will happen in the pipe. An anal bath and enema may help alleviate the fears of a couple of individuals. It is also necessary to use condoms as frequently as possible and to prevent cross-contamination, given what you may have seen in pornographic films and magazines.

Anal sex is impaired. Anal. You can have anal sex as pain-free and fun— if not more— than another kind of gender by following five easy steps to help you relax. Anal sex, because you can get it, is one such part of life that the axiom takes care of what you want. Those who say it will sting will likely be disappointed, and those who fall under the roof will probably be back for a few seconds.

Sexually, your rectum can cause severe permanent damage. Anal intercourse will not permanently damage the rectum if done safely and as an item on your sex list. When a heterosexual man plays with his ass or asks his girlfriend to do so, he can be homosexual or anal. A heterosexual man cannot make him homosexual any more than he would convert a banana into a monkey using his thumb, tongue, or trick of anal pleasure. Therefore, not all gay men take part in anal sex, and not everyone enjoys bananas. I'll encourage you all to reach into all parts of your body for everyone reading this book; maybe you'll have fun like you never had if you

were to take the P-spot—your prostate—or get next to it. Trust millions of satisfied hits: Anal playing is not heterosexual— just erotic.

Set the stage

if you speak about anal sex musically, the soundtrack should be the We Have All Time in the World by Louis Armstrong instead of Bumblebee's Flight by Rimsky-Korsakov. Relax, for in those who wait, good things come. The five notes of anal intercourse are contact, trust, lubricant, breathing, and space. Each of them will optimize the backdoor happiness to you and your family. If you are all gone, you can do the main thing about the pleasure of anal sex: RELAX.

The bedroom is the sexual location for this section, preserving and building on knowledge and trust— the two elements that should be present in every sexual relationship.

Take time to make it as easy and worry-free as possible for your bed and your friend. If the penetrated companion distracts and, worst, stupid, he may stop the anal encounter and keep him from returning to a stress-free state.

You should also take the time before starting to wash inside and outside.

When it is the evening today, indulge in quickly whatever, that is to suggest, an anal bath or an enema. Anal sex fans are also active in the cleaning process, which contributes to the excitement. Online or from any pharmacy store, you could purchase enamel bags or glasses.

Warm-up: Rub Them the Right Way for Trust and Relaxation

In addition to being necessary for anal sex, the five elements that are required for pleasurable intimacy communication, trust, lubricants, breathing, time form an integral part of the traditional tradition of

sensuality: massage. Your companion could tell a whole love story with the gentle and caring laying of hands. A massage always stabilizes and calms our body. Because massages are intended to ease us, time and flexibility are needed—a lesson which is also essential for the enjoyment of anal intercourse.

Our hair, rectal flakes, and one of the most excellent all-natural massage lubricants is my favorite sex lubricant: organic coconut oil. Stable at room temperature — love butter —and prepared to melt in or on, coconut oil has a tropical-revival scent, and after that movie, it could become your second favorite in your house. The cocoa oil should be scooped into two saucers: one for the pre-game treatment and one for a main event. Do not scoop directly from the original container for hygienic reasons.

Full-body massages are excellent, but three factors are the better in this example for a backside, the only massage. First of all, she will be met by the starting position of gender, and therefore we do not aim for the massage to establish intimacy.

Additionally, his sexual thoughts will not be geocentric as his breasts and vulva remain hidden as she lays on her stomach. Second, the end is in sight with her rear-facing up and right before it. Particularly first face-up massages will lead many to be anxious, as everyone should be calm and ready for what to do. All their vital organs are revealed.

During the treatment, he will take time to realize what his respiration can do by watching and sensing his back rising or sinking beneath his feet. He could straddle her legs with the head facing her to move her back and up, when she exhales, and then encourage her feet, as she inhales, to float gently back to their starting point. He could then massage her arms, thighs, hands, palms, neck, and again to stay as far as practicable from her pussy, partly to make awareness that he is headed straight into Anal Sex, and

partly to stop her from dreaming. Be vigilant when massaging her, that she does not tickle; this tightens the hole where she wishes you can relax. Another successful and affectionate way to help her calm is to always put another hand on her because she is face-down and cannot see what he is doing.

He will focus on soothing her and building confidence. It must hold its hands away from the valley between its muscles of two butts until it is prepared for the next step. It might be a smooth, realistic signal to draw a knee towards you or underneath it, showing your fingerprint to your rose.

Now, he should not enter her; however, she welcomes him to touch her bottom. He should instead lubricate his fingers with another coconut oil saucer, which can then end the penetration. She could lay flat and float under her navel a little pillow to raise her rear.

Using his oiled fingertips, he could move his anus around and place light pressure on one of his minor fingers to reach the gap. So, he should not try to get into her as much as she wishes. She is in full control. It works when she reaches out to the rectum as if trying to pull in her hand. To loosen the first sphincter wider. This phase of anal stimulation gives you the opportunity to inject a large quantity of lubricant into the penetrated region. He can put a finger just up to one knuckle and tug and move it so gently while he stays in a method that sounds great to all sensitive newcomers. The game can be used to improve spouse and single sex. I name the game Tug of Wow. When she starts calming, even with two fingers in advance, he could switch to a different and similarly well-liked finger and his acceptance. The pair are ready for the next step if they are comfortable, lubricated, and relaxed and know how to regulate the strength of their breath and penetration.

Although this might seem to the penetrator a lot of time, the penetrated individual does need it. If the roles were reversed — a female could enter a person with fingertips or toys some people call it a street lingo—men would have empirical evidence that those five measures were necessary for interaction, confidence, respiration, lubricant, and time relaxation. And, ladies, if your partner tells me what a competent and compassionate anal lover you are dating, then I hope that she will be tied with you. She should feel in control to make a person relax during anal sex. One of the easiest ways to accommodate her penis—and one of the best ways to position her rectum to match her cock—is to get her hands-on top of her. It helps her to monitor penetration depth and pace, and she can get off quickly every time. Very often, when the man's back draws momentum towards his chest, glutes and arms, the blood that must be in his penis. She should be enough to compensate by wrapping her sphincter across her dick, moving away, and relaxing the anal grasp once she lowers onto him.

With anal sex, I urge clients to have antibacterial wipes at hand, and this is the perfect time for them to disinfect their hands while they step backward. The first place goes on with the trust the pair have built up until now, which helps the female to control the penetration depth and speed. It also makes communication between the brain and the ear. Lie on your back, on a cushion with your face. Stroke yourself as she mounts you to protect your hadron.

Straddle his thighs, toward his mouth. A solution is to put your feet down on either side of his legs if your knees can cope with the pair. You must use your hands for protection if you choose to take this gymnastic pose, or you risk sitting on his penis to wipe away the leverage provided in this position. His cock can easily pass through the first sphincter and avoid the second. If so, take a deep breathe in and move your rectum and on his cock while you

are exhaling. Hold this place, if possible, before you feel free. This is an established stage of penetration of the anal-penile.

Only keep steady before she tells you to drive things further. As much as you like porn –film anal sex, it is a relaxation test. And seek to get also into her pussy rather than deeper into her brain. Is it great for her, and what is it that she thinks and feels? Sometimes, share your feelings with her. Is that a turn-over, or are her skyscraping a nutcracker for her ass?? Note that for any side, anal sex ought not to be uncomfortable. You can stimulate your nipples or your own if you do not hold onto one or both of his hands. Tell him what he must-do if you feel comfortable and want to give up any orgasmic control over him. Often, you can grow to command or even stop penetration on your knees and feet. You let him drive less into you by bending back.

Once, ask how shallow or how broad his gestures must be. Most women come through anal penetration in tandem with the mouth or clitoris brushing against their pubic bone. Love the rush and come to this place as often as you want. Since many men find Anal Sex to be more robust than masturbation, they might have to complain that their boa strategy is delayed and lightened. You hazard ejaculation otherwise, and your job as a human dildo will be abandoned.

The pair will step on to the next role when she feels ready for more action and decides to go on.

Chapter 8: Kama Sutra Position for Beginners

The moment you have been waiting for. Finally, some sex positions to try out. Make sure that you understand that most of these take practice to get down, so do not get discouraged if they do not work the first time. Just try something else and move on. Some positions may be easier than others, and some require a little bit of flexibility. Of course, sex alone will not save or make a relationship. There is so much more to the ordeal than just sleeping together. You must show your partner love and care as well, and be there for them emotionally and physically, and they should do the same for you. However, when coupled with attentive lovemaking and varied sex positions, you can keep the passion going for a long time.

Sex positions

Of course, there are the few sex positions that everyone knows about and has probably done. There is missionary, “Doggy style” and girl on top. However, there are so many more in-depth positions that bring a wide range of pleasure to you and your partner. These positions are ideal for those who want to kick things up a notch in the bedroom.

□ **Yawning Position:** This one is rather easy to do but does not allow for deep penetration. It is great for a woman that is pregnant, or for the beginning of sex as you work into more complex and deep penetration positions. To do this position, have the woman lie on her back, and the male kneel between her legs. The woman should raise her legs in a V shape on

either side of the man and rest her calves on each of his sides. The eroticism of this position will make it a great turn on for both partners.



□ **Variant of the Yawning:** This position should only be attempted when a woman is fully aroused due to the depth of penetration. It is easy to slip into from the yawning position, but due to the changed leg angle, allows for some really deep penetration. To do this pose, simply start in the yawning position and then have the woman move her legs up to the man's shoulders as he leans over her, as if moving into the missionary position. Thrusting in this pose should not be too violent, to avoid damage to the woman's cervix.

□ **Widely Open Position:** This is a great position for female pleasure, as the clitoris is exposed to the friction of sex. Some females may find that keeping their back arched while being thrust against is difficult, so if you have a hard time with that, you can support your back with a

cushion. To do this position, the woman lies on her back, and arches up to meet her partner, with her legs spread far apart.

□ **The Mare's Position:** This is a girl on top position that is fairly easy to do but does require some control of the vaginal muscles to do successfully. In this position, the man sits on the edge of the bed or a chair, while the woman straddles him facing away from him with her knees bend on the surface behind her. Using her vaginal muscles and a small bouncing movement, the woman squeezes and releases the male's penis with her vagina.

□ **Pressed Position:** This is a position that is good for a male who does not boast a significant amount of length in his penis. However, the woman must be fairly flexible for this. She must bend her knees to her chest while putting her feet against her lover's chest. He is to enter her slowly and find a speed and depth that is comfortable for both of them, due to the shortening of the vagina in this position.

There are five really good positions to try that do not require years of athletic training to produce. There are many other, more intense positions that require core strength and athleticism to do, and sex should be about pleasure, not strength. Now coupled with the benefits of a more active sex life, there are a lot of benefits to the Kamasutra lifestyle that most people do not know about.

□ **Longer Life:** This can actually help you live a longer life. Maybe not by twenty years but can give you a year or two on your life span. The reason is, the more you get into it, the more sex you will have, and sex is exercise. Exercise will help extend your lifespan.

□ **Improved Mood:** Along with the increases sex life, you will find that you are in a much better mood. This actually has nothing to do with the sex. It has to do with the emotional connection you will gain with your partner as you two become closer and touch and kiss more.

□ **Restful sleep:** This can also help extend your life more. You will sleep better at night due to being fully worn out and satisfied, along with feeling loved and secure in your relationship as you lay next to your partner at night.

These benefits are among the many other perks of enjoying the Kama sutra life. You can use these tips whenever you like. Every night does not have to be an intense sexual encounter, but maybe on a day where you both have off, you will find that you have multiple sexual encounters. The pleasure you will find is definitely worth a little more complicated positions and learning a few new things.

Remember, you and your partner must be comfortable with everything. You may be on board with something, but your partner may not be. You have to communicate.

Chapter 9: Kama Sutra Positions for Female Orgasm

For men, each sex party ends with an orgasm. For women, it is sometimes a little more complicated. In fact, studies show that only 30% of women have an orgasm during sex. What a pity!

But do not worry, there are ways to increase your chances of reaching the heights of pleasure. Do you know that the choice of sexual position has much? We investigated and researched for you the positions to make love that are most suited for the pleasure of women. But before that, get to know your body and its areas hot. You can explore with your hands or with toys see our toys folder. Thus, when you are with your partner, you will be better able to guide him to sensitive areas of your anatomy and will be better able him to obtain one or more unforgettable orgasms.

There is no harm in doing well and that is why we invite you to indulge yourself and to consult these sexual positions for women.

Planted Amazon 180



This is another amazing sex position belonging to the family of sex from behind and quite like amazon 180 variation. It is also known as the backpack sex position. It involves the woman on her feet, facing away from the man, giving him full penile exposure to her holes, and allowing him to go in the hole of his choice. She opens her legs to give room to her partner and, on the other hand, the man places his feet on her back to sustain her at the right spot. The best thing about this position is that she sits on his penis allowing him to go deep and feel every inch of vaginal depth and anal gaping together with full back exposure and pleasurable sight-seeing of the penis going deep inside the holes. While for woman, as she is sitting on the penis, she can decide how much length of the penis to digest and in which hole, making this position perfect for women that like to have control. Sensible and enthusiastic sex with mildness and furiousness is guaranteed in this sex position to delight both partners with satisfaction.

Folded Amazon 180



This is another variation from the family of amazon sex positions and sex from behind family and is commonly known as folded amazon 180. This involves the woman sitting on his lap to allow thorough access of the penis for both the vagina and anal hole. She sits with kneeling legs while the man lies straight on the ground with kneeling legs and hands on her ass to sustain her body. On the other hand, the woman places her hands on his knees to support her body. As the woman sits on his penis, this position guarantees strong stimulation with extravagant penile attributions and deeper penetrations. However, the woman can control the length of the penis going inside by lifting her ass up. She can spice up her feelings and sensuality by going hard with rocking, lifting, and tilting her ass sideways to allow fractioned stimulation and extreme sex experience together with mildness and extreme sexual intent.

Profound sex positions, with the intensity of sensibility and mildness, could go a long way even when experienced by beginners. These are the positions that offer full exposure and deeper penetration by going inside from behind the woman's body. These positions are the best choice for those who like to

enjoy the roughness of anal sex. They enthusiast both partners with kissing and licking of the female's body and providing him full exposure of her holes with the choice of being left on her to go deep inside any of the two holes. The sensible body touching with greater experiences could go further with perfect orgasms and deeper penetration of both holes, with fewer chances of premature ejaculations. Man experiences wild by going harsh on her either by bumping speedily or by slapping her ass softly, in accordance with her liking. Therefore, these prove to be sex positions with intense experiences as well as generosity. Man's dominance is guaranteed to provide him the upper role in the sex and feeling soft for her female partner could double the joy and satisfy both partners up to their satisfaction mark.

Doggy



A profound sex position with too many likings from the masses is known as doggy style sex. For beginners in sex, this is a real attraction due to its comfortability, satisfaction, and orgasm. The female partner gets on all-fours, bending on her knees, arching her back to the male partner, giving him full exposure of her holes and supporting her upper part on arms. The male partner mounts from behind in a kneeling position. With this position, the penetration is quite perfect, especially for women with a retroverted uterus. As the man kneels behind with his penis lagging right behind her pussy and asshole, he can explore the deepness and enjoy the harsh penetration due to rubbing with the lips of the vagina. This position will enthusiasts both partners with deep joys and mild experience due to various angles of penetration and shallow penis inclusion inside of the holes. Deep penetration with the use of force by pulling her butt backward will turn both into wild beasts and will increase the joys of sex. Slapping gently her ass

will increase the roughness of this position too. To ensure comfortability, use a pillow to put the woman's knees on.

Closed Doggy



This is an extension of the renowned doggy style sex position. The woman lies on her knees with arms supporting her upper body and legs accumulated in between the legs of the man, providing him full exposure of her holes applauded with a harsh rubbing experience due to the closer canvas of vagina. The best thing about this position is a close accumulation of vagina that provides the man some enthusiastic feelings of deflowering and involving some pain to the female counterpart, resting both partners in million miles of joy. A deep penetration up to every single inch of penis inside of the vagina and asshole could make both partners feel like conquering the world. Man puts his hands on her thighs to force her backward and compel her to take every inch of his penis inside her holes. Being both partners on their knees, a pillow beneath the knees could ensure comfortability. The best part about this position is the full exposure of her pelvis together with angle adjustment due to closed legs.

Rodeo Doggy



Another explorative and extravagant position from the class of doggy style sex positions is rodeo doggy. This is truly an adventure for both partners. The woman lies down on all-four, bending on knees as well as on arms with legs wide open outside the legs of the man and arms bend on elbows, wide open to give the upper body full support. The woman presents her body totally to the man and bows her face down towards the floor with hair lying down and breast too. Whereas the man's body is inclined backward with his fists planted on the floor and supporting his shoulders. The best part is that the angle of penetration is right behind the pussy and the anal hole of the woman. Therefore, penetration could be done deep just like other doggy style positions and stimulation with the clitoris is intense together with rubbing and fractioning the penis with the gaping of the holes, providing enthusiastic joys to both the partners. Going a bit harsh and speedy doubles the joy of the sex. Try to do it with some comfort.

Raised Doggy



Another joyous doggy style position with adventurous themes of riding on the woman is raised doggy style sex position. It involves both partners with intense, passionate, and enthusiastic experiences. This adventurous position is done on stairs with the woman on the forward side and her back sticking to the man's abdomen. Stairs are used as support by both partners. Therefore, the woman bends on her knees, with ass right back towards the man, sitting right on the man's penis and providing him full exposure to the holes, letting him go deep to enjoy the heat of the moment and rubbing her inner lips of the vagina by his penis, striking with her womb. This could get more intense if the man holds her shoulders to push her backward to enjoy every inch of the penis, or by holding and pulling her hair to go a bit harsh on her. This experiences a bit more if kissing and licking are performed together with breasts squeezing in the middle of sex.

Supported Doggy



This position is favored by mostly male partners as it provides a sense of dominance to males. The woman lies on her knees, bending forward and resting her body on pillows beneath her breasts and abdomen. Man is leaned upon woman's back, kissing and licking her back together with pulling her hair to get some harsh. As the woman's pelvis is touching the man, therefore, provides full chances of penetrating deep and enthusiasts intense sexual experience. A well relied and well-operated sex, providing both partners with sensible experience and joyous moments. Man can go easily and deeply through both holes of the vagina and anus. The best part of this position is the body touching intensely and guaranteeing real orgasm to both the partners. This may not guarantee full penis inclusion inside the vaginal hole as the hips are lying in between as a hurdle. If the woman possesses a skinny body, then this may not be the issue. But, if the woman has a fatty ass, then this might cause less penis inclusion.

Folded Groundhog



This is quite different from the doggy style position. The man lies out horizontally over the woman's body with his legs apart on outside the legs of the woman. This is a much more comfortable sex position when compared with kneeling positions, because it offers both increased intimacy and a vast range of movement. The woman is lying underneath his body with a leg folded and supporting her upper body by bending elbows. Initially, penetration might go tricky as the woman possesses less ability to move and provide him full access, but once it started it can go deep, providing both partners sensible joys and mild experiences. Beginners might go docking in start to avoid any frustration, but once started it could go deep inside the vaginal and anal hole providing intense sex with enthusiastic experiences. Try to go inside without any hands support. This could entail your experience and might prove to be a rehearsal for you to use it in various sex positions. This involves a sense of comfortability for both partners.

Twisted Closed Missionary



The twisted closed missionary is like the closed missionary. This is purely an adventurous position to encounter sex with your partner and feel the heat of the moment. The woman is turned and sustain herself on the bed whereas the man, being on her, tries adventurous positions to gain plausible joys and explore new ways. This position guarantees a pure sensation by providing enough room for kissing and licking. This way, it turns sex into a lively joy together with mild emotions. Being on the woman sideways, it does not guarantee much inclusion or deep penetration but rather allows curvy penis inclusion and supports strong clitoris stimulation and rubbing on the lips of the vagina. Which results in more joys than deep penetration. This position allows the man to thoroughly watch her body and squeeze her boobs and butt with the use of force and may allow a little slapping on the butt if the woman agrees. Strong rubbing and clitoral stimulation double the joys of sex.

Chapter 10: Kama Sutra Positions for Male Orgasm

If you want to help your man achieve orgasm and pleasure, you must understand his level of thrill in orgasm. Most women do not know that male orgasm differs in intensity depending on various factors. Therefore, women should not try out similar ways to impress different men. Similarly, they should understand the positions that their men like and those that they do not. There are various things to do to encourage a bone-rattling orgasm from your man. Notably, the endeavor to impress your man may be involving surprises and contradictions hence the expected complications. The fact that men are sensitive to technique and skill makes them easily powered by setting, timing, and mood. Therefore, you need to incorporate one or all of the following sex positions to help your man get a longer and stronger orgasm.

Missionary - In this position, the man is usually on top, and the woman lies on her back on a flat platform. There are various variations of this position, and all are fit to cause a powerful orgasm for your man. The position enhances eye contact making it easy for the man to read facial expressions and make sexy gestures on his face. The reaction of the woman gives the man a sexy impression making it easy to reach orgasm. The position also leaves the man to be in control of the depth, pace, and angle of penetration, making him feel dominant over the woman. It also allows the man to adjust, especially if he decides to include variations of the missionary position. Some of these variations will enable the woman to close her legs, closing the groin and tightening the vagina. The intense sensitivity from the narrow

vagina gives the man a mind-blowing orgasm. In this position, the man may use his hands to caress the woman making him explore additional benefits from the activity. As a result, the man feels satisfied and may ejaculate due to the overwhelming pleasure.

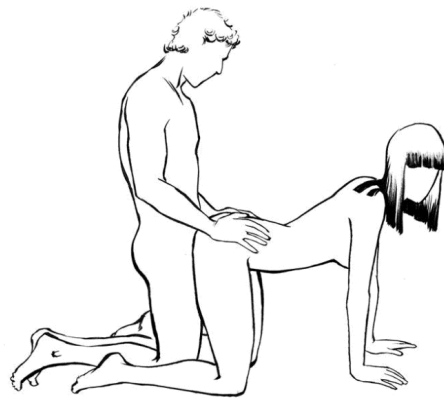
Cowgirl - Also known as the woman on top, this position has the woman on top and the man lying on his back on a flat platform. It is known to allow the woman to control most aspects that are involved, such as depth and speed of penetration.



Nevertheless, the position is known to turn men on due to the eye contact maintained, especially if the partners are facing each other. Similarly, variations of this position enable the woman to make different angles meant to stimulate the man. By closing her legs, the woman makes the area tight, creating more friction that enhances orgasm and possible ejaculation. It also allows the woman to lay her hands on the man's chest or stomach and combine sexual stimulation with caressing. The man's hands are also free to reach the woman's clit or nipples to make the activity realistic. The sense of touch, in this case, enhances the man's orgasm making it most preferable sex position. If the woman decides to turn and face the same direction as the man eye, contact is reduced, making the man lose his self-consciousness and achieve pleasure consciousness. He is taken into his fantasies, creating

a powerful orgasm inevitable. The girl on top position is known to work best for men with problems controlling their orgasm. It gives men time to relax and under little pressure making it possible to maintain and prolong their orgasm.

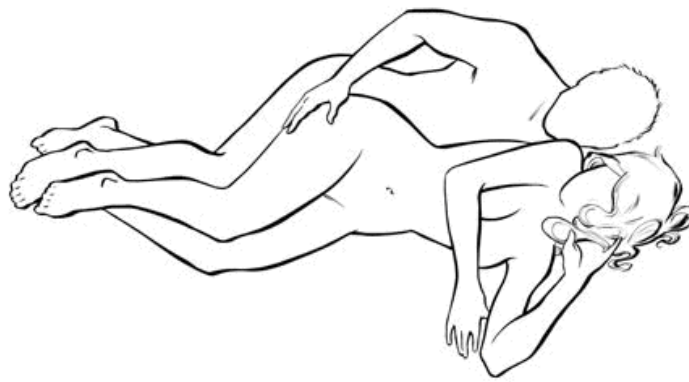
Doggy- The doggy style involves men penetrating from behind. Like other positions, this one too has variations that allow a change in angles and posture. Men admire the position as it gives them the notion of being dominant than the female.



When a woman bends over in the doggy style, the man may choose to sit, stand, or kneel behind her. The posture gives men more comfort and ease of access. They can leverage the power they apply to penetrate, making them attain speedy orgasm due to the effort they use. The balance that men have in this position makes it easy for them to dominate the activity and enjoy as the woman finds support elsewhere. If the man decides to stand, kneel, or sit, he still can caress the woman as his hands remain relaxed, making it possible to reach the hair, nipples, or the clitoris. The position exposes the woman's genitals, making it visible for the man to assess the activity and find pleasure in it. By watching the action take place, the man could indulge in a powerful orgasm. The inability of the man to make eye contact or read facial expressions makes him into fantasies that are mostly influenced by the sense of touch and imagination. Doggy style has numerous variations

where the man is free to adjust on his depth and speed of penetration, leaving him with all the pleasure he yearns. Each partner supports themselves, leaving the man comfortable. The weight is supported on his feet, allowing him to direct all his efforts to the activity.

Spooning-The couples lie on top of each other or on sideways to allow the man to penetrate the woman from behind as the bodies stretch out on a flat platform.



The woman may lift one of her legs to allow easy penetration. The position provides a powerful male orgasm, primarily due to the full body contact associated with it. Both partners enjoy the cuddling that comes along with a sweet penetration. The hands are left free, making the man access the clitoris or her nipples. It appears simple and requires little effort since all partners have their bodies supported. Besides, the couples remain relaxed as they make variations of the position. It is an ideal position for tired men who may be exhausted for a more complicated position, especially after work. Similarly, it is a preferable morning activity where couples start off the day with fewer efforts and still enjoy. Notably, the friction caused by the buttocks as the man finds his way to the vagina provides a double stimulation for men.

X-rated- As the name suggests, this position involves making an x shape as you engage in sexual intercourse. The man holds the woman's legs full as he moves between them to penetrate. Most of the time, the woman's feet remain wide opened or tangled around the man's waist. It also makes it simple for the man to access the vagina and stimulate the clit. The upper part of the woman's body lies on a flat platform reducing the weight that the man should support. This position enhances penetration for it brings the man close to the genitals putting the feet wide open, hence removing possible obstructions. With deep penetration, the man is sure to be meeting his partner's sexual desires making him more stimulated to orgasm and possibly ejaculation. The proximity of the groins makes it simple for the man to make quick thrusts as he hits the partner's genitals. Easy access stimulates men to the genital area of their partner and is impressed mostly by the feeling of touch. Similarly, they can observe the woman's reaction to deep penetration and clit stimulation. This observation turns them on and acts as a catalyst for their orgasm. It also allows the men to adjust the depth of penetration. The x rated position helps the man hold the woman in a fixed position and decreasing her movements to make a firm and consistent thrust. Besides, a man can control the angle, pace, and depth of his penetration as he is in full control of the activity. The body contact primarily through the woman's thighs makes him feel aroused and given all of it.

Torrid Tidal Wave

This is great for an intense make-out session.

- He will lie on his back, keeping his legs together.
- She will straddle his penis and then move to lay stretched out on top of him, pelvises aligned.

- She will lift up her torso so that she is resting on her hands.
- The slightest movements will provide pleasing friction.

The Sofa Spread-Eagle

This can be tricky if there is a large height difference.

- She will start by standing on the edge of a bed, couch, or on two chairs, with her legs spread wide.
- He will stand on the floor in front of her.
- She will need to adjust her stance so that he can easily slide until their pelvises meet.

He will do all the moving on this one, but she can do whatever she wants with her hands.

The Mermaid



For this position:

- She will lie down face-up at the edge of a counter, desk, or bed. A pillow under her butt may be helpful.
- She will extend her legs into the air, keeping them together.

- He will stand in front of her, holding her ankles to keep him stable and allow him to trust deeper.

The Milk and Water Embrace

This is great for all types of people.

- He sits down on the bed, a short stool, or chair.
- She then sits down on him, with her back to him.
- She then controls the thrusting.

This leaves all hands free to do as they will.

Life Raft

This is designed for sex in the water. You will need a pool and an inflatable pool bed.

- She will position herself on the pool bed on her stomach. Her vagina should be in the middle of the bed.
- He stands behind her with her legs wrapped around his hips. He should not push downwards. He enters and starts thrusting.

The important thing is to make sure the vagina stays out of the water because the water, especially chlorinated, can dry things out.

Piston Sex Position

This can be a quite tiring position.

- Both are standing and facing each other.

- He will lift her off the ground, placing his arms under her butt and thighs.
- Having a bed or sofa behind him will allow her to let her legs rest on it to help take some weight off him.
- He will then piston himself up and down.

This might be easier to get into if he starts out sitting on a bed or sofa.

Brute Sex Position

This is a very male dominant position.

- She will lay down and pull her knees to her chest.
- He will stand with his back to her, straddling her hips.
- He then squats down and slowly enters her and continues to move slightly up and down.



The man needs to be very careful not to hurt himself.

The Tug of Love

For this:

- He will lay down first with his legs wide open.

- She will down on top of him and allow him to enter her. Her legs should be on either side of him stretched out in front of her.
- Then she will lean back onto the bed.
- Once both are laying down, he will grab her hands and gently pull them to move her.

This is great for couples with a foot fetish.

Helicopter Sex Position

For this, the penis will need to be slightly flexible. Not every man will be able to do this. Basically, if you are standing, you should be able to push your erect penis down towards the ground comfortably before trying this.

- She will begin by laying on her stomach, with her legs straight and wide.
- He will then lay down on his stomach, facing the opposite direction, legs straight and wide.
- He will back into her until his thighs are over hers, and he can push his penis into her. He can then slowly and careful thrust in and out of her.

Chapter 11: Advanced Kama Sutra

Positions

Talking about the positions to try out while going dominantly with your female partner, we find a precise set of positions, famously known as the man on top sex positions. These positions involve missionary sex positions, that enthralls both partners to go deep and harsh while giving dominance to men on their women. This is closer to nature as it involves naturalistic positions. These positions ensure deeper penetrations, higher exposures of the bodies, classy kissing and licking experiences, favoring orgasmic sex, and allowing both partners to indulge in each other's body so heavily and forever.

Normally a passionate, eager, smart, and dominant partner want to take a leading part in sex. This sex positions family allows the man to be on top of his female partner, acknowledged by her to give him the leading role in sex. This class varies diversely from missionary to bull and groundhog sex positions. Man, being on top, could control the penetration angle and stimulate the penis inclusion inside her holes while licking her body, kissing her lips, and sucking her boobs. These positions provide sensational penis and vaginal intercourse and anal intercourse together with various angles and positions to excite both partners. Being strongly intimidating the partners, these positions will turn both partners into wild beasts while indulging them deeply in sex and entertaining them with amazing delights and unforgettable experiences. Man, being on top could decide to go fast or slow, according to his will, and thoroughly visits the holes of his lady.

Missionary 180



Every sex position is individual, but this one is quite exceptional and amazing. The woman lies on her back with straight legs. The man rides on his partner and goes wild while caressing her legs, being sensitive part to sexual stimulation, and exciting his lady to indulge deep in sex. The women, with erect face boobs, and arms bent in elbows, caresses her partner's legs to excite him to go harder in sex. Man's body lies between her legs and inflames passionate sex to experience the heat of the moment. Both the partners indulge deep in sex through strong physical contact, but deeper penetration is not guaranteed in this position as it does not ensure straight penis inclusion inside the vaginal hole. It rather offers curvy inclusion, applauded with frictional stimulation with the inner lips of the vaginal hole. This rubbing and frictional entry could turn sex into a mild experience and ever remembering, a long-lasting memory for both the partners.

Pressed Missionary



Being an enthusiastic sex position among the family of missionary sex position, it is quite amazing and marvelous. The woman lies straight with her back on the ground and legs bent on the knees, heading back towards her abdomen, providing full exposure of her holes to her partner. On the other hand, the man lies on top of her body, with face right in front of her face, providing enthusiastic kissing and licking experiences for both partners. The man caresses her hair or shoulders with his hands while the woman pushes him towards herself to ensure reddish physical contact. Being exposed in this position, woman allows her partner to go deep inside her vagina or anal hole, providing mild sex experience and unforgettable moments for both. This position allows the man to go harder on his female partner by strongly aiming and pushing to go deep inside the depths of the vagina or anal hole. Anal inclusion could be more interesting for the couple as it offers more pleasures through anal gaping.

Crabby Groundhog



Another enthusiastic sex position from the family of man on top sex positions is crabby groundhog. It entails the woman lying straight on her abdomen and upper body lifted by bending elbows. The man sits on her pelvis, reclining backward into a crab position. This position seems a bit difficult for men who find it to be straining. This straining causes you to pain in the lower back. These drawbacks can be reduced by placing a few pillows under the women's pelvis and making the angle of penetration more horizontal. This horizontal angle might become easier to go for strong stimulation, strong bumping, and a bit shallow penetration. This position allows clitoral stimulation due to the rubbing of the penis with vaginal lips. Thus, makes it an amazing and mild experience for both partners. Going into anus hole of your partner could be difficult because of tilted angle and less availability. If you want to try some tricky sex with an adventurous ride, you must try this with your partner.

Pressed Wrapped Bull



If you want to try an adventurous delight applauded with sensational kissing, licking and physical stimulated response, then you must try pressed wrapped bull once. It requires you and your lady to be stretchy enough to perform it in the best way, but it is worth it. It has the power to steer the partners towards their self. The woman lies on the ground with her back and her pelvis is lifted by the man to place it in his lap. Her legs are bent on her knees, heading backward. While the man sits on the ground with his legs driven apart to accommodate her body between his legs. He is reclined forward on his woman to suck her boobs, lick her body, and kiss her gently to spice up the sexual intercourse. Sex with these prerequisites becomes delightful and habitual. This position allows the man to go inside the vagina and anal hole up to his choice or according to his lady's will. Meanwhile, she can feel every inch of the penis, shattering her holes to go deep inside and make a pleasurable passageway. Squeezing her boobs while penetrating her as fast as you can add enough excitement to transform you both into wild beasts.

Sex Positions for Advanced Woman on Top

Being advanced in sex is a lottery of joys and enthusiasm that can carve manifested satisfaction and procrastinated joys to applaud both partners and indulge them deep enough that they will never think of someone else to have sex with. This advanced level offers more disciplines and affection to both partners in the form of new and developed positions for sex. Women on top is a sign of her dominance and affection guaranteed by the man. These positions vary viciously from each other but have one thing in common, that is providing women the dominance over her man and praising her with controls and movements according to her choice, to have sex a joyous delight. A well-settled and well-crafted set of positions to spice up the sex experience is elaborated in the following paragraphs.

Lying Rodeo



A profound sex position with women on top, giving her the dominance and respect over her male partner is famously known as lying rodeo. This shows extremism to leaning forward, as the woman lies on her abdomen on the legs of her man, with her pelvis right above the penis of the man, who is lying straight on the ground, and allowing easy vaginal intercourse. If you love to give foot job, then this position is made absolutely for you. More attention and consideration should be required for the penile angle as penetration would not be straight forward. For men, this position could be a little difficult as it is slow to the start but offers many enthusiastic dealings and full exposure of her holes. The men can see every inch of his penis

going inside her holes. This might be a little tricky for men but amazing for women who can control the penis inclusion as well as the bumping speed.

Arched Cowgirl



This is quite an amazing yet classical position as it belongs to the most favorite cowgirl sex positions family. In this position, the man lies on his back with straight legs. While the woman, being on top, kneels over him, arched backward, and sustains herself with hands on the floor. This position allows the woman to move and haul according to her choice and will. Therefore, most of the movement in this position comes from the woman lifting, rocking, bumping hardy and rotating her hips. The man puts his hands on her thighs and caresses her legs to stimulate her joys and plausible pleasures. The second variation is playing with her breasts, which will not only stimulate her sex experience to mildness but also indulge both thoroughly in sex. This position also offers a treat of sight-seeing of penis inclusion to her holes. Frictionless inclusions with both vaginal and anal intercourse are guaranteed to delight both partners. The more intense you are to try this position, the more joyous it will be for you and your partner. Being an advanced yet easy sex position, this can be easily performed every time you like.

Planted Arched Cowgirl



Yet another enthusiastic treat from the family of cowgirl and woman on top is planted arched cowgirl. This position is an extension of the arched cowgirl. It involves the man, lying on the ground with the upper body lifted, that sustains himself with fists on the floor. While the woman, being on top, sits on his abdomen, arched backward just like in the arched cowgirl position. This position allows the man to not only explore the sight-seeing of penis inclusion but also delights him with clitoral playing and stimulate her nerves to go wild towards the sexual approach. On the other hand, the woman opens her legs wide apart to give him full access, together with deeper penetration and frictionless inclusion. Woman, being on top, is captivated with controls over penetration and movements according to her choice. The movements mostly come from her side when she lifts, rocks, and rotates her hips. Both partners, in this position, can catch each other's emotions and move in a rhythm that will bring more satisfaction for both of them.

Bridged Cowgirl



One of the adventurous and enthusiastic positions from the cowgirl family is bridged cowgirl. This is unique according to its approach and sex experience. It involves the man settling down with bouncy abdomen, lifting while touching the ground with hands. On the other hand, the woman, being on top, sits on his abdomen, facing towards his head and praising him with her weight. This position allows deeper penetration and strong stimulation together with frictionless inclusion. It goes really hard for the male partner as he is not able to see going through and feel much difficulty in maintaining this position while lifting the weight of his women too. On the other hand, women can also not freely bounce on the penis because of her

feet not touching the ground and letting her balance her body by herself. This position offers less intensity with less movement and hence, lesser satisfaction and joys.

Facedown Cowgirl



Yet another furious and adventurous sex position from the family of cowgirl and woman on top sex positions is facedown cowgirl. This position entails the man lying straight, with straight legs on the bed and upper body inclined downward with shoulders touching the ground and supporting his body. On the other hand, the woman sits on his penis at the cutting edge of the bed and balances her body being arched backward and hands-on bed to support

her body leaning backward. This position offers complete control and movements assigned to the woman. She can control the penetration angle as well as the penetration length. The more she settles her down, the more penis length will be included in both of the holes. The man can caress her legs and play with her clit to spice up the sex experience, even if cannot play with her boobs. Playing with her clit could bring more joys for both of them that will indulge them deeply and forever.

Chapter 12: Becoming a Sex Master

Why You Should Become A Sex Master

Why should you become a sex master? This question comes up quite often and there are many reasons why you should become a sex master. Have you ever felt bored in your sex life? Have you felt like you needed something more, but you weren't sure what it was? Maybe you are not sure even to this day what is missing. If you are a sex master, it does not mean that you know the ins and outs of every position. While you may know about a lot of positions, especially the lesser-known ones, it also means that you are in touch with a deeper sexual part of yourself that few people are.

Many people are out of touch with their sensuality, their desires, their fantasies, and even their bodies. As a sex master, you will be aware of all of this and you will know how to get back in touch with all of these parts of your sexuality. You will be able to connect your mind to your body more deeply than most people, and as a result, you will be able to have better and bigger orgasms, to give better and bigger orgasms, and to connect with your sexual partners in a deeper and more pleasurable way. Being in touch with your sexuality means that you know what you like, you know what you want to try and how you want to try it, and you know who you want to have sex with and who you do not want to have sex with. Being a sex master means that you have taken your knowledge of sex but also of yourself to another level than most. You have explored every part of your sexuality or are, at least, on the journey to doing so. This guide is going to show you exactly how to go along that journey of exploring every part of your sexuality, and as a result, you will be well on your way to becoming a sex master.

You can continue to study your sexuality and your pleasure for years to come, as being a sex master is a lifelong commitment. As you age, your desires may change but being a sex master means noticing this, exploring this, and finding new ways to incorporate this into your sex life. We will talk about sexual intelligence and the brain, heart, and body connection. This will be an important lesson to take with you into the rest of your life, as it will be the key to understanding yourself and your body, but also to understand the pleasure of others. Sex is a two or more-way street and understanding we is only a part of the puzzle. Being able to communicate with, read, and understand your sexual partners will not only allow you to give them a good time in bed but will also result in you having a better time in bed. Being able to read the other person while having sex is very beneficial to pleasure and orgasms as a whole.

How I Became a Sex Master

The journey of becoming a sex master is a process and it does not start and end in a single day. I became a sex master after I decided that I needed to get in touch with my sexuality, my body, and my pleasure. After years of mundane sex, I asked myself one day why I was not having mind-blowing sex and why I had been okay with that. I was thinking to myself that I deserve pleasure just as much as anyone else and I told myself that I was going to find it. After that, I committed myself to a lifelong exploration of sex, sexual intelligence, and the almighty orgasm.

I read books, studied tantric sex, and explored many different aspects of sex such as kink and role play. I wanted to see what intrigued me and what scared me. I wanted to explore everything in my mind so that I could see if there was something that I was missing, maybe some wild kink that I had not known I was into. The answer though was lying in the fact that I was not in touch with my body or my pleasure. Running from place to place every day and having a quick sex session here and there wasn't allowing me to really take the time to explore my body, to have ample relaxation time before having an orgasm, and to really be present in the experience ever. It started with masturbation. By giving myself enough time to relax, unwind, and really sit with myself before exploring what I liked and what I wanted. In order to get in touch with that part of myself at all, I needed to be relaxed, to feel safe, and not rushed, and to free myself from the self-judgment that comes with taking time to focus on yourself and your pleasure. It takes time to reacquaint with your body, especially if you have not been masturbating or if someone else has always been the one touching you or pleasuring you. It is very important to have time for self-discovery and self-exploration no matter how often you are having sex. Knowing how to pleasure yourself will only help you in the bedroom with someone else,

as you will be able to take charge sometimes or, at least, tell them how to touch you. So, I took the time to get in touch with my body and in touch with my feelings both physical and emotional. To give myself the time and space to discover what it was that I needed from sex, that I needed in order to receive pleasure, and that I needed when with a partner, only then was I ready to enter the bedroom with someone else and bring everything that I had learned through getting in touch with myself to another person. When I finally did, I was able to be in touch with my body, to be in touch with my feelings, and to be fully present in my pleasure. And let me tell you, it felt great! It felt as though I had an orgasm for the first time again. After that, I ensured that I made time for my pleasure, even if I was having fulfilling and amazing sex resulting in great orgasms, having the time to be alone with my own body and my own pleasure was key. Every time I went to the bedroom with my partner, it was an experience both for me as well as for me and my partner.

Chapter 13: Helpful Exercises

Now in this part, we would be talking about ways in which you can deeply connect with your partner. We were learning from the lessons of touching and caressing from Kama Sutra and how we can use it to bring Kama Sutra to the bedroom in the modern world. Under the teachings of touching and caressing, there are five different subdivisions. These subdivisions include embracing, mutual grooming, sensual massage, scratching, and hair play. In this part, we would be taking a closer look into the remaining subdivisions of touching and caressing and see that we can learn from it.

The Basic Massaging Strokes

There are different massage strokes you can use when massaging your lover. However, because of this lesson we are taking, we would be looking at five of the various basic massaging strokes you can use. Take note that whatever massaging stroke you decide to use, you should always try your best to keep your movement symmetrical, even, and rhythmic. You should appropriately follow even stroke after the other. If you want even to make things even more pleasurable, make use of suitable oil. There are different types of massaging oil. When you apply the oil, always use the right amount of pressure that agrees with your partner's skin. Since massage is all about pleasure and not pain, be sure to always keep a check on the amount of pressure you are applying. And at times during the massage, you may need to forgo your own pleasure or need and focus on your partner's enjoyment instead. By doing so, you will achieve your goal of being able to give your lover full pleasure. So, without further ado, here are the four different types of basic massaging strokes.

1 Tapotement and cupping

The tapotement and cupping massage stroke is a type of stroke that may involve you making use of both hands. Performing the tapotement massage stroke is more like your lover is lying down on the bed, and you do drum with a light tapping action on your lover's body. On the other hand, to perform the cupping stroke, imagine your partner still lying down, you would pound his/her body with alternate hands sure that they form a cup with fingers together and your thumbs should be folded in.

2 Hacking

The hacking massage stroke is a type of stroke where you give your lover a series of brisk chops with the side of your hand. This stroke is more like using your hand as in karate, but this time a lot gentler. When performing the hacking strokes on your lover's body, make sure you keep your fingers relaxed and not stiff.

3 Kneading

If you are a fan of baking, if you knead bread dough of whatever type of dough, and you are good at it, then you would be equally as good in this type of massage stroke. To perform this stroke, use your hands to gently knead your lover's flesh in a curved, smooth, and regular movement.

4 Effleurage

The effleurage is a massage stroke that requires you to make use of your palm to glide on your lover's skin. As you glide on your lover's skin be sure to keep your body weight behind the movement, you do not want to put your weight forward, so it doesn't cause you to apply too much pressure. It would help when you make use of this massage stroke first and last on each area of the body your massage.

Different Areas on the Body to Massage

When talking about massage, there are specific areas on the body that should be massaged. On knowing these massaging spots, makes having a sensual massage a lot easier. This is because you would know exactly the right spot to go each time, and that would help you to connect with your partner deeply. There are up to six different areas on the body that should be massaged.

1 Shoulder and Head

A lot of people often when they massage the shoulders and head, they only go for the top of the head, but the action is very similar to that used when washing your partner's hair. However, this is not a grooming move, so it should be more sensual than what you have when grooming each other. The proper way to massage the shoulder and head is to first start by massaging your lover's front shoulder. Work your way to the sides of your lover's neck as you keep massaging and then cheeks and the jaw. You should not also neglect the temples and forehead. While massaging, you can occasionally run your fingers lightly to the chin and around and over your lover's lips, nose, and eyes. As you keep massaging, most of your lover's erogenous zones would be pleasantly sensitized.

2 Back and Spine

When working on massaging the back, make use of gently yet erotic pressure to work your way upward from your lover's buttocks. Try to keep your hands as wildly outspread and level with each other. Also, make your thumbs push inward along your lover's spine as you grind deeper on your partner's back. As you continue the massage in the warm and softly lit room on your lover, work your way up to the base of her/his neck and then out to

the shoulders before you then bring your hands down slowly to the sides of her/his buttocks. If your loves being massage in this particular area, feel free to repeat it about ten times or more.

3 Feet and Legs

When you feel like getting the whole massaging spirit to the next level, then you can get to the feet and legs massage. Tell your lover to lie face-down as it would be easier to massage the calves and ankles that way. With your partner at a face- down position, you should sit close so that you avoid straining your back, that way you would not need to stretch forward or bend to reach your partner. Also, hold her leg steadily with one of your hands while you massage it with your other hand.

To start the massage, start by kneading, stretching, and bending each of the feet upward. Then you can proceed by softly rubbing the areas between your lover's feet. Next, run your palm firmly on the soles of the feet and then also rub it along the tops. In turn, raise each of your partner's legs and a few times, rotate each of them until it feels relaxed and loose. Then you can gradually move up the leg and as you do so, pay special attention to the calves, back, and ankles of the thighs and knees. When massaging the feet and legs, there are two types of strokes you can use, the downward leg strokes and the upwards leg strokes.

- The Downward Leg Stroke: this is a stroke where you draw you hand smoothly downwards from the ankle to the knee, and then you squeeze the muscle of the calf gently with your fingertips.
- The Upward Leg Strokes: this is a stroke where you use the same sort of action as when you were doing the downward stroke, but this time you are drawing your hand back up from the knee to the ankle.

4 Buttocks

For the buttocks massage, your partner would still need to lie face-down, and you would be sited right beside your partner. Then place your hand on your partner's buttocks to feel the texture of your buttocks as you move your hands in a decisive circular motion. Press the buttock firmly at first for your pleasure and his too. A lot of people enjoy doing a downward buttock stroke; you can try that as well, but you decide what you and your partner enjoy doing most. After you can then increasingly lightly massage the buttocks until your hands are barely just brushing the skin. You can then continue with squeezing each of the buttocks, in turn, following it with kneading.

5 Arm and Chest

The arm and the chest are other areas of the body perfect for massaging. For optimal pleasure, your partner should lie down facing up for this massage to create a kind of deep connection between the two of you as you can have eye contact. Start this message from the front of the shoulders, and then work your way down to the chest area. You can further proceed to the arms by using a gentle kneading action and again working your way downward.

After that, you can then find your way to the thighs using a kind of circular movement of your hands. To make it easier, rotate your right hand clockwise, and your left hand counterclockwise. Then knead the groin and the thighs and slowly move towards the navel and pubic area. Use gentle pressure when you get to this area because it would be more pleasurable. Then gently pass over the rib too and trace the shape of the pectorals and the breasts with your fingertip as you massage them softly.

6 Upper Back

Lastly, massaging the upper back can help you build a very solid and deep connection with your partner. When you want to massage the upper back, focus more on the muscle between the base of the neck and the shoulder blades. From there, you can bring your hands back down as you follow it with massaging the sides with your fingertips. Reduce the pressure you are using and then knead the back of the neck and shoulders. It was only then that I was able to explore new positions, new methods, and adding sex toys. Then I was able to really enjoy the newness, the fun, and excitement that came with it. Then I was able to explore all facets of sex and decide which ones I wanted to begin incorporating into my sex life. I was able to try something new and decide if my body liked it or not. Decide when my body liked it and when it did not. Decide if I would try it again and when. The sexual intelligence gained from knowing oneself is invaluable when it comes to entering the bedroom with another person, especially when it comes to exploring new territory with another person. Without this sexual intelligence, we cannot become a master of sex. We cannot know truly what we want, what we like, what turns us on and who turns us on. We cannot know any of this truly without the sexual intelligence piece.

Chapter 14: The Orgasm

The orgasm is the culmination of a sexual relationship, a climax that produces a pleasant feeling of a sudden release of accumulated tension from the moment when the excitement phase begins. It is at that moment that a series of intense muscle spasms are generated that is highly pleasing, which helps the release of endorphins that occurs simultaneously.

Women experience orgasm in different ways, but usually, this is characterized by the fact that the acceleration of heart rate, breathing, and blood pressure reach their highest level and the vagina, uterus, anus, and muscles Pelvic bones contract between five and ten times at intervals of less than one second. However, some women may feel orgasm throughout their body and even multiple orgasms.

In the case of men, we must bear in mind that ejaculation and orgasm are not the same. You can ejaculate without experiencing orgasm. As in women, with orgasm, heart rate, breathing, and blood pressure are accelerated to the maximum, and muscle contractions occur in the pelvic area, as well as the prostate and seminal vesicles to produce the expulsion of the semen.

Male orgasm basics

There are between 3 and 10 contractions with an interval of 8 tenths of a second between each one, depending on how intense the response is. This means that an orgasm lasts on average between 4 and 8 seconds. Man experiences this physiological reaction as a wave of pleasurable sensations.

After the orgasm, in man, there would be the recovery of the state prior to the excitement and the refractory period would begin, by which the man will not be aroused again after some time, something that can vary according to each person.

Orgasm and ejaculation

Ejaculation and orgasm for males are actually two distinct events, even though they most often happen at the same time. This fact makes them often misunderstood, as many think that ejaculation is a sign of orgasm. If orgasm occurs and ejaculation happens at the same time, this is called an ejaculatory orgasm.

There is another type of orgasm, one that happens when ejaculation does not. As you likely guessed, this type is called a non-ejaculatory orgasm. This is sometimes called a dry orgasm as well, and this type is also very normal. A man can achieve orgasm without ejaculation, and this still counts as an orgasm.

The Prostate

The prostate is a location that has been discovered to be extremely sensitive and therefore full of pleasure-potential. The prostate is accessed through the anus and this is why anal play for men can be so enjoyable and hot. Exploring your prostate may be a new experience for you and you may be a little bit skeptical, especially if you are a straight man. Anal play is not

reserved for gay men only, it can be for everyone, and do not knock it until you try it! The prostate is a secret weapon of such intense pleasure that you would be doing yourself a disservice if you did not explore it. To start exploring your prostate, include it in your next solo session to give yourself a little extra love. Once you experience the sensations and feel comfortable and full of excitement about this newly discovered area of your body, you can also try it with your lover and show them how it makes you feel such intense pleasure.

Female Orgasm Basics

Contractions start at 0.8-second intervals and their number can vary greatly, decreasing after intensity, duration, and frequency. More than a localized response in the pelvis, it is a total response of the organism. Imagination is directly related to orgasm; the brain has a lot to do with it. With the penetration, the entire vulvar pyramid is mobilized synchronously, and the G-spot and the clitoris are stimulated. Every woman has the physical ability to experience orgasms.

These are the symptoms of female orgasm:

- Greater increase in heart rate.
- Increase in breathing
- Increase in blood pressure.
- The subjective sensation of the explosion of pleasure.
- Contraction of the uterus.

Contraction of the orgasmic platform.

After the orgasm, there would be a recovery in the woman prior to the excitement. Although if it is re-stimulated before the sexual tension decreases, the woman is able to present several successive orgasms.

The Clitoris

We begin to study the anatomical structure of the female genitals, or rather - the clitoris. Many erogenous zones are located on the woman's body, and the clitoris is the main source of orgasm, pleasure. There are definitely hidden erogenous zones that are also located on the clitoris and on the woman's body. These sleeping areas can sleep for a relatively long period of time. Often, even their owner - a woman does not know about their existence. The partner can help not only to reveal them, but also to work carefully.

Another important nuance about the clitoris. The fact that the clitoris has a size at rest is much smaller than in the excited state. It takes even larger forms at the moment of orgasm. All its body, legs, head, and tail are filled with blood. They seem to swell. The head of the clitoris has two to three times more nerve endings, unlike the head of the penis.

If we are talking about an orgasm, or rather about a clitoral orgasm. Again, the arguments of sexologists are divided into two opinions. Some of them claim that there is only a clitoral orgasm. Other sexologists say that there are certain areas of the clitoris, thanks to which you can get pleasure. In fact, both sexologists are absolutely right. After all, the area or the entire clitoris receiving an orgasm indicates that it is a clitoral orgasm. According to the sensations, different areas of the clitoris give a woman completely different sensations from each other, not similar to each other in strength, power, and duration.

Chapter 15: Pre-love Game. Secrets

Unique Prelude

The concept of foreplay is pervasive. It includes getting to know each other, and the time of the mutual sexual interest, and the so-called foreplay kissing, mutual nudity, fondling, erotic massages, and much more. Before you make contact, you must reliably ensure that your desire is mutual. Many partners do not burden themselves with the conventions and talk about their desire to have sex openly. But many people have this shy or afraid of being rejected. However, many thousands of people have come up with a massive number of ways to communicate their sexual desire without any words. Looks, smiles, and gestures are often able to convey much more than words helpless and insecure.

If you intend to show your beloved or chosen one that he or she is causing your sexual interest, try to delay his gaze a little longer than is usually accepted. In ordinary conversation, face to face or in the company attempts to reduce the physical distance between himself and the object of your desire, provoke casual, and accidentally touch. Sit so that your knees feel each other, casually touch his arm or chest. Just try to make it as natural as possible and relaxed, without pressure, pressure, and open manifestations of Basic Instinct, otherwise you will likely scare away your potential partner.

If you find that your partner responds positively to your accidentally touch, then it is time to move on to something more — for example, a kiss.

Kiss - one of the most common types of lovemaking. Kiss capable of expressing a variety of emotions - from soft and friendly to the care-consuming erotic arousal and desire. Ancient Taoist writings, for example, emphasize the importance of deep sensory kissing, placing them in second

place directly after intercourse. And, in fact, can give kiss lovers with nothing incomparable feeling of genuine intimacy with each other.

In the East, the kisses have always been a profoundly intimate part of lovemaking. Until now, almost impossible to see the Indian or Chinese couples who kiss in the open on the street. The same applies to the movie: until recently, the scene of the kiss could not be seen in any of the east films.

Most of the different cultures recognize kiss ideal for a whole range of expressions of human emotions - from a friendly welcome to the erotic energy exchange. However, in many African, Polynesian, and other tribes living in primitive society, a kiss is virtually unknown. So, for example, Eskimos greet and caress each other by rubbing noses, while focusing on the mutual exchange of breath and a slight, subtle smell of leather.

Ancient Indian love treatises recognize the importance of a kiss. The most famous esoteric teachings of Eastern Tantra calls Kiss to contact the Upper Gate. When the couple is passionately kissing, says Kama Sutra, the partners are crumbling all barriers and boundaries. The kiss symbolizes the state of maximum readiness of both parties for rapprochement and unification of the lingam and yoni. The Indian treatises are stating that the shape and size of the female yoni can be identified by the shape and size of the female's mouth. The size of the lingam is determined by the length of the nose man. You, too, have heard about it? Therefore, this wisdom for thousands of years handed down from generation to generation and was known to the ancient Indians for many centuries before the Christian era.

Erotic kissing provides an excellent opportunity to explore both male and female qualities. Partners often change roles, as their tongues penetrate each other's mouths. Thus, a kiss can be successfully used to study the

movements and rhythms that can later be transferred to the motion Lingam and Yonis.

Kama Sutra indicates the following places and body parts that are most appropriate for kissing: the forehead, eyes, cheeks, lips, neck, chest and arms, thighs, stomach, and yoni. Kissing in compliance with a specific sequence of points in the body helps to awaken all the richness and diversity of the senses.

The most common opinion is that women kiss much more critical than for men, although it is men who initiated the kissing act much more frequently. To excite a woman kissing, you must know what she likes. Some women prefer a lighter touch surface; other strokes stimulate the lips or tongue inner surface of the lips. Others are excited by the fact that the partner sucks them the upper or lower lip. The most exciting is considered to be a kiss, in which both partners to penetrate the language in the mouth of each other and make them stroke or Jog.

Kama Sutra lists the three types of kisses that are most suitable for young women. The first is called a superficial kiss; with this kiss, lips, lovers barely touching. The second type - a tremulous kiss; in this case, the woman moves her lower lip, while the man presses his lips to her mouth. The third type - the real kiss, and here she uses the language.

Also, in the Kama Sutra describes other types of kisses.

- In direct kiss, lovers are in direct contact with lips.
- Trailing kiss, both partners are attracted to each other heads.
- When raised, one partner kisses another raising his head, holding it by the chin.
- When kissing, a lip is pressed toward the partner firmly.
- In pressed great kiss, his lower lip held concerning the language and firmly pressed against her.

- In a final kiss, one partner completely covers the lips of another.
- When the Battle of languages is one of the partners comes to his tongue and palate another language.

There is another classification of Kama Sutra kiss, which seemed to be the most user-friendly, poetic, sensual, and more. Having mastered all of these options, the lovers will be able to enrich and diversify your sexual arsenal significantly.

1. Bashfully - woman showering lips partners with short, frequent, small kisses, moving in such a way as if trying to break away from him.
2. A playful - woman is moving the tongue in the mouth of the partner, and at this time, he gently bites her lips.
3. Flat - man must bind his lips partner's lips and draw them, trying to touch her tongue.
4. Exquisite - Partners stroke languages palate each other.
5. Inati - partners must caressing each lip portion to each other, not touching the teeth.
6. Ata - a man and a woman, should try to push your tongue a language partner.
7. The most - the man must embrace the female lips tongue and suck it, just nipping teeth.
8. Tenderness - partners lip gently stroking each other's language.
9. Sari - the man, gently kisses the palm of a woman, as well as the inner surfaces of the hands, lips moving from the bottom up, from wrist to armpit.
10. Mill - the man, rotates the woman tongue with his tongue, pressing it to her cheeks and the palate.
11. Petala - the man should put his tongue in her cheek and rotate it.

12. Kiss teeth - a man, his head thrown back a woman, his tongue across her lips, and she bites his tongue.

13. Sink - a kiss on the ear with a slight sucking and biting the ear lobe.

14. Duel mouths - partners must draw each other's lips, slightly biting them.

Men should also be aware of the fact that one of the most sensitive areas on the body of a woman is the external border of the lips. And therefore, we should not forget the gentle stroking movements of the tongue around his lips partner.

Particular attention Tantric treatises give the so-called secret of the upper lip. The upper lip is a woman - not just another erogenous zone of the female body. It is particularly sensitive, according to the Tantra teachers, because of the palate and upper lip of a woman connected to her clit through the thin nerve canal. Tantric writings refer to this Nerve Canal This Snail Wisdom, as it is believed that he was in his tender parts spiraling like a shell. Tantrikas claim that the kiss of the upper lip, as well as oral sex with clitoral stimulation, creates a unique energy circulation within the female body. Massage the upper lip releases sexual energy and stimulates sexual desire.

And Kama Sutra and Ananga-ranga describe kisses with the upper lip. A man can excite the top rim of a woman, gently biting and sucking on it, while a woman is playing with his lower lip with the help of the teeth and tongue. If both use the teeth so as not to cause pain, but create a wave of pleasure, then this practice may be fascinating for both partners.

Tantrikas believe that a woman can visualize the channel connecting her clitoris with the upper lip. Presenting it in your mind as a hollow vibrating tube, the bottom of which is twisted into a helix, a woman may consciously

spend on its sexual energy flows. Stimulate this channel you can use the deep breathing combined with muscle contractions of the vagina. By learning to control this secret nerve duct, a woman will be able to increase the pleasure of love for yourself and your partner.

From kissing caressing move to hand movements. Some men often do not know what to do with your hands during a love game. The solution is elementary - hand man must be in constant motion. You can alternately stroke their thighs, buttocks, and breasts partner, massage your shoulder blades and neck, to hold down the top of the neck, back, touching the tips of his finger's abdomen. Almost all women strongly excited when they caress nipples. Nipple stimulation can produce a man with his fingertips, stroking them, squeezing, or pinching.

Partners must deliver great fun from the process of mutual undressing. It is essential not to hurry and not to throw all my clothes immediately. Provide partner gradually discover your body esteem and feel the difference between the touch of the body parts in clothing and bare skin. Also, many men experience sexual arousal on the type of clothes, and they like to make love with a partially dressed woman. You cannot remove the bra and lace stockings. You can also stay in a semi-transparent combination, thereby unlocking the imagination of a man and letting him get all that is hidden under clothing.

Many men get turned black lingerie color, others like apricot or golden flesh, the same or similar in hue to the partner's body. Lace underwear red stimulates excess production of sex hormones in men and from ancient times the color associated with sensual pleasure. In Eastern cultures, red and white have mystical and symbolic properties. The white color associated with the male principle and the red was a symbol of women,

sexuality, creative force, and a successful, happy life. In ancient China, the bride wore red silk trousers, and the wedding was called Red betrothal.

In Islamic tradition, the red color attributed similar qualities, Muslims use the word red in the sense of beautiful, referring to a beautiful woman Red maid. The red veil is considered particularly seductive. If you go out, my girl, put on the red veil, - advised a famous Arab poet.

The red color in the Tantric tradition symbolizes fire. Red Dakini, the Tantric Goddess of ecstasy, looks like a young girl, full of passion, and signifies the freshness of feelings. In India and Tibet, men and women painted on the forehead small red circles, seeing them as a sign of identification with Kundalini - inner creative energy.

Chapter 16: Sexual Pleasure Out of Fullness

Sexual Fulfillment - The Art of Giving Sexual Pleasure Out of Fullness

With regards to sexual intimacy, numerous ladies are incredulous of men who they accept. In numerous connections, sex is either simply one more errand like doing the dishes or clothing, or a negotiating tool to get him to do the dishes or clothing. Numerous men then again consider ladies to be sexual objects of interest and treat them accordingly. Many are out there just to get a few at whatever point and anyway they can, and pull back if not physically, inwardly.

What is more, if a sexual relationship is not explicitly staggering, the unsatisfied partner infers that there must not be sufficient love in the relationship or that there is something genuinely amiss with the other individual. Additionally, in the event that one partner's sexual considerations, needs and dreams are significantly unique, one or the two individuals presume that there must be something horribly amiss with the other - or potentially the relationship. They regularly do not scrutinize their own recognitions, desires, and inspirations, rather, they simply proceed onward to the following relationship.

A proceeding with inability to discover sexual satisfaction prompts a proceeding with quest for new sexual partners and new sexual encounters. For a few, even average sex is sufficient motivation to remain in a relationship that is generally unfulfilling in every single other angle. This consistent quest for new sexual partners, new sexual encounters, new sexual systems, and new sexual devices somehow or another has turned into a custom fixation and enslavement for a few. This horniness model of sex is a

greater amount of sex out of vacancy as opposed to sex out of totality. It presumes that once we arrive at climax, we are explicitly satisfied and hence can turn over and rest.

Truly, we might have the option to reach or carry another to various orgasmic statures by invigorating another's genital parts to correct specialized particulars or utilizing hello their tech contraptions. Be that as it may, while strategy and for some sexual guides are a significant piece of lovemaking, kicking off the body to arrive at orgasm while bypassing intimacy diverts us based on what is truly going on from within.

The main piece of ourselves we may like or are eager to uncover to another is the external part body. The inward part is an alternate story. We can't force ourselves to share it since it's a performance center of envy, outrage, long-stewing feelings of hatred, passionate injuries, recollections of excruciating embarrassments, perplexities, fears of deficiency and dismissal, doubt, control and struggle, self-uncertainty, disarray and disgrace.

It is anything but difficult to just fall into the propensity for having physical sex while retaining the most defenseless part of our Self the internal identity since when our internal identity is uncovered, we are most really powerless. The mind, trying to ensure us will concoct a wide range of reasons, reasons and choices that steer us away from uncovering our internal helplessness. Since our minds decipher helplessness just in negative terms, we have no reference with respect to how to skillfully intentionally and guilefully give up or relax our routine sexual restrictions, tensions, feelings of trepidation and disgrace.

At the point when we do extricate up, we regularly do so immaturely, defiantly, aimlessly, rashly, and hazardously. On the off chance that we get humiliated or hurt during circumstances such as the present, it just fortifies

our dread of sex and sexual intimacy. Genuine sexual intimacy is more about what is within us than the sort of body we have, procedures we know or devices we use. It is tied in with being sincerely genuine and cozy with our sexual Self, and having a sound idea of, and association with our sexual Self.

To encounter sexual intimacy, to truly know sexual satisfaction we should acknowledge and guarantee what our identity is, our very own personalities, our very own bodies, our own feelings, our own life, and our very own sexual bed. We need to quit introducing ourselves the manner in which we need to be seen and reveal ourselves with no other objective than being genuinely known in an individual, significant, and close way. Regularly this implies we need to step away from nearly all that we've at any point been educated about sex and discard the cookbook plans and assumptions of what works: contact ear and continuing scouring for four minutes, kiss the neck for two minutes, next run fingers in the little of the back for an additional two minutes, move to one side and lift leg precisely 90 degrees, tally up to fourteen - and such sort of computing mechanical garbage.

We should endeavor to find what works for us as powerful and flexible people and as a couple with hearts, feelings, and capacity to encounter the obscure and mysterious. We must know, open, trusting and allowed to pursue the instinctive and unconstrained sensual motivations of our central cores, not the trash our cerebrum or the alleged sex specialists think of. It is just by entering this entryway of inward defenselessness and powerless give up that we are really explicitly cozy. Intimacy in itself is a self-intelligent procedure established in the idea of give up - give up to the aspects of that are all the more boisterous, profoundly stimulated, unconstrained, eccentric, questionable and closer to the base powers of nature. What we experience during these new openings and extensions is practically sure to astonish us.

The force of our actual sensual desires, sentiments, wants, and driving forces and the degree of consciousness of what we're doing during the time we're doing it become considerably more significant and important than all the material moves, strategies and room stunts.

In deciding if one we are explicitly satisfied, sharing the most powerless, most vulnerable, most cozy piece of our Self outperforms yelling Goodness my God in mid-climax. This is sexual intimacy out of totality. It conveys with it a brilliant sentiment of at least being known; a serious, important, and hoisting knowledge of a sexual association with another being. Be that as it may, to arrive, we should be completely mindful and present at the time. We cannot be agonizing over whether we will have a climax since we are not completely taking an interest in the experience; we are burglarizing ourselves and our partner of the excellence of sexual intimacy.

When profoundly immersed in the sexual demonstration we become neglectful of incidental clamor, everyday reality blurs, and our reality closes at the edges of our bed. We prop up until our psyche, feelings, soul, and soul, not simply our body, is DONE! At the point when we are happy to approve ourselves - mind, feelings, life elements - the room turns into a spot for the sexual Self to completely communicate and for the soul Self to participate in festivity conflicted, two bodies, two spirits and two spirits. This is what is generally known as sexual euphoria or sexual stupor.

Now and again like this, we do not require sexual procedures, sexual guides or even a hot outfit in light of the fact that the astuteness of the spirit and the liberality of the soul are of a far higher caliber. Regarding sexual intimacy at significant power and delighted profundity, a large portion of us are still virgins. Perhaps we have had intercourse or had intercourse and have had various climaxes with at least one partners, however huge

numbers of us presently cannot seem to DO someone or enable ourselves to be DONE - mind, feelings, and life elements.

Chapter 17: Occasion Perfect Position

Missionary: Straight & Simple

The classic position, the one your pastor will tell you to follow at night ... I am kidding! Though not exactly a divine command, the missionary sex position is the most widely known and portrayed in media. It may seem simple because of its wide use but that is not always the case. Imagine coming face to face with your partner as your bodies are adjoined with all the flesh and bones intermingled causing awkward angles and possible pain due to pinching or putting extra pressure on sensitive regions.

As with all the other sex positions, start off with communicating your intent and purpose as you position yourself. The cushiony bed is the best place to try this out as the adventurous spots all over your house can become potential danger zones resulting in injury.

If you are the dominating partner who is going to take command and do the active process of thrusting, which we will assume it will be the male, you may be interested in this position. You will position your passive partner, the female, to be horizontally placed on her back. It is best to open the legs such that her knees are on either side of your abdomen. Not that it needed to be mentioned, your erect penis is made to coincide with her opening. A reminder to all the alpha males that the clitoris is a sensitive region and sudden onset of rapid movement can cause pain which does not always result in cries of ecstasy. Therefore, always communicate and know the mood of the situation. If all is well, place the head into the labial folds and insert the penis. Use your dominant hand to push it or directly go forward by thrusting your hip with your gluteal muscle. Moaning and expressing your emotions through the unconscious grunts is but a natural phenomenon that should not be exaggerated to avoid causing an artificial sense of

pleasure as it will come on its own. By this time, you may choose to lean forward to further the length of insertion and to engage in a round of passionate kissing. Never position both hands on the others body as the full weight is transferred and may lead to fractures. Gentle caressing, fondling of the breast, pinching the nipples is fair game as your French kiss, an aspect that is not always going to happen in other positions.

If on the other hand you are to stay vertical, a good move to increase the thrust frequency is to grab each love handles and let your hips do the motion. An aid to such activity is to place a pillow under the female's sacrum, as it is more conducive to penile insertion.

Sometimes the female may wrap her legs around the male's back, making the contact closer so that the male has to lean forward. Alternatively, the male may also widen the female's legs to cause a faster orgasm of the female to occur.

This position also allows for the female to be in the command as by being under the man, the female can thrust her hips with the male being erect as she pulls and thrusts back up with the male positioning himself on the forearms. The various illustrations show how the positioning of the legs of the female cause a different part of the female sexual tract to be stimulated and the extent of the penetration along with the obvious visual stimulation it provides when different positions are being tried out.

A variation to consider is to have the lady in question have herself laying down with only the support of her shoulder girdles as depicted in the opposite illustration and for the male to support the female pelvis as shown. This position has the advantage of having the vaginal orifice being lifted off the level of the male's knees and up where the penis is to offer more accessible penetration but is definitely more taxing on both the partners.

When nearing the climax, it is advised to ask your partner of his/her state of orgasm so that the fluids may burst at the same time leading to a higher sense of excitement. Accessory points to remember are synchronized thrusting if both are willing to burn the calories along with deep breathing to accentuate the pleasure.

The Karma Sutra mentions multiple variations of essentially this prototypical pose as 'postures' where there are slight differences in the positioning of the female legs, upright with ankles to the male's face or lying passively, or with the angle of inclination produced by the male whereby he inserts the penis into the vagina as depicted in the illustrations.

Be my Lover: Doggy Style

Another popular position that has taken a life of its own, the coitus from behind, also infamously known as 'doggy style' is conducive to achieving a quicker orgasm for the female partner as the penis tends to rub the front of the vaginal wall more vigorously.

The way to get the best is for the female partner to be at ease as she gets down on all fours on a bed, which can also be altered have her chest and arms completely splayed on the bed with only the pelvis region up supported by her knees to lessen the menial load and to get maximum pleasure.

The male partner has to ensure his penis is well lubricated along with the perianal region of the female as the friction caused tends to burn as compared to other positions. A way to reduce such a complication is for the female to widen the angle between her legs which also naturally increases the orgasmic release and helps to achieve it in a shorter duration.

The man gets his penis erect as if that is a problem! and adjusts the height of the vaginal orifice with the level of his erection. To avoid penile fracture, it is important to use your hand to guide the head of the penis onto the labia and slowly thrust it inside using primarily the fingers and then shifting to using the pelvic muscles i.e. the gluteal to cause the vaginal stimulation.

In a playful mood, a gentle slap on the buttocks never goes wrong or role play the 'daddy' by getting a more forceful with hand motion and really punish the naughty 'daughter'.

A precautionary safe word if the heat of the moment gets to you is well advised.

Furthermore, there are many variations such that you may choose to lie on her back, take the action to the countertop, against a wall, or to the side of the couch. Let your imagination run wild. As a guide, it is the female

positioning that gets to decide the variations. An engrossing foreplay to add spice to your adventures is to consider her as a stranger who just 'happened' to drop something on the floor and bends forward to pick it up with her knees flexed. You, being the sex craved opportunist, take full advantage and get behind her with her panties being ripped off and your pants at the level of your ankles. Admittedly, a certain degree of flexibility is required on the part of your 'clumsy' female partner but its best to employ some support so that nothing serious happens physically. Another creative device is to imagine the exotic medieval times of India with its princely states where your virgin princess is playfully lying on her stomach, naked of course, blissfully unaware that an intruder has entered her haram and is about to poke his manhood into the soft moist interior of untouched womanhood, provoking sensual arousing and eventual screaming as the princess gets deflowered. Such kinkiness is essential for getting the necessary excitement in your sex life and prevents it from turning stale.

Being a position which allows access to another hole of pleasure, it is to be stated with a hygiene point of view that one must not switch from vaginal to anal coitus or the converse without washing up in between as such a decision will cost you due to transfer of bacteria and other nasty germs. The resulting infection will surely turn you off from enjoying a fulfilling sexual position.

The bed is the only place where such carnal activities are to take place as the kitchen is place where such a primitively wild sexual encounter is likely to be more erotic. The countertop is the favorite as the cold feel of the marble and the warm sweating torso of the female with her luscious breasts are a perfect match along with the pounding from behind which the man of the house is also going to enjoy given the settings which are normally

reserved for cooking but take a new dimension where feeding of the soul occurs from a different route. Yum!

If kinky is your thing, then the roles can be easily reversed. Now I know it may be hard for some of you to grasp or even entertain that thought, but there is no harm in trying out new things. I mean that is the whole point of the book, to get out of your comfort zone and explore new sensations! And plus, it gives a sense of empowerment to the ladies. The way to go about it is to pick a strap on having the right size of dildo. Anal can be a painful experience the first time you try it, particularly excruciating in those few moments when it is inserted for the very time. Again, with everything else, if it is uncomfortable then you should not be forced to go through with it. But if you give it a go, you will open up a new dimension in your relationship, as she will be able to experience the kind of control that is not possible for women in sexual intercourse, barring lesbians and bi-sexual.

Lastly, to make the doggy style position the most enjoyable, it is most recommended to stretch out your spine while doing it as it tends to increase the release of stress relieving chemicals in the body which amplify the already sexual state of mind you are in. The female can twerk her ass in order to increase her participation while also giving an exquisite eye candy to the male partner looking from up below.

Chapter 18: The Secret Position

Face to Face

How

Sit opposite your partner and slowly slide into his lap and sit on top of him. Join your legs behind his back and have him do the same to cradle your behind. You can then both rocks to give a great sensation.



Benefits

Good for slow relaxing sex. Often will lead to a simultaneous orgasm as you both rocks together.

Standing Up

How

The female turns to face the wall around 3 feet away with your bum slightly sticking out. Allow him to enter you. If he finds this tricky, have him bend his knees a little for easier access.

Benefits

You get to thrust backwards whilst he thrusts forwards so you can both control the speed and penetration.

Spin Cycle

How

Have your man sit on top of a washing machine on the setting with the highest vibration. Climb on top of him facing away from him so you are sitting in his lap.

Benefits

This position gives deep penetration without the extra vibrations from the washing machine. The combination of both will bring you both quickly to orgasm.

The Scissors

How

Begin by laying on the bed facing each other. Put your top leg over his hip and have him grab your bum. Put your arm around his waist and push your bottom leg against his.

Benefits

Great for intimate sex as you are able to look at each other.

One Up

How

Not a sex position but an oral sex position. The woman lies on the bed with her bum close to the edge. She must raise one of her legs and hold it in position by wrapping her arms around her thigh. The man kneels down in between her legs and can now get to work.

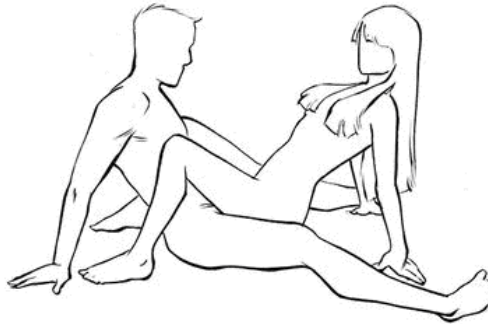
Benefits

Can be great foreplay before having sex and this position is particularly good for woman who are sensitive on one side of their clitoris.

Golden Arch

How

Have your partner sit with his legs straight and leaning back with his arms out behind him for support. Sit on top of him and let him slide into you. Bend your knees up with your feet flat on the bed behind him and now you can slowly lean back and begin rocking.



Benefits

This is an intimate position as you can both see each other's bodies and you will have control over the speed and depth of penetration.

Triumph Arch

How

You should begin by having your man sit with his legs outstretched. Straddle his lap with your legs either side and kneel down onto his penis. Once you are comfortable you can then lean back until you are laying on his legs.

Benefits

Can give the female a great orgasm and the man is able to play with her boobs and nipples.

The Spider

How

Start by sitting facing each other, you climb onto his lap and enter him. Have your legs bent either side of him and have your man do the same. The female lies back slowly followed by the man until both heads are on the bed. Now all you need is slow movements to keep each other aroused.

Benefits

Really great for slow, long intercourse which can keep you both happy for a long time.

Twister Stalemate

How

Begin by laying on your back with your legs apart. Have your partner kneel on all fours in between your legs. Lift yourself up and wrap your arms around his chest to support you. Slowly bring up your legs so your feet are flat on the floor. Make sure to hold tight whilst your partner thrusts.

Benefits

This position burns loads of calories for both partners and gives really deep penetration.

Woman on Top

How

Have your fella lay down on the bed with his legs out in front of him. Climb on top of him and let him penetrate you. Now you can lean back and hold his ankles or alternatively lean forward so you can kiss him.

Benefits

Great position for him as he has a great view and you are in charge.

Speed Bump

How

The female lays flat on her stomach with a cushion under your belly and pelvis area. Spread your legs and allow him to enter you from behind.

Benefits

In this position things can heat up quickly so makes a great position for a quickie.

The Standing Wheelbarrow

How

Begin by starting in the doggy position resting your forearms on pillows. Have your partner kneel behind you with one knee bent up so he can steady himself. Now he has entered you have him hold your feet and slowly lift you up as he stands. Make sure he keeps his knees slightly bent.

Benefits

This position is difficult and may not feel that great but if you fancy a laugh then give it a go!

The Manhandle

How

This can be tried anywhere in the house, so it is a bonus that no furniture is required. Stand in front of him in a position that is easy for him to enter you, this may be easier with you bent over. Slowly straighten up making sure his penis stays inside you. When you are ready, he can thrust.

Benefits

He is able to rub your clitoris and play with your boobs and nipples. This position could be great for you if you tend to reach orgasm through multiple stimulation.

Heir to the Throne

How

You sit on a chair with her legs wide open. Your man will kneel in between your legs and get going.

Benefits

This position is the beginning of many sex positions so transitioning between the two will be easy!

Edge of Heaven

How

The man sits on the edge of the bed or on a chair with his legs down on the floor. Climb into his lap and onto him with your legs resting either side on the bed. Have him hold your hands to stop you from tipping backwards. Now you can start moving as fast or slowly as you like.

Benefits

You get very deep penetration whilst he does most of the work.

Sexy Spoons

How

Lay in bed together on your sides. He spoons you from behind and enters you, he is now free to thrust back and forth.

Benefits

Makes a cuddle a bit more interesting and is great when you want intimate sex.

The crossed Keys

How

Lay with your bum near the edge of the bed with your legs crossed up in the air. Have your man stand in front of you and penetrate you. Whilst he is thrusting have him hold your legs and cross and uncross them.

Benefits

Crossing and uncrossing your legs will change the sensation and penetration so feels great.

Corridor Cosy

How

This only works when you are able to find an area with two walls close together like a corridor. The man leans against one wall and shuffles down, so he is in a sitting position with his feet pushed against the other wall. Climb on top with his legs supporting your weight. Leave your legs dangling and thrust back and forth.

Benefits

Great for spontaneous sex when you are both super turned on.

Galloping Horse

How

The man sits on a chair with his legs outstretched in front of him. Climb onto his lap and slide onto his penis. Stretch your legs out straight behind

him. Have him cling onto your arms and you can now lean back holding onto him for support. Then push back and forth on top of him.

Benefits

He has a great view of your boobs and you get deep penetration, so this position works great for both
Of you.

Good Spread

How

Get your partner to lie flat on his back. Sit on top of him and slide onto his penis, slowly start to spread your legs as wide as you can get them. Put your hands on his chest for support and rock back and forth.

Benefits

You are in control of the depth of penetration, the wider you stretch your legs the deeper the penetration.

Kneeling Dog

How

Get on your hands and knees into the doggy position leaning forwards on your arms. He will kneel behind you and you can sit back onto him so he can enter you from behind.

Benefits

This position will really turn on your fella but also allows for extra deep penetration so it will feel great for you also.

Melody Maker

How

For this position you will need a footstool or a comfy chair. Begin by sitting on the chair sideways and slowly lean backwards so your head is pointing downwards. Have your man kneel between your legs and enter you. Have him to hold your hands for extra support.

Benefits

Having your head pointing downwards will mean there is more blood rush. This means when you reach orgasm it will be mined blowing.

The Peg

How

Have your partner lie on his side with his legs outstretched. You now curl up onto your side in the opposite direction so that your head is near his feet. Have your knees drawn up to your chest and sandwich his legs in between your thighs. Have him support himself on his elbow and use his hand to help guide his penis. Wrapping your arms around his legs may help to support you.

Benefits

This position may sound difficult but is fairly easy to master. He gets a great view of your behind and he is able to play with your anus if you are that way inclined.

Man Trap

How

This one very similar to missionary but with a difference. Lie on the bed on your back and have your man lie on top of you. Have him begin to thrust in and out but whilst he does this wrap your legs around his. This will enable you to control the rhythm and speed a bit more.

Benefits

Really good for when you are not feeling as adventurous and do not have as much energy. He will be doing all the work but wrapping your legs around him will really turn him on. By arching your back you will feel more of a benefit.

The Challenge

How

This can be difficult to get right and requires a lot of flexibility and strength. Begin by finding a sturdy and stable chair. Stand on the chair and bend your knees into a sitting position leaning forward and with your elbows on your knees. Your partner can now enter you from behind.

Benefits

It can be hard to master but once you have it will definitely be an achievement. Make sure that your partner has a firm hold of your waist to help keep you steady.

Chapter 19: Relaxing Positions

While there is something to say about spicing up one's sex life by incorporating new and wild techniques and positions, at the same time we are not all acrobatics – in the same vein, that aforementioned 'spice' of life really is different. In fact, the Kama Sutra is quick to point out that mastering a diverse array of different positions is ideal not only for keeping things interesting but also in terms of experimenting and opening one is self-up sexually. The ability to try new things helps to broaden our horizons, and since you are entering this new realm with a partner, it can also be a very satisfying journey of self-discovery and discovery of the other person.

That said, switching things up and allowing yourself to occasionally revert to simpler forms or positions, or at least ones that are not super physically demanding, can give you and your partner a diverse repertoire of experiences to choose from.

Child Pose

Another borrowed pose from yoga, and a relaxing and spiritual cathartic one, is the child pose – this involves the woman sitting on her knees and then stretching forward with both her arms. This elegant and tender position allows the man to come in behind and enter her and can also prostrate himself in a similar child pose, this time leaning forward over her body. This can be very relaxing and a good one to try even after orgasm as it helps to stabilize and activate the parasympathetic nervous system.

Ananda Balasana

Not strictly a sexual position either, this is a very easy and relaxing pose that can be pleasurable to the woman – the woman lies on her back and attempts to bring her feet up as high as she can, whereby she grabs them with her hands. Think of a baby trying to grab its toes. Luckily, most women can do this without much difficulty, and it does not require an undo amount of flexibility to achieve but does produce a deep penetration all the way to the G-spot. Remember to keep eye contact with your partner to maintain this level of intimacy – the natural ‘spring’ created by the woman having her legs up in the air also produces an innate rhythm which can be pleasing.

Zen Pause Sex

A bit of a modern take on the idea of tantric sex, the Zen pause sex position is something you can integrate into a number of different positions, especially the more vigorous ones. In this position both partners are lying facing each other – we like to suggest this one when one or both of you are nearing climax. But instead of driving through with the orgasm, you both turn on your sides and hold each other the man preferably being able to stay inside his partner as they collapse, and the woman wrapping or entwining her legs around him. This can help couples that have a hard time with endurance or premature ejaculation by giving you a chance to strengthen your resolve – holding each other and letting the orgasm dwindle, then building up speed and passion again can result in huge orgasms for both, and is a great technique for bringing multiple orgasms to the woman.

Close-Up, or Womb Embrace

This can be exercised as an actual sex position or as a comfortable and intimate position after orgasm. Both man and woman lie in a classic spooning position but pull their legs up as far as they can to their chest – this makes the woman’s rump extremely accessible to the man who can literally ‘fold’ around her form. At the same time, he can wrap his arms around her and kiss her neck and is a method we encourage men to adopt because it is a romantic and tender way to show a partner that they are loved. With so much body contact, it is a great way to open up one’s energy and results in an extremely intimate blending – in the yoga tradition this could be compared to some methods of breath control like pratiloman that try to mimic a ‘going back,’ a way to relive what it was like to be in the womb. So, you can see why this is such a powerful technique: the man in this context becomes like a metaphorical womb for his partner, nurturing an overwhelming sense of safety and security.

Reclining Lotus

If you haven't guessed yet, there are a lot of ways to improve or experiment with fundamental positions, and the Reclining Lotus can combine the intimacy level of the sitting Lotus with a somewhat more casual approach, especially if the woman is tired. The position involves the woman lying on her back and then crossing her legs as she would have done with the Lotus position, but this time the man enters her in a standard missionary style, with her legs pressing against his chest. Aside from giving the woman a break, the action of crossing her legs also produces a natural 'spring,' so this technique can create a very fluid sense of rhythm during congress.

Reclining Bend Angel

Another reclining position, this one is good to help increase endurance and extend the process of lovemaking. The woman lies on her back and brings both of her arms up above her head, holding both palms together. Not only does this help stretch out her abdomen but can also produce a very sexy curve in her posture – next she brings her legs up and attempts to touch both soles together. This involves forcing her knees down and outward, and therefore should only be attempted by a partner who is limber enough to do this without hurting herself the knees should be able to touch the floor in this position. Finally, the man comes in and straddles over top of her, making sure not to disturb her legs so that they remain in formation. With his knees on either side, he can dip into her vagina from a steep angle, creating an incredible amount of friction.

Chapter 20: Secrets Between the Sheets

What can we do to maintain the spark in our relationship and improve our sex life?

Take care of your body.

The body is considered as your vehicle for sexual ecstasy. This means you need to respect it and to maintain it. Lack of interest in one's partner may start off innocently enough. He assumes that it is okay to skip the shower because the wife will have sex with him anyway. She assumes that it is alright to grow an untamed garden of hair in her bikini because well, hubbies already married to her anyway. The thing is if you love your significant other, then the last thing you should do is to shortchange him/her. Provide your lover with the pride and pleasure of having a hottie for a partner. Be someone that he/she can show off to others. You do not need to perform drastic measures. Just make sure that you pay attention to your hygiene like you did before marriage.

Additionally, pre-sex prepping helps ensure that you get more from your sexual soulmate. Men/women who shave their nether regions get more oral action than those who do not. Spraying aphrodisiac scents on the certain body parts help draw your lover's attention to that area. The simple act of brushing your teeth or taking a shower or putting on new lingerie before sexy time shows your partner that you believe his/her desire is worth trying for. Make grooming less boring by doing it together. Shower together. Begin the foreplay in the bath. Soap each other up. Shave off each other's pubic areas. Wash each other's genitals slowly and teasingly.

Tantric Tip for Him: Aim the handheld shower at her clitoris. The pressure of the spraying water will stimulate the sensitive love button. Meanwhile, insert a finger or two into her vagina or use your other hand to caress her body. Kiss her passionately or whisper steamy words into her ear.

Tantric Tip for Her: Lie on the tub with your feet facing the faucet. Spread your legs open and raise them so that the water from the faucet falls directly onto your clit. Have your man squat down on your face so you can give him

a blowjob. Use your hands to massage your breasts. The stimulation on your clitoris will send you on the edge of ecstasy but more importantly, the visual pleasure you will be providing your man will be too hot for words.

Shake things up a bit.

Another thing that couples seem to take for granted is the fact that excessive familiarity inevitably breeds contempt. Couples are in the habit of saying stuff like you look fine dear or of course I still find you attractive. And consciously, they may very well be speaking the truth. But the thing about the subconscious is that it is always looking for something new and thrilling. We are biologically programmed to be on the lookout for fresh opportunities for reproduction. We are naturally predisposed to look for mates who are youthful and sexually attractive. This does not mean that we were created to be polygamous by nature. One must, however, continuously strive to exude an air of mystery and excitement. Once these two things flee the bedroom, you start wondering about how it would feel like to make love to others. Some might act on these secret fantasies. Some might not. All the same, it places one's relationship in jeopardy.

But isn't being mysterious a little difficult when you have ogled, touched, and tongued every nook and cranny of each other's bodies?

Fortunately, you do not need to get a complete facial overhaul to keep your partner interested. The occasional surprise can be as simple as a new haircut, a new lipstick shade, a new sex position, a new venue for lovemaking, a new sex toy, etc.

There is a certain degree of comfort in routine as far as home life is concerned. But that is rarely true between the blankets. So, readjust your erotic timer. If you usually make love in the evenings, rouse your partner with some languid loving' at dawn.

Have your partner wake up to the warm and wet sensation of your tongue performing wonders on his/her genitals.

Send a random sexy text message to your spouse in the middle of the day.

Attach erotic memories to mundane objects around the home. Make love on various parts of your house. Use hairbrushes, broomsticks, neckties, clothespins as nipple clamps and other ordinary stuff for a bit of BDSM play.

Lie on the dining table and turn your body into a sensual smorgasbord of aphrodisiacs. Have your partner eat whipped cream, honey, strawberries, chocolate, ice cream, etc. off your body. It is good to have a naughty little secret between the two of you when you are all sitting down on a nice, wholesome family dinner.

Make each other feel sexy.

With poor self-esteem comes lousy lovemaking. A woman who is overly conscious of her figure may be uncomfortable making love with the lights on. Likewise, a man with a fragile ego may feel conscious about having his nipples touched. The goddess, on the other hand, is bold enough to make love in front of the mirror. She is open to trying sexual positions that require her to spread her legs really wide so her partner can get a full view of her. Likewise, the god is confident enough to realize that it is okay to be bound and gagged if it gives his partner pleasure; he understands that anal penetration does not threaten his manhood.

You will never truly be sexy until you believe that you are. So, make it habit to stand in front of the mirror and repeat affirmations to yourself. ex: I am a god/goddess. My body is beautiful. I exude natural sex appeal. I have the power to please my lover.

Tantric Tip: Stand naked in front of each other. Look at each other's bodies and share genuine compliments. Be expressive and specific. Pay special attention to favorite body parts. ex: I love your nipples. I love how pink and hard they are, like candy under my tongue.

Talk about sex.

Next to having sex, talking about sex is the most intimate activity that couples can do together. Sit down together and talk about your recent bedtime adventure. What did you love about it?

Ex:

I noticed that you moaned louder when I touched you here... How did it make you feel?

I love what you did with your finger back there. I bet if you use two fingers next time, I will go crazy.

Swap sex fantasies with each other. Make your very own carnal bucket list including sex positions, toys, games, and venues that you would like to try. Maintain an open ear, an open mind, and an open heart. Turn your boudoir into a judgment-free zone where you can both talk about your wildest innermost desires. This is supposed to be a give and take thing. The key is to never say never even when your significant other suggests something that is beyond your comfort zone. Giving a firm No will only make your partner feel rejected. This will prevent him/her from sharing his/her fetishes with you in the future. On the other hand, an answer like: Someday, I suppose. keeps the possibility open.

Engage in regular sexercise.

Before you venture to try new and daring sex positions, it is important to ensure that your body is fit and flexible enough to take on the challenge. Even when you have no desire to try any death-defying bedroom stunts, being physically fit helps increase your stamina so you can make love for hours, and hours, and hours... There are exercises that women can perform to strengthen the grip of their vaginal muscles and to increase their chances of achieving orgasm.

A lot of individuals mistakenly attribute their low libido over lack of sexual interest in their partners. On the contrary, it is possible to have a smoking' hot spouse and still have a hard time getting turned on. That is because the number one cause of poor sex drive is not your perception of your partner but your perception of yourself. When you look in the mirror and fail to gain satisfaction from your appearance, this sends a message to your subconscious that you are not good enough to have sex with. The positive body image that comes as a result of regular physical exercise increases your ability to get mentally turned on.

Best Exercises for Women

Perform Squats for strong legs and a well-toned derriere. This is great for ladies who want to engage in more woman-on-top positions. Additionally, the increased blood circulation in the genital region increases your ability to become sexually aroused.

- Stand erect with your feet apart. Your heels should be carrying most of your weight so ensure that they are flat on the ground.
- Start by bending at the waist.
- Next, bend your knees. Do it like you are sitting on an invisible chair.
- The shins must be kept vertically aligned throughout the workout.
- If you like, you can add 3- 5-pound weights. Lift your arms to the height of your shoulders with each squat.
- Move slowly up and down.
- Perform a minimum of 10 reps up to a maximum of 30 reps.

The Bridge Pose is a recommended exercise for women who want to strengthen their gluteal muscles, their hamstrings, and their inner thighs. This will help you if you want to play a more active role while having sex in man-on-top positions. This pose activates your pelvic floor muscles and increases your ability to control the strength of your orgasms.

- Start by assuming a supine position on the floor.
- Keep your arms and hands on your sides so they are flat on the floor.
- Your feet should be one hip-width apart.
- Bend your knees.
- Next gradually lift your buttocks off the ground. Put pressure on your feet and prevent your knees from spreading out. Your weight should be carried by your feet.

- Maintain this pose for a minimum of 30 seconds and a maximum of one minute.
- Be sure to lower yourself gradually beginning from the upper spine up to the tailbone.

Kegels is an easy exercise that you can perform anytime, anywhere. You can do it while you are lying, sitting, or standing. You can perform Kegels while at the office or even when you are commuting on your way to work. The benefits of this exercise include longer, more powerful orgasms and a tighter grip around your partner's penis. Do this by clenching your pelvic floor muscles just as you would when you are trying to hold in your urine. Hold for at least three seconds and then repeat. This is to be performed for five minutes.

Chapter 21: All About Penis and Vagina

Everything about Penis

The penis is the main player when it comes to sex for the guys. You as the female would want to focus most of your energy on this part of the partner's body. However, there are tons of erogenous zones for the male, so you would want to cover as much ground as possible.

The penis however is a law unto itself. It's basically an erogenous zone with its own erogenous zones known as 'pleasure points'. By hitting these points, your man would be so much more grateful in the sack.

Here are some of the pleasure points to take note of:

Head

The head is basically the mushroom-shaped top where the slit is located. Concentrating a sucking motion in this area will produce extraordinary pleasure for many males. Focusing on the slit can also be very arousing and is often a subject of licking during oral sex.

Shaft

The shaft refers to the whole length of the penis, starting from the underside of the head all the way down to the roots. This contains a whole mass of nerves that responds well to a tight grip. During hand play, make sure to grip the shaft tightly – simulating the same grip of the vagina during sex. Lubricating the hands with oil makes the process more enjoyable for you both.

Balls

Technically, the balls are not part of the penis – but you might be surprised at how erotic they can be and how much guys love it when the balls are given sufficient attention during sex. Keep in mind though that they can be sensitive to rough handling. Balls may be fondled or massaged during intercourse or included during oral play. Some men report that having their balls handled during sex results to stronger orgasms.

Everything about the Vagina

Here is an important tip for the guys: if you want her to go down on you, you should not be shy in going down on her. Give and take is the name of the game and if you give her proper attention down there, you can be sure that she will give back as good as she is got. Unfortunately, oral sex on women is a bit more complicated. You have probably heard of the G-Spot and for most men, it is just something they have ‘heard’ about without really being near the area during sex. In this Part, we’ll try to guide you towards the G-Spot and introduce a few more spots that can cause her to roll her eyes to the back of her head and really make her thankful the next day.

Lips

The lips are wonderfully sensitive to both light and heavy touches. They can be suckled, teased with the tongue and for some women – nibbled. You can tell when a woman is properly aroused because her vagina lips tend to swell and open up, providing sufficient room for penetration. Massage the lips in small circular motions or use your whole palm to press onto the vagina to produce massive arousing heat.

Clitoris

The clitoris is perhaps the easiest pleasure spot to stimulate for women because it can be easily seen. Usually hiding between small hoods around the top of the vagina, men will need to pay particular attention to this body part if they want to ensure climax for women. In oral sex, the clitoris is the primary part that requires concentration on the part of the male. During penetration, it is usually a plus in pleasure if the male pelvis hits the clitoris with every thrust. The great thing about the clitoris is that it remains

sensitive even after orgasm so guys who want to add up on the points can try massaging the clitoris after orgasm to prolong the pleasure for their lady.

G-Spot

Known as THE SPOT, this is what you want to hit if you really want to pleasure a lady. There have been rumors that it does not exist but there are studies that show exactly where the G-Spot can be found. It is where roughly 8,000 nerve fibers converge and therefore incredibly sensitive. In case you do not know it yet – the G-Spot is often seen as the extension of the clitoris. Hence, they are essentially one big mass with the clitoris being the external part.

Now the question is: where exactly can you find the G-Spot? As you can see from the picture – it is not too far. The G-Spot is a slightly raised portion on the upper wall of the vagina, around 2 to 3 inches inside the genitalia. For guys, that means gently inserting your finger into the vagina and deftly feeling with your fingers about 2 to 3 inches inside. It swells slightly more and when properly stimulated, can cause intense vaginal orgasms.

A common misconception however is that the G-Spot is a Sex Button which means that all you have to do is press it to get orgasms galore. This is not the case at all. In fact, you will not be able to notice the G-Spot if the female is not aroused. The G-Spot only becomes plump upon arousal, so it is important that the female is properly titillated before triggering the sex spot. Also note that the exact location of the G-Spot may vary from one female to another. Hence, pay particular attention to the texture and the plumpness of the inside of the vagina.

A-Spot

For years, people lived under the belief that there is only one button for an intense orgasm. However, further studies showed that there are actually several spots that could cause pleasure for women during sex. The A-Spot is one of those and may also contribute other benefits other than sexual pleasure. Its formal name is the Anterior Fornix Erogenous Zone, sometimes called the Epicenter. The A-Spot is a little farther than the G-Spot, along the inner end of vagina, sitting right between the cervix and the bladder. For men, this is basically the equivalent to their prostate and stimulating this part can actually cause embarrassing urine problems during sex so make sure to tinkle first if you intend to hit all spots for the night.

Chapter 22: Mystic Loving

Sexual congress exists outside the normal confines of the temporal, due to its divine nature. For that reason, the order many of us wish applied to it does not. This defies Western intellectual standards, particularly those we inappropriately apply to our sexuality. While it is always advisable to approach sexual union mindfully, applying a schedule and timetable to our lovemaking is a profanity that is not to be endured. On one occasion of union, we may begin with caressing, or kissing, or embracing. All these are valid ways to approach foreplay. None has more importance than the other. The key thing is that moderation is practiced and some of that has to do with the intensity in play, as well as regular transitions from one type of foreplay to another. The more unpredictable love play is, the more exciting it is.

That means that your preferences are what guides your foreplay. Sex with a playbook seems more than a little academic, as an approach. Far more interesting is to apply your newfound knowledge in imaginative and creative ways that please both you and your partner. This keeps each encounter's mystery alive, as its structure is determined in the eternal moment of divine sexual union.

Positions of note in the Kama Sutra

The sexual positions included here will serve to demonstrate that Kama Sutra, while assigning value to certain types of union usually involving a larger male member with smaller, corresponding female genitalia, in the case of high union, it also prescribes certain sexual positions that address genital size disparities between men and women.

Accommodating physical disparities

The Kama Sutra specifically acknowledges and classifies three major categories of genitalia for both males and females. These are classified according to size. With the male, the length and girth of the penis are described by these categories. For women, the depth of the vagina is described. In this part, we will find out how Kama Sutra provides advice for optimum sexual pleasure, according to the size of genitalia of the two partners.

While the book advises that high union is had between males of larger size and women of smaller size, it is clear that the discussion of sexual positions is a kind of leveler when it comes to partners who don't fall into that category. Males of smaller genital size and females of larger genital size find out here how it is possible to get around this little detail and have the kind of sexual union that results in ecstasy for both parties.

Males, once again, are classified as hare, bull, and horse from smallest to largest. Women are classified as deer, mare, and elephant again, from smallest to largest. Let us read about how Kama Sutra tells us to get the most from our anatomical status when it does not match that of our partners.

Deer women, when engaged with bull or horse men, should take advantage of the following positions, when lying down:

The yawning position sees deer woman laying with her legs either wide apart, or extended from the waist, upwards heels to ears. In whichever position is most comfortable for her, the object is to widen the yoni, in order for her partner to gain less problematic access. Deer women may also elevate their posteriors, facing away from their partners, with their heads down which is called the wide position. Kama Sutra also counsels the use of lube referred to as unguent in its pages to facilitate comfortable entry.

Finally, deer women, when engaging with bull or horse men, may lie on their sides in the Indrani position. This sees the woman with her knees pulled up against her chest and the lower part of her legs doubled, so that the heels touch the posterior. With the male entering from behind, this position has the effect of the other two described here but may take more practice to be perfected.

The converse of a very small woman with a very large man requires other strategies in order that both partners may achieve the sexual pleasure they seek. The elephant woman with the hare man typifies this anatomical challenge and these positions are designed expressly to optimize the pleasure of partners who are faced with it.

Clasping may be practiced by couples on either the side male on his left side and female on her right side, or with one partner laying on the back and the other on top. This is most effective when the woman's thighs are clasped together, which limits the depth of penetration and creates a narrowing of the yoni. Once begun, the woman may press her thighs forcefully against the male's thighs, for the pressing position.

In the twining position, the female partner puts one thigh over that of her lover, wrapping the lower leg around it, as a vine twines around a tree. Again, this position achieves the contraction of the yoni, which results in greater pleasure for both partners. Another important variation for elephant and mare women is the pressed position, in which the woman's thighs are placed together and then, on the shoulders of the male, who is on top. Again, the contraction of the larger yoni can be achieved in this way.

The pressed position may also be varied, by the woman extending one leg, with the other on her partner's shoulder, on the same side of his body as the extended leg, in the half-pressed version of the position. The male then enters at an angle, taking full advantage of the yoni's contraction in this

position. When this position is alternated between one leg and the other, with the male shifting position to accommodate the variance in angle, the position is known as splitting the bamboo.

The woman may also lie on her back in the fetal position legs curled up against the chest and held in position by her hands. Again, entry takes place from an angle.

A very interesting way to practice all these positions is in water. While Vatsyayana, the original compiler of the various writings that became the Kama Sutra, strongly advised against this for religious reasons, most of us have no such objections. That means a whole new world of sexual enjoyment and experimentation. In water, we become virtually weightless, which allows us to explore a variety of positions that might otherwise be difficult, the first go around. Practicing in water is a way in which we can familiarize ourselves with the physical demands and challenges of the various positions. Water is an especially useful medium for practicing standing positions, like supported, in which the partners support one another with their own physical strength. Standing positions may also be achieved with the support of a wall, or other sturdy, supportive structure.

This is particularly true of a standing position like the suspension. With the man standing and supported against a wall, he places his hands underneath the woman's posterior and supports her weight by lacing his fingers together. The woman places her arms behind the man's head, similarly, lacing her fingers for support. Concurrently, the woman places her legs on either side of the man's body, with her feet against the wall against which he is leaning. This provides her with the leverage required to achieve coitus in this position and sufficient control to maintain it for some time.

But there are other ways described in the pages of Kama Sutra by which men of smaller size may enjoy sex with women of larger size. One of these

is manual stimulation, prior to intercourse, in which the yoni is massaged by the man until the point at which the woman is ready to move on to penetration. Also advised is the use of sex aids that extend the length or augment the girth of the lingam. The book even describes the type of materials from which these might be made – ivory, copper and bone are only some of them. These generally take the form of what are known in our times as penis rings. Kama Sutra also states that these should be equipped with globules for the stimulation of the yoni. Today, we have many such sexual aids available to us and no one should ever be shy about using them. In the context of a loving relationship in which genital size might otherwise be an issue, sex aids can be a welcome addition to our sex play.

The Kama Sutra's timeliest advice to loving couples is that they switch it up. If you are accustomed to certain sexual positions, you need to renovate and alternate your routine, in order to enjoy the type of sexual union you most ardently seek. While there are other forms of sexual congress detailed in the pages of Kama Sutra, because I'm writing this for people in monogamous relationships who seek more from their loving union, I will not include them here, as these forms of union involve more than one person. That spirit is one of desiring the ultimate happiness all loving couples seek – a sense of divine and enduring spiritual union. The Kama Sutra provides advice in this regard, which we can use today to achieve the physical and spiritual ecstasy every living person deserves to experience.

Chapter 23: Men's and Women's Styles

In the Kama Sutra, Ananga ranga and other ancient treatises of love talk about the sexual compatibility of various types of male and female. The authors of treatises quite frankly talk about the size of male and female sexual organs. Compatibility between a man and a woman is under these sizes.

If lovers meet each other, they are easy to reach satisfaction. The greatest happiness lies under these sizes. The more significant the differences in size, the higher the inconvenience.

From Ananga Ranga

Each male and female have their physique, their psychological characteristics, their unique ways to show passion.

Kama Sutra identifies three types of women, depending on the size of the genitals.

Gazelle or deer

The vagina does not exceed six fingers about 13 centimeters deep. Usually, a woman with a vulva like a girl, she has a gentle girl's body, well-shaped breasts, and thick thighs. She eats little and loves to make love. It is quite a clear mind, and a love juice; it smells like a lotus. These women are called small-sized creatures.

Mare

The vagina does not exceed nine fingers about 18 centimeters deep. For such women usually graceful slender body, her breasts lush and hips are full, the pubic area it has slightly raised. It is proportional to the building, and it has a long neck and a slightly tapered, sloping forehead. She is very talkative, gentle, graceful, likes luxury, rest, and live entertainment. Bring

her to orgasm is not easy. Her love juice smells lotus. These women are called Medium-size creatures.

Elephant

Vagina reaches twelve fingers 25 centimeters in depth. For such women are usually big breasts, broad face, a bit short and full of arms and legs. She loves to eat. Her voice is relatively low and rough. This woman is complicated to meet the sexy love juice in her favor in abundance and smell the sexual secretions of an elephant.

All men are divided into three types depending on the length of the penis.

Hare

Penis in erection does not exceed the length of six fingers about 13 centimeters. Male rabbits usually short but quite well built and have a calm, docile, gentle nature. Their sweet seed taste. Such men are called little creatures.

Bull

The penis is less than a length of the width of nine fingers about 18 centimeters, being fully erect. A man of this type usually has a strong constitution, his high forehead, and large eyes. He is very temperamental and has a restless nature. He is always ready to indulge in the pleasures of love. Such men are called medium-sized creatures.

Horse

His penis reaches a length of twelve fingers 25 cm, being erect. Such a man is usually a tall, broad-shouldered, muscular, secure, and has a deep voice. By the nature of it is windy, restless, and lazy. All his movements slowed,

love, he does not like to do, if it does not wake up for this healthy desire. His seed abundant and usually salty taste. They call these large entities men. If the size of the genital organs of women and men meet, then they get equal love unions. The Kama Sutra describes three equal and unequal six sexual unions. Similar unions hare with gazelle, a bull with mare and the horse with the elephant. Unequal form associations with horse mare and gazelle bull with gazelle and elephant, rabbit, and mare from elephant.

Of course, in real life, unequal unions are quite common. Therefore, to unequal unions, Kama Sutra posture suggests using create balance and harmony. Position in which women legs wide apart, give extra space for a large lingam could enter into a small yoni.

When the yoni size exceeds the size of the lingam, women are advised to tightly compress their feet, shifting hips, and firmly holding the lingam. Skillful use of pillows under imposes to lift the buttocks woman allows a man with a small lingam enters deeper.

Neither the ancient Indians nor the Chinese have experienced any complexes associated with the male penis. Taoist writings say: The size and hardness, which nature has endowed man - only the outward signs ... Thick and long body more often for women is worse than short and thin, which is durable and firm. A reliable and durable frame that is inserted and removed rough, worse than mild, which moves gently and carefully.

Thus, the size explicitly has secondary importance. Come first tenderness, attention, sensitivity, and ability to deal with his instrument.

The same Taoists speak about women's Precious Gate: The quality of the female sexual organ does not depend on the size and how it is used. High, medium, or low-lying - all have their advantages.

Of course, the classification offered by Kama Sutra is not that outdated, but rather does not exhaust the whole variety of male and female types. By

focusing on physical parameters, particularly on the physiology, classification, this is not entirely considered many psychological features that create a unique human individual, inimitable personality that is revealed, including sex, only her peculiar way.

Classical Indian writings base their classification on the male and female archetypes, rather than individually. Many treatises on love also offer another division of women - this time into four types. And each of this type corresponds to a primary element of the universe, its element.

Woman Lotus

These women are called Padmini, and they must have come from the kingdom of the Gods. Her face is beautiful; the body is very soft and gentle, sensitive skin. Her face shines in the area of the pubis in it - three layers of folds. Her movements are smooth and proud gait like a swan. Her musical voice and she loves to dress elegantly. Her yoni smells like the freshly blown lily, and she prefers to make love in the afternoon.

Arts Woman

These women are called Chitrini, and they are the same as Padmini, who comes from heaven. Chitrini amazingly beautiful, it is of medium height, her slender waist that can encircle the ring finger, full breasts, and massive thighs. The hair around her yoni thin and soft. It seems that her yoni is raised. Yoni of art, women, smell, and has a taste of sweet honey. She walks gracefully and coquettishly, her hips swaying seductively. It achieves much success in mastering various skills, such as singing, painting, music, and dance. She prefers to make love at night and loves pets.

Snail Woman

These women are called Shankina, and they come from the people of the kingdom. Shankina skin always retains heat, her massive body, small breasts, waist, and wide. Her head, hands, and feet a little more than an

ordinary medium-sized, and her voice is sometimes rude. She sometimes bouts of passion, why it breaks down, and the blood hits in her head, and the mind is confused. She loves flowers, clothes, red decorations, but most of all - to find all sorts of people in the surrounding imperfections. Her yoni always moist and has a salty taste. Hair hide the yoni, thick and often quite hard. She especially likes to make love at night.

Female Elephant

These women are called Hastini, and they come from the animal kingdom. She is short, powerfully built, rather slow and cumbersome; walking tilts her head forward. She is pretty rough skin; she likes to eat sweet and tight, her voice raw and sometimes raucous. It is difficult to meet; she likes prolonged lovemaking. Juice from her yoni slightly pungent smell and an elephant. This woman wants to make love at any time, regardless of the circumstances.

At first glance, you will seem that this classification is made up of men and for men - how some very demanding connoisseur of feminine beauty for people like themselves. It is an apparent merciless separation of women at the higher and lower classes. And is some extraordinarily selfish and narcissistic womanizer who ruthlessly cuts off all the beautiful and slim women from a bit fat and unremarkable in appearance. And of course, any man aspires to the possession of the first two categories of women, ignoring the rest. After all, the primary two types and sexually attractive body, and the delicate young skin, and seductive gait. But in fact, this is not true.

Four categories of women were allocated based on thorough, careful, and scrupulous observation of the ancient Indians of a particular lifestyle. Ancient Indians argued that every man becomes what he wants to become.

Each man becomes what he can transform itself in both the physical and the spiritual level. Thus, eating correctly and taking the natural, healthy way of life, every woman can become a Padmini. Lotus flower can flourish in each woman, and each of them can rise as if the steps up from lower to higher female type. In practice, this means giving up unhealthy, fatty foods, from gluttony, permanent job with his own body, which first need to be subjected to physical stress, then by all means to care, nurture, and anoint. Well, the spiritual level, it also means giving up all negative emotions, envy or, on the contrary, contempt towards others. If you are free from fear, envy, and anger, if you are a conscientious attitude to your body, not destroying, but preserving it, then you save the attractiveness of just blossoming flowers. This idea runs through all ancient Indian classical writings on the art of love.

Chapter 24: All about Group Sex

Group sex is something that is not often discussed, but that is nonetheless something that should not be omitted from a book such as this. Group sex may be somewhat of a new concept to you, and it may seem like something that is only done in porn or talked about in certain circles of people, but there are many more people engaging in group sex than you may think. In this part, we will look at what group sex is, where to find it, and some positions in which you can have group sex whether you are new to it or have been doing it for some time.



What Is Group Sex?

Group sex is anything that involves more than two people, some even argue that it means sex involving more than three people. This group of people can include any number of men and women in any combination, or it can include only one or the other.

There are numerous reasons why some people choose to engage in group sex. One of the main reasons is that it can provide you with a variety of different partners who all bring different strengths to the bedroom, all at the same time. What this means is that you are exposed to a number of different styles and types of people all at the same time, which can make your sexual experience and your orgasms better than if you were with only one other person.

Some people may find sharing their partner with others in a sexual manner to be uncomfortable or intimidating, so be sure that if you have a long-term partner, that you are both comfortable with the concept of group sex before trying it.

How to Find Group Sex

There are a number of different ways that you can find group sex wherever you live.

1. Sex Parties, Events or Clubs

Many cities have dedicated sex clubs, and if they do not, there will often be sex parties or events held at clubs or other venues. This provides an opportunity for those who wish to engage in group sex to find others who are willing to also take part, as well as providing a safe space in which to do so.

2. Talking to Friends

If you are comfortable, you can talk to your friends about group sex to see if they have any experience with it or any interest in it. If so, you could arrange to take part in it with them, or they can point you in the right direction in order to find people who are interested in it.

3. Approaching Other Couples

One type of group sex is called swinging. Swinging involves couples coming together to have sex. This can involve two or more couples, and they not only engage in sex with their partner while other couples are present, but they also engage in sex with other people's partners while all of them are present. If this is something you are interested in, you can approach other couples who you think may be interested in trying this with you and your partner.

4. Online Resources

There is an abundance of online resources for finding group sex events or simply other people who are also seeking group sex. These resources will help connect you and this will provide you with numerous options for engaging in group sex in your area. If you take this route, be sure to read

reviews and ensure that the website or application that you are using is safe and reputable before meeting up with people.

Position 1: Group Oral Sex Position

The first man lies down on his back on the bed and the first woman straddles his face while he stimulates her genitals with his mouth and tongue. This position will be very good for the woman from a pleasure point of view because she can move her hips and grind herself on his face as she feels the pleasure, in order to receive more pressure or increase the speed by moving her hips. He can also use his hands to stimulate her clitoris or he can also grab onto her butt or even slide a finger inside of her vagina- all while he uses his mouth to please her clitoris. While this is happening, another person can do one of three things,

1. Stroke his penis using their hand while they are in this position so that he can feel physical pleasure as well
2. Suck on his penis with their mouth, while also stimulating his testicles with their hands
3. Straddle him and have him penetrate them vaginally or anally with his penis

Finally, another man can stand in front of the first woman who is straddling the man's face and she can then stimulate his penis and testicles using her mouth and tongue.

In this position, they will all be able to orgasm in some way or another, as they are all giving and receiving pleasure. If anyone wishes, they can also stimulate their own genitals using their hands or a sex toy such as a vibrator for maximum pleasure.

In this position, depending on how many people are involved, more people may be added by giving oral sex or penetrative sex to the other people

already involved, and this makes room for even more people.

Position 2: Sexy Group Spin the Bottle

Before I begin explaining this position/activity, it is important to note that each person taking part must be asked for and provide consent before each and every sexual activity is performed on them or before they perform it on someone else. All parties involved must provide explicit verbal consent before any sexual act is done to or by them.

Traditional spin the bottle is done in a large group of people with each person being an option the bottle can land on. Everyone sits in a circle with the bottle lying on its side in the middle. One person will spin the bottle on its side and whoever the bottleneck is facing when it stops spinning is the person that the spinner has to kiss.

In this sexy version of spin the bottle, some of the rules have been changed to make it sexier. While the basic rules are the same, there are a few more elements to it. This is less of a sex position and more of a group sex activity. You can play this game with anything you have, all you will need is some type of bottle, some paper, and a pen. Think of a traditional spin the bottle circle, with about five to ten people all sitting in a circle.

There will also be a bowl or a basket with small pieces of paper in it, each with a different sexual act written on it. When the first person spins the bottle, the person that it is pointing to when it stops spinning is the person who the spinner will need to perform the sexual act to or with. The spinner will choose a piece of paper at random from the bowl after they spin, and this will determine which sexual act they must give. The group can decide on which acts they want to write on the small slips of paper before they begin playing, in order to ensure that everyone is comfortable with it.

This game serves as a great way to begin foreplay before engaging in penetrative group sex, as it can ease some nerves and get people acquainted with one another. Below, I have provided some examples of sexual activities that you can write on the slips of paper, but anything goes as long as you are all okay with it.

- Lick their nipples
- Give them a hickey in a specific location
- Give them oral sex for 2 minutes, stopping before they reach orgasm
- Pick which position the two of you will engage in penetrative sex in after this game is over
- Give them a lap dance
- Give them a massage on a body part of their choosing for 2 minutes
- Take off their underwear using your mouth/teeth only
- Find the craziest sex position that you can find online and you will attempt it together at some point in the encounter

Position 3: Group Pegging

In this position, you will begin by having a man standing at the end of the bed, a woman lying on the bed in front of him with her legs raised and placed on his shoulders. This is similar to the missionary position, except the man is standing with his feet on the floor. The man will penetrate the woman vaginally and he will lean his upper body forward so that he brings his face close to hers. Another person, either a man or a woman holding a dildo or wearing it as a strap-on will then penetrate the man anally, standing behind him. If there are other people involved, they can be added to either side of the group encounter, to either the woman who is being

penetrated, or behind the person who is penetrating the first man anally. People can continue to be added to either side of this in as big of a group as you wish, all giving or receiving pleasure to or from someone else.

Position 4: The 'H' Position

To get into position, the woman gets on her hands and knees on the bed or couch or floor, this position works anywhere really, and the man kneels behind her. He enters her vagina with his penis. He can begin by slowly sliding it in and gradually getting faster and deeper. He does this by thrusting his hips and can control the pace in this way. He can also grab onto her hips for a stronger thrust and he can pull her body towards his to achieve a deeper penetration with each thrust. In this position he has a view of her entire backside, making him more and more horny. He can grab her butt cheeks from here if she enjoys this.

The third person- the second man, will kneel in front of the woman and she can give him oral sex from here. The position of the three of their bodies makes a similar shape to the letter H, which is how this position got its name.

Position 5: The Sitting Duck Group Position

This position involves two men and two women, so it is great for two couples who are swinging.

The sitting duck is a position that allows the woman to have complete control. The man will lie down on the floor on his back. The woman will straddle him and slide his penis into herself vaginally. Then, one by one she will cross her legs so that she is essentially sitting on his lap cross-legged while he is penetrating her. In this position, the man has no freedom of

movement and everything is up to the woman. She can even touch her clitoris in this position if she wishes.

Then, another woman will sit on the man's face, so that he can please her clitoris with his mouth and tongue. She will sit so that she is facing the other woman. The man can also use his hands to please her by stimulating her anus, her vagina, her breasts, or her clitoris if she wishes.

Chapter 25: The Kama Sutra Man and Woman

Most of the criticism the Kama Sutra has received over the years has been its depiction of women. Whether it's their roles in society, or the role they play in the sexual acts described in the lovemaking techniques, the portrayal of women has made many question the hypocrisy, if not the very validity, of the book's theme of gender equality.

In the massive volume of advice, stories and techniques that are featured in the Kama Sutra, there are three female protagonists featured throughout: the young woman, the wife, and the courtesan.

In the light of all the roles women have in today's society, for the book to outline a woman's three options in life as preparing for marriage, being married, or become a prostitute does not seem at all empowering. In this regard, one must consider that the book was written two thousand years ago. While many of the book's suggestions or declarations are considered common sense today, in those ancient times, most of what the Kama Sutra was suggesting was not only progressive, it was revolutionary.

Here are the three main female roles presented in the book. Keeping in mind the time and culture during which this was originally written, one can still see aspects of relationships that even now, hundreds and hundreds of years later, we are still struggling to achieve.

The Young Woman

It is through the character of the young woman that the reader is shown the incredibly delicate and complex courtship that is expected from a man who wishes to marry her. Before this even occurs, the young woman is to spend years learning from the sixty-four different art forms listed in the Kama Sutra. While some are geared towards improving her appearance, many are designed to cultivate her skills of conversation, art, music, and many other intellectual and artistic things. This proves that in preparation for marriage, the young woman was expected to cultivate her mind, as well as her appearance.

The Kama Sutra was something she would receive long before marriage so that she could be fully prepared for every aspect of marriage. Great detail and thoughtful advice is given to women on how to conduct herself when being pursued by a man who wishes to marry her, how maintain the home and garden, and how to become sexually connected with her husband through various techniques of foreplay and intercourse.

The book was intended to not only educate her on what would be expected of her, it was also to empower her with knowledge on how to choose a suitable husband, what should be required of her husband during marriage, including their lovemaking.

In the spirit of fairness, young men were also required to read the Kama Sutra. Just as it was put to the women, the men were also advised to put great care into their appearance and become skilled in the arts and conversation. By having the men and women learn from the same text, it helped foster a mutual understanding of their expectations and responsibilities in marriage. In other words, even before a husband and wife met, there was already a foundation of communication being built for them.

The Wife

No matter how much anyone prepares for marriage, there is no way to know what it will really be like until it happens. After all, a marriage is greatly influenced by whom the woman chooses to marry.

Long after the wedding, the Kama Sutra will still prove useful to a woman. She will be able to use it as she navigates through experiences with in-laws, infidelity, other wives, the complexities of maintaining a home, and the constant effort to keep their lovemaking emotionally and sexually empowering.

The Courtesan

The biggest surprise here isn't that the Kama Sutra has so much to say about the life and struggles of a prostitute, it's that the book offers advice on how to acquire a lover with as much thoughtfulness as it does with the other roles. From helping them decide how to choose between two seemingly equal lovers, to how to get the most money from their lover, the teachings of the Kama Sutra try to give the courtesan tools to make the most of her chosen profession. The techniques suggested for her are meant to give her, not the lover, power in the relationship.

The Kama Sutra Man

A lot of attention is given to the woman's portrayal in the Kama Sutra. Over the years, it has been deemed both demeaning and empowering to the women's movement.

Far less attention has been paid to the role of the man in the Kama Sutra. In the original version, there are two central male characters: the man in pursuit of a wife, and the married man. If there is anything remarkable about the characters, it is how much they have in common with the women. Both sexes are instructed to engage in lengthy courtships, and to learn as much of sixty-arts as possible to better their chances of finding a suitable match.

They are also instructed to put effort into their appearance. The men must keep themselves, clean-shaven, well-groomed, and other presentable at all times. When it comes to lovemaking, if the man's endowment is too small for his wife, he is encouraged to get his penis pierced so that he can be better equipped to satisfy his future wife.

Just as the women are taught the importance of pleasuring their husband, the men are given the same instruction. In fact, if the woman is sexually unsatisfied with her husband, she is given permission to seek pleasure elsewhere.

Unfortunately, the idea of both sexes having equal responsibility to pleasure the other has not transcended into Western culture. While women have become more aware and assertive of their own sexuality and have raised their expectations, men have been slow to give credence to it.

Hollywood and American television are proof of how far we have come. *Eat, Love, Pray* and HBO's *Sex and the City*, and at the same time, how far we have to go *The Wolf on Wall Street* and ABC's *Mistresses*. In a culture where women are still objectified, how much can a man be expected to

embrace of the Kama Sutra's insistence on gender equality in and out of the bedroom?

Historically, the Kama Sutra has appealed to men and women equally. Perhaps the promise of finding ways to bring couples together covers all bases physically and emotionally. The images of couples practicing the lovemaking positions easily appeal to the men and women who long for more passionate lovemaking in their relationship. And for the men and women who feel the void of emotional commitment with their partner, the appeal of the ancient Indian promise of a deeper, spiritual connection sounds like the answer they have been waiting for.

For couples in crisis, the Kama Sutra is an excellent meeting ground. The common issue of them arguing over which ended first, the romance or the sex, can leave a couple have the same argument for years. With the Kama Sutra, both issues are tackled simultaneously, allow both partners to put aside blame and begin to heal.

Chapter 26: Courtesans and Seduction

Women Who Are Easily Gained Over

The most obvious reason for a woman to be susceptible to another man's advances is that she is emotionally vulnerable. In ancient times, women were considered vulnerable if they were a widow, had yet to have children, their children had died, feels wronged by her husband without any cause, or wasn't respected by the women of her beauty and rank.

The women who are easiest to acquire are also the quickest to notice. They are always looking about on the street, giving sideway glances to men, or simply directly staring at them.

The women who would be most open to being pursued often times have the least to offer in the eyes of a man who is risking reputation and danger to acquire her. A woman who is old, sick, dwarfish, cowardly, lazy, barren, immoral, and jealous or disturbed, might make the acquisition much easier if not quicker, but the occasion for them to be the object of a man's pursuit is far less likely.

All of the scenarios come down to the confidence of the man versus the woman's insecurities and dissatisfaction in the woman's marriage. Even when the wife is willing to entertain the man's efforts, these scenarios rarely end well. Whether the man grows bored with a woman he conquered quickly or changes his mind after the woman makes the union too difficult. On the wife's end, she may find the man not worth the risk to her reputation and marriage or question the sincerity of the love he claims to have for her. Where wisdom and morality fail to prevail, sometimes cowardice and mistrust can push the man and/or the wife to make the right choice, even if it is for less-than-pure reasons.

The State of a Woman's Mind

If a man feels that another man's wife is open to his advances, only to be reproached with harsh words, then he should end all pursuit of her.

However, if a man's pursuit of a married woman leads him to capture and maintain her interest, he must be prepared to strengthen their relationship. This requires him to successfully read the physical and verbal signs she gives him. At times, her actions may be inconsistent. Still, he must be able to navigate through her mood's swings, moral doubts, and apprehension of getting caught.

More often than not, the woman's indecision can create a lot of confusion for both herself as well as the man. The man must not make the mistake of reacting to each and every gesture the woman makes in favor and against the union. To weather the back and forth of her commitment to their getting together, he must demonstrate a great amount of patience, while maintaining the appearance of unwavering interest.

He should arrange it so they both encounter each other as often, and as safely, as possible.

Weddings, sacrifices, gardens, festivals, and funerals provide excellent opportunities for them to see each other. It also gives the man ample opportunity to make a favorable impression on her family and friends without have to overtly show his intentions. All efforts to convey his state of mind and interest in her must be as subtle as possible, and in most cases, non-verbal.

The signs that the woman does have feeling of love for him are the following:

- Her voice trembles and sometimes even a bit inarticulate
- Her hands and feet offer evidence of her perspiring in his presence

- She reveals herself to him in private places
- When asked to shampoo him, she does not show any unwillingness to comply
- While shampooing him, she only uses one hand and uses the other to place on other parts of his body shoulder, neck, chest
- She has resisted all efforts on his part to be acquired, but returns to him the next day to shampoo him again

Most of the pursuit of a man towards a married woman falls on their first conversation. The man will fill the conversation with implications of his interest and has to rely on the woman's manner in which she receives his suggestions. The more open she is with her own interest, the easier it will be for the man to gain her. The less she responds to his implications, the man will have to decide how willing is he to pursue her. If his attraction for her is great enough, or perhaps if the rebuttals make him even more intrigued, then he will move forward. In the end, this initial conversation where the man makes his intentions known, however subtle it may be, will be when he decides how much of her perceived interest in him is real.

Courtesans

While it may initially appear that there is little to nothing to be gained from exploring the relationships between men and their courtesans, there are aspects of their dynamics that all men and women can benefit from. Courtesans, in modern times, would be regarded as prostitutes. But their role in ancient Indian society was more complicated.

In the case where the courtesan lives like a wife, she has only one lover. In modern times, this might be closer to what is considered a mistress than a prostitute.

The woman will walk the fine line of not getting attached to the man but giving the appearance for the sake of his ego that she is very much attached. She will protest every time he leaves but will welcome his return without reproach. On the contrary, she will demonstrate happiness and gratitude that he has returned. It imperative that she appears chaste and compliment him on his skills and knowledge regarding their lovemaking.

Means of Getting Money

The Kama Sutra states that there are only two ways of getting money from a lover: by natural/lawful means or by artifices deceptions. A relationship between a man and his courtesan is already built on immoral if not insincere behavior, so it stands to reason the courtesan will practice artifices in order to gain as much as possible. She can collect money from him, claiming a need to purchase clothes, food, perfumes, ornaments, or articles for the home, only to not buy them or get them for less money than she asked for. Other methods include complimenting his intelligence, claiming the need to make gifts for festivals, that jewels and valuables were stolen, that her property was destroyed, or having him hear through gossip around town how her expenses have increased.

Reuniting with a Former Lover

If a courtesan's present relationship should come to an end, then she may entertain reuniting with previous lover. Before doing so, she must learn the fate of his previous relationship. If he left the previous woman and also ended his relationship with courtesan the first time around, then the courtesan may regard him as fickle and not consider him. If it was the courtesan who ended their relationship and it was the woman of his previous relationship that has caused his being presently available, then he

should be considered of low worth and dismissed. The primary indication for entertaining the idea of reuniting with a former lover is if he has acquired fresh wealth and still holds true attachment for her.

Different Kinds of Wealth

When a courtesan is faced with two lovers of equal gain, then the one who offers money over gifts because that is far more difficult to take back.

When faced with two lovers where one is attached and the other is just generous, it's often expected that she would go with the generous suitor, but the attached suitor would be preferable because an attached man can be made into a generous one as well. The generous man, however, cannot be made into one who feels attachment. In fact, he could easily take interest in another woman and redirect his generosity to her.

When faced with two lovers where one is very generous, and the other one is ready to do any service for her, it is the generous one that should be chosen. The one willing to do service will invariably expect something in return. Even if it is something as simple as a demonstration of gratitude, that is still more than what the generous one will require from her.

The choice between a grateful lover and a liberal one is one of the trickier choices. The liberal one may appear more engaging, but it is often the nature of liberal to change their minds and/or interests and would prove an unreliable companion compared to the grateful lover.

The Final Section

The seventh section is perhaps the most difficult to find relevancy for the modern world. The personal adornments, and subjugation of the hearts of

others deal are heavily entrenched in the ancient Indian culture. When a man feels inadequate in satisfying his elephant wife, he would put things on or around his lingam to supplement his length and/or thickness. These Apadravyas were mostly made of gold, silver, copper, or ivory, and were designed to be soft, cool and increase one's sexual vigor.

Some cultures believed true sexual pleasure could not be achieved without perforating the penis, and so men at an early age would get it pierced.

This is even truer of the part that explores the miscellaneous experiments and tonics. The ingredients for these recipes are as foreign as the notion of creating ointments and garlands in an effort to win over someone's heart.

Chapter 27: What Are Your Sexual Values?

In any aspect of life, our values help us decide what we choose to accept into our lives and what we choose to reject.

Sometimes this happens consciously, and sometimes it happens unbeknownst to the individual.

I think dating provides a good example of this. Your values determine much of who you date, and they pop up constantly.

Imagine you are a devout follower of your faith and you meet an awesome person. This person makes you laugh, they are fun to be around, you find them attractive, they get along with all of your friends, etc.

Then you find out they are 100% atheist. In your mind, you have always pictured yourself ending up with someone who may not have to follow your specific religion, but who devotes themselves to some sort of religion. This is a big thing for you, and you are almost uncompromising in terms of this trait.

Despite how much you like them, your conflicting values may override your feelings, hindering the possibility of you two dating.

In dating, this type of instance plays out in many ways, such as in differences in values regarding one's profession, their health, their life ambition, their goals, their current stage in life, what they are looking for in a relationship, etc.

These values act as natural filters for your dating life, filtering in the people who are right for you and filtering out the people who are not.

I first heard about this concept from Mark Manson. I realized the same thing applies to our sex lives, so I have adapted it to our discussion.

Whether you realize it or not, you value certain aspects of sex. When you meet someone with conflicting values to your own, or you end up in bed with someone with conflicting values to your own, odds are the interaction will not go any further.

You may meet someone, find them attractive, connect with them, and go home with them that night. But once you have sex, you find that the individual is a selfish lover who does not have any interest in your pleasure.

If you value mutual caring for each other's pleasure when having sex, this becomes a conflicting value, making you unlikely to want to sleep with them again.

As another example, the sex may be really good with someone and you connect on all the right levels. But when it comes time to talk about your sex life and trying new things, your partner shuts off, not opening themselves to discussion whatsoever.

If you value open communication in your sexual relationships, and your partner values avoiding these discussions, this conflicting value may cause a breach in your relationship and your sex life.

Sometimes, people understand that conflicting values are at the root of these types of interactions, but other people are completely unaware of it. Either way, they play a major role in the direction of your sex life.

My point: When you understand the sexual values you hold; you are better equipped to navigate your sex life in the direction YOU want it to go.

When you find someone, who does not share your values, you can make a better decision about how to handle it. When you find someone who shares

your values, you can make better a decision about whether to move forward with them or not.

However, having conflicting values with someone does not give you permission to be spiteful or to make them feel bad for not sharing your values. It is simply a state of being and should be left at that. If you part ways it should be on neutral ground, not because one of you feels high and mighty and the other feels guilty for not sharing the other's values.

It is a natural occurrence. It happens all the time. And it should be handled in a mature manner.

That being said, when you do share sexual values with someone, it can be a beautiful thing and lead to some of the best sex of your life.

This is when things just click together. Your sexual flow feels natural. Your communication is open and understanding, and you grow together as sexual beings. It is truly beautiful.

Which Sexual Values Do You Hold?

Let us figure out which sexual values you hold, assuming you are not entirely conscious of them already.

I am going to list some of the more powerful ones. They will be different for everyone on an individual basis, but I believe this is a good general outline.

Being yourself in the bedroom. You value someone who can be their true selves, even when they are lying completely naked with you. You value someone who you feel comfortable enough around to be your true self as well.

Having fun. This is a big one for me. You value people who can laugh at themselves when they are naked or look at some mishap afterwards and see

the humor in it. Sex should not be serious all the time. For whatever reason, some of the funniest stuff happens when you are having sex.

Mutually caring about each other's pleasure. This is when two people take an active interest in pleasuring each other. The scale of who-is-pleasuring-who is relatively balanced, and when it becomes too unbalanced, the partners work together to take steps to rectify it.

Being open and honest. You value people who will tell you straight up what is going on in their mind, rather than bottling up what they are frustrated about. You also value this in yourself and try your best to hold yourself to it.

Communication. You value being able to discuss certain aspects of sex in an open environment that is free of judgment. You also value being able to talk about issues in a way that does not hurt the other person's feelings.

Safety. You value being safe in the bedroom, both by practicing proper hygiene and protecting against STIs and unwanted pregnancy. You also value being in a safe environment where you can be vulnerable with another person.

Trust. Trusting each other is huge when it comes to having great sex. You need to be able to trust that your partner will keep certain things about your sex life a secret if you ask them to. They should be able to trust you as well.

Comfort. You value being comfortable around someone. This means that when things get awkward (which is practically inevitable, especially in the beginning) you two will be able to work through it and make it into something positive. You also feel comfortable being naked around them and expressing your desires to them.

Connection. Sex is an intimate act, even if it is only for one night. I have always valued the connection that I make with someone, in committed or uncommitted relationships. It has sex deeper and more fulfilling.

Status. You may value the status of your partner in the bedroom. At first, many will see this as the superficial aspects, such as their looks. We can also look beyond that to how cool they are, how well-rounded their personality is, how sociable they are, etc.

Sexual compatibility. This is how well you two matches together on a sexual level. Does your flow coincide? Do you have a good balance of dominance and submission? Do you fit together on both a physical and mental level?

These are just some of the values you may have in the bedroom. Try your best to delve deeper into the reasons why you like certain people or certain things in bed, and you may end up finding that the root cause is from what you value.

Once you know what you value, you will be able to communicate this to your partner or partners, and you will be able to screen for the people who will be your most fulfilling sexual partners.

Chapter 28: Tantric Teachings

Tantric traditions, similar to the teachings of the Kama Sutra, have been spoken of as if they only have to do with sex. Hopefully, by now, you can guess that there is much more to the teachings than sex positions and breathing techniques. However, Tantric practices have shifted since their original, more hedonistic approach to life, into something that is more connected and accepted by today's society.

Originally, the Tantric philosophy was an attempt to reconnect to rejected ancient Hindu practices that had become taboo. The hope was that accessing these different pieces of culture that had been banned would open a path to a deeper connection with eternal consciousness. The hope was to use the body as a connection to deeper consciousness and spirituality; the manipulation of which would elicit a more spiritual self. This included the heavy use of illicit substances: alcohol, marijuana and hallucinogens were all massive parts of the culture. Beyond the sexual aspects, there were also much more extreme practices like animal and human sacrifice, dark magic spells, and the worship of violent deities. They professed grand benefits like immortality and regarded women as Gods incarnate, though their treatment of them was less than humane.

That was the old Tantric world. It was a lawless counterculture focused on manipulation of the body through ritual and taboo. So, how much of the modern Tantric practices represent those hedonistic and magical ideas? Very little, thankfully. The modernized, Western adaptation of Tantric practices left most of the more colorful pieces back in the first millennia. But it did bring the good pieces—pieces that allow for the maximum intimate connection between two people.

In the West, it has become big business. The tag of tantra brings a sense of special, foreign sexual experience. It seems exotic almost. But in reality, it could not be more individual to the person. It is less of a foreign practice than it is the application of foreign ideas to a sexual experience. Modern Tantric sex and expression has its roots in yoga more than the philosophy of tantra. Everyone knows someone who does yoga. But before there is the act, there is the context. Introducing the idea of a Tantric relationship is a very natural and vulnerable proposal that can make all the difference in the connection between two people.

Modern relationships tend to have a barrier between the two people, often placed in the name of individuality. Practicing individuality within a relationship is often very important and should not be undone. Being in a relationship does not mean there is no more self. However, a relationship allows the potential to be more than one: more than the sum of two parts. Tantric practices work to unlock that potential and connect the consciousness of two people. It does not work to erode the barrier between the individual; rather, it looks to ritualistically circumvent it. Instead of destroying the wall and merging, Tantric practices are like two people digging a tunnel under it. Neither is positive where the other is, but they are looking. They unite in a moment, only to return back to their side of the wall.

Tantric practices are the shovels and seismometers you need to dig the tunnel. They take time and effort, emotional openness, and clarity in a moment. The goal is never an orgasm, though that may be a piece of it. Rather, it is the connection of two souls into one.

Living a conscious life is difficult in itself, especially alone. To live consciously is to live in a moment unmeasured. Some associate it with the famous Ego death achieved through excessive hallucinogens—an

experience of life outside space, time, and the self. Living consciously could be the subject of an entirely different book, pursued through art, meditation, and knowledge. The Tantric partner works to encourage that pursuit of consciousness. Their job is to help you get to a place of conscious experience beyond the rigorous expectations of life. They are not a safety net or retreat, rather they are a partner in exploration and a loving presence. Encouraging gratification, loving expression, and giving are all their tools of consciousness and embrace.

What is shared when the tunnels connect? In short, love, energy, and connection to unlimited consciousness. Tantric union is an extremely vulnerable process and should only be done with someone you can feel open with. At the end of the experience is bliss and ecstasy.

Tantric relationships are like peeling layers of each other off until you get to the core of the other being, stitching wounds and memories of the past, learning and exploring with two people in a vulnerable and intimate setting. Your partner becomes a mirror to the self, triggering deep pain and joy simultaneously. It reveals intrinsic potential you have burning within you, independent of labels and definitions of the self. A Tantric relationship focuses on unlocking that flame and fanning it to be as strong and bright as possible. It is not something that can be achieved through a single ritual; this is not a single ritual. It is a continuous experience, day to day that goes beyond the bedroom and works to affirm the self.

Daily Tantric Practices

But like every intimate relationship, there is a sexual component. It just happens in the context of this larger, more connected, and intimate experience. Tantric practices incorporate ritual into a relationship, allowing

for a foundation that can be leaned on in difficult times. There are a few things you can do to incorporate Tantric practices into your relationship. See if they work for you!

1. Five Things You Liked

This affirmation practice is one of the best ways to start the day. It takes three minutes at most, provides lasting connection and grounding in the relationship, and increases communication. Not only do all of these help with the sex in a relationship, they also improve the relationship overall by facilitating loving connection.

Very quickly, when you are in a relaxed moment in bed, at the table, or after a game, exchange five things you enjoyed about the time you both had together. These can be anything—simple and sweet, deep, and profound. The important thing is that you feel connected in that moment, that each one is different, and that both parties participate. Doing this practice on a regular basis creates a foundation for mutual appreciation and affirmation, deepening love, and connection to one another. It is so much reward for very little effort! Try it next time you see your significant other.

2. Five-Minute Check In

This practice focuses on fanning the flames of the individual. It is a way to get your partner to tune into themselves, the moment, and the world around them. You are the facilitator for them and them, you. It includes the relationships, but primarily the focus is on the entirety of life and their being. As the one they trust and can be vulnerable with, it is a quick update. In less than five minutes, provide answers to a few questions. These can be independently designed, of course. But a few good places to start would be:

1. How are you doing in life?

2. What is most important to you in this moment?
3. What are you spending energy on?
4. What do you want to create?
5. If any, what challenges stand in front of you?
6. Who are you right now?

Both parties share a quick note and update, no more than five minutes. They can be asked or simply answer a set group of questions. The importance is not in how the questions are carried out. The importance is that their answers are heard, both people are open and do not hold back, and both parties feel safe expressing their thoughts. Not everything needs to be shared! Respect and trust your partner, and this practice can only deepen a relationship.

3. Shadow Check

This is a more difficult practice emotionally but just as important. The shadow check provides a safe space to develop and express problems in a relationship. It is designed to be a place of openness and vulnerability about the uncomfortable pieces between two people. However, it acts as a way to prevent problematic buildup and resentment in a relationship; it could not be more critical.

It happens on a semi-regular basis, or at least when you feel something 'shadowy' going on in the relationship. Designate a time to see each other in a neutral or public environment that might quell any explosions of anger. From there, you must respect the process.

Regulated by a timer, the first person gets 15 minutes to talk about what is bothering them. This is not 15 minutes to rant about how horrible the other person is being. Rather, use the XYZ formula. When you do 'X', I

experience ‘Y’, and it makes me feel ‘Z’. It is imperative that both parties avoid blaming the other blaming only begets defensiveness, which leads to more arguing rather than solutions. A key is to remember that you are on the same team. The other person is not trying to hurt you, the goal is to work through the problem.

The goal is not to resolve it necessarily in one sitting. The issue may persist into the day. But, working through it and developing a solution should become the priority of that next 15 to 24 hours.

4. Conscious Sensuality

This is much more in the vein of stereotypical tantra than the last few. The goal with this practice is to be completely awake and in tune with the sensations of touching, contact, erotic energy, and lovemaking. It is another simple practice that brings more awareness into your physical space and intimate relationship.

Using a timer, do 10 five-minute interval practices of connecting with your partner, treating it much more like a meditation than a sexual exercise. Each of these can be broken down into different stages.

First Stage

For five minutes, sit in front of your partner and lock eyes, letting your body ebb and flow with the breath. Focus only on gazing and breathing for the full five minutes. At the end of the five minutes, acknowledge it ended before beginning the second five minutes.

The second five minutes is dedicated to a short, sensual massage of the partner’s legs, arms, neck, and body. Both parties need to be fully present,

not worried about time or discomfort. The focus should be on the giving and receiving of pleasure. At the end of these five minutes, bow, and switch places. Your partner should repeat the same steps to you for another 10 minutes.

Second Stage

After both parties have been massaged, the 5th round begins—kissing. For five minutes, practice kissing with full awareness. Nothing else, only kissing, as if you are both teenagers with no idea kissing can lead to more. Put everything else out of your mind and simply enjoy those five minutes of connection.

After the timer goes off though, the ball is in your court! Keep kissing or graduate to more sexual acts. Regardless, this is a great practice for infusing connection more deeply into the sex! That is what Tantric practices are all about doing. This practice keeps you from quickly jumping to the next activity without taking in the moment. It creates structure to play off of and enjoy yourself through!

As you may have put together, these practices all hold a common theme of bringing awareness and connection into sex—converting sex into lovemaking and allowing for vulnerability that is required for a truly intimate relationship.

Chapter 29: Reasons to Try New Sex Positions

Here are 4 reasons why you should

Firstly, I assume you admitted that your current sex life is boring and non-exciting, at least in terms of cooler and hotter sexual techniques to stimulate hot and steamy sex.

One of the reasons why boring and non-exciting sex arises is the limited and monotonous position often used in sex.

Sex is not a routine job. You should not stop learning how to improve your sexual techniques, including the best sexual positions. Well, there are many excellent sexual techniques that need to be learned and implemented. However, you must first start with some of the best sexual positions.

Do not just turn and twist your girl like a rag doll. You really need to know what you need, especially if you want to reach the peak of sexual enjoyment because you are not the only one who needs to have a Hot and wonderful sex.

1. You can return the spice to a relationship.

Adding fun to sex is a very good cure for monotony in any relationship. And is there a better way to enjoy sex than to try creative and new positions? Of course not! You see, when you indulge in the same sex positions repeatedly, sex becomes a monotonous routine. When sex becomes a routine, boredom can arise quickly. If you are having an unsatisfactory sex life, you will find yourself moving away from each other.

Adding fun to sex is a solution that can end bedroom boredom and maintain intimacy in your relationship.

2. You can highlight your climax.

If you experience this yourself or if you want your partner to reach orgasm but finds it difficult in your usual sexual encounters, you may want to try some fun and exciting new sexual positions. These positions are essential in helping to bring your partner to a sexual climax. This is especially so when it comes to women.

Position is important when it comes to making your partner happy in the bedroom. When you adjust some of your basic sexual positions, the fun can begin. By accurately aligning the G-spot with the correct positions, you and your partner can expect the most extraordinary sex you have ever had!

3. It can reduce your stress.

Being trapped in a sexual rut can contribute to a stressful relationship. It would not be good for you or your partner to have sex if any of you feel that it is a chore

By eliminating the boredom of sex, these positions can give rise to feel good emotion and happiness to sexual relations.

If you hope to do something that gives you so much pleasure, it can help your body to produce and release hormones that can help minimize your stress levels. If you want to relieve tensions in your relationship and restore the spice it once had, try to deviate from your typical sexual positions and try some new and unknown ones.

4. Live a much longer life.

Aside the three reasons above, you can actually live longer with your partner by trying exciting and fun sexual positions. Statistics show that sex itself has the potential to strengthen your body's natural protection against disease and suffering. Add to that the benefits you can get through fun and laughter, such as: healing as well as helping to delay the aging process.

These four are good reasons why you need to see sex from a different perspective. In this way, you can open up too many positions that give you and your partner more pleasure and satisfaction. Maybe it is time to get involved and benefit from fun sexual positions?

Have you noticed that things in the bedroom have become a bit boring?

Are you in search of new and exciting ways to bring your sex life to life?

Well, Nathan James has something for you that will return the spark to your relationship.

Everyone wonders what the sexual positions for the best sex ever are. We all want to make our partner happy when we love each other. To have the best sex, it is important to try the sexual positions that make the fun exciting. Society has the misconception that men must penetrate deeply into a Woman like a jackhammer, while women must groan with pleasure. This often happens in romantic movies, but rarely does in real life. A problematic situation that emanates from the movies is that sex begins and ends when man arrives (develops an erection and releases semen). Usually, this is considered the highlight of making love. The problem with this is that it completely ignores whether or not women experience orgasm during sexual intercourse. The truth is that men come rather quickly on the average, while women rarely come. Do not consider this as a threat to your manhood. That is, you should not treat sex according to whether you come

or not. The difference is sometimes as simple as the use of different forms of excitation. For example, it is important to stimulate a woman through foreplay and also perform sex with your fingers before making use of your penis so she can be deeply aroused. This gives women a much longer experience and helps them to reach orgasm. Unlike men, women's arousal is slower and develops in gradually. Therefore, this stimulation should not only be considered crucial, but also as something that essential for orgasms to occur in women.

If your woman is yet to reach organism, you may want to try something different. For example, if you want a woman to have an enjoyable sex that can lead to organism, try a new sexual position. This has very practical advantages. Different positions excite them in different ways. In fact, simply sitting or lying down can dramatically change the effect. Making love in different positions gives you variety, which can make you feel more excited. Some positions really help sex to last longer, so you can have more orgasms and you can feel like a stallion. Here are some sexual positions for the best sex ever. For best results, I recommend exciting them first by stimulating them with your finger so that they get highly aroused. That will only cause more orgasms and will literally propel them to reach their peak. Wet your Fingers, penetrate and bend your fingers up. Do it slowly and then accelerate. Rub her clitoris with the other finger and lick it with your tongue. This suggestion will excite her a lot. In this way, you can move at your own pace and adjust the angle and depth of penetration. The additional benefit of this is that it also allows for more clitoral stimulation that excites them. She will likely prefer to make love slowly, but with the same frequency she will enjoy being intimate with you very much. You can equally try to enter them from behind while rubbing her clitoris. This can excite her incredibly. You can even make her to achieve multiple orgasms at

the same time if you time it correctly. One of the other great attributes of this sexual position is that walking from behind shows a great dominant trait that attracts many women psychologically. I would also recommend proposing your own Variations. You can even try more wild and crazy things like bumping into them while they are in the shower!

I would like to add that each of these sexual positions can also vary in other ways. For example, if you look into her eyes while performing any of these actions, the sexual act becomes more intense. Sometimes, holding your arms while in a missionary position could be exciting to her.

Also, decreasing your momentum and letting them feel each impulse creates a sensual-romantic mood. By using these new movements and variations, you will find that she has orgasms more often than ever before. All women love the closeness and intimacy of sexual intercourse. Here we observe the best sexual positions that focus on your pleasure.

Are you thinking of trying a new sexual position? That is why your sex life is boring right now. Or maybe because you have seen dirty magazines full of images of naked men and women in naked flesh, enjoying sexual movements that you never dreamed possible, and now you are desperate for some action. Why not, you are just a human. Some people who discover that they cannot get rid of the habit of looking at dirty photos and watching pornographic films feel guilty because they get hot and annoying under the neck and think that what they are doing is disgusting, and that is not normal, well, then why panic? I will be more inclined to worry if you were not all sweaty and panting a lot when you watched Blue Movies.

Conclusions

I hope this book was able to assist you to comprehend the history and origin of Kama Sutra and how it relates to you and your relationship. Through this reading, I hope you are motivated to discover what you find pleasurable in your life and relationships. After reading this book, I hope you are not only motivated to learn more in depth on the topic but also delighted about the potential customers of self-discovery in the wake of lost satisfaction.

Lovemaking, or sex, is an activity we will all take part in at some time in our lives. Understanding what we find pleasant and what we desire to achieve during the course of the activity is type in having a satisfying experience. When partnered with a better half, finding each other's body can be one of the most pleasurable parts of the experience. Kama Sutra in its totality can help you learn and analyze your own fantasy and beliefs while likewise presenting you to an ancient culture that was historically known for their sexual beliefs and practices.

You were given a brief overview of the Kama Sutra and the basic beliefs and practices therein. You were given advice on different biting, kissing, embracing, and foreplay techniques to help bring you and your significant other closer. This book was intended to provide you with a guided outline of historical Kama Sutra beliefs and the most popular practices and techniques. In order to obtain more information on the topic of Kama Sutra, further research can be done on one's own to learn more on the topic.

The next step is to either read more on Kama Sutra or recommend this book to a friend or family member. Sharing the knowledge of pleasure can be priceless in terms of wealth. Giving your family member the option of discovering themselves and their loved ones is a gift that would take

centuries to match. Your next step could also be to approach your own significant other, if applicable, and perhaps experiment with some of the ideas in this generalized overview. Perhaps if some enjoyment is found, more research could be done on the topic to enhance your sexual activity and health even more.

SEX POSITIONS FOR COUPLES

A Comprehensive Sex Positions Guide
From Beginners to Advanced.

Discover the Pleasure and Intimacy in
Relationship, Transform Your Sex Life
With the Best and Exciting Tips

By Kimberly Walker

Introduction

When you first start having sex, it can seem a bit intimidating. Sure, most people are familiar with missionary style but where do you go from there? We are going to go over a variety of different sex positions that are fantastic for beginners. This will include positions that you can try while laying down, sitting, standing, and kneeling. It should give you a good basis to get started on. You can continue to branch out from there. It is important to understand that while some positions may be great for you, your partner may not love them. So, trying different things and having an Arsenal of different sex positions to try is advantageous in having excellent sexual sessions.

Sexual fantasies tend to wander through our minds. The wonderful thing about sexual fantasies is that when you need to, you can call them. When you masturbate or have sex with your partner, you can conjure up sexual fantasy that will increase your sexual excitement. But sometimes your mind gets a sexual fantasy if you expect it least. A fantasy is nothing more than an unbelievable desire, an image, or a story you carry. You can have dreams that are soothing, thrilling, or entertaining, everywhere, and anywhere.

There are many people who simply use their imagination to receive an intensive sexual pleasure. And more people use their imaginations and fantasies to make their sex lives exciting. It is completely normal to fantasize about anything. The choice of your fantasy is based on the use of good judgment to determine if it becomes a reality. Sexual fantasy is a good way to keep your mind and maybe your body motivated whether or not you have sexual fantasies for a whole day, or if you just expect the right individual in the right place and the right time to act.

The imagination or external stimuli like an attractive stranger, an erotic picture, a book, or a movie can activate fantasies. Whatever tips you give, it is good to imagine, as long as something gets you off. You can express your imagination in a sexual way through fantasies. You may think you want to do stuff, but you have not. You can still fantasize about things you have done in the past. Or perhaps some stuff you know that never you are going to want to do, but it is still fun to think about. As often as you like you can revisit your fantasy. As if they are your own private sex retreat, you should take refuge in them. AIDS, abortion, and sexually transmitted diseases will not occur. There are other advantages of sexual imagery. You do not need to use condoms or birth control in your imagination. In your fantasies, you can really feel liberated.

Fantasies and masturbation often go hand in hand, but for many people, fantasies also accompany sex. You can talk to your partner if you are slow to orgasm, to give the lovemaking a little kick to your favorite sexual imagination. Fantasies help you concentrate on the erotic so that you can get to no return point. Fantasies may be good ideas when you dream of how you want to make love, but they will trust you more if you decide to put your thoughts into action. Fantasy is also great if you think you want to try some sex, but you are not completely certain. In your fantasy, you can see if it turns you on before you think it will take place. Sex therapists have also found that imagination can allow people to overcome certain sexual issues. You can become less sexually inhibited if you put positive, sexually free-minded thoughts into your mind. You can deal with your perceptions of sex through imagination and learn to enjoy your own sexuality, so you can experience it with someone else.

People have all kinds of fantasies. And I have heard them all over all my years as a sex teacher. Nevertheless, some aspects are more amazing than

others. I have compiled a list of the sexual fantasies I find the most common. This list of the best sexual fantasies is below. Check out to see if one of these is your dream fantasy.

Chapter 1: Intimacy

Most people do not understand what sex or intimacy means and how necessary it is to maintain healthy and happy relationships. Sexual abstinence is one of the major reasons for failed marriages, separation, and extramarital affairs, but it is the first step to its advancement. Intimacy is the proximity and the union of a husband and a wife. Some common intimacy synonyms are love, comfort, empathy, connection, and confidentiality. Sex is a key component of intimacy, but it goes over and above sexual and physical relationships; it is just how mentally and emotionally familiar you are with your partner. This connection will have sex even better after all.

I therefore wanted to spend time sharing rationales of why each married person who reads this book should reap the benefits of their bed and of their partner, as often as possible, in recognition of the beauty of matrimony and the powerful, still very important significance that sex serves in it.

1. Sex Fosters Intimacy

This is possibly the most accurate explanation as to why married partners need more sex. Sex builds intimate relationships. Of course, you share something, and your relationship is well connected, but when sex falls short of how you convey your love for one another, something is wrong. Your chemistry may be fizzled by the need to work together and the assurance of your existence. Although you are in love, you are probably losing the sex chemistry at the very start, so you need to bring it back with a little more sex.

2. It is a Stressbuster

It is obvious how wonderful it can be to come back home after a long day and unleash all that stressful energy in the bed with your partner. Experts say that regular sex helps people better respond to stress by releasing healthy endorphins in their body. It not only makes you relax but also allows your partner plenty of room to bond in the bed. Then after this you will be able to get a good night's sleep. While it is not recommended to be active before sleep, sex is an exception. The body temperature is lowered, and sleep is encouraged.

3. Sex Bonds Couples Together

During sexual activity, the explosion of endorphins in the brain helps couples bind during intercourse. The most personal moments with your partner are not only the penetration but also your playful exploration before the sex. Men and women alike need passion, affection, and intimacy to demonstrate to each other that their love is alive and well.

4. Sex Aids Problem-solving

As time advances in a long-term relationship, couples disagree more about things than at the beginning. Differences in opinion leading to disputes are normal, and couples tend to move apart. Sex then transforms into an effective truce operation. Sexual intimacy allows couples to collaborate more lovingly in their disputes by reaching through their differences and finding common ground for both instead of engaging in a power struggle. It also gives rise to lost romance and reminds them of their trust even in their romantic spirit.

Sex Builds A Deeper Level Of Communication

Some couples who are sexually satisfied will tell you that sex is not limited to the bedroom alone; their roots extend much further into their daily lives. The key is communication outside your bedroom—your physical connection in the bed would be weak without it. Great sex starts in your head, which always involves honest communication with your partner. Building on it is what enables women to feel a deeper connection with their husbands and truly enjoy the relationship.

5. Sex is a Great Workout

Since sex is an energetic physical activity, you can burn a lot of calories. A good sex round is equal to a moderate exercise, like rapidly ascending a staircase run. You stimulate the muscles during intercourse that will help your belly, back, and thigh relax and stretch. On average, in 30 minutes of good sex, you will finally burn 200 calories. Therefore, it is beneficial to cut off a little time on your treadmill and to substitute it by sex with your partner if your fitness program monitors all the calories you take and burn.

6. Sex Builds Better Self-esteem

Sex is important for you to feel great. No one really wants to be married without physical excitement. All people want is to feel desired. Passionate and stimulating sex is, therefore, a measure that you still have your partner with you. To be fantastic in bed and to have your partner return to you for something more is an outstanding boost of self-esteem for both partners. On the other hand, exploring how significant sex is in the long-term reveals that a fizzled-out relationship or a lack of safety and poor performance will ultimately lead your partner to look for different means outside of marriage.

7. Sex Has Plenty of Physical Benefits

Sex does not only provide you with a good workout and burn calories but also offers you and your partner many health benefits. Sexual muscles are finely tuned, and blood flow is increased for both men and women. Endorphins released during sexual intercourse help to alleviate physical pain, migraines, and back pain at times, and promote peace and wellness. Sexual intercourse with your partner is also useful for cardiovascular work with many cardiac advantages including decreasing blood pressure and lowering the chances of heart disease.

8. Sex Has Plenty of Psychological Benefits

In addition to intimacy and companionship, sex has many psychological effects that are good for you and your partner. Sex with your partner is considered to boost the quality of your life and your contentment. It relates, however, to worthwhile sex, in which both partners are fully involved. Sex releases endorphins that are important to feel good, decrease irritability, and combat depression. During sex stimulation, the oxytocin hormone released contributes to bonding and the sense of safety and connectivity.

9. Sex is a Celebration

While sex needs no other logical explanation than itself, many couples have intercourse for their physical intimacy and love. It does not only feel wonderful but holds the fire alive and wards off monotony.

If you are a novice when it comes to sex, the act can seem really intimidating and overwhelming. When you enter into a sexual relationship, it takes time for you to learn what you like, what your partner likes, and

what balance strikes the best chord with you both. Getting tense and worrying about the situation only makes it worse, so my first piece of advice is to take a deep breath and allow yourself to relax. Allow things to move at a natural pace and do not try to rush. Start off with simple positions that are not too challenging so that you can focus on the feelings they arouse. This will allow you to feel connected and safe with your partner. Here are a few simple sex positions that every beginner should try.

Missionary Position

This position is famous for its simplicity and the great variation that it allows for both partners. By simply changing the angle of your legs, you can change the sensations aroused from this position. It allows for a deep feeling of connection between partners while allowing deep penetration. It is also one of the most common positions that allow women to orgasm from penetrative sex.



This is due to the fact that the man's penis is more likely to hit the woman's g-spot with inward strokes of his penis. To get started with the basic missionary position, the woman lies on her back and the man gets into position between her spread thighs so that their pubic regions are aligned, and penetration is possible.

Lying Face to Face

This position is great for beginners as it allows you to both be comfortable and be in tune with each other's needs because of the intimacy it creates due to the eye contact and deep penetration. To do this position, all you have to do is lie on your sides facing each other. The woman should lie slightly higher than the man with her hips above his. She should then place her top leg over his hips and allow his penis to slide inside of her.

Spooning

This position is great for G-spot stimulation and allows for lots of skin-to-skin contact. It is like cuddling and sex in one. The man can easily reach around and stimulate the woman's clit in this position. This is a simple position for couples to achieve. Lay in a spooning position with the woman's hips slightly above the men. Her top leg should be slightly lifted so that he can penetrate her.

Woman on Top

In this position, the woman straddles the man while he sits so that their faces are close together. This position allows the woman more control but still allows the couple to be connected emotionally. To get in this position, the man must be seated and reclined against something like a couch or a wall. The woman straddles him until their genitals are aligned and penetration is possible.

Doggy Style

This position is great for deeper penetration and leaves both the man's and woman's hands-free for clitoral play and stimulation. To get into this position, the woman rests on her hands and knees with her legs spread so

that her partner can get behind her. She can adjust the width of her legs closer or wider to accommodate height differences and to allow for the variations in penetration.



Experimental Sexual Positions for Beginners

Variety is the spice of life, and this is also true for sex. Doing the same positions over and over again can quickly become boring and make a couple's sex life become stagnant. This does not have to happen to you and your partner. Even if you are both beginners to sex, you can switch things up and keep things spicy with the position outlined below.

Missionary Position Variations

Remember that I said that the missionary position allows for great versatility. By lifting the woman's feet off the bed and pushing her knees closer to her chest, this variation in the missionary position allows for

deeper penetration and greater access to the G-spot. If the woman is particularly limber, she can place her ankles on the man's shoulders for an even greater lift of her buttocks off the surface that they are lying on.

You can also alter the missionary position by placing a pillow underneath the woman's hips. This missionary variation allows the man's body to rub against the woman's clitoris with every inward stroke of his penis. This makes the woman more likely to orgasm from the position.

In the missionary position, you can also experiment with the woman lifting one leg at a time and having the man lift his chest at different angles away from her body. Small things can make a huge difference, and the variations that you can add to the missionary position are a testament to that fact.

Modified Doggy Style

This position is great for participating in dirty talk as the man's mouth is close to the woman's ear. In this position, the woman lies on her stomach with her hips tilted towards the man who lies behind her. A pillow under the woman's hips can allow the couple to find the right angle for pleasurable penetration. In addition, this is a great position for a woman who would like to show off her derriere to her partner if it is a feature that she is proud of.

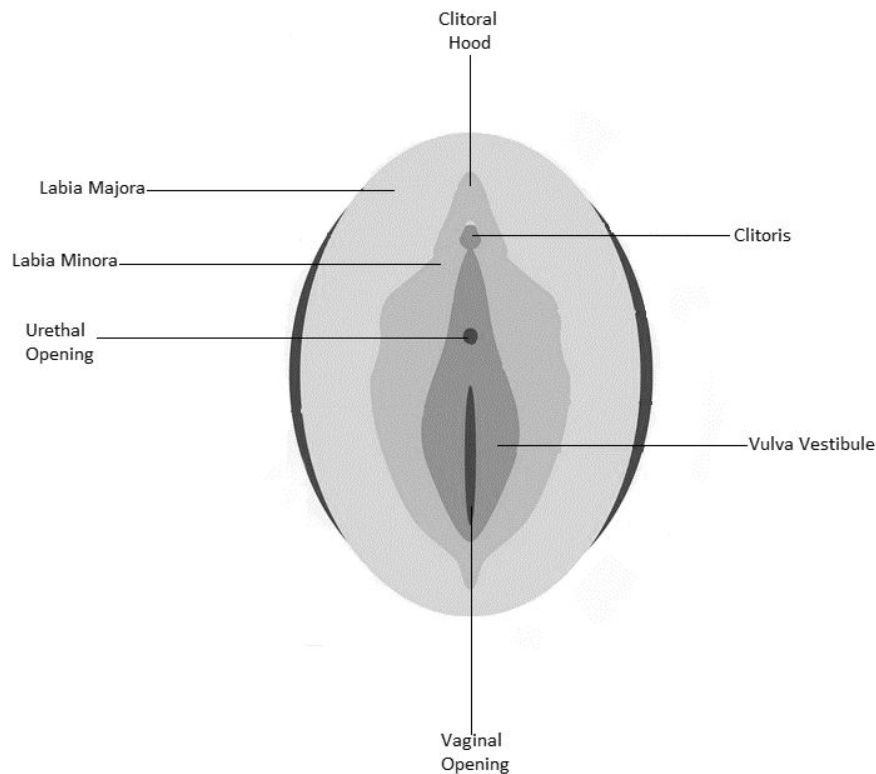
Dangling Over the Bed

This position is easy on a man's body as it does not require him to hold his body up with his arms. Since the woman is lying on the edge of a bed with her legs hanging off, he simply has to place himself between her thighs, penetrate her, and thrust them both to a happy finish.

Chapter 2: The Orgasm

Now that we understand intimacy and the different types of intimacy that can exist in relationships, we are going to look at how you can rekindle your desire for fire in your relationship and with your partner. One of the best ways for a couple who is very familiar with each other to rekindle their sex life is to rediscover sex from the very beginning all over again with their partner. While you may be very experienced when it comes to having sex, there still may be some things that each of you do not know. This could be in terms of the other person's body, in terms of the G-spots of both females and males, or how it all works from an anatomy standpoint. Before moving onto some other ways to rekindle your sexual fire, we are going to talk briefly about the male and female anatomy so that you can ensure that you understand the body of your partner in the best way possible.

Female Sexual Anatomy



In order to lead a female to orgasm, you will need to know the female body and all of the places that when stimulated, will make a woman feel pleasure. Whether you are a female yourself or you are a male with a female partner, both sexes can benefit from learning more about the female body. The two main spots that we will look at are the clitoris and the G-Spot. These two places both hold great potential in terms of leading a woman to intense and mind-blowing orgasms.

The Clitoris

The clitoris is the place that many people know of as the spot to stimulate that is the easiest way to give a woman an orgasm. The clitoris is located very close to the vagina. It is a small bean-like structure that has many,

many nerve endings, which is why it can so easily lead to female pleasure. To find it, begin by placing a hand on the pelvic area, with the fingers towards the vagina. A woman can do this to herself or a man can do this to find the woman's clitoris. Slowly move your hand downward, using your fingers to feel around. As you wrap your fingers underneath her, between her legs, feel around for a small lump-like structure. It is in a slightly different spot, covered by different amounts of layers and of different sizes on every woman, so explore around between the legs to find it. It will be towards the front of her body, right where her vaginal lips begin. On some women, you may even be able to see it with the eyes if there are not as many layers of vaginal lips covering it.

The clitoris is said to be the female penis. This is because it actually enlarges and becomes engorged when a woman is horny. It will be easier to find her clitoris if she is turned on. The clitoris is much larger than it seems, and this is because it extends up inside of the woman's body. Only a small part of it is located on the outside of the body, but the size of it is the reason why there are so many nerve endings located within and the reason why stimulating it will lead to such intense pleasure.

Once you have found the clitoris, you will then be able to stimulate it in order to give yourself or your woman an orgasm. Begin by gently placing two fingers on it and putting a bit of pressure. Rub it by moving your fingers in small circles- making sure to be gentle. Continue to do this and she should begin to get more aroused the more you do this. By rubbing the clitoris, you will be able to stimulate the entire clitoris, even the part of it that you cannot see, and this will cause the woman to start to become wet in her vagina.

The G-Spot

The G-Spot is a lesser-known spot than the clitoris, but it is possible for a woman to have extreme amounts of pleasure if this spot is stimulated. To find this spot, you will need to insert a finger into her vagina. It is best to try to find this spot after you stimulated the clitoris for a bit because then her vagina will have begun to get wet- as it lubricates itself to prepare for penetration. You can use this to your advantage because it will make penetration more enjoyable for her and will reduce the friction of the entire vaginal area in general. When the vagina becomes very wet, it can lubricate the entire vaginal area, including the clitoris, which will then make it easier to stimulate the clitoris as well. No friction means smooth gliding, which results in pleasure and no pain. When she is wet enough, slide a finger inside of her vagina while she is lying on her back a woman can do this for herself too and make a “come here” motion with your finger so that you are moving it towards her belly button. Feel around in this area and when you feel a bumpy or rough surface, this is the G-Spot. Just like the clitoris, the G-Spot is slightly different for every woman, but they can all be in the same general area. The G-Spot will be of different sizes for different women, so be aware of this when trying to find it.

The reason that the G-Spot can give a woman intense pleasure is that it is actually connected to the clitoris. Inside the body, where the clitoris extends up into the woman, it meets the vagina, and this is the spot where the G-Spot is located. This thin wall between them allows for the pressure and stimulation to travel between them so that you are essentially also stimulating the clitoris when you are pleasuring her G-Spot.

In order to give a woman pleasure by stimulating her G-Spot, you will need to press on it over and over again until she reaches orgasm. This can be done using your fingers, your penis or sex toys of a variety of sorts. For now, we will look at the fingers and the penis. Stimulating this spot with

your fingers is quite simple as you will have lots of control and you will be able to feel around to see if you are in the right spot. When you have found the G-Spot with your fingers, gently press on it with the pads of your fingers and avoid curling your fingers around too much as you don't want your nails to scratch the inside of her vagina. Press with the pads of your fingers on her G-Spot with light pressure, but enough for her to feel what you are doing. Continue to do this and you should feel her vagina getting increasingly wetter. As you do this, you can increase the speed of stimulation if she wishes. Communicating with her to see what she wants you to do faster, slower, harder, lighter, deeper, shallower. A woman can do the same to herself in the bedroom. In just the same way, slide a finger inside of your vagina either with lube or after getting yourself a bit wet by watching porn or massaging your clitoris. Then, move your finger towards the front of your body and feel for the spot. Once you have found it, continue to stimulate it by putting pressure on it over and over again. It should feel good and get increasingly better the longer you do this. Eventually, the pleasure will build to a point where it feels as if you are about to orgasm. Continue to do whatever you were doing to get to this point, and orgasm will occur! This type of orgasm will be much more of a full-body orgasm than a clitoral orgasm, as it includes the inside of the vagina and is also stimulating the clitoris from the inside.

The penis can also stimulate the G-Spot, but it is a little harder as there will not be as much control as there is when using fingers. Try to choose a position that will have the curve of the penis line up with the front of the vaginal wall and this will give you the best chance of hitting the G-Spot. For now, though, knowing where the G-Spot is located as well as how to make a woman feel pleasure in that spot is a great start to being able to give her an amazing orgasm.

Male Sexual Anatomy

The Penis

As we know, the male sex organ is the penis. A man can reach orgasm by having his penis rubbed, sucked on, kissed, or stimulated in a number of other ways. While you cannot easily tell when a woman is aroused, it is easy to tell when a man is aroused because his penis will become erect. This happens because then he can have sex with it- think of how hard it would be to have penetrative sex with a limp penis. When a man watches porn, sees a very attractive woman, or is touched in the right way he will become erect. Then, by sliding his penis into a vagina repeatedly, into a sex toy like a fleshlight or by having someone stroke it with their hand, he can eventually reach orgasm. Every man's penis is a different shape and a different size, and each man will like something slightly different in order to reach orgasm. There are so many things you can try and ways that a man could reach orgasm, there is lots of opportunity for exploration and trying new things.

The Testicles

A man's testicles may seem like they are there only to provide sperm for ejaculation, but they are also very sensitive erogenous zones for a man. If a man's testicles are stimulated, this can make him become very aroused and can make him become erect if he was not already. A man's testicles can be stimulated during oral sex, during a hand job, or during sex in certain positions, and this will only add to the pleasure he is already feeling from having his penis stimulated in some way.

If you have ever had your testicles bumped in the wrong way, it definitely brought you a lot of pain for those few minutes afterward. Think of that level of pain but in terms of pleasure instead. This is what we want to unlock for you in your testicles. This level of sensation, but in the reverse-

intense pleasure instead of intense pain. Gently stroking the testicles with warm hands will get them used to touch so that they do not seize up and hug the body too closely. Gently rubbing the scrotum and massaging the testicles will add to whatever sexual activity is already happening. They can also be stimulated with the mouth during oral sex. The woman can move down to the testicles and gently suck or lick them to give a different sensation- that of warm moisture on sensitive skin.

A man can stimulate his own testicles while he is masturbating for added pleasure as well. If you are a man and you have never tried this, add it to your next masturbation session. Using one hand to stroke your penis and the other to massage your testicles will add a new dimension to your self-love sessions. Try this in the shower with a partner or without to enjoy the warmth or the water mixed with a massage and penis stimulation. You will never go back.

Chapter 3: Pre-Sex Rituals

Most couples that live together for a long time love each other but tend not to make love anymore. Some couples continue to love each other despite the absence of sex. They say the marriage does not suffer because of lack of sex. How do they keep the flame when the desire is gone?

Some couples do not even remember the last time they made love. There is a story of a couple in my neighborhood, Mathew, and Eva, around 48 years of age, married for 21 years, happy parents of two children. They have, by their admission, gradually put aside their sexuality. This does not prevent them from laughing together, handing each other out on the street or sleeping against each other.

Without claiming it or being part of the 'no sex' movement in recent years, Mathew and Eva have found a marital balance that belongs to them, refusing to make this lack of frolics a "problem". A choice assumed less rare than it seems, the heart has its reasons that sometimes the body ignores. Now someone may ask, love without making love, is it possible? How is sexual desire born? What is the physical desire for men and women?

Often, it is after giving birth, the loss of a loved one or a job, mourning situations that slumber the libido sexual drive and, in the case of unemployment, bear a blow to the esteem of self, that the couple interrupts all sexual activity. Hugs become scarce until they disappear entirely from the marital landscape. Because the less we make love, the less the desire is there, since the sexual drive is self-powered, more like a battery. Our partner excites our desire not just because he/she is beautiful or handsome, feels good and is intelligent, but because it occupies a special place in our psychic organization.

According to Freudian theory, unconsciously, a woman often sees in her partner the man who will make her a mother or a savior who has symbolically killed her innocence to free her from being a little girl. A man tends to see in his companion, which will allow him to overcome his father. Therefore, spouses must invent another sexuality. Hence the issues of motherhood and paternity have disappeared. This is also the case at menopause. They have to reconstruct inner scenarios, this time focusing mainly on enjoyment alone and challenging psychic task if their relationship to pleasure is tinged with guilt.

According to most couples, physical distance does not happen overnight. Most women always say that it is after their last delivery, that the pace of lovemaking begins to get dull. "Not only did I fail to enjoy, but I was in pain. Mathew ended up being afraid of making me suffer, said Eva. So, he stopped asking me. At first, I was afraid that he wanted to go elsewhere, but I ended up believing him when he assured me that it did not matter much considering the love we have. "

"It is not a philosophy of life or a bias, says Mathew. If the circumstances had been different, if we had not encountered these difficulties after the birth of our daughter, perhaps we would have a more sexual relationship today. I did not make a cross on this aspect of our relationship, but today, it is so. Moreover, curiously, I have the feeling that we have developed a different sensuality, which is expressed, for example in the way we enjoy a good wine together or a meal in our favorite restaurant. What counts above all is the desire we feel to be together, and this desire is always strong. "

Sex is a matter of impulses, but they find themselves satisfied in various ways. The pleasures of the mouth - to taste a good wine, to share an excellent dinner - satisfy the oral impulse. To visit an exhibition, to watch a film, to travel, to discover new landscapes satisfy the requirements of the

sexual drive - the drive of the gaze. It should not be thought that these activities are only pale and weak substitutes for genital sexuality, which would be the royal voice to pleasure. It is the sexual drive that, sublimated, that is to say, deviated from its primary purpose, inspires artists, and makes them creative.

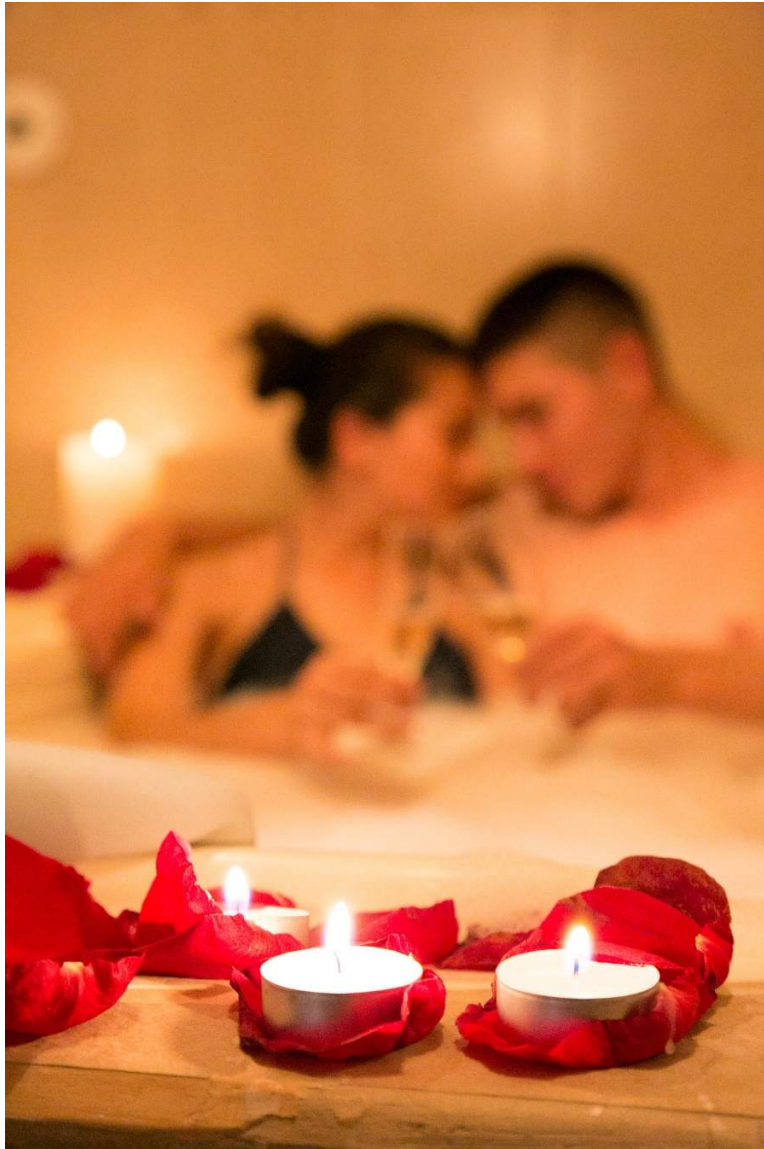
Open to sensuality and feel better touch, love. We confuse sensuality and sexual pleasure, "sensoriality" and animalism. However, there are ways to reconnect to the world. This reconciliation is essential: it is about our joy of living!

We must distinguish between sensuality and sexuality. I see couples who do not make love in the academic sense of the word, but who continue to kiss, to touch, to cuddle — so many proofs of love. By definition, I receive in my office only couples who want to get out of this abstinence. However, I am often amazed at the time they have been able to spend without suffering in their marriages.

Each massage has its specificity. Some bring only pleasure to the body, and others help you relax, some even palliate various disorders or pathologies. So, you understand, we do not use the massage to feel good, but also to heal. Moreover, the types of massage that we are going to introduce are some of the most successful ones!

Things You Need For Your First Erotic Massage

To carry out an erotic massage, you have to know how to choose the right equipment. A bed or a massage table is, for example, far from ideal to highlight sensuality in all its forms. Indeed, this furniture is not suitable because it is too high for a real sensual massage between two completely naked bodies. The idea is to practice erotic massage on a mattress that will be installed directly on the floor. For optimal comfort, include plaids, blankets, bath towels, cushions, a mattress. You will have chosen flexible clothes that allow you to move freely, fluids, and ease in your movements.



Accessories For An Erotic Massage

It is better to choose massage oil for two. If you have chosen coconut oil, for example, it would be a shame to learn at the beginning that your partner has a deep dislike for its oily texture. For an erotic massage, you would prefer a dry oil that the skin absorbs quickly. Argan oil is a good base. Its light scent and its many virtues make it ideal for this type of massage. You can add, according to your preferences, an essential oil: jasmine subtly aphrodisiac, rose or more masculine perfumes such as patchouli, cedar wood, and ylang-ylang. Check that these essential oils are well suited for massages. Sandalwood oil and sweet almond oil give a blend ideally suited to a foot massage.

Californian Massage To Relax And Fight Various Tensions

The Californian massage works by relaxing the patient, soothing his pain, and awakening his body-mind awareness. It directly attacks the tensions felt by the body and mind of the person being massaged. These tensions are released, thanks to the gentle and fluid movements performed by the masseur or the massage therapist. These movements consist of effleurages: the massage therapist touches the skin and then specifies its actions so that the tensions are lightened. This precision will also lead to the awakening of the memory of the person being massaged so that it determines the origin of his stress, which facilitates the therapy by the Californian massage. Note that the latter is used to treat chronic disorders, pain in the muscles, joints, and many others. Californian massage is categorized as one of the most relaxing massages, suitable for people who continually stress or feel various tensions in their body. However, beware, there are some mistakes not to make in order to make an excellent relaxing massage.

Ayurvedic Massage To Regain Your Body Balance

Ayurveda massage is native to India, specifically from the region of Ayurveda. It consists of a stimulation of the seven chakras and uses, for this purpose, hot oil. The masseur applies it on the body of the person being massaged or on his forehead and presses different Ayurvedic points so that the equilibrium is restored. It rebalances the body and gives it, at the same time, energy. Thus, the masseur practices it in the greatest tranquility, very gently. It mostly massages the back that the Indians call "sacred zone" of the body. Because it relaxes the person massaged, it is therefore advisable to the eternal stressed and those who have back pain.

The Amma Massage, To Relax Very Quickly

One of the characteristics of the amma massage is its particularly short duration. In this sense, it is mostly seated, but some people prefer to apply it by extending their massage. Amma massage is an alloy of traditional medicines from China and Japan. It provides energy and serenity to the person being massaged because the massager manipulates various points which are on the joints or the muscles. Because it can be practiced while sitting, the amma massage can be done almost anywhere, provided that you can stall a massage chair. It is ideal for modest as it does not require undressing. It is done in a quarter of an hour and allows you to relax very quickly. This is best appreciated by the most eager and those who have no time to lose.

Shiatsu Massage, To Rebalance The Body

The term shiatsu means "finger pressure". Shiatsu massage, therefore, consists of finger pressure on specific parts of the body. This type of massage is from China but has been revisited by the Japanese. It intervenes by rebalancing the circulation of energy in the body. To do this, the masseur presses pressure zones. These lead to the energy flow of the body. They are identified beforehand by the masseur. Shiatsu massage is a massage that ends rather quickly, and that one practice dressed. If you experience temporary fatigue, have insomnia, or are stressed continuously, shiatsu massage is right for you.

Thai Massage, To Say Goodbye To Chronic Fatigue

Among the many massages that are listed, Thai massage is mainly known for reducing or even wiping out fatigue. It is practiced on a futon laid on the floor and with the help of many massage oils. It is done in several movements as rhythmic as fast. It delivers the receiver of his/her negative emotions and allows him/her to find the balance of his/her body.

The masseur practices it by stretching, twisting, and kneading the area to be massaged, which is why Thai massage is a bit painful or a bit tiring. Rest assured, fatigue and pain disappear the next day, and your body will feel crazy well-being!

For the smooth running and the effectiveness of your massage, know that there are mistakes not to commit during a massage. They mainly concern the amateurs and are summarized not to touch or to massage in a very delicate way the neck and the abdomen. Sensitive areas such as the armpits, they are downright avoided!

Hot Stones

The hot stone massage is very gentle and soothing. You will be massaged with warm basalt stones coated with essential oils on strategic points of your body, for a very relaxing effect.

Chapter 4: Unlock Your Sexual Fantasies

The absence of sex is not painful in itself. It is the frustration, the impossibility of accessing the desired pleasure, which makes you sick. Freud, the inventor of a theory linking sexuality and neurosis, had ceased all sexual life in his forties.

A reality which reminds us that, for psychoanalysis, in this matter, precisely, there is no norm. "Love comes in many forms, and it is possible to find other ways to cement a couple. I would even say that when we stay together despite abstinence, it is probably because of love, because we decide to invest in our family, in common interests, in the comfort of life together. "

If we asked you what your sexual fantasies and you are a shrug and tell us nothing really, we are not going to believe you. Even the most boring person in the world is bound to have a sexual fantasy. There is something which each one of us craves; be it being handcuffed and teased fifty shades of grey style or it is getting a lap dance from your partner or an orgy or absolutely anything else on the planet; but you do have a deep dark desire which you keep hidden in the locked confines of your heart. Here, we are going to talk about the best ways by which you could unlock these dark and deep secrets and see how it would open up new avenues in your relationship.

Observe The Thoughts Of Your Partner

When you want to turn your sexual fantasy to life, one of the key things to keep in mind is to understand what your partner thinks of it. This is why you should be observant of how your partner reacts. Try to bring it up in a casual way and observe their reaction. Some people are very keen on the whole idea while others may be very reserved about it. Regardless of what is the scenario, there is always a possibility of coming to a common ground on such aspects. So, you should try to approach your partner. You can begin this by making smart use of dirty talks as these sets the mood and tempo. Turn them on and try to arouse them simply by swaying them with your words. When you both seem to be in the mood, you could then let him/her know about your fantasy. Make sure to slowly open up the whole idea and then gauge the reaction. If you would like your partner too to disclose their fantasy, give them ample room to do so. Often, it is the discussion of sexual fantasies that could trigger the most heated of passionate moments.

Watch Porn Together

It is perfectly alright to watch porn together. There are endless couples who have been doing this and they enjoy a good level of relationship. Watching porn does not mean that your partner needs someone else to get turned on. It simply is a great way to set the mood for the intense action that is about to follow. If you have some fantasy that is in a porn video, you could play that and subtly let your partner know that you too wanted to live this fantasy. Letting them know while the video is being played is a great way to relay your talk and at the same time, give yourself the best chance of living your dream fantasy.



We believe that there is absolutely nothing wrong when couples watch porn together. However, you have to ensure that you are not doing so because your partner is not enough to turn you on. Watching porn to set the mood and tempo is alright but never compare your partner with a porn star or ask them to mimic what the porn star is doing for the sake of extra action in bed. This move-in itself could be a big blow to their self-esteem. Watching porn could help you have much steamy sex because both of you are likely to get wet and horny. However, this does not by any means infer that it should stop you from appreciating your partner and their sexiness. In the end, you should have eyes for your partner, and it is them who you will be banging and having sex with.

Foreplay Sessions

Another great way to discover your partner's sexual fantasy and also to let them know yours is to take part in foreplay sessions. These sessions are an excellent way to unleash your inner desires and to let your partner know about the kinky stuff you have always wanted to do.

When it comes to foreplay, there is no limit whatsoever. Try to come up with the kind of foreplay act which can have your fantasy wrapped in it. When you brainstorm and think of the best ways, it could render you a dual benefit. You may be able to enjoy the kinkiest foreplay sessions and once your partner is comfortable about your fantasy, you might be all set to play it as well.

The Best Of Sex Games

It is also advised to come up with the right kind of sex games as well. There are tons of games out there. Look at the possible options and try to choose the ones which can help you relay your fantasy. If you are the curious kind and would like to know what your partner has hidden in the heart, think of games wherein you are supposed to talk of any of the wildest fantasy you want to live. Here are some examples:

- STRIPPED-DOWN TWISTER
- YOU ARE MY PRISONER
- TRUTH OR DARE
- OPEN YOUR MOUTH, CLOSE YOUR EYES
- ROLE PLAYING DICE
- STRIP BLACKJACK OR POKER SEX CARD GAME

These are some of the most amazing ideas to let the secret out of the box and to know and understand the desires of your partner.



Be Upfront

In the end, the simple solution is to be upfront. You are with your partner and you have had sex various times together. So, when you both have been together for some time, there is no reason for you to be apprehensive of the desires you have in you.

There is no reason for you to push your partner to turn those desires to life but letting them know what you desire and crave is not wrong. When your partner comes to know of your desires and seems to be equally interested in it, you have every reason to grin and celebrate. If not, try and reach a common ground or explore their desires and see if you could at least have some kinky fun to steam the night up. Also, it is your responsibility to never judge your partner if you are not comfortable with their fantasy. So, shed your inhibitions and apprehensiveness and embrace the amazing power of dark and deep sexual desires. We are sure it will be a lot of fun!

Chapter 5: Masturbation Tricks

Masturbation is a healthy sexual activity. Exploring your body, feeling pleasure, and releasing built-up sexual tension is a natural and secure way. It takes place among individuals of all backgrounds, races, and genders. Masturbation is prevalent in males and females of all ages and plays a part in the development of the sexual relationship between the partners.



For different reasons, people masturbate — it helps them relax, they want to have a better understanding of their body, they want to release sexual tension, or their partner is not around just to name a few. In many cases, a lot of people think they feel better when they masturbate. Many people imagine that you masturbate when you do not have your partner around. However, individuals can masturbate in the presence of each other during the same sexual encounter.

Some individuals frequently masturbate, others rarely, and some do not masturbate at all. Individuals, for various purposes, masturbate in different ways. Masturbation is a completely private choice, and there is no "ordinary" approach to it.

Additionally, masturbation is an element of childhood sexuality that parents find difficult to address. The need to recognize that kids are sexual beings may be part of the trouble. Misunderstandings and masturbation secrecy contribute to the level of discomfort between parents and children. How prevalent is masturbation in different childhood phases? Masturbation is quite common up to the age of five or six years. Young children are very curious about their bodies and find pleasant and comforting masturbation. They are also curious about the differences between girls and boys, so they may occasionally explore their bodies, including their genitals, in their pre-school and kindergarten years. From age six onward, the incidence of masturbation in public tends to decline, mainly due to increased social awareness of children and higher significance of social morals although private masturbation exists and can be prevalent to some extent when pubertal growth starts, followed by an increase in sex hormones, ideas, and curiosity. The consciousness of the body and sexual tensions will increase with age. A periodic aspect of ordinary adolescence is masturbation. Young adolescents may find that masturbation is sexually enjoyable and might acknowledge that self-stimulation is an expression of their sexual development.

It is important to realize that sexual development is a very significant component of a child's growth and development, just as physical development, mental development, teaching and language skills development. Furthermore, what needs to be said is although there is nothing wrong with masturbation, not masturbating is also fine. Some

individuals naturally have reduced sexual desires or, might conclude to keep away from masturbation for religious or personal reasons. Settle on whatever decisions you do around masturbation dependent on what feels better and appropriate for you, rather than on the basis of concerns about what others might believe or myths about what masturbation can adversely do to your body. Whatever choice you think is best for you, make it.

Masturbation Myths

Masturbation remains a difficult subject to be discussed by many. There may be struggles in this subject matter, even in the nearest of romantic relationships. The most common doubts among women are that their husbands masturbate despite frequent sexual interactions. Husbands have a complaint to the contrary. It is not uncommon for males, however, and quite a few females, to masturbate with their partners in addition to frequent sex. The culture of masturbation still has countless myths.

Myths about unhealthy or dangerous masturbation come from fear and ignorance of health and human sexuality. Individuals do masturbate, and individuals have always masturbated throughout history. Masturbation is not bad or dangerous— it is an ordinary and healthy way for many individuals to learn about their sexuality for the first time and achieve orgasm.

Despite all the existing myths, the side effects of masturbation are not physically damaging. Even though many of them have always been discredited, they appear to always resurface.

Most of the masturbation claims are not supported by science. Often, there is no science showing that any negative impacts of masturbation even exist.

Popular Myths about Masturbation:

- The genitals can be damaged by masturbation.
- Masturbation causes mental health problems.
- You may be sexually exploited by masturbation.
- Excessive masturbation can result in erectile dysfunction
- Masturbation is not a standard aspect of sexual growth
- Masturbation may trigger impotence later in life
- you are blinded by masturbation

Some couples fear that if one of them masturbates, their connection must be unsatisfactory; this, too, is a myth. Most men and women masturbate, when in a relationship or married, either alone or together. Many find it a pleasant part of their relationship.

Masturbation is an excellent way to relax, treat yourself, learn more about your sexuality and, in particular, enhance your sex life. It is perhaps the most significant sex you can have. The best thing you can do for your sex life could be to change the way you reveal to yourself about a little self-love.

Masturbation is a profoundly private activity — for one individual, it can be a complete failure while extremely pleasurable for others. However, when a lady is seen on-screen pleasuring herself, she is typically shown in a satin dress on a luxurious king-size bed or lying in a steamy candle-lit bubble bath.

We think it is essential to demonstrate how true females get involved — to normalize it, it is a fact that there is no correct or incorrect way to masturbate. Many females often fear that they will hurt themselves or find it morally wrong and abnormal biologically. The scientific reality is that it is not harmful to masturbate.

Techniques Women Love to Utilize While Masturbating

1. Clitoris handling

Females most often love clitoris handling or labia minor. The clitoris is a little bud-like structure, the male penis counterpart, situated at the bottom end of the women's vertical split. Labia minor are the internal paired lips that surround the little bud. In masturbation, women generally move their fingers over the delicate bud, rhythmically, with one or several fingers or the entire hand. Now and again, a couple of fingers are pushed ahead between the labia in a way, which brings each stroke against the clitoris. Sometimes the labia are pulled softly and rhythmically for stimulation. Because the clitoris is connected to these structures, it stimulates the organ at the same time.

2. Vaginal penetration

Females do not masturbate through vagina penetration, as vagina walls are virtually nerve-free, although some sensory nerves may be near the vagina's entrance. Deep vaginal penetration is the fantasy of men, and it is not every woman's sexual need. Despite common misconceptions, the vaginal stimulation is difficult for most people. That absolutely does not mean it cannot be fun!

Firstly, massage your vaginal opening, then either put your fingers or sex toy into your vagina slowly. Make sure your vagina is wet and enough lube is added to prevent friction. Get your hands or sex toys going in a circle, in and out, stroking, or use a combination of different motions. Increase the pressure and frequency at the start of the strong vibration. You might experience an incredible orgasm, but if you do not, do not worry. Not everyone can get along with vaginal penetration.

3. Crossing the legs

While women frequently masturbate by crossing their legs and pressing them to exert constant and rhythmic stress over the entire genital area, the Clitoris, labia minora, and, majora are the ones that get the most pressure. The woman may lie face down during masturbation. Then her butt can move forward and against each other rhythmically. The woman presses her genitalia on the bed or against a pillow positioned which is set, between her pelvis and the bed or between her thighs. In this manner, it stimulates the clitoris and other genital parts of the female.

4. No need to be boring

Masturbation need not be boring! It is a fun, sexy, secure way to explore your wishes and discover ways to turn you on. To start your solo session at the beginner level, you can try different positions.

Whereas using your hands is what most women start with, using an aid is a great way to go. One of the plus points of being an adult who is on her way to exploring her body is the access you have to a variety of adult toys and gadgets that are available. There are so many options to explore and experiment with on yourself. Give your hands a break and get at it with a sex toy some of the time. Toys are specifically designed with the intent to deliver the most pleasurable sensations to your body. You can reach and stimulate areas that you otherwise will not be able to contact if you have just your fingers or your partner with you.

5. Adult toys

In the current age, there are so many different options for adult toys available that it can be quite confusing; but that is the best part, you can

keep on trying and trying until you find the perfect fit or fits for you. Since the aim here is to get the most pleasure out of it possible, there is no shame and no harm in going on until you get one that hits all the right spots. Using a toy removes some of the external pressures off of you and/or a partner and allows you a much broader range for exploration. Feel free and comfortable easily with these innovative technologies designed especially for the woman's anatomy.

6. Experiment with Anal beads or plugs

If you are really adventurous and like sex from the back, anal is also a fantastic option to go and get off. Anal can also be combined with other techniques to make sure you are really getting the most out of masturbating with toys. It does require a bit more care and caution as your butt has a smaller opening, so it is generally advisable to start small and work your way up to bigger sizes. Anal plugs and gadgets are also a great way to get used to anal play if you and your partner want to branch out and expand your sexual horizons.



7. Make use of the waterworks

One of the simplest tricks in the book and one that has a great history too is the use of water features, showerheads, or bathtubs. The jet of water can provide a great pressure to help you satisfy yourself. Some people might find lying with their legs up in the bath a bit uncomfortable, so this is totally up to you. Just be careful to cover the drain so you do not injure yourself. If you do not mind wasting the water, then lie down and let it flow.

8. Vibrators are a good reliable way to go

Perhaps the oldest and most traditional form of an adult toy is the vibrator. Extremely common, vibrators of all kinds are available readily and easy to find. Certain models have angled tips meant to find the clitoris and really stimulate that sensitive zone sending you into a frenzy of good feelings. Others are angled or curved at their bodies to help reach deeper and find your G-Spot, U-Spot, and F-Spots, respectively. Curved vibrators or dildos can also be used in many positions, so whether you like it sitting, standing, lying down or elsewhere, you can still feel great sexually and play with yourself comfortably. In some cases, the adult toy has a flat base so it can easily attach to a surface so you can squat and perch on top of it and you move in all directions. With remote-controlled options, you can easily operate your devices or hand them over to a partner and give in to their control as they have their way with you.

Chapter 6: How to Talk Dirty

Like any sexual activity, dirty talk is not going to be to everyone's cup of tea. Some people who are turned on by dirty talk may often be shy about it at first. If you and your partner have not discussed or started dirty talk, or you would like to introduce it to him or her, you should ease into it with your partner by starting an open conversation. To initiate the first conversation i.e. "The talk before the dirty talk" you will have to factor in current comfort levels between each other. If this is a fairly new relationship and you're unsure of your partner's stance on dirty talking for example, you've noticed or never heard he or she engaging in dirty talk during sex, asking questions is probably the best way to get to know your partner.



Do not be afraid to start the conversation for fear of rejection because in new relationships, it is common for both parties to feel shy or unsure of what the other likes. This is why being able to communicate about this openly is the first step to it. Who knows, your partner may actually love

dirty talking as much as you do but was just holding back in case you did not like it! In any case, you would never know until you actually start talking. Another tip would be to start a conversation when you know you are both already quite comfortable with each other sexually and you know that he or she will be receptive to your suggestions.

For example, you could ask things like:

Do you like it when I do that?

What makes you feel good?

What do you like doing to me?

Where do you want to cum?

What is important is for you and your partner to know where both of you stand when it comes to sex and dirty talk, and to come to an agreement on what works and what would not. For couples already in established relationships, it may be much easier to start a conversation about dirty talk or rather, you may have already had the conversation previously, or already know what each other are into from previous experience. Maybe you have always liked dirty talk, but your partner is not into it. If that is the case, you do need to find out why he or she is against dirty talk, and how you can come to a consensus. Some may be against dirty talk because they think it is obscene or inappropriate. Ask them what their definition of dirty talk is and inform them of your own to get onto the same page first and foremost. Remind them that dirty talk can be sensual and romantic when done right and discuss with your partner what they find acceptable and hot when it comes to dirty talk.

Setting up guidelines is usually the best way to convince them that dirty talk is not only safe and sexy but can be incredibly fun as well.

Guidelines

To ensure that you and your partner have a good time and experience using dirty talk, there definitely has to be some ground rules set prior to the activity itself. This includes things to say and what not to say - not everyone would be turned on by, “mmm, your skin feels like my little baby brother’s butt”. For some, it could be borderline disturbing, so it is crucial that these next few parts are not skipped out.

Find out what you and your partner like

A good rule of thumb is to have a mature, open, and honest conversation about what you and your partner want to say or do before doing it. Even as you are doing it, it is good to have ongoing feedback about what you like or do not like, which is the best way to learn about each other. In other words, say what you want before sex – and say what you like during sex. It may be difficult to talk about it without actually trying it out first, so experiment with each other to find out what you like or do not like. An easy way to find out is by asking, for example “Tell me all the places you want me to touch you...”. Your partner will probably use the words he / she finds most erotic, helping you build up your bedroom vocabulary. Similarly, you can tell your partner what you want him/her to do to you.

If he or she is only interested in jumping you without engaging in conversation, then I would suggest you really encourage your partner to open up or reconsider your relationship. Even fuck buddies can have a good conversation before getting into it – why do you think their sex is always so good?

Choose your words

It’ll also be good to find out if you and your partner prefer dirty talk to be sweet or risqué; whether foul words turn you on or off; whether role-play is

on the table; what each other's fantasies are; what trigger words turn you on or off; or whether you like it loud or soft. Setting up a preliminary list of words say, top 10 to use or not use would be a good way to get started. This way, you will both be on the same page and not be surprised by what is actually said by the other party. It also comes down to how comfortable you feel with your partner – the words you use shouldn't be weird or too vulgar; you should know your partner best from the open and honest conversation you would've had from before. For example “You like that don't you, you are fucking whore?”. Some Most, I believe would be offended and take that as derogatory, but there may be a select few out there who find it a huge turn on. Talking about all these in advance does not make it less sexy; it is just being mature and respectful of your partner's needs and emotions. Because of that, it makes dirty talking even sexier.

Establish ground rules

Besides coming up with a list of words to say, there are subtle accompanying actions that could make the sexual occasion more thrilling or completely awkward. Basic rules such as not laughing at each other laughing together is fine and not being judgmental are important as this affects overall self-esteem. It is essential to be respectful of each other. It may be difficult to control the brain in the heat of the moment but making a conscious effort to think before you speak so as not to accidentally offend your partner is a priority. As a general rule, try not to highlight each other's size or insecurities. If your partner is insecure about the size of certain body parts, focus on how those parts feel instead. For example, say “Your erection is so hard” or “Your boobs are so soft”. This switches the attention to how good they feel rather than on their size. With time, this will become

second nature and even if you are in a polygamous relationship - this attention to detail will go a long way.

Be genuine

Good dirty talk should come from the heart and ironically, should not follow a specific script. This manual is meant to guide you with examples and dialogue but at the end of the day, you have to be your own person and use your own voice. The first step would be to forget everything you have learned or heard in the movies or in porn. While some may be okay with it, the conversations could either come out really tacky or crude. Be yourself and say what comes to mind. Of course, a little practice will help in building up your confidence and comfort in dirty talking if you are not used to it.

You also do not need to have a deep husky voice or a sweet tone to talk dirty. It could be soft whispers, high pitched squeals, or low rhythmic grunts. Your dirty talk voice should come naturally from you and reflect the way you talk in your daily life or express a different side of your personality that you rarely get to explore. You could even have a few different dirty talk voices depending on the situation, mood, or roles that you are playing. All these can add an element of surprise in your sexual routine, helping to heat things up in the bedroom even more. Experiment with different speeds of talking. Change the volume of your voice to suit different moods - try whispering when you want to be seductive and screaming when you are experiencing intense pleasure. Try it on your partner to see how he/she responds - you might find out something new about your partner that they even did not know they liked before!

Build Your Vocabulary

Let us face it - it is not easy to come up with fresh phrases or words to use, especially if you are new to dirty talking. The truth is, though, there are no strict guidelines or rules when it comes to dirty talk - it all depends on your desires and imagination. Of course, dirty talk can get pretty boring if you keep using the same phrases and words.

As such, it is good to expand your arsenal of dirty words through other mediums where possible - just preferably not from porn. The main reason why pornography should be the last resort is due to its lack of filter. Nobody watches porn because they want to be romantic. Yes, it is true that one of the most common forms of dirty talk involve foul words, but as we have learned earlier, there is so much more to dirty talk than that.

Other than the examples provided in this book, you can also read some raunchy erotica, watch some erotic and romantic films, and even learn to say some naughty things in a different language some say that French is one of the sexiest languages in the world, but you can choose any language you want. If you or your partner have a favorite movie, poem, or song, you could even slip in some raunchy lines from those media into your dirty talk routine - I am sure it will surprise and even delight them!

Chapter 7: Sex Positions for Beginners

Here, you need to be open to experimentation. Trying out different positions can lead you to a whole new world of ecstasy that you have never experienced. Let us start by looking at some of the most basic sex positions that can be accomplished while laying down and how to make them happen. Many people will be quite familiar with these first positions. However, they may surprise you once you give them a try. So, do not feel as if the basics are not good enough as often, they are. The first position that we would like to look at is the face to face position. To accomplish this both parties will be laying on their sides. You will be facing each other. The female will be slightly higher on the bed than her male counterpart. This is so that her hips are above his. One of her legs will wrap around the top of him and the other one should be laid down straight. Sometimes this can feel a bit awkward but with practice, it feels truly great. This is a fantastic position for beginners because it helps you to gain comfort with your partner. It is a very intimate position that will allow deeper levels of penetration. The closeness of this position also helps both to relax and enjoy the experience. Next, we have one of the most common positions, missionary style. This is done by the female lying flat on her back and the male on top of her. The female's legs can be in a variety of different positions. Sometimes, she will lay them down flat on the bed while other times she may wrap them around her partner's waist.

This simply comes down to what is most comfortable. Other people prefer to have their knees bent so that their feet are flat on the bed and their knees are facing the ceiling. Missionary position is basic but essential for beginners. It is one of our go-to moves. It allows for different positioning

which can help both parties achieve orgasm more easily. It tends to be very comfortable for both the man and the woman. You will be facing each other, and this will allow you to focus on the level of intimacy that you are exuding. Additionally, it will make it easy to communicate what your needs are if the position needs to change slightly. Spooning is another basic position that offers a great deal of satisfaction for both parties.

To accomplish this, you will lay in the spoon position. The female's hips should be above her partners. The Top leg will need to be lifted slightly so that penetration can occur. Sometimes this feels a bit awkward and you may need to adjust your positioning to find a good level of comfort. This position is fantastic for beginners because it allows for stimulation to the females G-spot quite easily.

It can be very comfortable once you find the right fit. You will not have to worry about doing a whole lot of work but both parties will be able to move fairly easily. The involvement of both people is appreciated on both sides and you will likely fall in love with this basic position. Now that we have looked at some awesome positions that you can use while laying down will move on to some sitting positions. Sitting positions can allow for deeper levels of penetration which can, in turn, offer higher levels of stimulation for both parties. Sitting positions are usually very easy to achieve and are a natural go-to for inexperienced couples, as well as, experienced. The first position that we are going to discuss is a combination of a lying down and sitting position. This position is most commonly referred to as the cowgirl style. To accomplish it, the male will lay flat on his back with his legs stretched out in front of him. The woman will climb on Top and straddle him. How she chooses to position her legs should be in whatever position is the most comfortable. From here she will have the ability to take control and ride her male counterpart.

Beginners love this position because it is easy to accomplish. It is important to note that if the female puts her feet flat on the bed with her knees facing the ceiling or the wall it will be a bit difficult to do this for very long. The motion will be difficult on her thigh muscles. However, this can be combated by putting one shin down on the bed and leaving the other in the upward position. It provides great leverage and an excellent level of penetration. Additionally, it will allow the woman to ride the man's penis in a way that stimulates her G-spot. You can modify this position in a variety of different ways. To make it a true sitting position you simply need to change the position of the man. Rather than him lying on his back have him sit with his back leaning against a solid surface. He can bend his knees or leave them straight just depending on what feels best for both parties. From there the female is going to do the exact same thing as stated above. It is important to note that some women will find this position to be intimidating if they are lacking in, experience. This is due to the fact that they are extremely exposed. However, as long as you have an intimate and trusting connection with your partner it is definitely worth giving this position a try. It can lead to excellent levels of stimulation and ecstasy. You can alter the cowgirl into another position by simply turning the female around. This is referred to as a reversed cowgirl. It provides a different stimulation to both the man and the woman. This is due to the fact that the underside of the man's penis will now be rubbing the front wall of the woman's vagina. This type of stimulation can be fantastic for reaching climax and providing mind-blowing orgasms. Now we are going to move on to a couple of basic kneeling positions that you can easily enter into during sexual encounters. Kneeling positions can be truly amazing for both parties. This is due to the fact that you tend to have a good amount of movement and deeper levels of penetration in positions where one or both parties are kneeling. The first

position that we want to look at is the doggie style. This is one of the most popular positions for inexperienced, as well as, experienced people. Many find that this is one of their favorite positions because of the level of penetration and movement that can be experienced. In addition, men tend to like the view of their ladies from behind. To accomplish the doggie style position is fairly simple. The woman will need to be on her hands and knees or on her forearms and knees. The man will approach her from behind. Her knees should be about shoulder-width apart so that her man can kneel between them. He will then enter her from behind. More often than not the man will hold on to the woman's hips which will give him some control over the speed and power of his thrust. However, this position is also good if the woman wants to take control. There are different variations of the doggie style position. Sometimes, the woman will lay flat on her stomach and the man will kneel over top of her. This can be a bit more challenging than a basic doggie style position, but it is also very exciting. It will make the female feel tighter around her man's member and heighten the level of pleasure that both parties experience. Now we move on to some basic standing positions. There are many variations of standing positions that are very easy to accomplish. However, you need to be aware that some standing positions are very difficult to participate in for long periods of time. Do not get discouraged if you cannot participate in standing positions for a long time, just keep at it and it will get easier the more experienced you are. The first position we are going to look at is a combination of standing and kneeling positions. In this position, the woman will kneel on the bed like she would in a doggie style position. The difference is the man will be standing. He will approach the woman from behind and place his legs between hers. This will give him excellent leverage. He will also be able to grab her by the hips and control the speed and thrust at which intercourse is

performed. This position is extremely easy to accomplish and exceptionally pleasurable for both parties. He will be able to play with depth to tease her and truly provide her with a variety of sensations. More than likely both parties will be able to participate in this position for a decent amount of time as it is not physically demanding. Another standing position that is great will require the use of a chair. Both parties will be standing. The woman will face forward and lean over bracing herself on the chair. She will spread her legs so that they are shoulder width apart. It is important to note that if you are dealing with a partner who is much taller or shorter than you, you may need to stand up on your toes or kneel slightly. The man will then approach her from behind with his legs between hers when he enters her. This position can be a little bit tired so if you cannot do it for very long do not get discouraged. The next standing position that we are going to look at may not be considered basic, but it is one that people truly love. It is important to note that not everybody will be able to accomplish it. There are a couple of variations but to accomplish this position the woman will have her back against the wall. You will be face to face with your partner. She will want to raise one or both of her legs so that they are around her partner's waist. The man will then position himself to be able to penetrate her. It will require a decent amount of strength from the man as he will be supporting quite a lot of the woman's weight. This is especially true if she is intending to wrap both legs around his waist. This position provides an insane level of penetration. There will not be a ton of movement, but the sensations can allow both parties to reach orgasm quite easily. Once you have experimented with these sex positions, you will be able to move into other ones. Understand that there are hundreds of different positions that you can try out. We have only given you the tip of the iceberg. There are many other basic positions that are easy to

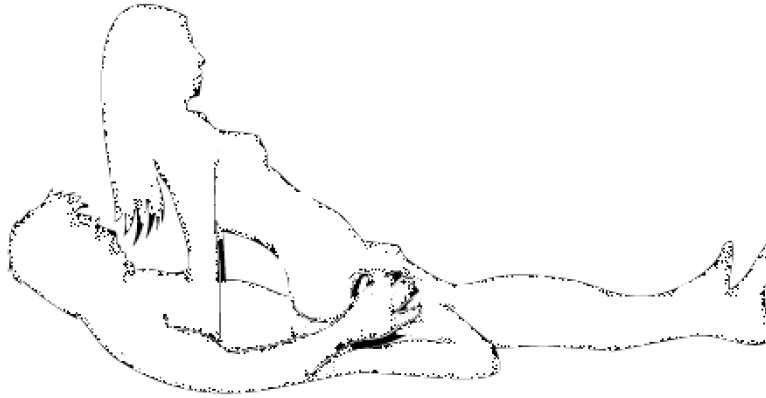
accomplish. In addition, there are more advanced ones that will take some practice.

Chapter 8: Sex Positions for Male Satisfaction

Now, it is the woman's chance to return the favor. Woman-dominated sex positions are usually called Woman-on-Top Positions, although they are not necessarily performed with the woman on top. A woman-dominated sex position is not determined by the placement of the man and the woman, but by who controls the movements and the phasing. A common misconception about woman-dominated sex positions is that they are only good for wild women, usually those with advanced experience in sex. That is wrong! A woman does not have to know a lot about sex to perform a woman-dominated sex position. The sex positions require body coordination, rhythm, and a bit of flexibility more than experience. The instructions below will help couples enjoy these woman-dominated sex positions and end their sex with an explosive orgasm.

Acrobat Sex Position

How to do it: The man lies on his back and the woman sits astride him towards the direction of his feet. Her knees should support her weight to help her move easily. After inserting his penis inside her, she then lies down until her back is flat on her chest. She can initiate penetration in this position by rocking back and forth and from side to side.



In this position, the woman will be in charge of the movements and the pace. However, he will have more control over manual stimulation as her most sensitive pleasure spots are within his reach. He can play with her clitoris, breasts, stomach, and hips as she moves.

Pros: This is one of the few positions where the man can stimulate her pleasure spots without stopping penetration. This gives her intense pleasure and gives him a lot of toys to play with.

Cons: The woman may find this position a little uncomfortable at first. A man who is used to doing everything in bed may also feel very restricted underneath her.

Betty Rocker Sex Position

How to do it: This position is the opposite of the Acrobat. Instead of lying down, the woman bends forward, giving her more mobility to rock on top of the man however way she wants to.

The man starts by lying down with his legs slightly open. She then straddles him by kneeling to control her weight on top of him. After his penis slides inside her, she gently bends forward until her upper body weight is already resting on her arms. She can start rocking back and forth, up, and down, and from side to side once positioned.

Pros: *For him*, this position can be intensely pleasurable as his penis can be stimulated from practically all angles and directions, something that

he can hardly experience with the basic Missionary and Cowgirl Sex Positions.

For her, the complete control over the movements can give her the chance to maximize stimulation. She can move as she pleases and hit her vaginal walls as she likes.

Cons: As the woman is bent forward, his penis is also slightly bent backwards, which is not a natural angle for the penis. There is a possibility of suffering from penile injury without utter care.

Mastery Sex Position

How to do it: This position is comparable to the Cowgirl/Woman-on-Top Sex Position, the difference is that the man sits on the edge of the bed.

After the man sit on the edge of the bed or sofa, the woman sits on his lap with both feet planted on the bed. She then wraps her arms around his neck while he props his arms on the bed for balance. After inserting his penis inside her, she can start rocking as she pleases while he plays with her breasts and neck with his tongue. She needs to squat a bit to perform up and down thrusting.

Pros: The man and woman can enjoy deep penetration, as their bodies get tighter with each other in every movement. She can also be pleased orally without stopping as her breasts and neck are open to him. **Most importantly**, the couple can engage with non-stop kissing and tongue action as they breathe heavily towards the peak of pleasure.

Cons: It may be a little tiring for her, especially if she chooses to squat when doing vertical thrusting. The surface of the bed or sofa should also be firm to allow easy balance on top.

Amazon Sex Position

How to do it: This position is the most extreme out of all the positions.

The man lies on his back and bends his legs on the knees until his butt is raised. Preferably, his knees should reach his chest or close to it. This may seem like a very awkward position for him, but that is nothing compared to the intense pleasure that he is about to experience. Once the man is positioned, the woman then squats on top of his penis to allow penetration. Her feet should be planted as forward as possible until their legs are interlocked against each other. She then carefully rocks back and forth and moves up and down until both of them release their burst of orgasmic energy into each other.

Pros: Although the position is a little difficult and uncomfortable for the man, the pleasure he will enjoy still hits the top of the pleasure meter. His angle of penetration allows his penis to bend downwards, which gives him an unusual manner of stimulation. Most men who have tried it also enjoy how their balls rub against their woman's butt.

Cons: The man can only last long in this position depending on how strong his back and legs are. The woman can also last depend on how long she can maintain the squatting position.

Poles Apart Sex Position

How to do it: The poles being referred to in this sex position are the man and the woman. The man lies on his side while the woman also lies on her side facing him. However, only their bodies will be facing each other as their heads should be in the opposite directions. After the man penetrates her, both of them can start thrusting deeper and deeper until they reach orgasm.

Pros: The best thing about this position is that it gives the couple equal chance to move and meet each other's thrusts as they please.

Cons: Manual stimulation is very limited as their bodies are completely locked against each other. Eye-to-eye contact is also impossible, which can make the position less intimate for some people.

Irish Spooning Sex Position

How to do it: This is classic spooning, but with a twist. Instead of simply lying parallel with each, both the man and the woman bend their upper legs upwards. The woman raises her leg up to her chest while the man does the same by raising his leg up to her waist. This allows deeper thrusting and good access for manual stimulation.

Pros: The man can caress her clitoris while thrusting, or he opt to play with her breasts instead.

Cons: Some couples may find it hard to sustain, especially for women who cannot bend their legs up to their chests for too long.

Intersection Sex Position

How to do it: This is a variation of the classic Side-by-Side Missionary Position, only more stimulating because of the deeper penetration.

While lying on their sides facing each other, the man and the woman move diagonally away from each other but with their lower bodies moving across each other until they finally resemble a cross. To allow penetration, the man's hips should be between her legs.

Pros: The angle of penetration is quite unusual for the woman. The pressure that the man's bent penis is giving her vaginal walls also adds to the pleasure.

Cons: The man needs to lift his body slightly when thrusting so as not to put all of his weight on her one leg.

Dancer Sex Position

How to do it: Most ballroom dancers like doing this position as their finale pose, hence, the name. This time, the couple will still be dancing only to a more sensual rhythm that unites their bodies.

The couple stand facing each other. The man grabs the woman's leg and raises it to his hips. She then wraps her arms around his neck for support while he penetrates her. This can also be done with her back against the wall for better balance.



Pros: She also experiences clitoral stimulation, depending on how tight their bodies are against each other. Eye-to-eye contact is also consistent until the couple reach orgasm.

Cons: The position can be tiring for her since she will be balancing on only one foot. The man also needs to be strong enough to support their combined weight.

Ballerina Sex Position

How to do it: This position is a more extreme version of the Dancer Sex Position. Like in the last position, the couple stands facing each other. Instead of raising the woman's leg up to the man's hips or waist, she stretches her leg all the way up to his shoulder. This is more difficult, but the greater difficulty only highlights the sensation of every thrust.

Pros: This will be very intense for the woman as this stretches her vaginal walls, making them look and feel tight. This position also opens up her clitoris and breasts for non-stop manual stimulation.

For him, the penetration will give him more intense pleasure as her vagina is tighter. He will also have access on all of her pleasure spots, especially the clitoris and breasts.

Cons: The great amount of flexibility required for this position may not be suitable for all women. Furthermore, she might find it hard to balance on one foot, especially if the man is too tall for her height.

Tree Climbing Sex Position

How to do it: This sex position is more extreme than the other positions as it requires the man to carry all the weight while initiating penetration and oral stimulation.

The man stands straight with his legs apart for better balance. The woman then climbs on him by straddling him by the waist. Her legs should be locked around his waist and her arms locked around his neck. To penetrate, he lifts her a little by grabbing her butt. To reduce the level of difficulty, he can push her against the wall or raise her legs up to his back lowering her legs will only make her heavier.

Pros: The difficulty of this sex position highlights the sensation that both the man and the woman can feel. The rarity of this position also makes many couple more excited when performing it.

Cons: The man needs to be strong enough to balance and carry the woman while thrusting. Manual stimulation will also be limited as the couple's hands will be busy keeping balance.

Octopus Sex Position

How to do it: The man sits with both legs stretched and spread apart to accommodate the woman between his legs. The woman then sits between his legs and then rests her feet on his shoulders. To support their weight, both of them prop their hands behind them and slightly lower their heads backwards. The man penetrates her from this position by giving forceful upward thrusts.



Once the couple are used to the position, they can advance by pulling each other's arms instead of propping them behind for support.

Pros: For her, this position is very pleasurable as her upper vaginal wall can be penetrated via rare entry. This is something that she rarely experiences.

For him, the way his penis thrusts up and bends slightly backwards when already inside her vagina can give him a spine-tingling orgasm.

Cons: The couple may find the restriction difficult to maintain when they are already feeling so much pleasure. Furthermore, the woman may find her position somehow uncomfortable at first, especially when the man is thrusting really hard underneath her.

Chapter 9: Sex Positions for Female Satisfaction

Let us start with the outside first. The parts of a woman's sex organs that can be seen outside can be collectively labeled the vulva. Let us look at these parts individually. The Mons pubis is a soft tissue area that is normally covered by her pubic hair right above her genitals. The purpose of this area is to help absorb some of the shock that results from you thrusting your penis inside her vagina and your body coming into contact with hers. The next parts of the vulva are two skinfolds called labia that surround her urethra which she urinates with and the vagina. The first set of skinfolds – the ones outside, which are covered with pubic hair – are called the labia majora or in English, major labia. Some of us affectionately call these “pussy lips”. That is what the Latin word “labia” means - lips. These are comprised of fatty tissues that house oil and sweat glands. Those glands are what lubricates the vagina when aroused. These are also responsible for that particular, musky scent down under; a scent many men find sexually arousing.

The inner skinfolds are referred to as labia minora or minor labia. In most cases, they are much smaller and thinner than the major ones, on the outside. Another way they differ from the major labia is that the labia minora are not covered with hair and do not have fatty tissues hence the smaller and thinner size in most cases. When your woman is aroused, her labia minora swell up as blood rushes in and engorges them, in much the same way your penis hardens and becomes erect, when aroused. The minor labia become flushed with blood, so the color can be a pretty accurate indicator of your woman's arousal. After looking at her first lines of

defense, the vulva, let's take a look at one of the two sweet spots that, if you stimulate them correctly, will guarantee she'll achieve orgasm whenever the two of you make love: the clitoris. This is one of the main sexual organs of your partner, and it is located at the junction atop of the two sides of the labia minora. Although it may seem as small as a pea looking at it from the outside, that is because it is the only portion of the clitoris that is visible. The truth is, the clitoris is a much larger organ, most of which surrounds the vagina from the inside. Most women believe that this is the main part of the vulva that is responsible for sexual pleasure whenever their vaginas are stimulated or fondled. As such, it is important to keep in mind that this is the easiest and surest way to help your woman climax in orgasm. Massaging not just that pea-sized area, but the labia can be extremely satisfying for your woman and help you get her closer to where she wants to go. It is the pea-shaped part that is the most sensitive, though.

Consider the clitoris to be the equivalent of your penis's head. It is composed of erectile tissues and swells whenever it is aroused sexually. It also contains a lot of millions, actually of nerves, which makes it highly sensitive to touch or stimulation. Consider it to be the single biggest contributor to the sexual signals of pleasure sent to her brain. Like your penis, it also swells up in size the more sexually aroused she becomes. Again, like the penis an uncircumcised one at least, the clitoris is like Robin Hood – it has a fold of skin that covers its sensitive little head. This is pulled back as the clitoris swells up in arousal. A possible reason for this hood is to protect the clitoris from excessive stimulation, which can be more painful than pleasurable. As I said, we are talking about millions of nerve endings in a woman's genitalia and this little guy is ground zero for them.

The next part of the vulva we will talk about is the vestibule, which is a soft and smooth area in between the labia minora. Her vagina's opening and the urethra outlet are located in this area. Speaking of the urethra, it is also fairly sensitive to touch and can be another source of sexual stimulation to help her reach orgasm. Next, the vagina itself. Contrary to popular opinion that it is an open tube, it is not. It is two walls of muscle tissue that are parted with the entry of an external object such as a finger, your penis, tampon, or a sex toy, among other things. Oh, and the exit of a newborn baby, of course as it is also known as the birth canal!

The vaginal muscular walls are the source of the fluids secrete to lubricate her vagina and allow for the frictionless and pleasurable entry of your penis, finger, or sex toy. As with the penis, your woman's vaginal muscular walls swell up during sexual arousal.

There are different beliefs about just how far into a woman's vagina nerve endings for sexual arousal can be found. Some say it is just along the first 1/3 of the vaginal canal. However, the discovery of what is known as the "A-Spot" or the anterior fornix spot, located relatively deep inside the vagina, may suggest that nerve endings are to be found beyond the first 1/3 of the vaginal canal. A counterclaim to this would be that its possible vaginal pressure may indirectly stimulate the clitoral areas around the vaginal barrel, thus explaining the sexual pleasure "deeper within."

Now comes one of the most controversial of all body parts ever known to women or men – the G-Spot or the Grafenberg Spot named for its discoverer, German gynecologist, Dr. Ernst Grafenberg. Since the 1940s, doctors and scientists have worked to establish with certainty that the G-spot even exists. Some believe it to be an extension of the clitoris and have studied women who experience orgasm during intercourse, due to the stimulation of this area.

But as recently as 2009, doctors have taken some pains to ensure that women who do not experience easy orgasms via intercourse are not led to feel somehow deficient because they do not. So, this area, while controversial and not conclusively established, may vary depending on the physiology of individual women. Because we are not sure, though, I am going to err on the side of orgasmic possibility and make sure we cover how you stimulate this.

Leave no orgasmic stone unturned, my brothers!

This spot is said to be found on the upper walls of your woman's vagina – if she is lying on her back – and about an inch or two within. This is one of the most sensitive parts of her vagina – the other one being the clitoris – and is also responsible for helping her achieve orgasm. Because this area is quite close to her vaginal opening, it is possible for a shorter penis – as short as 3 inches – to give her an orgasmic sexual experience. It would do you well to find your woman's G-Spot, so that regardless of your penis's size, you are guaranteed to help her reach climax. That is if this works for your woman. It does not work for every woman and you need to remember that while exploring, as well as the organ's controversial nature.

Now that you know the physiology of your woman's orgasm, let us take a look at the different kinds of orgasms you can help her achieve. Until now, you probably thought there was only one kind of orgasm, right? I thought so. Buddy, you are missing out! Let us take a look at them now.

CLITORAL ORGASM

This is the most commonly sought-after variety of orgasm; this one is the Holy Grail and is probably the easiest to help her achieve. Clitoral stimulation during sex play can result in intense pleasure that starts from the clitoris and extends practically all over your woman's body. The clit a pet name by which this organ is known is potentially the most sensitive area of your woman's body because of the rich concentration of nerve endings in it. As a man, it would help you to think about putting all the nerve endings from your penis' head on a pea-sized organ instead. It is that nerve-concentrated and like said earlier, ground zero for a woman's network of sexual response nerves!

The clit is crucial to your woman's sexual pleasure to the extent that it is almost always aroused sexually. The only thing left for discussion is the amount of arousal felt. Hence, this organ is very receptive to different kinds of touching although in varying degrees for every woman. Some women are easily aroused by any kind of touch. Some are even capable of reaching orgasm just by squeezing the muscles of the vaginal walls, or by walking down the street. The front seat in a pair of jeans or underwear is all it takes for such lucky women! For other women, more stimulation is needed.

They may need more intentional and direct contact with the clit to reach orgasm. Some women's clits are so sensitive that any direct contact can cause more pain than pleasure! These are women who need a gentle touch and a lot of lube always keep some handy. Your mission then, should you choose to accept it, Agent Orgasmo, is to know your woman well enough to give her just the right amount of clitoral stimulation for maximum pleasure and ultimately, orgasm. Will not get to know her well be loads of fun? Oh yes. It will!

GETTING THERE IS HALF THE FUN

You can give your woman clitoral orgasms several ways. One is orally, i.e., cunnilingus, or licking her. Run your tongue's tip gently across her clit and adjust the pressure, speed, and placement of your tongue according to her moaning and other reactions. Trust me, you will know if you are pressing your tongue too vigorously or too softly on her clitoris. Experiment. Just make sure to pay close attention. You can run your tongue's tip across her clitoris in a figure-8 manner. You can also simply lick it upward like licking an ice cream. Tickle one side, then the other. Insert it in the opening to her vagina and run it along the labia minora. Vary what you are doing, until the point of no return and then pay close attention to the sounds and movements of your woman. It is your call and that call will become more accurate as you get better at gauging her response. Aside from the amount of pressure, you can also increase or decrease the pleasure by adjusting the speed at which you run your tongue across her clit. You can also very gently suck it and while doing that, tickle it with your tongue keep your teeth away from this very sensitive little fella, though – you do not like teeth either, right. Brother, you will not believe the amount of sexual pleasure you will be able to give her by knowing how to give well head and just how wet she can get. If you get this right, you will be her king!

Another way you can help your woman achieve orgasm, is by letting your fingers do the walking. Start stimulating her clit lightly until she is all wet and wild. When she is, adjust the pressure and speed, accordingly, based on how she reacts and moans. Again, pay close attention to your woman because it can be uncomfortable – painful even – if you overdo it. For an even greater turn on, why do not you ask her to show you how she masturbates or touches herself. This has the benefit of turning both of you on as well as letting you know how to fondle her clit optimally to give her a

great orgasm. Remember that some women are shyer than others about demos like this, but with time, she may just offer, as she comes to know that Agent Orgasm means business and aims to please.

Do it right and you give your woman a great way to prep for an even bigger bang with the next orgasm.

Chapter 10: Sex Positions for Pregnant

If you are pregnant, congratulations! Luckily, despite conflicting theories and rumors surrounding this topic, you are still able to have sex while you are pregnant. If you have a special case and are unsure about having sex, ask your doctor for advice. In terms of the common myths about pregnancy like “will my penis touch the baby?” or “will it rupture the placenta?” The answer to these questions is a big N-O and these fears should not prevent you from enjoying and orgasm for the entirety of your nine-month pregnancy.

There are extraordinary sex positions for pregnant individuals, which when polished, would deal with the trepidation of the obscure that numerous pregnant ladies have about their sexuality in pregnancy. Nerves about sex in that condition regularly make them sexually uninvolved. By and large, most ladies are confounded about the spot or the impact of having sexual connection with their spouses while in pregnancy. Encounters have demonstrated that there are extraordinary sex positions for pregnant individuals who still need to fulfill their spouses sexually.

Even though the level of sexual inclination more often than not drops in pregnant ladies, it is still something to be thankful for to have intercourse in pregnancy if it is carried out the right way. There are numerous sex systems that couples can appreciate. On the other hand, just a couple can be drilled by pregnant individuals. Here are awesome sex positions for pregnant individuals who still need to appreciate sex amid pregnancy furthermore satisfy their spouses.

i. The ladies ought to lie on her back on a table with her legs turned around the waist of the man. The man will remain before her to make his pushes.

This sex position will permit the man to empower the clitoris as he makes his sexual pushes into the vagina. It is a decent style that can convey a pregnant lady to the level of orgasmic release.

ii. The man may destroy it a press-up style to abstain from laying on her projected stomach. He will need to lay staring him in the face or elbows so that he will not put weight on the lady's paunch. This style obliges a ton of vitality from the man. His hands may get strained, along these lines creating a kind of obstruction with his focus on appreciating the sex. Additionally, he will not have the capacity to animate the pregnant lady amid sex.

iii. The lady will likewise be agreeable on the off chance that she is on top. She controls the point of entrance and besides the profundity of the pushing. Coming to climax is majorly indigent upon her execution. It has been figured out that this position is one of the best for ladies. The sex system offers space to direct incitement of the clitoris.

iv. Insertion of the penis into the vagina from the back is additionally useful for pregnant ladies. The pregnant lady will need to squat, or be on each of the four, with her hindquarters raised for the insertion of the penis. The penis majorly pushes against the mass of the initial three inches of the length of the vagina, which is the most delicate territory. For this situation, it is the lady who will need to animate the clitoral region.

v. One other ideal sex position is for the lady to sit between the thighs of her spouse with her back towards him, subsequently making her paunch to be far from contact with the man. She will need to move her rear end sideways or make a here and there development over the embedded penis. This position permits simple and direct incitement of her clitoris by one hand

from the spouse while the other can be utilized to touch her body furthermore caress her bosoms. Essentially, this is accepted to be the best position for pregnant ladies.

Here is a notice: be cautious if you need to participate in oral sex. It is unsafe because blowing air into the vagina can prompt a confusion called air embolism. This alludes to a condition in which veins can be obstructed via air bubbles, accordingly, putting the life of the infant and the mother at danger. When I got some answers concerning my pregnancy, addresses promptly hurried to my head that required replying. One of these inquiries that I counseled my specialist and pregnancy human services authority with was whether I can in any case engage in sexual relations or not and if yes, what is the best or suggested sex position for pregnant ladies? They both said that the length of I did not have any wellbeing issues and difficulties that could influence my pregnancy, I could engage in sexual relations all through my pregnancy. So, I chose to do some exploration for myself on what were these sex positions and chose to attempt some out. Some were pleasurable while others were fairly hard to do since my body started to change and develop in size.

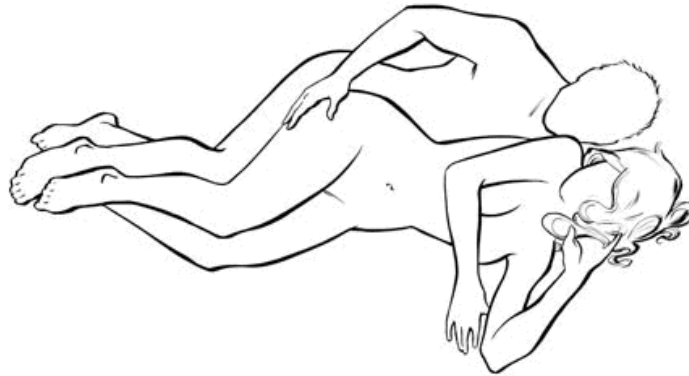
For ladies who are pregnant and have experienced the same methodology, here is a rundown of my most loved sex positions while experiencing my pregnancy:

Lady on Top - this I would propose to ladies who are still right off the bat in their pregnancy. Here, the lady has full control over the pace and the push.

I will uncover to you the outcomes in a study led in a discussion for sexually dynamic couples about the best sex positions amid pregnancy.

Here are the arrangements of the top sex positions amid pregnancy as per 50 respondents of the said study:

1. Spoon position: This is the place the couple lies on their side. The man stays at the back of the lady while making a section to the vagina. In this position, the couple will be like forming letter C.



2. Eye to eye: In this position, the few face one another while taking part in having intercourse. This is perfect for later phases of pregnancy since the heaviness of the mid-region is moved to the side while the uterus is upheld by hands. It is likewise more personal since both accomplices will have the capacity to see one another.

3. Sex on The Edge of The Bed: This is more like an evangelist position. Notwithstanding, the lady's vagina would be specifically on top of the edge of the couch so that the man can have the capacity to infiltrate it while remaining up or twisting down. The man is in control of the push and pace of infiltration with this position.

4. Lady on Back: This is likewise like an evangelist position. The main contrast is that the man is in a sitting position while infiltrating the vagina while the lady is lying on her back.

5. Lady on Top: This is a bit dangerous particularly for later phases of pregnancy. Be that as it may, its playing point permits ladies to control the staging of the intercourse and the profundity of the infiltration. Numerous say you have the best sex of your life amid your pregnancy.

Numerous couples are still hesitant to engage in sexual relations amid pregnancy as a result of the danger of premature delivery or still apprehensive about harming the infant. You ought to realize that the infant is decently ensured by the amniotic layers and liquid that encompasses it. The mucous attachment that shuts the cervix shields from contaminations. Uterine compressions brought on by the female climax are not hazardous. The gynecologist is dependably there to educate his patient. It is especially imperative to save the life of the couple and their security amid this period. Obviously, amid pregnancy, the lady sees incredible physical and mental changes; she can see her drive changed. In reality, some ladies feel extremely ladylike and willing to engage in sexual relations. All things considered, hormones are dependable because they emphasize the affectability of the breasts and private parts. Other ladies encounter a diminishing in the drive, for the most part on account of weariness, changes in their body and the anguish of getting to be the mother or the conception. This yearning may differ all through pregnancy. The decline in moxie regularly happens amid the first trimester. A build may be knowledgeable about the second trimester and is trailed by a further decrease in the last trimester, frequently connected to the methodology of the term or the truth of feeling too overwhelming. We should not overlook that it takes two to have intercourse. Amid pregnancy, the man takes a gander at his accomplice in an unexpected way, his goals change, which might likewise influence the closeness. For some men, a pregnant lady is extremely erotic, for others it will be the inverse. The apprehension of fatherly obligations

might likewise repress the drive of men. Nonetheless, in medication, there are situations where it is unequivocally demoralized and even prohibited to have intercourse amid pregnancy:

1 - If the placenta is found too low in the uterus there is a danger of draining which may cause separation of the placenta or dying.

2 - If the risk of untimely conception is extreme, when the cervix is opened before the end of the eighth month, sex can result in unexpected labor.

3 - For a situation of different pregnancy.

4 - Those with a background marked by unsuccessful labor keeping away from intercourse amid the initial two months of pregnancy.

5 - When an untimely conception was experienced by the patient before, it is ideal to stay away from sex amid the most recent 12 weeks of pregnancy.

6 - And other medicinal causes, for example, hypertension. Alternatively, sex can be prescribed to actuate labor, for instance where the date of the term is terminated. Amid the first months of pregnancy when the midsection is still not round, all positions are conceivable. As the stomach gets to be rounder, more positions will get to be uncomfortable. The couple needs to discover the best positions so that the lady is best secured. Toward the end of pregnancy, it ought to be recollected that entrance is not by any means the only approach to attain joy and masturbation can help them carry on a satisfying sexuality.

Loads of individuals accept that engaging in sexual relations whilst the lady is pregnant may hurt the child. This is a misinterpretation and there is dependably a decent sex position amid pregnancy a couple can attempt. Amid an ordinary pregnancy with no entanglements sex is splendidly protected. It is prudent to talk to your specialist if you encounter vaginal draining or any stomach torment before having intercourse. It is critical to

consider solace for both accomplices while engaging in sexual relations amid pregnancy. This spread both physical solace and mental solace. Examining what feels good and what both accomplices feel is adequate is partly to accomplishing a solid sexual coexistence amid pregnancy. A conspicuous issue is the extent of the woman's stomach amid the later months, yet the breasts might likewise need to be taken care of all the more tenderly as well as they will be more delicate, particularly in the early months. A decent sex position amid pregnancy to attempt is spooning; where both man and lady lie on their sides, with the man at the back, confronting the woman's back. This position is agreeable, keeps the weight off of the paunch, and does not suit profound infiltration, which can be uncomfortable later on in pregnancy. Other famous sex positions amid pregnancy are the lady on top where the lady is in control of the profundity and point of infiltration not at all like in spooning. The back-passage position is the place the lady bows down on all fours.

Chapter 11 : How to Last Longer

Premature ejaculation can easily be managed. You do not need prescription drugs, nor do you need to undergo any surgical procedure. But first, you need to understand why it is you unload your stuff like it was a black Friday sale!

Are You Always This Fast? How long does it take for you to unload when jacking off, without any visual aids, other than your closed eyes and naughty imagination? Compare this to how fast you jack off while watching porn. And then, add to the equation, how fast you unload when bumping ugliest with a woman. Depending on your answer, I can help you deal with the problem:

No Porno Equals Lasting Longer If your answer is, using solely your imagination allows you to last longer by a couple of minutes, then problem solved. Simply put, the added visual stimulus speeds up your ejaculation. Stop watching your own live porn show when making love to your sex partner. Try closing your eyes from time to time. The doggie style is also good way to remove your sex partner from your line of sight. How about turning on the news, that should let you focus on something boring while making love.

Relatively the Same Time If your answer is, I blow my wad, relatively the same time, give or take a minute or less, then you are either a champion stroke, or you have a very sensitive man meat. In which case, you need to utilize techniques that limit the sensation that you feel. Below are a few things you should consider.

Jack off Beforehand: The easiest way to last longer is to jack off first. Once should be enough. 9 out of 10 times you will notice that it will take a lot

more time before you cum the second time. Twice or more is pushing it, but it is also possible. However, it is best if you are physically fit. This is because, if you jack off twice to prepare for game time with your sex partner, you might last longer, but in all likelihood, you will be out of breath and too fatigued to do anything. Try exercising like yoga, jogging, cross fit, etc. This should give you the added stamina. The fact that you will also get a toner body is a plus. Also, if you expect to cum more than once, better steer clear of masturbating within the same day. This should allow you to store enough sperm for an erection and a satisfying release. Masturbation a Day: The less semen you have inside, the longer it is to ejaculate. Try unloading every 12 hours. For example, if you and your sex partner usually partake of le sexy time in the evening; jack off in the morning, or vice versa. Use a Condom or Two: Most men complain that using a condom minimizes the sensation they feel during intercourse. Well, if your long dong is overly sensitive, then this might just be the ticket to make you last longer! First, make sure to find a condom that is snug enough that it does not slip, but not too tight that it prevents circulation. It is a trial and error thing. Preferably you field test the fit with a rub down using your hands! Some men even prefer to use two condoms, one on top of the other. And some men buy an extra-thick brand to dull the sensation even more. Regulate the Temperature. Have you ever noticed how your penis shrinks when it is cold, and is a little bit bigger when it is comfortably warm? This is because, when you are at your preferred temperature, give or take one degree, say 79 to 82 degrees Fahrenheit, your blood circulates more actively, and your nerve ending is more sensitive. If you make the room colder, you can minimize the sensitivity of your whole body. Just make sure that it is not too cold for you and your partner. Again, it is up to you to experiment with the temperature. I suggest you start with 68 degrees

Fahrenheit and go higher or lower from there. Cool Lubricants. Nowadays, lubricants like KY have cool and warm variations. The cool is applied directly to your penis and the vaginal or anal orifice of the female. It provides a comfortable and cool sensation that might dull the sensitivity of your schlong. If your girl is doing fellatio, then ask her to chew some minty gum a few minutes before. That should simulate the same sensation. Grandma's Panties. Another tired and tested method is to think of anything other than sex when you are actually doing it. You do not necessarily have to think of grandma's panties. You can try any boring mental exercise like the multiplication table, chemical elements chart, the national anthem, etc. do not make it too obvious though. Alternate Your Thrust. One of the reasons why men come too soon is because they trust their penis and hips for maximum sensation. This depends on the preference of the guy, but usually it is fast, deep, and/or forceful. In order to last longer, you should think of minimizing your own pleasure. Try to alternate your thrust from deep, medium, to shallow, fast, not so much, and slow. This not only allows you to dull your sensation, but also pleasure your woman some more.

I am a fan of the 1 to 9 method. Simply put, you alternate between deep and shallow thrusts like so: 9 deep thrust; followed by 8 deep thrusts and 1 shallow thrust; followed by 7 deep thrusts and by 2 shallow thrusts; followed by 6 deep thrust and 3 shallow thrusts; and so on and so forth. When you get to 9 shallow thrusts, repeat, but this time with slower motions. After a while you can make your own variation to suit yours and your partner's preferences. The mental math takes your mind off of things too, which helps. Foreplay is part of sex. If you find yourself near unloading, then you can pull your penis away from her orifice and start kissing her, touching her, or even performing fellatio on her. The important

thing is to minimize the sensation your penis feels. If you can control yourself, rubbing against her body or asking her to stroke your balls and/or shaft is okay. If you cannot control yourself, then absolutely avoid your penis getting touched. Lie diagonal to her or perform fellatio. That should keep you from unloading. Change Positions. Sometimes one position just feels too good that you cum faster. When that happens, try different positions or start with a different position than usual. I suggest that you keep a copy of the Kama sutra handy, and loosely plan out the different positions you will try. Do not over complicate things though. Add one or two positions per intimate session. That should keep the romance burning while allowing you to keep your cool! Spread Eagle Her: If you have a super tight girl, meaning her vagina is tight, then you are one lucky bastard. But the tighter the fit the more sensation you will feel. To try and combat this, you can spread her. This is usually a variation of the missionary position wherein you raise her hips, and spread her legs into a wide V position, without hurting her of course. She can help by using both her hands to spread open her vaginal opening as well. Fellatio in Between. Most middle-aged men experience low power at the middle of the game. This means your penis decreases in rigidity maybe 5 to 15 minutes into sex. Before you purchase herbal supplements and prescription medication, you might want to get more blowjobs, preferably in between penetrations. For example, 5-minute penetration then 3-minute blowjob and so on and so forth. This is especially helpful if your woman is no longer as tight as she was before due to pregnancy or just too much sex. Experiment with Lubricants: Lubricants are meant to provide just enough slide and friction in order to maximize the sensation of making love. If you put too much lubricant, the vaginal and/or anal hole gets too slippery and friction goes out the window for several minutes. You can use store-bought lubricants, or you

can use your own saliva, or both. The trick is to make it more slippery when the sensation of Cumming becomes nearly unbearable. Beer sometimes helps. Beer or other alcoholic beverages are known to stimulate a longer lasting erection and numbs the senses. One or two bottles of beer; 2 glasses of red wine or champagne; or a couple shots of your favorite hard liquor, might just do the trick. Wait 10 to 30 minutes, and you should be ready to go. A caveat though, do not overdo this; drink too much and it will be very hard to get an erection. Try Breathing slower: When you get excited, you breathe faster and become more vigorous. Try to slow things down by slowing your breathing. By consciously concentrating on inhaling and exhaling, you divert attention from your penis, minimizing the sensation. Tip: breathe in with your nose and out with your mouth. The trick is to breathe into your diaphragm. Place your hand on your diaphragm, just above the stomach. Now concentrate on contracting your diaphragm muscles while breathing in and out. 16.an overly enthusiastic user injured himself and his little john by pumping with too much gusto. Mix and Match You can even try to do a couple or several of the tips above together. Mix things up and see what works best for you. For example, you can try to masturbate once or twice, use two condoms one on top of the other, then turn up the air conditioner.

Satisfy Your Sex Partner You need a woman to have sex with and last longer in bed. Lasting longer is not only your prerogative and not only within your control, but also within the control of your sex partner. Simply put, your woman can help you last longer or sabotage your efforts at doing so. Below are a few things you should consider, regarding your sex partner and you!

- Get her in the mood. A horny girl is a demanding girl. She will tease you just enough to make you last longer and feel better. On

the other hand, a girl who is not in the mood will utilize every technique she has learned to make you cum faster. This includes muscle control, grinding, shaking, and all that kinky stuff that makes you go nuts. A Steady girl helps. A constant sex partner like a girlfriend allows you to experiment and be more comfortable with each other. It also allows you to bond enough that you can talk about what you like and how to excite one another. Talk about sex. Never assume anything. Always be vocal with what you want and do not want. Tell her about your problem regarding premature ejaculation, erectile dysfunction, etc. Tell her about things you want to try out in bed. Set the Mood. The proper time and place are key. If you have been used to quickies, then chances are you are just predisposed to cum faster. Start by taking things slow with your sex partner. A romantic night out with no worries is a good idea. Know your limits. You should find out your “point of no return”.

Chapter 12: Aphrodisiacs

Any potion, food, or drink that is used to induce feelings of lust or bring about sexual attraction between two individuals is called an aphrodisiac—a word derived from the name of the ancient Greek goddess of love and eroticism, Aphrodite.



Throughout the centuries, many different concoctions have been used as aphrodisiacs by both men and women to reenergize a decreased sex drive, turn on their intimate partners, and even make themselves erotically irresistible to others. Scientific research has proven, however, that many of these so-called aphrodisiacs do not possess any sex-arousing powers. Rather, the powers at work are those of the user's mind. If one believes that an aphrodisiac will work, the chances are good that he or she will

experience some degree of arousal—proof that the mind is the greatest erogenous zone of the body!

On the other hand, researchers are also studying several traditional aphrodisiac plants such as yohimbe, ginseng, and saw palmetto exhibiting signs that they do inspire feelings of lust, at least in certain individuals. Often, what works wonders for one person, does absolutely nothing for another.

At present, these studies are inconclusive. But one thing is for sure: The human race, with our basic desires for sexual gratification, physical perfection, and eternal youth, will never abandon our age-old search for the perfect aphrodisiac to keep us happy, healthy, and horny.

Note: An impaired sex drive may be the result of a physical or psychological condition. It is a good idea to check with your doctor if you are experiencing such a problem.

The following herbal infusions have been used since ancient times by Witches as lust-inducing potions often in conjunction with magical spells: cardamom seeds ground and stirred into mulled wine, powdered coriander seeds and cumin also added to wine, damiana, ginseng, lemon leaves, lemongrass, maguey agaves, mandrake POISON, mint, parsley, red hibiscus, saffron, saw palmetto, violet, and yohimbe use with caution. According to occult tradition, aphrodisiacs should only be prepared and administered when the moon is either waxing or full, but never when it is in a waning phase. A moon that is on the wane would cause an aphrodisiac to have the opposite effect—a decrease in sexual arousal!

And speaking of opposite effects, several options are used with the intent to dampen the fires of lust. Such magical concoctions are known as an aphrodisiac, and in medieval times they consisted of such tasty morsels as mouse droppings and lizards soused in urine. It is not too difficult to

understand why serving such a preparation to a lover would bring a mood of passion to an instant halt!

There are also many herbs used by Witches both modern and ancient that are reputed to work as an aphrodisiac. These include camphor especially when sniffed or stuffed into a poppet or charm bag and kept near the bed, lettuce eaten, and witch hazel applied externally to the genital area. It is said that if a man or woman drinks the juice extracted from a vervain plant gathered before the sun comes up, he or she will not experience any feelings of sexual desire for seven years!

Hoodoo Shopkeeper's Infusion

Bladder wrack, also known by its folk name of sea spirit, is a popular and powerful plant of Hoodoo folk magic, said to possess positive vibrations. It is recommended in the following way for shopkeepers who wish to improve business: Use a brew made from this Moon-ruled plant as a magical floor wash when the lunar phase is waxing, and it will supposedly attract customers to the shop. I have not personally tried this in my antique shop, but if the business gets any slower, I just might consider it!

A Steeping for Weeping

If the blues have brought you down, the following brew and incantation may help to lift your spirits.

Boil two cups of water. Remove from heat and add a tea ball filled with three teaspoons of either fresh catnip leaves or fresh lavender, along with a pinch of dried and powdered Witch grass root. Catnip, lavender, and Witch grass, also known as couch grass, are three wonderful herbs favored by Witches for their magical abilities to banish feelings of sorrow and induce happiness.

While the brew steeps for nine minutes, burn a cone or stick of lavender incense. Fill your mind with nothing but pleasant thoughts, and recite the following incantation:

- Magic charge and goddess bless.
- This potion brewed for happiness.
- Tears of sadness are erased.
- Tears of gladness take their place.

Add a bit of honey or sugar to sweeten the tea if you desire. Stir clockwise three times, and then drink. Note: In cases of severe depression, it is strongly recommended that you consult a trained mental health counselor or medical professional as soon as possible.

Rose Potion

Put either one heaping tablespoon of young green rose leaves, two teaspoons of dried rose leaves, or one heaping teaspoon of dried and finely crushed rose hips into a small cauldron or jug. Cover with one and one-quarter cups of boiling water and recite the Magic Potion Incantation from page 38. Cover tightly with a lid and infuse for ten minutes as you visualize your intent. Strain into a teacup, sweeten to taste, and then drink. The rose is a romantic flower ruled by the planet Venus and the element of Water. It has long been considered to be one of the essential herbs of love enchantment; however, potions made from roses can also be used magically to attract good luck, protect against evil, and even induce dreams of a prophetic nature.

Dandelion Root Potion

Start by digging up enough dandelions to fill a small basket. Rinse off all of the dirt and remove the leaves, stems, and small rootlets. Leave the roots in a warm place until they have completely drained and dried. Arrange them on a cookie sheet and bake in a 400°F oven for a half-hour until they are brown and thoroughly free of moisture. Remove from the oven, cool, and then grind in a coffee grinder. Spread them out on the cookie sheet again and roast in a 350°F oven for an additional seven minutes.

To make Dandelion Root Potion, put five or six tablespoons of the ground roots in a small cauldron or jug. Cover with two and a half cups of boiling water and recite the Magic Potion Incantation given on page 38 as you stir it clockwise. Sweeten with sugar or honey if desired.

This potion, which is ruled by the goddess Hecate, can be drunk when the Moon is full to help promote psychic powers, poured at the center of a crossroads at midnight as a libation to Hecate, or placed next to your bed to conjure forth spirits.

Emotion Potion a Tea for Lovers

- 1 ounce of dried and powdered rosehips
- 1 ounce of dried hibiscus flowers
- ½ ounce of dried lemon balm
- ½ ounce of dried peppermint
- ½ ounce of dried meadowsweet

Mix all of the above herbs in a clockwise motion and store in a dark, airtight tin until ready to use. Note: The dried herbs may be kept for up to a year if stored in a cool dry place. After this time, I recommend that they be discarded or cast into a Sabbath fire as an offering to the spirit of the herbs or the Pagan deity of your choice.

When you are ready to make a brew, put the herbs two teaspoons per each cup of water into your favorite teapot. Pour boiling water over the herbs and then place the cover over the teapot. While the tea steeps, recite the following incantation repeatedly for about five minutes as you visualize your intent:

Herbal brew of love's emotion

With intent I fortify.

When two people share this potion

Their love shall intensify.

Strain sweeten with honey or sugar if desired, and then share a cup of this powerful love-inspiring tea with the man or woman who is the object of your desires and affection.

Clover Flower Tea

To dry freshly picked clover flowers, spread them thinly on a tray and keep them in a warm, dry place such as an attic for three to five days. After they have completely dried, store them in an airtight jar away from sunlight. To make Clover Flower Tea, place three heaping teaspoons of the dried clover flowers or two teaspoons of fresh white clover flowers in a small cauldron or jug. Cover with one and one-quarter cups of boiling water and allow it to infuse for about five minutes. Strain into a teacup, add sugar or honey to suit your taste, and drink while hot.

This lime-green colored tea is an ideal brew to serve Pagan friends and coven members at Summer Solstice Sabbath or Witchy get-together.

Ruled by the planet Mercury and the element of Air, this tea can also be used magically as a potion for protection, enhancing love, breaking hexes, and curses, attracting money, and banishing negative entities.

The following is a magical rhyme to recite before drinking or using Clover Flower Tea for spell casting purposes:

Clover flower, clover flower
Be my charm of spell and power.
Work thy magic well for me,
This is my will. So, mote it be!

Magical Inks

Many Witches use what are known as writing rituals to help make their intents manifest. These simple yet highly effective magical spells call for the Witch's desire to be written down on a piece of parchment with a fountain or quill pen, and then either burned in a fire, buried in the ground, or wrapped in an appropriately colored piece of satin and hidden away in a secret place.

Magical inks, such as dragon's blood and dove's blood, are popularly used in the practice of writing rituals and also in the creation of parchment talismans. Traditionally, dragon's blood ink is used for spells involving power and strength, and dove's blood ink is used in all magical workings connected with love, romance, and passionate emotions. Both dragon's blood and dove's blood inks can be bought in most occult shops and mail-order catalogs specializing in Witchcraft supplies.

Regular fountain pen inks can also be used in place of the traditional magical inks favored by many Witches. The most important thing to consider when working with these is the color of the ink, because different colors possess different magical vibrations.

Black ink is useful in banishing rituals because black is a color that absorbs negativity and breaks curses, hexes, and jinxes. Blue ink should be used in spells that concern communication, healing, peace, the powers of the mind,

and protection. Green ink is appropriate for all spell work linked to abundance, fertility, money, Mother Nature, and prosperity. For magical spells that are designed to enhance courage, energy, love, or sexuality, a Witch should always work with red ink.

Homemade magical inks can be easily made from the juice obtained from crushed pomegranates or poke berries. Use caution when working with poke for it is a very poisonous plant. Do not ingest it and be sure to keep it out of the reach of children and pets. Both the pomegranate and the poke which is also known by its appropriate nickname of inkberry are ruled by the element of Fire and possess strong masculine yang energy.

Chapter 13: Couple Standing Sex Position

1 Looking for the G-Spot: The cheek-to-cheek dance position

In this position, the man and the woman are standing up. This is one of the basic variations of the positions of the standing sex that looks a lot like a tender "cheek to cheek" dance, in which he barely lifts her, just enough to be even closer, pulling her up by the buttocks. To take full advantage of the potential of this position, you can keep clothes and just pull the skirt up a little more. Shoes with heels are also very useful for adjusting your heights.

Sex tip

It allows you to take advantage of the very pleasant circular movements of the pelvis, which stimulate not only the G-spot, but also the clitoris, thanks to the massage exercised by your rubbing bodies. The woman can alternatively wrap one of her legs around the man's thigh during penetration.

2 High excitation rates: The ambush position

In this position the man and the woman are standing up. In fact, this position is nothing more than the "standing" variant of the doggy, where he surprises the partner from behind, without letting her escape... luckily the pleasure is also lurking, especially if you are a bit rude and maybe improvised sex lovers of the classic quickie: with the clothes still on, unfastened or lifted just enough, make this position even more exciting. Heeled shoes, on the other hand, can help you adjust your height.

Sex tip

This position brings into play very instinctive and passionate sexuality, which neutralizes boredom even in the most tested couple. In front of the

mirror, looking at yourself and looking at your partner makes the relationship even more exciting. Furthermore, by penetrating from behind, man has his hands free to stimulate the genitals or breasts of his partner and give pleasure.

3 The object of pleasure: the doggy style position

As in the ambush position, he comes from behind like a wolf, and surprises the poor doggy ops, sheep. In this position he stands, she is standing slightly bent from the back. Since he stands and she is bent, this position requires good flexibility enough to touch the floor, or a support surface on which she can support herself a table, the edges of the bed....

Sex tip

Doggy style sex is passionate, instinctive and allows deep penetration, which can be even more satisfying if combined with clitoral stimulation.



4 The infinity of love: The crane position

In this position both the man and the woman stand and are near the edge of the bed. The woman rests her foot on the bed and the man penetrates her from behind, raising her leg with his hand. This position is certainly not the most acrobatic of the Kamasutra, but we must not underestimate it. In fact, maintaining balance and standing position may not be that simple. Better if used with support points such as the edge of a bed, for example. The raised leg is used to make penetration easier and deeper.

Sex tip

If your heights are not optimal for standing sex, adjust with heels, or with small supports. If you then want to give and receive interesting sensations, play with the width with which you spread - or close - the leg that you keep bent

5 For love or for sport: The swing position

In this position, the man is standing. He supports her with powerful arms, while she is on her back in balance or near the end of the bed or another support and wraps her legs around the hips of the man she lets herself go completely to the pleasure and can only feel the exciting thrill of vertigo.

Sex tip

The upside-down position is very liberating and will allow you to experience very special sensations and emotions: you will probably feel like you are losing control. Enjoy the moment and express what you feel, also letting out your voice.

6 Unleashing emotions: The twirl position

Here is a position suitable for a moment of joy, where the partners seem to twirl happily, looking into each other's eyes. In this position, the man is standing, and the woman is supporting herself by placing her feet on his

hands during penetration. His hips are between her legs. But he must be careful to maintain a certain stability because it is on his neck that she supports herself, and it is by placing her feet on his hands that she thrusts, to honor great celebrations.

Sex tip

Since it is a tiring position, do not save on lubricant: it will help make even the smallest movements more enjoyable.

7 First ecstasy: The frog position

In this position, the man stands or in another variant stays on his knees. The woman assumes the typical position of a frog, remaining crouched downwards during penetration. She looks like a frog ready to throw herself into the pond, but he holds her, from behind: it is not with a leap, but with small moments that they will plunge together into pleasure. The penetration is deep, but the position is so complex that it is above all choreographic since it is difficult to maintain for a long time.

Sex tip

To assume this complicated position, start on the bed. Intertwine your arms, then stick your feet between his arms and chest. Then get up helping yourselves with your abs.

8 The perfection of love: The agile missionary position

In this position the man stands, while the woman embraces him and wraps his legs on the partner's hips. This "standing" position is very emotional, and as the "classic" missionary allows partners to have a very engaging contact, being able to kiss, look into each other's eyes and whisper exciting words. The difference obviously lies in the physical effort, which, however, will be rewarded by a truly enveloping pleasure.

Sex tip

No need for frenetic movements: it is better to swing gently, savoring all the nuances of pleasure.

9 Possible challenge: The sundial position

In this position the man stands, the woman rests her elbows on the bed or other surface and wraps her legs around the man's hips. It is as if he marks the hours, she marks the minutes, so that the sundial marks the time for intercourse... the best part is that it can also go back! The small hours are the best for female pleasure

Sex tip

Stick your spread apart knees between the two arms, then let go, also allowing yourself to lose your head... As a precaution, however, try it on a bed so you can land on soft.

10 Languid caresses: The soft intertwining position

In this position, the man stands leaning on an armchair. Instead, the woman positions herself on one of his legs, pushing against the groin to facilitate penetration, which can happen both frontally and from behind. This position gives an even more pleasant aspect to the phrase "sit on an armchair": here, in fact, the soft seat turns into support for standing up sex, but in total relaxation. He places one foot on the armchair or the sofa and his knee acts as a support for her leg, which thus remains slightly apart. Take advantage of the frontal position for kisses, caresses, and whispers.

Sex tip

If you do not want to mess up the lining of the furniture - or wear heels - use a cloth, and if you want to add some fun, take advantage of the elastic

power of the springs! A variant could be that of standing up, leaning against a wall instead of an armchair.

11 Intimacy to the rescue: The hook position

In this position, the man is standing. She, however, is curled up, clings to him, that is holding up his back against the wall: in this way the penetration is deep even if a bit tiring, kisses and glances are not lacking and the two bodies form a hook. Or she, always in a curled-up position, can lean against the surface of a table or other piece of furniture.

Sex tip

To be a little more comfortable - which is not easy in this position - he should lean his back against the wall as much as possible, but keep the pelvis tilted outwards, contracting the buttocks, and slightly bending the legs

12 The synchrony of movements. The bar positions

The bodies of the lovers block the passage of the door, like a bar. Leaning against the side of a door, the bodies support themselves, intertwined. To get to the pleasure, she will just have to move the pelvis back and forth, looking at the partner in the eyes.

Sex tip

For good measure, place cushions next to you so that you can let yourself softly fall if necessary.

13 The warrior's rest: my baby position

In this position, both the man and the woman are standing. The woman astride on the man, lifts and lowers herself, with rhythmic movements and flexing her knees, to facilitate penetration.

Sex tip

For the woman, it is a very erotic and pleasant position. She can hold the man's head on his chest, stroking his hair, and the man can suck and kiss her breasts.

14 Crossing hands: The Back Kneel position

In this position, both the man and the woman are standing, on their knees. The man penetrates the woman from behind, while the woman's hands rest on the man's buttocks.

Sex tip

In this position he can kiss her neck and smell the scent of her skin. This position is very pleasant in front of a mirror or to the rhythm of good music.

15 The magic power of a hand: Handmaiden

In this position, the man is kneeling, in an upright position. She crouches on her legs and masturbates him.

Sex tip

She can caress and kiss him, feel his skin, and look him in the eyes while masturbating him.

16 A warm seat: Sexy President

In this position, the man is kneeling on the ground. The woman from the back sits on her groin and the man grabs her ankles during penetration. The woman performs the back and forth movement, lowering and slightly rising, with gentle and rhythmic movements.

Sex tip

Experimenting with various positions, as well as being fun, helps the couple understand which positions are preferred and improves agility and

performance.

17 A classic of the erotic imagery: the wheelbarrow

In this position the man stands. She puts her hands on the floor and her legs on the man's thighs. He stands holding her legs as he penetrates her.

Sex tip

The bed is the most common place to have sex. Experiment with various places and alternative support surfaces.

18 The quickie: Ballyhoo

In this position, both the man and the woman are standing. The woman, bent forward, rests her forearms on a table or other supporting surface. The man leaning over her, while embracing her, penetrates her from behind.

Sex tip

This position is perfect to quickly satisfy an uncontrollable desire that arises in unusual places. Perfect for the bathroom of the cinema or the cafeteria or the office. She can stay dressed in her raised skirt and lowered pantyhose, he with his shirt still on and his pants down to his ankles. A high level of eroticism!

19 A step forward: the standing chair position

In this position, she stands on top of him, who is lying on his back with his hands and feet resting on the floor, in a so-called "shrimp position". She, with her legs spread on his groin, leads the rhythm of penetration

Sex tip

To improve one's own and one's partner's emotional and sexual experience, it is good to vary the rhythm and intensity of penetration.

Chapter 14: Sexual Compatibility

Sexual compatibility between people means that they share the same beliefs, values, preferences, desires, and expectations related to sex. This can include things like what sex acts you prefer the most, your level of sex drive, the type of sex you wish to have, including any fetishes, and so on. For example, if you have a very high sex drive, meaning that you need and expect to have sex every single day, you will be sexually compatible with someone who also has a high sex drive.



If you were in a sexual relationship with someone who had a shallow sex drive, this would be incompatible as you would likely become frustrated by their low need for frequent sex. Another example is if you desire a lot of oral sex, and you require this to become fully aroused during sex, you would be sexually compatible with someone who also enjoys oral sex, especially giving it. If you were with someone who did not feel comfortable with oral sex at all, this would not make for a sexually compatible match.

Your preferences and values do not have to be precisely the same as the person you are in a sexual relationship with. Still, they must be able to fit together like yin and yang for a sexual relationship to be compatible. An

example of this is if you enjoy slow and tender sex, but your partner enjoys rough sex. This could mean that you are sexually incompatible, but it could also work if you are both able to meet in the middle. You could start by having slow and tender foreplay while your arousal builds, and when you are both ready for penetration, the sex can begin to lead towards a rougher style. As long as both people are comfortable with this, this sexual relationship could work.

Why Is It Important?

Sexual compatibility is essential when it comes to orgasm. Being sexually compatible is quite necessary for orgasm and even to find pleasure in general. When it comes to kinks and fetishes, sexual compatibility is quite essential. For example, BDSM, including dominance and submission. If you have one partner who is sexually dominant and the other who prefers submission, this works out very well. If, however, you prefer dominance and so does your partner or if both prefer presentation, you may have some trouble reaching a place of agreement when it comes to your sexual encounters. The dominant person will not usually become turned on by being told what to do, and the submissive person will often not be too excited by telling someone else what to do. While these can work on a spectrum and people can enjoy a bit of both, many people are either dominant or submissive.

If you are a person who defines themselves as either a strict dominant or a harsh submissive sexual partner, you will likely communicate this quite early on in your encounters with a person. You may even talk this before you have sex with them. This is a good idea if you have strict preferences when it comes to sex. You do not want to spend time getting to know someone who you will not be sexually compatible with for the reason that you are both unable to compromise. There are times when you will be unable to compromise to make yourself fit with another person sexually. This is completely alright, as sex is about pleasure. You want to make sure both you and the other person are pleased, so being communicative about your sexual preferences and values will be beneficial for everyone.

Determine If You Are Sexually Compatible With Someone

Communication is a significant element of sexual compatibility. Determining if you are sexually compatible with someone relies mainly on communication. By communicating your desires and values, you can see if these fit with another person's wants and values. Even if these are not the same, you can communicate about whether these can work together in harmony or not.

This conversation can have when you begin speaking to someone for the first time if you meet on a dating website or application where you think sex will ensue. This can have when the sexual tension begins to build with someone whom you have been on a few dates with. This could also happen when you determine that you and this person would like to sleep together before you begin engaging in sex. Any of these times is the right time for this conversation, as you want to ensure that you are determining sexual compatibility before you begin having sex with someone. Imagine getting aroused and excited as you began kissing and touching each other, only to find out that you are both strictly dominant and that this person requires you to lick their feet when you have a fear of feet. It is best to avoid this type of situation by clearly communicating your sexual needs well in advance.

In a relationship, sexual compatibility can build over time. The first time you have sex with someone, you may be unsure if you are sexually compatible with them as long as you both communicate and determine that nothing is leading you to believe that you are entirely incompatible. You can then allow your sexual compatibility to build as you continue your sexual relationship with each other.

It is also possible to explore your sexual compatibility with someone. If there is nothing that makes you incompatible initially, then you can explore a sexual relationship with this person. Over time, you will learn each other's

bodies and how to please each other. In this way, your sexual compatibility can grow. You may find that there are things that you want to explore together or new things that you want to try with each other. As long as you both continue to communicate with each other, you can continuously determine sexual compatibility at every stage of your sexual relationship.

If you believe you have found your perfect match in every way and you do not want to lose that relationship over sexual differences, there is something you could do about it. You and your partner need to work on building your compatibility together and here is how you do it:

Step 1 – You Must Communicate.

You need to get over the reluctance to talk about it and have an open, honest, heart-to-heart discussion with your partner if this is going to work. Communication is not just the key to making this work; it is the foundation on which the rest of your relationship built on it. You and your partner must be willing to share everything right down to your fetishes and kinky desires without holding back if you want to get to the point where a fulfilling sex life is possible. Speak up. Express yourself. Do not be afraid to talk about it if the relationship is worth working on it.

Step 2 – Learning to Compromise. A relationship is hard work, and two people need to be working together as a team on every level for the link to work. The truth of the matter is no one is ever going to be a 100% perfect match. Some degree of disparity will always exist, even in the perfect couples, and you are going to have to be willing to compromise and sacrifice without resentment on some aspects if you want to be compatible. You are not always going to be in sync all the time and trying to fulfil each other's desires must be a shared responsibility. The most important thing here is the willingness of both parties to work on the shortcomings.

Step 3 – Accept Your Incompatibility – As you communicate with your partner, be honest, and accept that you might not be as compatible as you would like. Living in denial only makes it harder. If you do not acknowledge the problem, it's going to be hard to fix. Healthy relationships have arguments and disagreements, yet you find a way to understand each other and work on your connection. It is the same thing with sexual compatibility. Being a perfect match is a myth you need to let go. Instead, embrace the problems to find solutions so you can work on becoming more compatible instead of growing further apart.

Step 4 – Let Go of Unrealistic Expectations – Unrealistic expectations only lead to disappointment. What is worse, you put an unfair and unnecessary burden to live up to your expectations. If you do not communicate what these expectations are, your partner might not even realize they are letting you down. This secret resentment and unhappiness, feeling disappointed by your partner, can quickly lead to the deterioration of a relationship. We are all guilty of having a confident expectation of what we would like our partner to be. Still, these expectations could also make it difficult for you to find happiness in your relationship if everything is not exactly how you want it to be. Having hopes and specific standards are fine; it is the unrealistic expectations that you need to start letting go.

Step 5 – Listen without Judgment. You might be reluctant to openly talk about your sexual preferences with your partner because you are worried if it is going to change their perception of you. Maybe they will even judge you. But you know what? Your partner has those same concerns too. What if their sexual preferences upset you and cause you to leave them? During the communication process, it is essential to listen to each other with an open mind. Everyone is entitled to their preferences, and no one should have to feel ashamed of them if these preferences are healthy sexual desires.

What Not To Do When Building Your Sexual Compatibility

As you work on building your sexual compatibility with your partner, these are the common mistakes that you want to avoid:

Do not Tell Them What They Want to Hear – It cannot be emphasized enough how important honesty is here. Do not tell your partner what you think they want to hear just to keep them happy. You need to be honest right from the start of your relationship or it is never going to work in the long run.

Do not Try Too Hard – We all want to impress our partners in bed, but not to the point that we compromise our sexual happiness by trying too hard to please theirs. Both partners should be equally happy and satisfied, and there should be an equal amount of giving and receiving that goes on.

Do not Be Reluctant to Try – Now that you have talked about it, ideally, the next step is going to be that you try out some of your partner's preferences to satisfy them and vice versa. Avoid being too reluctant to try it out, be willing to give it a go at least once before you decide whether this is something you enjoy or not. As the old saying goes, do not knock it until you have tried it.

Chapter 15: Prepare Mind and Body to Sex

During clitoral stimulation, she keeps her eyes closed and her mouth open. Her body contracts in involuntary spasms and some women also groan. But if at some point, they depart, it means they no longer enjoy the excitement and their feelings are painful or unpleasant. In most cases, only by exciting the clitoris the main sub organ responsible for female enjoyment, women reach their climax.

Every woman wants the approach to her clitoris to be smooth – coming and going through the vulva, walking slowly and passionately through the surrounding area and, little by little, the contact getting intensified so that the desire grows as they increase the stimuli. In most cases, only by exciting this sensitive organ responsible for female enjoyment, women reach the climax. However, he can make the pleasure grow even more by enervating the nipples at the same time, caressing the contours of the anus, introducing a finger into the vagina, moistening his fingers with saliva to lubricate the most hidden folds of the vulva and the clitoris itself, as well as other points that raise the temperature and desire, as required differently by each female temperament and body.

To make sure that the intercourse gives complete pleasure to both the partners, the clitoris must continue to be excited during the penetration, being in contact and rubbing against the pelvic bone or the penis, or if the man or she caresses it. Clitoral stimulation does not have to have as its sole objective that women are prepared for penetration or to reach orgasm. It should be taken as one of the many preliminary erotic games to enrich sensuality and increase sensitivity and confidence among lovers.

Excitement

Ideally, she will openly say what gives her the most pleasure, but if she does not dare, she can guide his hand to the area she wants to be stimulated and say that she enjoys it there. The lover is not a fortune teller and female sexuality is intensely complex. No matter how much sexual experience a man has, there is always something he can learn about the art of exciting a woman.

The response to sexual stimulation begins in the mind and moves to the senses which give clear signals through the changes that are reflected in the body. The rhythm of breathing is accelerated as well as the pulse and heartbeat, and the skin turns a bit pink when blood circulation is activated. From that moment, the physiological responses are multiple: the lips take on a higher color, the pupils dilate, the nipples harden and become tense, and the skin is covered with droplets of sweat due to the increase in body temperature. Little by little, the sense of reality is lost because the mind is completely focused on the sexual stimuli it receives. The turgor of the breasts increases, and the woman feels the desire grow as the fingers rub the vulva over the clothes and the vaginal fluids begin to moisten her. The minor and major lips of the vulva swell, and their hue becomes more intense. Slower to react, the clitoris hardens and grows as excitation increases. Kisses, pacifiers, and slight bites on the nipples convey pleasant sensations that grow with direct caresses in the clitoris with the fingers or tongue. Each woman has an erotic profile that marks the more or less prolonged period of stimulation necessary to be completely excited, desire penetration or reach orgasm; since there are no fixed rules, it is the lover who must discover it by himself or after being guided by her.

The Art Of Exciting A Woman

There is always something a man can learn about exciting a woman since not all of them react in the same way to stimuli and it is also not possible to awaken her desire by repeating caresses that on previous occasions have been pleasant. In each new encounter, he must learn to read the signals issued by the other body.

The excitement is not only a mechanical process of stimulation of the erogenous zones. For women, the emotional sphere, and the erotic environment in which the sexual relationship occurs is very important. Although there are hidden spots especially sensitive to sensuality, which send the signals that indicate a desire to the brain, the primary erogenous zones are those that stimulate the libido and are in the genitals. When the sparks of eroticism explode, the whole body becomes receptive.

The tongue and fingertips detect the burning that invades the areas of sensitivity distinguishing, as true sensors, the reactions that cause and give pleasure. From the clitoris, the enjoyment extends in concentric waves to the brain. If the caresses are distributed by all the high points, they awaken the high feminine sensibility. This is the case with the earlobe, the neck, the hollow of the armpits, and the sides of the body close to the birth of the breasts, as well as the navel since all of them are precisely the centers that respond to stimulation quickly.

The soft contact with the inside of the arms and thighs, coccyx, hips, and buttocks also unleash extremely pleasant sensations and tickles. Rubbing on the skin of the backside from the knees that descend to the legs and feet make the woman shiver and innervate by the desire that invades her.

The Preliminary Games

She does not consider the previous games as mere preparation for the sexual act, but as the erotic moment that gradually introduces her to the enjoyment of sensations. Whether the woman already feels desire or if it is about provoking it, the erotic game of caressing, kissing, and licking the body is very suggestive and adds morbid to sexuality if one lives in fullness, without hurry and stopping in every detail and every point that can give pleasure.

She likes him to tell her how much he wants her and how he gets excited to see her and discover her while undressing her slowly and sensually. The senses come on when he rubs her breasts or pubis through the tissue and then craves to expose her bare skin to more direct and intense contact. He warns her as his breath becomes faster and begins to move with voluptuousness looking for her body. That is the moment when he slowly begins to unbutton the buttons and take off her clothes.

The Orgasm

Every moment of the excitement increases the temperature and the desire to reach the maximum sensation of pleasure. Before reaching it, the climax occurs – a peak moment that arises from the need to satisfy the body and release it from tension by exploding enjoyment.

The areolas dilate, the size of the breasts increases even more, the vaginal muscles become elastic and open to receive the penis. At the same time, the labia minora grow until the older one's overflow while the passion continues to increase. An instant before orgasm, the hardened clitoris retracts, the vagina narrows and beats hugging the phallus during intercourse, and the anal area also contracts spasm sharply. Due to the hot temperature of the skin, in some women, blush spots appear on the breasts and the back.

There are three types of female orgasm. The "resolatory" which is an intense climax that releases after the phase of desire and excitement, "Laola plateau or crest" which is less strong than the previous one but it lasts longer in successive waves of pleasure, and the "sequential or multiple" which are several successive orgasms.

She likes him to tell her how much he wants her and how he gets excited to see her, and just an instant before he discovers her, the clitoris undresses slowly and hardens. Then, it retracts sensually. Vagina narrows and beats hugging the phallus. Multi-orgasmic ability is an exclusive condition of female sexuality.

The senses come on when he rubs her breasts or public tissue through the fabric of her clothes.

The nipples harden and the vulva and vagina get wet. Some specialists argue that female orgasm takes longer to arrive than that of a man, but this is not always the case. Instead, everyone agrees that it is much more

sensational. I will also insist on making a division between clitoral and vaginal orgasm.

The peak of sexual enjoyment is like an outbreak that produces violent uncontrolled contractions, and in some women, it is so strong that they may even lose consciousness momentarily. The more spasms are produced, the more intense and prolonged is the pleasure. From the clitoris - which is the point where orgasm is born - a sensation radiates that moves to the vulva and the vagina in a hot surge of heat that begins in the pelvic area and can spread throughout the body.

The Multiple Orgasms

When in a short period of time a woman has a series of orgasms that occur one after another, it is said to be multi-orgasmic an exclusive condition of female sexuality. On the other hand, males, after reaching the climax, enter a refractory period and a phase of relaxation from which they have to recover to feel excited again. However, she does not need it because of her hormonal and physiological differences. Therefore, when she has had her first orgasm, as long as it continues to excite her, others will follow.

If he is aware of the moment when she reaches the climax, the lover can enhance multiple orgasms, maintaining and increasing the stimulation without stopping. Once the first multiple orgasms have been achieved, which does not always happen from the beginning of sexual life, you can have them again. In this way, a woman's orgasmic capacity has no limits, except when her body demands rest and her energy is exhausted because pleasure has exhausted her.

The Vaginal Pleasure

Although women have tenderness in the vagina, the center of their excitement and pleasure is located mainly in the clitoris and other erogenous points of their body. However, people have often insisted on establishing a division between clitoral and vaginal orgasm, creating a myth and generating false ideas about female sexuality that, on many occasions, can cause them to feel limited or lead them to believe that they are rare.

The truth is that the desire and passion that are aroused in the stimulated woman are transmitted to the entire area of the vulva, and the contact during penetration is pleasing because of the intimacy that it implies, although by rubbing the penis to the walls of the vagina, the woman does not have a direct sensation of pleasure, since it is a poor area in nerve endings.

The PC or pubococcygei muscle intervenes in the increase of the sensuality of the vagina. This is found in the pelvic base and extends from the pubis to the coccyx. If the habit of contracting and relaxing it several times a day is acquired, it is strengthened, and the vagina becomes more elastic. Also, by voluntarily tensing the muscles of the vaginal wall, the penis will be hugged more tightly which will cause greater pleasure in the female and male genitalia. Actually, the craving that is generated in the clitoris rises to the vagina. So, when you have a clitoral orgasm, that feeling of pleasure extends to the penetrated vagina.

Chapter 16: Foreplay

The human body is one of the most complex elements ever created on this planet. There are many processes that turn this structure into a complex and pristine machine. Many life processes, muscles, tissues, and organs work together to make us who we are. Every part has its own role and every process requires thorough preparation. Digestion needs appropriate nutrition. Respiration needs fresh air. Many life mechanisms need resources of their own. Reproduction depends upon a different kind of arrangement. As humans, our brains designed to think and imagine. At the same time, our bodies made to sensate and perceive. Merge these things into one, and voila! You have the way to spiritual and joyful life, and sex is one of the ultimate needs of life.

Satisfying sex is what all people in this world desire. The happiness from enjoyable sex is barely ever beaten by something else. No wonder that human beings go to all types of lengths to satisfy their partners sexually, through satisfy other physical and emotional needs.

Stretching the foreplay

Determining from the word itself, 'fore' means 'before something', foreplay is sort of a prelude to a play, a teaser to a movie or more suitably, an aperitif to the main course. Without a prelude, even an incredible play will seem unexciting an excellent movie will have no fans and the main course will seem unappetizing.

When day-to-day trivial tasks will seem boring and prosaic without a suitable preamble, then it is not necessary to be a rocket scientist to

comprehend that a crucial task of communication will need alluring foreplay.

There are many methods of improving the experience of sexual performance. Men and women both can involve these tricks into their sexual activities. Despite the fact that men and women think in a different manner, the basic need is to boost the passion in the relationship, leading to large and prolonged sexual pleasure.

Pleasing a man

When it comes to man's sex lives, their minds take a backseat and the route to their heart holds sway by their vision. In order to fulfill the needs of a man in foreplay, very basic features need to be followed.

Men admire it when a lot is left to their fantasy. They like to be teased and tantalized with. They will almost never admit to it, but they love the chase in the beginning.

And nothing yelps 'chase' better than a nice striptease. You can wear the most charming outfit you own and show off in front of your partner to rush his imagination.

Their hearts will already be vibrating more frequently by now. Attentive as to not hurry it, follow the rhythm of the music. Make it as visually engaging and attractive as possible. Throw off the outfit in excruciate slow movements, tempting and teasing them.

Carried out with teasing excitement, it will leave your man filled with jaw-dropping expectancy and thinking 'what's going to follow?'

There is a very efficient way with which men can be stirred up. A tender brush of hands here and an extended touch there will leave them desiring for much more. The talent of using your hand can be a large help here. The

precise nooks and crevices stroked with the accurate force can be stimulating a lot.

Not only is the exact amount of force, but it is important to keep a frequent rhythm and to not let it scatter. Regular strokes can help put up the excitement and further the euphoria.

The most essential and important part in foreplay for men goes to the sensitive usage of tongue and mouth. We have determined that men are very visual in nature. And basically, they are nothing but slaves to their fleshly desires if the right buttons are pressed.

They are sinfully naughty in their thoughts and would love for those to become a reality. They know it feels excellent to bring their lust into culmination. So, when men see their lovers show that much adoration and care for their loins, their lust boosts up. This is the foundation of foreplay for them.

Male genitals are full of nerve endings and will feel a rush of blood circulation when alluring touch. And that is what our plan is. You can add in as many newer and sophisticated techniques you want, but the primary pressure and moisture that your mouth will provide cannot be compared with anything.

Many men describe the feeling of pure heaven when they experience the tenderness of a tongue sliding over their member. Their loins are certainly going into a tizzy and leave them with natural carnal joy.

Despite the fact that much more preferences can be explored with each man in each couple, the essential desire remains the same. Physical satisfaction will make them blissful and they will certainly deliver the satisfaction back with an enthusiasm and regenerated power.

Pleasing a woman

When it comes to foreplay for women, they are a little different from men. Women are not as visual as men are. The connections from their eyes to their groin are not as strongly expressed as they are in men. Woman not often can be aroused by a provoking lap dance.

Yes, they may get pleasure from the show and be grateful for the effort being put into it, but they will not fairly experience the stir 'down there' as a man might do when used like a chair or a pole for a lap-dance.

Woman needs to be shown care and admiration for her to right complete your wishes.

Each woman is different in her own way; thereby there is no universal set of advice that can be followed here, as is for men. Different women crave touches in various places with particular force and rhythm. But when shown scrupulous care and attention, they can be satisfied and left craving for more.

The fundamental mental stimulant of a woman lies in her brain. If you can grasp the attention of her mind, you are much closer to satisfy her desire.

Harmonious music can tingle at her soul and increase her interest and sense of excitement.

Majority of women will definitely appreciate romantic environment: scented candles and ambient lighting could attract her attention far more than a neat, textured tie around your neck. By paying attention to these seemingly small details, you will be able to go a long way.

The first steps in firing her up can be light and soft touching like a feather all over her body and finding those sweet spots where she will obviously enjoy her senses.

Keeping attention on her breasts is one more sure-shot step towards the purpose. The mammary glands in women are full of nerve endings and touching these will leave an exciting result on her body.

The gross misstep is to avoid body parts like thighs and the neck by rushing down there to hit 'Australia'. The area around the neck for women is very sensitive and even insignificant touch can make it tingly and excited. Furthermore, body parts such as inner thighs and back, when caressed with care can bring extensive pleasure. You only need to check out which touching triggers her excitement, and which fizzles out.

After all, when your women potentially warmed up, you can aim to push her to the cliff. You may use your skilled fingers competently exploring the cave. If you have done all the things before this properly, you will find that your touch encounters almost no friction during the traveling around. You may additionally improve the smoothness of the journey by stroking her in all the correct directions.

The use of your tongue will come in big support to your benefit here. The tongue as a muscle can turn in ways no other body part in a human can curve. And this tiny fact can come in handy while remembering to satisfy your partners.

It will help the woman to feel very special because the feeling of being appreciated in that intimate way is in no doubt to make the woman in your life absolutely happy with pleasure.

The key to successful foreplay

The key to successful foreplay lies in the idea that both the partners should systematically enjoy being with each other. Half of the enjoyment is regularly derived from the facts that your partner is being delighted with the efforts you have put in.

So, if you like an exact technique or a captivate touch, your partner would love to hear your groans arising from pure fleshly pleasure. Foreplay is an

intimate movement that brings the partners closer to each other, both physically and emotionally.

It should be embraced with attitude of mature and understanding individuals. By doing so you will witness the excitement that will boost your sex life to the heavens.

Chapter 17: Sex in Overweight

There are various ways that you could make your sex life enjoyable if you or your partner is overweight. Nothing should stop you from getting the best out of your partner through positivity and exploration. The first step about enjoying intimacy in your relationship should be disregarding the misconception associated with being overweight. Notably, issues arise in case one or all partners are overweight. You should find the best way to overcome those acts not only as a motivation but also a strong bond in the relationship. The following are considerations that you should make if you want to enjoy sex with an overweight partner.

1. be positive: With the acceptance that there is little you could do to change the situation; you are sure to find better ways to make your sex life more intimate. In addition, there should be no misconceptions to hinder you from making love to your partner as long as you are sure that they would enjoy it. Living positively and developing attitudes to support your life will make you most romantic to your partner.

2. Own your Body Size: You should not live in denial over the size of your body, thinking that it would prove unromantic to your partner. Note that being overweight does not make you ugly but makes you beautiful, depending on your partner's perception. For that reason, you should accept that you are overweight and be proud of it in order to make others find the beauty in you. Similarly, you should make your partner feel the same as they are overweight to alter their perception and eventually improve self-esteem.

3. Take Time: The fact that your partner is overweight does not mean that they are different in their sex life. You should serve them in the same manner as you would treat a slim partner. In this case, you should take time when having sex with your partner, involving all the steps that are usually engaged in sex. Do not focus only on penetration, but you should take time for foreplay, and other forms of stimulation to turn them on.

4. Handle with Pride: It is common to find sagging and loose body parts in overweight people, making you confused about how to react. It should not turn you off as it is the sole reason they are classified as overweight. You should treat the body parts as sensitive and needing a stimulating touch for sexual arousal. These parts include the buttocks, thighs, and the pubis. They are the most sensitive parts in obese people and may be the source of sexual stimulation and orgasm if caressed or rubbed.

5. No Desperation: As an overweight partner, you should not show desperation due to your body size for it may hinder you from achieving sexual satisfaction. Instead, you should be content with yourself and make the best out of the activity. Expect to be treated as any other partner and believe that you deserve the best for you do. Therefore, live within your means and find happiness and pleasure whenever your partner means to introduce them to you.

6. Position: There are positions that might be difficult to try out for overweight couples. However, you could also explore additional positions that would help you attain orgasm and experience great intimacy. For example, the reverse cowgirl is perfect for it puts the bellies at different

positions, making it easy⁶ for the woman on top to control the movement and penetration.

7. Additional Requirements: Overweight people require platforms that would support their total weight, especially when making angles and moves involved in intimacy. For that reason, you should outsource better equipment to enhance your sex life and feel relaxed whenever you jump into action. You require pillows to position your partner to make little efforts in the attempt of making sexual advances and stimulation. Similarly, you may need spring surfaced to balance your weights and reduce bodily friction.

8. Maintain Intimacy: There is no reason to leave your partner due to overweight or obesity. Various factors may have contributed to the condition, and it would be for your own good. Therefore, it is advisable to keep the love and intensify intimacy to make them feel appreciated and cherished. With the realization that sex is enjoyable in overweight, you would need to keep on having sex with your partner.

Pros of Sex in Overweight

- Exercise: Sexual activity is part of an exercise, for it involves body movements and application of pressure. Overweight partners can regulate their body mass index when they engage in sex, thus improving body performance.

- Boosts Moods: Overweight people have difficulties managing their moods primarily due to the isolation and stigmatization they may face from society. Therefore, they require attention and cuddling to rejuvenate the

affection. Sex offers these advantages and helps them rethink their negativity.

- **Aids the Immune System:** Sexual engagement among the overweight plays a significant role in enhancing their immune system. Orgasm helps release hormones used by the immune system to fight conditions in the body.

- **Regulates Blood Pressure:** Sexual activities and orgasm involve a robust circulation of blood throughout the body. As a result, the body maintains a healthy blood pressure preventing you from blood pressure-related conditions.

- **Boosts Self-Esteem:** The act of caressing, cuddling, and penetrating an overweight partner may prove to be a great feeling for them, especially if they had faced isolation or stigmatization. They feel adored and find their value when they satisfy their partners sexually.

- **Long-Lasting:** Being overweight is known to cause long term reaction among men. It might result in total satisfaction of the partner contrary to other men who last for seconds, leaving their partners hanging in sexual desperation.

- **Bonding:** Intimate relationship among the overweight enhances the mutual bond and creates a loving environment for the partners. As a result, the partners remain connected, promising an enjoyable sex life ahead.

Cons

- **Positioning:** Overweight partners may experience difficulties trying out various positions that may help them attain the utmost intimacy. The limited flexibility hinders the performance of positions such as 69. However, there are positions to try out as you advance to more complex ones.

- **Low Performance:** Being overweight may hinder stamina development. It makes it impossible for partners to acquire physical strength that is vital in maintaining positions and keeping the orgasm longer. As a result, the partner may feel dissatisfied in sexual intercourse, leaving them in desperation.

Best Positions for Sex in Overweight

- **Reverse Cowgirl:** In this position, the man lies flat on a bed as the woman turns while facing the same direction as the man. It helps the man make great stimulation on the G-spot while minimizing the contact between the bellies. Similarly, it allows the woman to take full control of the depth and pace of penetration.

- **Doggy:** It is also a reverse version where the man penetrates from behind. The woman may bend and lean on a wall or any other platform for support. The position exposes the anus and the vagina to the man making it easy for him to access the clitoris and holding on her.

- **Missionary:** The numerous variants of this position make it easy to have sex with an overweight partner. The woman may lift her legs to place them on the shoulders of the man correctly placing the clitoris for stimulation from the pelvis of the man. You could also p by placing the

woman on the edge of a bed as the man stands supporting her legs and making thrusts.

- Anal: It is a more straightforward position for the man only need to locate the anus. The nerve endings found in the anus play a significant role in stimulating the woman relieving her duties in controlling their bodies.

Chapter 18: Make Her Scream and Leave Him Breathless

The Big O is a concept that still seems to elude a lot of couples, especially the young novices who are only just beginning their foray into the world of sex for the first time. Some couples are not even sure whether they have had an orgasm or not, which only goes to show how little they know about the subject. Luckily, there's always room for improvement in all things in sex. Men orgasm quickly while women need a bit more time is the general understanding most couples have, so it is no surprise that some are completely blown away by the fact that there are several types of orgasm a woman can experience. That is right. Several. There is even something called a nipple orgasm, something completely unheard of by most couples unless you have done your thorough research, or you are an expert on the subject.

Before you experiment with any of the different techniques below, be sure that your lover is aroused enough and in the mood for sex before you begin. Another important point to be mindful of is not to focus on the orgasm or trying too hard to get her to come. Enjoy the moment, take your time, explore, learn, and above all else, cherish the intimate moment you are sharing, and the experience will be that much more pleasurable.

- The Nipple Orgasm - It is no secret by now that the woman's nipples are among the most sensitive erogenous zones in her body. Stimulating her breasts enough will send the energy flowing throughout her body and down to her clitoris, awakening the genital area. Regardless of the size of her breasts, the nipples are the most sensitive point and since men love already to love

playing with a woman's breasts anyway, the trick is to now do it long enough until she can climax. Take your time figuring out what triggers her arousal the most and listen to the way she responds for clues on what to do next. If you notice her breath start to quicken and she starts to pant and dig her fingers into your shoulders when you are teasing her nipples with your tongue, that's a cue to keep doing what you're doing.

- The Clitoral Orgasm - Most people would refer to this as a regular orgasm. When a woman's clitoris is well and truly stimulated intensely enough, it can lead to a short orgasmic peak. This usually lasts no more than 30-seconds or so. The woman's clit needs to be stimulated either directly or indirectly for her to achieve this, and a man can use his fingers, mouth, or a vibrator to do it. Once she has peaked through this technique, her clit becomes hypersensitive. Some women might even experience a little pain. The clitoris area can be stimulated either orally or through a couple of sex positions. While a clitoral orgasm does feel good, the pleasure felt here cannot compare with what she experiences through vaginal orgasms.
- The Vaginal Orgasm - The bundle of nerves at the entrance of a woman's vagina makes it one of the more sensitive erogenous zones. Besides the clitoris, this is where most women experience the greatest pleasure that is soon followed by an orgasm although not always. The entrance of the vagina is sharp and shallow, and the orgasm experience in this area might be sharp and explosive, like the kind experienced through clitoral orgasm too. It can feel extremely pleasurable to her when the man is penetrating the

entrance of the vagina in shallow strokes, and as he moves deeper, the pleasure becomes even more intense.

- **The G-Spot Orgasm** - One of the most elusive areas for many couples is the G-spot of the woman's body. Most men have trouble even locating the G-spot, let alone attempting to give her an orgasm with it. The area is located inside the vagina on the upper wall under the pubic bone near the entrance. Inserting an index or middle finger into the vagina, curling, or hooking the finger towards her clitoris will lead you right to this spot. You will know when you have arrived because this area is going to feel different from the other areas of her vaginal walls. It is a soft, ridged, and fleshy hill that feels almost like a combination of a soft palate and a hard tongue. The area is also going to be swollen and engorged when she is aroused. Some women have their G-spot located near the entrance to the vagina while others have it further inside. All women have them and when stimulated enough, she will feel an overwhelming, intense pleasure unlike any of the other orgasms she experiences. It will be overwhelming, intense, and with the right partner, meaningful and she will be deeply satisfied and relaxed afterward.
- **The Anal Orgasm** - Despite their trepidation in the beginning, once a woman experiences an anal orgasm, there is no going back. Another little-known erogenous zone of her body that is filled with sensitive nerves is the anus, and an orgasm in this area is rough, raw, physical, and earthy. Not all women are going to be open to the idea of anal stimulation at first, so listen to your partner and respect her wishes. The orgasmic experience can be explosive when it happens, and anal sex becomes easier when she

is well and truly aroused. The Cervical-Uterine Orgasm - Tantric sex practitioners believe this to be probably the most meaningful, special, and profound type of orgasm that a woman can experience on a physical level. For a woman, her cervix is tied to her feminine core, where her heart, creativity, sense of self and entire wellbeing resides within this core. When she orgasms through this approach, it will be deeper and more intense than anything she has ever felt, even compared to the G-spot orgasm. With the right lover, it will be accompanied by intense feelings of love and a connection so deep that some women might cry because they feel so satisfied in every way. The experience of pleasure is so profound that it is indescribable. This is considered a whole-body orgasm, and when a woman experiences this, it is a day that she will never forget.

- The Throat Orgasm - Believe it or not, she is capable of achieving her orgasm while she is giving you a blowjob, especially when she is deep-throating you. This happens when her pituitary gland, located right at the back of the throat, is aroused enough, although the experience might also be due to the physiological side effect of holding her breath to suppress her gag reflex as she is taking you in. When she is giving you an oral and she is stimulated, large quantities of saliva and mucus are produced. These can be rather viscous and when the fluids are released, it is what some might consider an ejaculation of the throat. It can be a pleasant surprise for the woman to experience this while she is going down on you. Some women might have such a strong orgasm in this position that she has to stop giving you head for a while until she can catch her breath again. A common misconception is that women do not

enjoy giving head or that they are merely doing it because their partner expects it. The truth is, women stand to benefit from this as much as men do, although she needs to be aroused quite a bit before this can happen.

How To Make Her Scream While You Are Inside Her

Give your woman an explosive lovemaking session she will never forget the next time you are in bed together after reading this. It may be difficult for a lot of women to achieve the Big O through penetration, but it is not impossible, and here is how you do it:

- Kiss her. Kiss her softly, kiss her hard. Kiss her with deep passion because it is all about the intimate connection for her woman. Connect with her and her body will succumb to you.
- Cuddle her instead of straddling her right away. When you are spooning while you are thrusting, it is easier to stimulate the rest of her body and increase her arousal. Gently tug her hair if she likes to feel dominated, massage her breasts and use your fingers to tease her nipples until she is gripping her fingers into your back and shoulders, crying out with pleasure.
- Focus on every aspect of her body. Run your hands all over her body when you are on top of her and thrusting into her. Glide your hands from her neck, over her breasts and all over the beautiful, soft curves of her body. Spank her on her butt, lift her up, turn her over, change positions when she least expects it. Once your hand reaches her clit, rub it while you are still thrusting in and out of her. Start with light pressure at first and then increase it as she gets closer to her orgasm.

How To Make Him Breathless And Wanting You More

A man is happy anytime he gets to be in bed with a woman naked and having sex with her, but his pleasure can be intensified with the right lover who will give him an orgasm he is not going to forget anytime soon. The techniques below will be sure to leave him breathless and wanting more of you he cannot wait to go again:

- **Do The 'Pop'** - Make your man's eyes roll back in his head when you are giving him fellatio by sliding your mouth wall the way down to the base of his penis. If you need to, use your hand as an extension, placing it at the base of his shaft. Once you reach the bottom, turn your mouth into a vacuum as you suck him hard and ever so slowly drag your mouth and lips all the way back up to the top again. Remember to go very, very, very slow, be deliberate about it. Once you reach the head, release the suction with a popping noise, look him cheekily in the eye, and then repeat from the beginning.
- **Right on Point** - The perineum is the most sensitive area for a man and is packed full of nerves just waiting to be stimulated. The perineum is the area that lies between his balls and his butt. Pleasure him here and you will send him straight to orgasmic heaven. Get into the reverse cowgirl position so he gets a glorious view of your behind too and keep an eye on his balls. Once you see his testicles begin to rise which means he is about to reach his climax, lick your fingers and then press his perineum and watch him cry out with pleasure.
- **Stimulate the Frenulum Too** - There is a small bump that can be found on the underside of the penis. It is easier to spot on a circumcised penis and this bump happens to be incredibly

sensitive. If he has one, suck on his frenulum while you are stroking your penis with his hand during a blowjob and leave him panting for more.

- Nice and Sloppy Does It - Do not be afraid to get a little sloppy, because some men love this. Looking him in the eye, make a show of licking your palm slowly in front of him and then place your hand around his shaft to get it wet. Continue looking him in the eye as you spread your wet palm around his entire member before going down on him with your mouth. It will drive him crazy.
- The Triple Threat - Send him straight to his sexual stratosphere by stimulating three specific pleasure points at the same time just as he is climaxing. Once you sense he is closed to coming, cup his balls while simultaneously pressing on his perineum. Those two pleasure points and the third being him inside you will have him moaning your name and believing you are a goddess in bed.

Chapter 19: The Types of Kama Sutra Embrace

Within the Kama Sutra, there are different types of embraces listed that explain in detail how we can hold someone to us. Four of the embraces listed are non-sexual, while the other four are sexual in nature. These unique styles of embracing increase both intimacy and passion and can physically connect two people so that they feel closer to one another both literally and metaphorically speaking. Beyond the eight standard embraces, the Kama Sutra also lists an additional four that forgo the use of the arms and instead focuses on embracing using other parts of the body. In this way, the book goes into great detail on all of the ways in which we can use our bodies to show our love to one another.

Since the Kama Sutra does have a focus on sexual acts, the type of intimacy created through these embraces is one that is more sexual in nature. But, not all of the embraces should be done during a session of passionate lovemaking, and instead, some of the options listed are to be engaged in between individuals who are not yet actively intimate and instead are getting to know each other beforehand. By embracing someone you are letting your guard down and physically letting them enter into your space. You are welcoming them to get to know your body, as well as who you are in the process. Embracing is a very intimate act, and below we will look at the different types and who they should be done by.

The first four embraces listed are external embraces, otherwise known as preparatory embraces. They are to be used between a couple who has come to love one another and are done prior to intercourse although not

necessarily as foreplay. Instead, they heighten the intimacy felt between the couple, as well as arouse the man and create an erection.

Sprishtaka – The Touching or Contact Embrace

The first type of embrace listed in the Kama Sutra is the Touching Embrace and it is recommended to be done by individuals who are not yet in a relationship and instead are courting or flirting with one another. This is the least sexual of the embraces and is the common form of hugging that we know today. The Kama Sutra describes it as an action in which a man stands in front of a woman, or to the side of her, and then touches her body with his. He may wrap his arms around her, one arm around her, or simply touch her with as much body contact as possible.

Viddhaka – The Piercing or Bruising Embrace

The second embrace that is designed for couples who are not yet in a sexual relationship but moving towards it, is the Piercing Embrace. This should be done only in a private setting as it is more intimate in nature than the Touching Embrace. This embrace happens when a woman bends over as if she is about to pick something up, and in the process, she pierces a man with her breasts. The man can either be sitting or standing, so long as her breasts hit against him. In response to her action, the man should then grab ahold of her breasts and embrace them.

Uddhrishtaka – The Rubbing or Baring Embrace

This embrace is the first listed that should only be done between individuals who are already open about their intentions with one another and who speak freely about their feelings. This type of embrace occurs either in a public setting or in private, but always when two lovers are walking with each other slowly in the dark. It is here that they should rub their bodies together intimately, creating the Rubbing Embrace.

Piditaka – The Pressing or Squeezing Embrace

Closing out the first four External or Preparatory embraces is the Pressing Embrace. Like with the Rubbing Embrace, this occurs when two lovers are walking together in public or private under the fall of darkness. When they come upon a wall or a pillar, one person should forcibly press the other against it and then the man can press his erection against the woman's body. This is an ideal transition embrace from the External section into the Preliminary Love Play embraces, as it involves the man being erect and can thus lead to sexual intercourse.

Preliminary love play is commonly referred to as foreplay, and Vatsyayana details four distinct embraces that should be used during this period. The first two of the embraces are meant to occur when both lovers are standing up. The final two are meant to be used during the act of lovemaking, which contradicts the fact that they are listed under preliminary embraces as they technically would not occur beforehand. However, as you read the descriptions, you should see that no mention of sex is actually listed, so it would seem that all four can actually be used to create intimacy prior to, as well as during, sex.

Jataveshtitaka – The Twining of a Creeper

The name of this embrace makes it sound creepy, but a creeper is like a vine that winds its way around a tree. So is this embrace, as the woman winds her way around the man and holds onto him closely. For the Twining of a Creeper, a woman should wrap her body around his man in whatever way she sees fit, embracing him while staring at him in a loving manner. She should take his head and bend it down towards her as if she is asking for a kiss, then make the sound of 'sut'. While all of this is happening, the couple is engaged in the Twining of a Creeper.

Vrikshadhirudhaka – Climbing a Tree

The second embrace that is listed as one that should occur during preliminary love play is Climbing a Tree. Also done while standing, this embrace features the woman standing with one of her feet placed on top of the foot of her lover, and her second foot pressed onto his thigh. She should then take one arm and wrap it around his back, which her other armrests on his shoulders. The sounds she makes will be that of singing as well as a cooing noise. It is called Climbing a Tree because it as if she wishes to climb up the man in order to kiss him and become intimate.

Tila Tandulaka – The Mixture of Sesamum Seed with Rice

The following two embraces are both listed as ones that should be done at the time of sexual intercourse. As you will notice, both can either be done right before you begin or even utilized during the act to draw you and your lover closer together. In this first embrace, both partners should be laying down in bed in order to begin. Here, the man and woman will entangle themselves within each other by embracing so tightly that each arm encircles the others, while each thigh is wrapped against their partner's. The Kama Sutra goes on to specify that if a man is laying down on his right-hand side, then he should take his left leg and put it in between the woman's thighs. Then, with his left arm, he will wrap it around the woman's right side.

Kshiraniraka – Milk and Water Embrace

The final embrace that is featured under Preliminary Love Play is the Milk and Water Embrace. Mentally, the couple should be in a space where they are both deeply and truly in love and where nothing else matters to either of them. If this is their mindset, then they should embrace as tightly as possible, almost as if their bodies are attempting to merge into one another. This can be done in any position, either with the woman sitting on the man's lap, sitting in front of each other, or laying down in bed. There are

four final embraces that do not involve the use of the arms, and instead are focused on various body parts embracing one another. These embraces can be used during foreplay or during the course of sex as they mostly are comprised of ways of pressing against your lover.

The Embrace of the Thighs

For the Embrace of the Thighs, one partner will take the other's thighs between their own and squeeze them tightly. They can either focus on one of their lover's thighs, or they can place both between their legs.

Jaghana – The Embrace of the Sexual Area

Jaghana refers to the sexual area of the body that exists below the belly button but above the thighs. Both the genital area as well as the anal area are included in this section. For the Embrace of the Sexual Area, the woman will lay on her back with the man lying flat on top of her. Here he will imitate the act of sex by pressing his genitals down against her. He can then engage in any number of sexually motivated actions, such as scratching, biting, slapping, kissing, or playing with the woman's long and flowing hair.

Embrace of the Breasts

The Embrace of the Breasts occurs when a man takes his chest and presses it firmly between the woman's breasts. This can occur while standing or laying down, but simply means that both individuals are tightly embraced chest to chest. There does not need to be any other body parts involved, including the arms, in order to engage in the Embrace of the Breasts.

Embrace of the Forehead

The final embrace that is described within the Kama Sutra is the Embrace of the Forehead. This involves both partners placing their foreheads against one another, while also touching together their mouth and eyes.

Chapter 20: Couple Must Do Before Sex

‘What should you do before sex?’ I asked a young husband who stopped by my office to lament that his wife was not exciting him in bed. ‘Well, I don’t get you’. He replied, startled. It took a long while to make him understand that before walking into the bed and pouncing on each other, there are quite a lot of things to do.

They are not necessary, after all, at least about 95% of the world in 19th century have sex without them. A research shows that 43% of married couples in Newfoundland today still have sex without them. But adding them to your sexual life can help you enjoy the actual sex in a way you did not think you can. When you carry out these things, your body will tingle with eagerness so much that it would seem heavenly to finally penetrate each other. So, trying out some things can boost your sexual fantasies with your partner and double your sex drive. What are they?

1. Make porn in your head: The instant you figure you wanted to slide down with somebody soon, begin by shooting the picture in your head. If it is a partner you have had sex with sometime, relive the feel of his body on you, and in you. Remember how breath-taking it was to melt under him. How rousing her body felt in your lips or how you feel whenever you slip into her thighs. How about the taste of their lips? Try to remember what it was like with her. Re-experience that moment and capture the new style you would love to relinquish with them. If it were a new partner, imagine how it would be her. What would you like to do with him? How would you want to get into her? Making porn in your head can keep your senses aroused to what is about happening.

2. Drop work at work: This is something you must learn to do every time you have the big game in view. Drop the jobs at work. Even if you came home with your computer or notepads, do not try to remember what they contain. Right now, it is all about the sexy woman spinning her waists for you. It is about the sexy man fondling your clits with his penis. Try not to remember the pressure at work, the deadline for the proposals and so forth. In fact, it makes perfect sense to get them all cleared before coming home for a befitting sexual intercourse. If you are the type who cannot get them all cleared, well, drop them for now, it really is not their time. Studies reveal that stress and sour mood can damp your sexual exploration. You would be unable to concentrate on the moment and enjoy the fun if you have so many slams, demands, and fierce arguments of work in your head, while at sex.

3. Pink your partner's brain: Do not just mesmerize yourself with the pictures, ensure your partner has a feel of them too. Even while you are at your respective works, go on to sex-text set your partner. Tell her to use the sexy lingerie that drives you nut. Tell him how much you want to taste of him... and so on. Hack into each other's thoughts so well that none would think straight about anything else except the bedroom business about to happen. Be sure you do not hold anything back. Filling your partner's mind with your wild imaginations can grip them with an excitement they cannot hold until they get down with you. This will accelerate how much you are both willing to have each other, and how much you would be glad to do.

4. Dress the environment: Another ritual many do not consider in sex is dressing their environment. Sexologist Brian Hansen notes that everyone has a different environment they loved to have sex. When you are in your perfect environment, your sensual organs will arouse feelings in you naturally, even when there was no partner, or you had no such plans. Once

the couples discover the picture-perfect environment for their copulation, one may prepare that environment for the other. For instance, you should clean the room, set the pillows in a that always tingle something in her, keep the lights off if that is how she loves it, and keep his favorite candy by the bedside. Does he love the little lights? Keep them on. How about lowlife music? Dress the environment as perfect as you can think of, it keeps your brains stimulated. It also helps you two to put behind the other worlds you have, and focus on just this world, this person.



5. Get yourself sexy: Do not wait for your partner to get in before looking sexy. Think about your sexiest moments. The moments he had used all words to describe you and even ran out of adjectives. How did you look then? Shave if you are the type who shaves before sex, slip into naughtiest undies. You need to make him stop breathing, dazzled by the sparkling woman walking into his arms elegantly. Freshen up and put on a real smile, it is actually a party.

6. Nosh your sexiest foods: have you noticed any food that makes you feel sexy when you eat it? It is one of the aphrodisiacs you should arm your body with. If your partner is coming home to dinner, make sure she has what spurs her craving for you too. This should not be hard drugs or sexual potions. It is something casual that looks like her weak point. Do not gobble foods that may unsettle your stomach or make you feel weak. Make it a point that you are not having a huge amount of it too. If possible, have the food together in a light mood. Laughing, and taunting each other before kissing or lifting each other to bed, or at the least, leaning on each other.

7. Have the plus by the bedside: Often times, you need a couple of niceties for a proper sex. Condoms, lube, string, whatever you use. Get them around you before getting each other into bed. With these things around, you need not break the sensual bonds you are creating with each other just to look for them. It is worst when you started finding them and you realize 'whoa, I have got no idea where the lube is!' No surprises, you should forget everything else but that woman right now but stopping to search for these things is a big turn off. By the time you return to start again, you both may realize the forever search has drained the pleasure out of you.

8. Get in the mood: An actual way to enjoy sex is to get in the mood. Ensure you do everything that helps you get into a mood that the only thing you really want is to be made love to. All the options up here can get you in the mood, but some people require a little glamour to spice them. That may include watching porn, swishing, and dancing to some lowlife music, singing in the water tub, massaging themselves, trying simple workouts, et cetera. One of these most likely works for you, and you might have all the fun of sex if you induce it in your top tasks before sex.

9. Seduction Foreplay: The value of foreplay cannot be overemphasized in sex. As a group of Ph. D researchers in South Australia has proven, women often need a lot of foreplay before their body could be aroused for penetration. From the reports of the researchers, when foreplay is properly carried out, a woman would naturally cling to her partner, sizzling him to make love to her and burning in a wildfire of anticipation. Foreplay gets the man's body relaxed too. It increases the period of enjoyment before ejaculation. You can foreplay by stroking each other's body and fondling the sensitive parts of each other; the breasts, the clits, the chests, the ears, the thighs, the butt and so on. This is known as erotic massage. Stimulating your partner's body with your tongue is also regarded as foreplay. It is a vital part of lovemaking that cannot be overemphasized.

10. Sizzling romance: How about romance: Kiss each other's temples, nipples, lips, and every part you are willing to. Let your partner read your lustful eyes. Whisper naughty things to each other, tell each other how much you are willing to go together and how much you want your partner to drive you. Much more than you can imagine, doing all of these can affect a dramatic upturn in your love life. You would feel yourself blush and spark every time that sex you had with these preludes. Your mind will naturally drill with excitement and you cannot help looking forward to the next one.

Chapter 21: Couple Sex Position to Weight Loss

In this part, we are going to look at how sex can be a beneficial method of weight loss. We will begin by looking at how this can happen before moving on to the best positions for weight loss.

How Can Sex Lead to Weight Loss?

Just like any other type of exercise, you burn calories during sex. This is because you are engaging in cardiovascular exercise, which increases your heart rate and trains your heart and lungs to work more efficiently. By doing any type of exercise, you are able to train your body to work more efficiently, which will then allow you to engage in more difficult exercise. This is the same with sexual activities. As you have more and more sex, you are able to train your body to become more and fit. Thus, you can begin engaging in faster and more tiring sexual positions that you were not able to do before. By doing this, your body keeps adapting to this harder and harder level of exercise, and it adjusts itself as a result. This result and adjustment present itself in the form of weight loss.

Sex Positions for Weight Loss

The positions included in this part will be the best for inducing and achieving a reduction in weight. They involve harder moves and more complex body movements than many other positions, which equals more calories burned. This will lead to weight loss.

Standing Suspended

The first position that we will talk about is called Standing Suspended. To get into this position, the man will stand facing a wall with the woman standing in front of him, her back to the wall. She will then jump into his

arms and wrap both her arms and her legs around him. Once here, he can insert his penis into her vagina while holding onto her buttocks or underneath her knees. He can lean her back on the wall in front of him for support so that he does not have to support her entire weight in his arms. If he holds onto her underneath her knees, this will open her up so that her vagina is easily accessible. In order to have more cardiovascular exercise, the man can step away from the wall, and the lack of the wall holding the woman up and assisting the man will make it so that they both have to use more muscles and strength in order to maintain this position. This will lead to more weight loss for both of them.

The fact that the woman is suspended, coupled with the standing nature of the position, will make it so that there is deep penetration occurring, and this will be pleasurable for both the man and the woman. Deep penetration is great for the female orgasm because there are two places located deep within the vagina that, when stimulated, lead to a very intense orgasm for her. The penis must achieve continuous deep penetration in order for this to happen and in this position, it is quite possible. Another reason that this position is great for the female orgasm is because of the angle that the man's penis enters her vagina and also because the man is in control in this position so the woman can relax and enjoy the pleasure he is bringing to her body.

Reverse Cowgirl

To set up for this position, the man is lying on his back, and the woman is straddling him at the waist, facing the bottom half of his body. The woman can then help to guide his penis into her vagina, lowering herself onto it when it is in place. From here, the woman can take the lead and do the humping. The woman will lift herself up and down, using her legs at the speed and depth that feels best for her. This position can be done at different

angles, moving her upper body from sitting upright to bending forward and grabbing onto the man's ankles. This position is great for playing around and having fun, as it is very versatile. Everyone's body is different and different bodies will fit together in different ways, so exploring together with your partner can be fun and exciting!



Reverse Cowgirl is a woman on top position, which means that it is beneficial for weight loss for the woman and not as much for the man. The man is lying on the bed in this position, and the woman is doing cardiovascular exercise. This position is a good choice if the man is more fatigued and the woman wants to engage in a position that will challenge her body, leading to weight loss. She is in charge of the speed of penetration, which means that she can adjust it according to her level of fitness and strength and can begin to challenge herself more and more as her fitness improves. Since the woman must move her body in order to feel pleasure and receive contact with her G-Spot from the man's penis, she gets the cardiovascular exercise as a benefit and this will lead to weight loss.

This position is beneficial for the woman's pleasure as there is more likelihood of the female orgasm occurring in this position just like the regular Cowgirl position. This is because the positioning of their bodies makes G-Spot stimulation very likely. Since the woman can change the angle of her body, she can also adjust herself in order to achieve G-Spot

stimulation. This one is also beneficial for the man's pleasure because in this position, he has a view of the woman's entire rear end, which will arouse him from the minute they get into this position. If the woman likes, the man can also grab onto her buttocks in order to arouse both of them even further.

Standing Face-to-Face

To start, one partner will be standing against a wall so that they can lean their back onto it for support. The other partner will stand in front of them, facing them. Now for the tricky part, you will need to play around a bit to find the right way for both of you to make your bodies connect at the right spots. The man will then insert his penis into the woman. This can be a little tricky with height differences, but if you keep at it and the man adjusts his stance to lower or raise his penis in relation to the woman's vagina, you will find a configuration that works. Try having the woman lift one of her legs up and have the man held onto her leg under her knee. This will give him more open access to all of her pleasure areas and will help him to lift her so that she can be lowered onto his penis.

The standing position may be a little difficult, but with practice, you will likely want to add this one into your regular rotation. Many variations of this position can be done, depending on what feels best for both of you and how your stamina is. This position can be made harder over time as you become more physically fit, and as your cardiovascular capacity improves. This position is good for both the male and the female when it comes to weight loss and exercise.

The first number of times you try this position, it will be easier to have one of you leaning against a wall, but as you become more comfortable with it, you can move away from the wall to make it more challenging and a harder workout. Because of the standing nature of this position, it takes much more

energy to hold and have sex in this position than many others, which makes it a great choice for weight loss for both the woman and the man.

This position is pleasurable for both the woman and the man equally. It is great for the woman as the likelihood of G-Spot contact from the man's penis is very likely. This is because they are both standing, which means that the curve of his penis will ensure he contacts this part of her vagina.

The Plough

This position comes from the ancient book of Kama Sutra. The Kama Sutra is a book that was written long ago in India that contains many sex positions and lessons on how to be a good lover. It was translated from the language of Sanskrit and has now been adopted by people all over the world as a guidebook to sex and relationships. As the name suggests, this position is designed to look like a human plow, but I assure you, it is much sexier than it sounds. This position is a good introduction to some of the more interesting and more difficult positions contained within the Kama Sutra book.

To get into this position, the woman will lie face-down on the bed with her hips and her legs sticking off the end of the bed. She will support herself on her elbows. The man will stand on the floor beside the bed, his body positioned between the woman's legs. He will then lift the lower half of her body up by holding onto her hips and thighs and will insert his penis into her vagina. He will continue to support her legs suspended the entire time. While holding onto her hips and thighs, he will thrust into her.

In this position, the woman is held in a plank-like position, which requires a good amount of core strength on her part. She is holding her upper body up using her elbows, which requires her to be physically fit. The man is also required to exert strength in this position since he has to hold up the lower half of the woman's body while also penetrating her using his hips. This

position provides the man with cardiovascular exercise as well as resistance exercise since he is working against gravity to hold up the woman's body. For these reasons, this position is great for weight loss for both the woman and the man.

This position provides the man with great pleasure because he is able to take the lead. This allows him to control the depth, the speed, and the angle of penetration according to what feels best for him. The woman will also feel pleasure as she is being penetrated from behind. Depending on the angle at which the man holds her legs, she may receive G-Spot stimulation from his penis. In this case, this position would be extremely pleasurable for her.

Chapter 22: Traditional Sex Advantage and Differences

Tantric sex and our regular “sexual” sex are very different, and in some ways, people do not even realize the impact of tantric sex, and how it can change the way you have sex.

A Different Pathway

Regular sex has three different stages: foreplay, the act of intercourse, and of course the climax or ending. Once that is done, it actually is the end, and usually, you are done. Sometimes you have sex and you go back to your normal life. But tantric sex is different. Tantric sex has zero linear progression. You might not even have an orgasm until after foreplay and intercourse, or maybe even just foreplay brings you to that level. The idea behind it is not to just focus on the orgasm, and do not use the orgasm as the ending point. It takes away that idea and makes it so that you are not as hung up on it.

The Energies That Are There

The energy that is in a regular bout of sex is different. It is purely sexual, penis or vagina against another genitalia, and the whole act is physical. Whether it be kissing, rubbing, pinching, or even penetration the idea behind it is physical, and not as mental. Oftentimes, people might not even look at one another, and it is something that you need to realize makes tantric sex a little different.

The connection that is there during tantric sex is not just a physical manifestation, but it is also a different type of manifestation of energy. This is more than just sexual energy, but they try to expand that energy from the genitalia out to the rest of the body, so it can cause pleasure in different forms. The pleasure and energies that are there are actually not just the actions of the movements of the body, but the way your partner feels, and the mental energy that is there. It allows you to have a deeper feeling with this, and it is a much more intimate activity than just regular sex in most cases.

Working Together

The thing with regular sex is, usually the endgame of it is an orgasm, to have that release, and then you are done. You are more focused on that than just working and experiencing the moment together.

The crazy thing about tantric sex is you can have an orgasm not just from the act of intercourse alone. Some people have an orgasm from massages, from light foreplay, even pinching or biting the nipples can result in a tantric orgasm. The idea of it is to stop worrying so much about orgasms, and instead, focus on the moment. You want to make sure that your breathing is similar to your partner's, and it is not out of sorts, and it is not labored or wavering. You also want to keep eye contact with one another.

This is something that most people do not realize they do not do when they engage in regular sex. Whether it be doggy-style or even just turning the lights off instead of on, people are scared to look at one another. Maybe it is the vulnerability of the moment, but it actually can change the way it makes you feel. Tantric sex brings you out of the "only me" mindset during sex, making you more selfless, and helping you attain that connection over time.

Time Spent

The time spent during sex usually varies, but most people usually do not spend more than an hour together in the bedroom, unless of course, they want to go long. Sometimes, the quickie sessions last all but five minutes, and that is it. But here is the thing, tantric sex can last a long time, several hours at that. That is partially because they are not trying to do this just to get off, but instead, they want to submerge into a way where they can cyclically go together and experience intercourse. The crazy thing about this is that tantric sex causes more orgasms and more powerful orgasms than standard sex does.

The end of the game is not a depletion of the physical energies, but instead, you are both experiencing a cyclical direction of you both experiencing the fun and pleasure of one another, and the pleasure and intensity spent.

The Touching

The limitation of regular sex is that it focuses mostly on physical touch and it does not work on a higher plane than that. But, the crazy thing about tantric sex, is that they may not touch one another in some cases. Sometimes, people might just barely move their hands there, and sometimes, they feel an increased series of pleasure.

It also causes orgasm waves as well. This is because tantric sex is not just a small little wave of pleasure, but instead a deeper, almost mesmerizing wave of pleasure that comes from the orgasm that is there too. It is amazing how this can change the way that you feel, and the pleasure and fire that goes through this.

Tantric sex does not always involve a bunch of touching, nor does it have to involve extreme pain or anything that is here. Instead, it can be a wave of orgasms that are different, and powerful as well.

The wild thing about tantric sex is that it involves a pure and mesmerizing form of energy with one another, and it helps to develop and broaden your ability to experience pleasure.

The Strongest Energy

Some people think tantric sex is not the strongest form of energy, but it is. That is because it is a human connection directly through energy, and with physical sex, sure you are touching, but sometimes the full-on connection is not like that. Tantric sex is to regular sex what yoga is to your average gym workout. Both are great, but the thing is, if you want a deeper connection physically and mentally with your partner, you oftentimes will feel it within the body through tantric sex, rather than just through your average bout in the bedroom.

Tantric sex spreads through the entire body, and it permeates through, almost like a sponge soaking up all of that energy and then releasing it outwards.

Tantric sex is a way for you to manifest the spirit, and in some ways, that's why people argue that tantric sex is the most powerful form of sex, because it involves the spirit, through the action of making love. It is a form of intimacy that is very valid and has many different principles that are incredibly valid, and worth mentioning.

Tantric sex is the better form of sex for that reason alone. It promotes a deeper, more worthwhile connection with the person you love.

With tantric sex, you can actually get closer and closer to divinity, and you can experience the masterpiece of it. It is a more spiritual, more rewarding, and close sex that allows you to experience the divinity. Tantric sex is a wonderful way to really bring you closer to your partner.

Stimulates A Better Relationship

People do not realize that just because you have sex does not mean it is meaningful to your partner. Sometimes, you have sex to get off, or to experience pleasure, but you do not really experience the fun and deep connection of a relationship with your partner if you are just having regular sex.

Sure, regular sex is fun for some people, and it can bring about a deep, rewarding connection, but the problem is, oftentimes it creates a bit of a hollow relationship with your partner. Some people just have sex to keep the relationship going, but tantric sex is not about that.

Not all sex is done with the idea of building a connection in mind. Sometimes it is done to just orgasm and that is it. But tantric sex lets you foster a better, deeper connection with your partner, and allows you to have empowered sexuality via arousal and stimulating the senses. You start to experience a comeback of the deepen erotic nature of the senses of sex, and many people realize it creates a more aligned, meaningful experience with your partner.

Many people love this form of sex because it helps bring a more meaningful way to love another human being. Humans want to show to their partner how much they love them, and the thing with tantra is that allows you to really feel the romance, and really spice things up.

You want to bring new things to the table, and tantric sex lets you do that.

Romance is not dead; it is just you get hung up by routines. Tantra is a way for you to keep sex alive and well in your life. And you do not even need to believe in tantra to do it. If you want to practice the positions and the fun of it, then you can easily do so through the power of sex.

For most people, they do not realize how their relationship has changed, and they might not realize they even pay attention to your partners. But, with

tantric sex, you will be able to really foster a better, deeper connection with the person that you love, and bring forth a better, more reliable connection with yourself, and with your partner as well.

Is Tantric Sex Better?

Now that is not to say you should not ever have regular sex again. You should have sex how you want to have sex, but you should understand that tantric sex stimulates your entire body and forces you to move into a state of vulnerability and wellness. For many people, tantric sex depends on the connection and the love that you share with your partner. If you have ever been curious about tantric sex, it can only help you. But, the thing with tantric sex, is that it is very long. It takes a long time since there is no end goal. If you want to have normal sex with your partner, then go for it, but understand that it may not have as deep of a connection.

Does tantric sex save relationships? Perhaps, but also understand that sex won't fix everything about a relationship, and if it's already a sinking ship, then you may want to figure out other alternatives and means to really help you get the most out of your sexual relationship. For many, tantric sex builds it all, and makes it so that you are able to build and foster that connection with people that you love. The one that you love matters a lot, and that is why many people enjoy the fun of tantric. It is because, it is not just the sex act itself, but also the act of being connected with the person around you, and the one that you love. Now that you understand that, you will see how tantra betters the full spirit, whereas regular sex is mostly a physical affair. Both are wonderful to experience, but if you feel like fostering a deeper, more meaningful connection with the person that you love, tantra is the name of the game and its key for that.

That is why many people love tantra because it allows for you to foster that love and understanding with the one that you are with. It can improve your health, wellness, and happiness too.

So, which is best? The answer is tantra, but it is also important to understand the differences. Both of them do have their pros and cons, and

you'll understand that, with each moment and each experience you share with your partner, there are a lot of benefits to be had with this and a lot that you certainly should try to enjoy.

Chapter 23: All About Couple Anal Sex

Tips To Enjoy Anal Sex

The Kinsey Institute made a study that indicates that 45 percent of men with more young women than ever are trying anal. You can be wondering how to relax, prepare, and enjoy the intimate moment with your partner if you have consideration for having anal sex for the first time. And for your stress-free anal sex as a newbie, you can lean on some of the tips below.

Do Not Stress Over It

It may shock you to know that there is no wrong or right answer if, to engage in first-time anal sex, you are wondering when the right time is. While anal sex is a possibility for some women, it is a no-go option for others. It is A-Okay either way.

Use A Condom

For the prevention of sexually transmitted infections, condom comes to play as the only option. Thus, you may not want to skip the condom even though there is no risk of getting pregnant. Also, you must be careful not to spread infections by going from anal to vaginal penetration with the same condom. Before your partner starts penetrating you through the vagina, have him put on a new condom and ditch the old one.



Remember Vaginal Stimulation

Between the anus and the walls of the vagina, there are some shared nerve endings. As such, it can be extremely pleasurable to stimulate the vagina simultaneously. In case you feel uncomfortable, as you engage in anal sex, insert a vibrator or a finger into your vagina.

Do Not Forget To Breathe

Holding the breath is common among women, and it is caused by the pressure of the first few minutes of penetration. Therefore, this situation will only lead to pain as a result of the immediate tightening of those muscles. Release all tension as you focus on relaxing the whole body and take even deeper breaths. Just go with it, even though it feels as if you need to go to the bathroom at first.

Take It Slow

Before your partner experiment with inserting anything, allow them to first caress the opening all around quite gently with their finger using the course of the foreplay to test the waters. It is essential that before you insert anything any deeper, you must start slowly using only the top of a toy, a finger, or a penis. Communication and gentle manners are crucial here. And you must speak up when you feel too uncomfortable at any point.

Adopt An Ideal Position

For the first time of having anal sex, positions you can assume are these:

Doggy-style. Your partner will assume full control with this position, and also, as an anal-sex newbie, you may want to stay away from this position; it lets them gain easy access into you.

Spooning. You can get the benefit of relaxing, as well as adding an extra touch of intimacy. Also, you get a shared control of your movement for newbies who wants backdoor with this great pick.

Woman on top. With this position, the penetration's depth and speed are in your control, and as a backdoor beginner, this situation is quite essential.

Whichever of these above positions falls into your preference; you can switch positions, stop, and have your partner ease up if, for any reason, you feel pain. It does not mean that you will enjoy the doggy style for anal sex even when many try out this position. You can test out a position suitable for you the best since everyone is different. For example, since women have control over the depth and speed, the woman-on-top style becomes the favorite of many women. However, you must experiment with it before you can resolve to settle on it.

Apply Plenty Of Lubrication

The anus does not produce its lubricant, much uncharacteristic of the vagina. When you apply enough lube, you will get more enjoyable and comfortable anal sex. Those that are not compatible with condoms are oil-based lubricants and ensure to make use of silicone- or water-based lubricant when you are using a condom. It does not hurt at all to apply regularly. You are guaranteed to have better anal sex always with more lube.

Participate In A Lot Of Foreplay

You need to be extremely aroused before anal sex, and this will help you to ease into it. As such, rushing is the number one mistake people make about anal sex. You can engage in anything that turns you on, be it vagina sex or foreplay since it helps before you try anal sex to have one or two deep orgasms. You will have a more comfortable and hotter experience with anal when your sphincter muscle is more relaxed because you are extremely aroused.

Lather Up

It is natural for any woman to have a fear of how things are going to play into the action as a result of what goes on back there when they want to have anal for the first time. A steamy, nice shower can take off such mental roadblocks.

Direct Communication

You must discuss anal sex beforehand, just as you would do with all types of sexual activity. Talk about it first. Talk of depth, speed, and so on, you must ensure that you and your partner are on the same page by communicating your expectations and fears together. If you are not ready for any surprises, you must never neglect this area. Also, you must communicate with your partner about what you are feeling by paying attention throughout the experience. It is your responsibility to inform your partner when something feels painful or uncomfortable. Do not be among those who, while having sex, keep their feelings to themselves. As such, how else do you wish to improve your experience with anal sex if, during sex, you do not express your feelings?

Unwind Your Body And Mind

Before you attempt anal, the last thing you want is feeling tense. Nothing is going to happen if you are not into it, nervous, or hesitant. You can spend some time relaxing if you are trying anal sex for the first time. You can even meditate, ask your partner to give you a sensual massage or take a hot bath. Let your anal muscle relax by explicitly focusing on it. You can tighten your butt muscles to see what that feels like and then release, which, for the other end, is typical of a kegel.

Go Solo First

For you to feel the sensation, you can place a finger in your anus when you are masturbating. You can have the idea of a penis entering you, and it will help your mind and body relax. You go ahead and place another one in there once you are comfortable with one finger. Trying this out on your own can be quite essential. Also, ask your partner to put a finger in your anus during regular sex.

Dive In On It After An Orgasm

You will be happier and relaxed as a result of oxytocin and dopamine released into your bloodstream by your body when you orgasm. Therefore, your ass can handle a penis. Since your anus will be more relaxed and looser for the penis to enter, your body needs to be relaxed during anal sex. Plus, it is a win-win situation for everyone since anal sex can also give you an orgasm.

Rise Above Negative Feelings

Now, you must not engage in it if you are having negative feelings about anal sex. When it comes to experience, a huge factor is your mind. And your body will shut itself down as a sort of reaction if you are not positive. Ultimately, do not try it if you do not want it.

How To Make A Darn Good Backdoor Sex With Anal Sex Positions

Anal sex, if done right, can feel amazing, and being afraid for it is entirely unnecessary. The correct positions for anal sex right are all you need to feel good about it. The frightening thought of anal sex is common among many people. It could be that their friends tell them horror stories about it, or they had a bad experience. And after that, they stay away from anal sex. Well, it is quite understandable. A typical night of excessive consumption of tequila is similar to a bad anal sex experience. Now, it makes you gag by merely seeing a bottle. But, what if, to get a better anal sex experience, all you need is to change the positions? With a few tips, maybe it is worth a second try.

Rock Your World with Anal Sex Positions

When it comes to anal sex, there is always the same reaction. It can be awful, and that it is. But it can be entirely good if it is good! Now, you can give it a second try. The result of that bad experience could be a result of your partner not being experienced; you were not prepared. However, it is time for a fresh start because, for you and your partner, you need to know some anal sex positions that increase the pleasure.

Tantric Yab Yum

Well, you may want to disregard that name. While this style is pretty sexy, it has its inspiration from yoga. Your partner will cross their legs while sitting, and you will wrap your legs around their body by sitting on their lap while they enter inside you. This position is more intimate and must be done in a slower-moving position.

Pearly Gates

This position is one sex style that will blow your mind because it is as beautiful as it is intimate. Your partner will slightly spread their legs to gain balance as they lay down on their back. And for them to enter inside you from behind, you lie on top of your partner, and his hands go to work on your clitoris or breasts for stimulation.

The Cross

Though this position feels good, it is indeed not the most comfortable position. As such, if you are having anal sex for the first time, you can consider not doing it. On the bed, you will lay on your stomach. To make a cross shape, though, in a diagonal angle, your partner will then lie over you. And as they enter you, their hands will be there for balance.

Bodyguard

You will get closer to your partner with this intimate anal sex position. You will have your back to your partner while standing. Then, he enters you from behind. What gives it that intimate sensation is the wrapped arms of your partner around you.

Side Anal

Your partner will enter inside you from behind while you lay on your side. You may not be facing your partner at this angle. However, your partner will not ignore your front. Indeed, they would like to have something to hold on, and they can rub your nipples or clitoris if you ask them.

Inversion Booty

For this sex position, you will need some flexibility. From a slightly upward angle, have your partner enter you as you swing your legs over their shoulders. Your partner will have his genitals against your clitoris with this position, and this is an excellent thing about it; you are sure to have double stimulation.

Lean On Me

With this style, you can lean on anything like a table, sofa, or chair. Caution: if you are doing anal for the first time, do not try this style because it is not simple, even though it looks like that. The reason is that when you are doing anal sex in this position, you have very little control, as the decision on how fast or deep your partner goes will solely be his.

Chapter 24: Turn a Boring Relationship in an Exciting Couple Game

Sex is beautiful, the result of passion and alchemy. Especially in couples, when love and creativity present a beautiful moment of sensuality in life. But over time, the flame fades and something needs to be done to maintain it. Especially after a long life together, involving birthdays, discussions, children, work and economic problems, illness, long-term household and daily affairs, and law, many couples are often plagued by questions about how to find and restore that passion. This fire, the sexual desire that marked the first years of their relationship. Monotony can kill passion, and anyone who lives in a sexless marriage knows that this statement is entirely true. Sex and passion can be removed from any situation that leads to routine, so that even a long relationship, even if it is not sealed by a marriage relationship, is not free from that risk.

Monotonous daily life, stress, fatigue from a life that is not always easy, and the problems of daily life can cause a partner's intimate life to be in the background and have more or less important implications for stability. If all these cases occur, or at some point in marriage, the physiological decline of desire occurs and sex is a distant memory that is conscious of what is happening and tries to maintain mentality, it will seriously ask how and with what strategy Reacting is reproductive passion and desire.

Causes can be physical or psychological, such as stress, depression, fatigue, anxiety, involvement, and lack of time. First of all, you have to ask yourself whether this always happens, or whether reluctance to take initiative is new to the relationship. Conversely, if you find that after you always want to make love, but the desire has fallen asleep from time to time, this can be a

moment of normal use, a deeper problem. Over time, a slight decrease in partner's libido is normal, but we do not have to be discouraged, sex can and should continue to be an important attachment for couples. Even in the elderly, desires can be easily maintained in healthy subjects. Therefore, it is important to understand the causes of shared problems and find the right solution. Clean sensuality by sleeping during the routine.

1. Dialogue, talk about your decline, even if you feel uncomfortable. Remembering this thorny object, with the right words and without blaming anyone, the fruit is seen. You must be open and honest. If there is a problem, if something is wrong - even from a sexual point of view - speaking openly is the first and perhaps most effective way to resolve the situation. It is important that you talk to each other after you have minimal self-reflection so that you clearly explain to your partner what problems need to be addressed. When you stop talking to other, problems accumulate and are unresolved, with consequences we can imagine.
2. Teasing shamelessly. Play, find the things that inspire you the most, make passion not a marriage assignment, but a pleasant pleasure.
3. Satisfy your partner's frustrated fantasy. If a partner always wants to have something definite in sex and is never "happy," the moment of arousal can be the right person to try to satisfy. Obviously, you do not have to do things that you do not want or do not want to do. If this is possible, this choice of avenue can open the door to a new dimension for intimate life and life as a couple.
4. Take time for weekly sexual encounters. This might look a little sexy, but in the opinion of many researchers the best choice. That way you can make it funny, different, and fun.

5. Intimacy is not just about having sex. Find connections to your partner without having to request an all-inclusive package. Massage and hugs, caresses and kisses help intimacy, and not directly.

6. Consider the past. Try to find the best period of activity in your sex life and look for its characteristics. Talk about it and let them understand what you missed and what other parts of the apple want.

7. Surprise effect. If you eat pasta or pizza every day because you like it, it is only natural that you get rejected after a month. Try something new. If long-term relationship problems focus on boredom and everyday life, there is nothing better than trying new things and exploring unknown areas. It is enough to offer something new, but also to surprise your partner (maybe in underwear more than usual) to take the attitude that the couple would not expect.

8. Sensuality outside the home. Arrange special meetings: a walk on the beach, a fireplace with background music, a very sexy dinner, a steam bath. However, there might be sex without love, but there is no love without sex.

9. Find your personal moments. It is a good idea to save at least one or two hours a week to devote yourself to your partner, even if you are recovering from everyday stress, talk about dreams and hopes and rely on each other to find closeness and compassion in risk. Also, it helps to go out any time or to take short breaks, a relaxing day, or a romantic weekend. Affective intimacy is also an important factor for happy relationships in sexual matters. A good couple trip will be enough to spend the weekend. It could be ideal a weekend at a spa that combines a revival of passion with relaxation and well-being together.

10. Sex quality. With increasing age and involvement, decreased sexual activity is almost "physiological", but quality and quantity are often

confused. In fact, frequency is not the most important factor to fulfill sex life. Better is rare, but better than frequent and fast.

The daily application of sensitive and receptive behaviors in long-term partners can increase male and female sexual understanding and desire, especially if this particular attitude gives a partner a sense of value. Understanding the needs of others, both through emotional affirmation and through listening, closeness, and affection, increases sexual desire, especially when those feelings give the impression that the other person is valuable and that sexual relations with a partner are highly desirable.

Chapter 25: The Magic Factor for Going to Bed

Talking while having sex? Are you the guy who prefers silence and fucking all the time, or do you prefer to express yourself and talk while having sex? Listening to a voice while in bed helps you explore new levels.

So, if you are looking for some tips to help you keep things exciting in bed, saying the phrase will pull off some of the best rates for you. We believe sexy moans can turn around to leave, but I know how practicing with your partner makes you feel that it gives you a completely different level to raise. There are some tips we can give you about what is useful to keep arousal during sexual intercourse, sentences, and situations really to affect. The right phrases can take the place of sexy groans, can evoke stronger memorizations, and amplify excitement, making the mind travel in forbidden scenarios. But beware that a wrong word can extinguish any excitement

Determine what to do

Not all jobs allow each partner to see what the other is doing. Instead of merely relying on the senses to feel the passion, we can tell the other what to do. When you do this at the right time, the excitement can increase, and orgasm can get more reliable and faster.

Let your words complete the action that is taking place. Where the body does not arrive, the mind can reach, and with the right suggestions, we can bring our partner to live a unique experience. Use your wife's fingers and tell them what to do to feel more about her body. She knows better than you what her erogenous zones are, and you can help her overcome the inhibition

and push her to touch herself. You can do that by inventing stories like "move your fingers and feel how wet and swollen your hole is... open your ass and let me see how hungry you are for my penis. Work with your finger of pleasure, push it in."

Often these become magical words and your partner accelerates towards an extreme excitement, even before his body reacts, the mind once again makes the miracle. Even a small action and detail can make things turn at its best and explore the excitement hidden inside us.

Ask them what they want

Instead of letting your partner know what you are doing, they are also a great way to ask what they want. Ask questions about a partner irritating the touch of a finger and ask for love or two you want to push this? When you say that, you sell your two fingers and do it in and out of traffic.

Instead of just letting you know what you want to do, try asking your partner what he wants. Provocative questions can also be asked, with an answer that is already written in the subject. For example, "do you want me to push it in here?" accompanied by a real and energetic thrust between the legs of the hand or directly of the penis pushing your whole body towards her.

This is a nice trick to immediately understand the intentions of your woman because the jaunty or provocative response will instantly make you know that her plans are precise to be taken directly to the bedroom and be slammed madly in the position of the doggy style. There are many different ways to bring the sex debate, and it's also one of the best ways to understand better how to provoke sexual orgasm with your partner because the answer to the question will immediately give you the measure of what they like. The more you talk, the more you know the body of your potential partner, and this helps you to tune in.

Warming up the atmosphere

Most women tend to speak in a sexy voice moans, and the voice is enough to push hormones to a whole new level. This will help you feel the appropriate vibration and, therefore, to feel the strength of hormones positively. Of course, women should be willing to talk, and this is not always spontaneous, so you have to help the partner to try to tell what they feel and their feelings.

Fantasy Discussion

Voice is the best way to communicate your sexual fantasies, and it is a great way to keep sex exciting and spend a night of passion. The illusions have to be detailed, and in telling them, you have to try to be sexy, have a low tone of voice, and make fun of people. The woman has a fundamental role when it comes to expressing her intimate fantasies, and she can be at the helm of this new experience, leading the man to be ready to open up and go into the open. If both will be able to remove the brake on the narrative of their sexual fantasies, the sex will be explosive.

Fantasies are never trivial, the mind always travels very far, and you should never be ashamed of what blends in the brain. It is exciting to have fantasies pushed and told them, and you should not be afraid to feel a bit strange. If the partner is in tune, you will find that your partner will appreciate even the most daring fantasies. Let yourself go, and everything will come naturally.

You should think about how things are carrying out and how you would like them to carry, and this creates a direct line between desire and doing. Your partner will be attracted when it comes to real emotions, love, and passion,

so there is no reason to hide it. Make your mind speak and be ready to feel with your partner.

We believe that wordless sex is not as fun as it takes emotions. When you feel that your man is doing something or can do something to help you achieve orgasm, why not let him know what you're thinking or let him know what you want me to tell you? Everything can speed up or slow down to give an even better orgasm. Similarly, when the wife blows, let her know it is lovely what he is doing for you, he is giving you his mouth, and you are giving him your penis generously.

When it comes to talking during sex, improvisation is the best thing, it is not necessary to prepare in advance a speech about their sexual needs to be impulsive and not premeditated, but you can also arrange the words to say. If you had the feeling that some phrases and some provocations are useful in foreplay, I would shoot them furiously at the right time, it will be a surprise, and she will be grateful. The only thing to remember is that you never have to hurt your partner's feelings, words in the emphasis of sex can quickly become more vigorous and forbidden, and your partner will also enjoy heavy words but, still, be careful. Calling her "whore" can be better accepted if there are even a few words that sweeten, "beautiful whore," or "my beautiful whore," remember, you both want to be happy and have fun.

So, keep these lessons in mind and use your voice when you are in bed. The best voice sessions come into play when you are engaged in role-playing games. In the role-playing game, it is natural to talk, and when both are part of the sexy scenes, you'll continue using the voices and tone during sex, and this is a significant change, they are no longer the husband and wife but the teacher and the student.

If done correctly, spoken sex certainly makes you take a step towards the top of the best sex of your life.

Chapter 26: Sex Positions for Adventurous Couples

This part covers adventurous and athletic positions that every couple must try at least once in their married lives. It is also a way to find out other alternative ways of pleasuring oneself and easier ways to get orgasm during intercourse. Some might require extra effort, but consider sex as a pleasurable workout, instead. Here are some must-try poses, to cross off in every couple's sex bucket list.

Standing.

The standing position is a lot less common compared to the previous ones. This mostly requires flexibility, athleticism, and strength, to be able to be done properly. This frequently involves the woman with her back pinned touching the wall as her support while the man slightly carries her weight and penetrates her. This is ideal for couple who are adventurous, and those who are up for a quickie. It is also a very passionate position that can be done in the bathroom, during shower sex. Couples can elevate and have a better orgasm while in this position by having the woman raise her leg up or place it on a table to slightly widen the opening and provide a deeper penetration. Still make the sex passionate and romantic by kissing and caressing each other during the intercourse.

The Glowing Juniper.

This position is favored by both men and women because it requires little effort and strength. This is done by having the woman lie on her back with her knees slightly bent and legs widely open. The man, while sitting on

the bed, would then slide in between her legs and slightly carries her hips for better penetration. The man could easily caress and touch the woman's body in this position, while the woman simply enjoys the intercourse while lying on her back. Try this position while having a pillow placed beneath the woman to properly elevate the opening and achieve better orgasm for both parties.

The Perch.

This Kama Sutra sex position is often done by couples who are in a quickie session by the kitchen or dining area, or simply just tired of the usual sex positions. This is done by having the woman "perched" on the man's lap, while using the strength of her legs to thrust and do up and down motion, while leaning forward to make the penetration easier. Men enjoy this position because they can touch the woman while having the penetration and require minimum movements from their point of view. When doing this position, make sure that the chair has enough cushioning and space to let both parties move properly.

The Hero.

The Hero sex position is done by having the woman lie on her back with her knees up to the chest. The feet are extended facing the ceiling, while the hips are raised slightly. The man would then kneel in front and enter the woman while holding her legs from slight support. A simple tilting of the hips while in the Hero position would provide extra pleasure for both parties and can help the woman easily reach orgasm. Many men also enjoy this pose because of the deep penetration and highly erotic view from their position.

Saddle Straddle.

This position is suitable for married couples who are into yoga and Pilates. This involves having the man sit on the floor Indian style, with his legs folded, imitating the lotus yoga pose. The woman would then climb on his lap and wrap her arms round him for support. This position allows the woman to have control of the penetration, while having the man on a relaxed position. This is also very intimate because the bodies are so close together and the couple can caress each other. Try having the woman lean closely to the man's body, to make the thrusting more convenient.

Conclusion

The conversation you have after sex is like a revision of the experience you have just had. This is the point where you analyze sexual performance, yours, and that of your partner. You must iron out all the weaknesses and maintain or improve on your strengths before the next sexual encounter. The following are some of the things you should address immediately after that steamy sex.

Start by making the discussion a personal one- tell your partner how you felt during the exercise. Do not be shy to say something you did not like about the whole thing. Most importantly, capitalize on your good experiences as this will not only make your partner feel good but it will also ensure they do the same for you the next time both of you have sex. Try not to sound selfish as you talk about your experience and future expectations. You can do this by using 'we' more than 'I'. Your partner will listen keenly if you make it about both of you rather than yourself.

Tell them how they performed- After telling them how your experience was, now tell them how they performed as well. As much as you need to give an honest opinion, this is one part where you need to tread carefully. Not everybody takes sexual criticism positively, even those that do, they take it with a pinch of salt. Start by lauding their prowess in certain aspects, make them feel like the beast in the bedroom everyone would admire. When you are done complementing them, now gently tell them their weaknesses. How you say it determines the impact those words will have on them. Instead of saying, 'I don't like the way you reached climax fast', you can say, 'It would make me very happy if you could last a little longer next time'. The second statement is still negative but with a better approach than the first.

Your partner will likely take it positively and do better in the next round of sex.

Let your partner talk about their experience- make this a two-sided affair by showing an interest in their part of the story. You should also be careful here because your partner might say some things to merely please you. Try not to ask things in a coercive manner. Float to them mind-provoking ideas and questions that would make them start talking automatically. Say things like, 'I saw the way you groaned with pleasure when I touched your butt'. This simple but naughty statement will provoke a response and you will be able to tell whether the groaning was a result of pleasure, discomfort, or pain. Always give a response to every statement from your partner. Assure them that you will do the things they like even better next time, or you will work on the ones they do not like to enable them to experience better sex in the future.

Talk about the frequency of sex- after both of you have talked about your individual experiences, you now sit down and talk about future sexual encounters. Keep in mind that people are different, and the bodies are diverse. Some people will need sex more frequently than others. Talk about the amount of sex the two of you have just had and how long it will take before you need another one. Sex should not be a scheduled thing, yes, but again the frequency of sex matters a lot. You will find that the man will need sex more often than the woman. If you do not work out an interval that works for both of you, one partner might end up straining for the other. We know too well that this kind of scenario will strain the relationship sooner or later.

As a parting shot, communication during the three stages of sex must remain the same. Aim to maintain the status quo before, during and after

sex. Communication becomes quite complicated in the last two stages as there is not that intense desire for each other as it was before and immediately when you started having sex. However, the last stage is when both partners get completely honest with each other. No nice things are being said just because you need sex. The point is you should be honest with one another from the beginning to avoid going back on things the two of you agreed on.