



SEX POSITIONS

The Ultimate Sex Guide for Couples with
Positions, Sexy Games, and Fun Challenges

K A M U E L A K A N G

Sex Positions:

***The Ultimate Sex Guide
for Couples with
Positions, Sexy Games,
and Fun Challenges***

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Introduction

I want to thank you for choosing this book, 'Sex Positions - Spice Up Your Relationship with Erotic Sex Positions, Sex Games and Sex Challenges'

Sex is not just about physical urges, but it is a basic need. It is an undeniably important aspect of any relationship. During the initial phase of a relationship, the excitement and physical attraction usually runs high. The sexual energy between a man and a woman is extremely charged. However, as time passes by, this often tends to fade away. It might be because of the hectic lives we lead, busy schedules, or any other reason. Sex is essential for one's overall mental, physical, and emotional wellbeing. But our lives these days have become so stressful and hectic that the 24-hours we have in a day no longer seem sufficient. A combination of these factors is the reason for the loss of sexual intimacy in relationships. As the couple starts to get used to each other, the passion slowly dissolves. This loss of sexual appetite can leave you and your partner feeling underwhelmed and frustrated.

If it feels like the sexual spark is missing in your relationship, then this is the perfect book for you. The good news is that you can quickly spice things up in your relationship. Sex isn't just about the physical act; it is about enticing your partner, using erotic play, and turning up the heat in the bedroom. You can improve your sex life by using different sex positions, tantric sex, sex games, and even some role-play. There are various things you can do to reignite the sexual spark.

If you want realistic and practical tips and strategies to improve your sexual satisfaction while satiating the needs of your partner, then this is the perfect book for you. All the advice presented within these pages will help take your sex life to the next level. If you want to leave your partner begging for more, then it is time to master the art of sex.

There are different benefits of sex that go beyond strengthening the bond you share with your loved one. It helps improve your immunity, increases your libido, and lowers your blood pressure levels. Apart from this, it is also a great way to sneak in some exercise. Another great advantage of sex is that it is an excellent stress buster and improves the quality of sleep. So, if you are ready to reap all these benefits, then it is time to learn the secrets to better sex.

We live in a world where everything is incredibly rushed, whether it is our relationships, work, friends, food, or even conversations. Everything has become extremely fast-paced. However, fast isn't necessarily the best way to get things done. Quickies, along with casual sex, have taken away the emotional bond that's supposed to exist between couples. A little conscious effort is all that's required to bring the zing back into your relationship.

Forget about everything you know and open yourself up to new life experiences, unlike any that you have previously experienced. Incredibly satisfying sex positions, playing erotic games, discovering the secrets of Kama sutra, and learning about tantric sex will undoubtedly come in handy. To increase your sexual satisfaction while pleasing

your partner, you must understand the nuances of the art of sex. Regardless of whether you are a beginner or a pro, a little help can never hurt anyone.

In this book, you will learn about different tips to spice up your sex life. If you are ready to take your sex life to a whole new level, then this book has all the answers you need. You will discover steamy and erotic sex positions to tantalize and satisfy your partner. The secrets of lovemaking, tips to impress your partner, and the strategies to increase your partner's sexual satisfaction will bring passion back into your relationship. From mind-blowing orgasms to creating a strong bond with your partner, this book has everything you need.

Not only will you learn about techniques to make your partner scream out in pleasure but will also discover the secrets of tantric sex. Tantric sex helps a couple engage in sexual acts that are mutually satisfying and incredibly pleasurable. If you want to experience pleasure like you never have before, then tantric sex is the key to it. Simply put, it is the path to sexual nirvana. All this will help evolve the love you have for your partner to new heights you never thought were previously possible.

Even by just applying some of the tips discussed in this book, you can significantly improve your skills in the bedroom. This, in turn, will enhance your sexual confidence and lovemaking skills within a short period of time. If you want to leave your partner looking at you in amazement and awe for your brilliant performance in the bedroom, then you are just about on your way to becoming

better. There is no time like the present to get started. So, what are you waiting for? Grab your copy today and step into the world of sexual bliss. If you are eager to learn more, then let us get started without any further ado. Leave your partner craving for more.

Chapter One: How to Please a Man in Bed



Taking Care of Men

The importance of sex in a relationship can never be underestimated. It is a primal and undeniable urge. Sex is perhaps the greatest and the deepest form of intimacy in a relationship. It goes beyond the body, and it helps form a mental and emotional bond between the partners. This shared act of love is quite sacred, and it can transcend the boundaries of time and space. Sex brings you closer to your partner. Unsatisfactory sex life can break even the strongest of relationships. After all, the primal urge never goes away. There are simple things you can do to take care of your man in the relationship. From flirting to taking control, there are different techniques to keep the sexual spark alive in a relationship. You will learn more about this in the subsequent sections.

What Men Want

A lot of people tend to believe that men are simple beings. Well, that possibility is a myth.

Every human being is different, and we are all complicated creatures. So, determining what your man wants from you in the sex department is quintessential for the wellbeing of your relationship. In this section, let us look at what men want from their partners.

It is not just women who respond to praise, but men do too. Given all the hype surrounding a man's libido, it is a misconception that men aren't self-conscious. Men do feel conscious, and they do have certain insecurities. The best way to enable him to shed his inhibitions is by praising him. So, throw in a couple of genuine compliments and watch him become more confident. Something as simple as slowly staring at his naked body and telling him that you desire him.

Intimacy, as well as the post-coital cuddling, is pleasant. However, at times, let sex be just that - sex and nothing else. Allow your man to dominate you; provided it is something you are comfortable with. Enjoying raw and unbridled sex can be an incredibly satisfying and liberating experience. Show him that you enjoy his passion and go along with it.

Your guy wants to be touched too! A man's penis certainly gets all the attention, but there is more to him than that. Touch his testicles, kiss them, suck them gently, and maybe even fondle them. Shower attention on his body with your tongue and mouth. Kiss him all over, kiss his neck, and maybe even leave a couple of love bites. While having wild sex, you can slowly caress his back with your nails.

Men have plenty of sexual fantasies. Talk about his fantasies and enact them every once in a while. Maybe you can even surprise him by playing out one of his fantasies when he doesn't expect it. Talking about sexual fantasies can itself be a great turn on. Don't be judgmental and allow him to express himself freely. Keep an open mind and listen to everything he says.

Men love it when women moan while engaging in any sexual acts. It is quite a huge turn on. That said, don't fake it and don't exaggerate. Whatever you might have inferred from watching porn isn't necessarily true. Don't try to put on a show and never fake it while with him. Whisper dirty things to him while having sex, tell him how much you love the way he makes you feel, and so on. Be vocal about what you want. If he is doing something you like, then tell him the same.

Porn isn't a bad thing. Watching porn together is a great idea. Men will certainly not be averse to watching porn while things start heating up in the bedroom. Be adventurous and don't allow your inhibitions to prevent you from acting the way you want.

Tips for Women to Be Sexier



Your man obviously finds you desirable and sexy the way you are. However, this isn't a reason to stop trying to be sexier. Here are some simple tips you can use to leave your man drooling for more.

Women are often viewed as submissive and docile beings. Why not surprise your man by turning things around? Don't be afraid to take control. Be the boss in bed. Tell your man that you are the one in charge and don't be scared. You can also tie his hands with scarves or cuffs. Try blindfolding him. Experiment with a little BDSM. Guide his actions and instruct him. This sudden reversal of roles will be quite thrilling for him.

Sexy lingerie is hands down a major turn on. Dressing up sexy will not only make you feel sexier, but it will quickly arouse him too. Wear something sexy, and don't worry about experimenting with different sexy costumes. The stereotypical schoolgirl outfit or even the sexy maid costume, it all works. Put some effort into it and dress up for bed.

Start talking dirty. Even if you aren't comfortable with it, or aren't sure what to do, you can always learn. Your efforts will certainly pay off when you see how excited he gets. Be the seductress and seduce your man. Dirty talk elevates the entire experience to a whole new level. A simple technique you can use is describing in great detail what you wish to do to him in bed while engaging in foreplay. If you feel a little shy, start sexting him during the day while at work! It will certainly make him eager and curious to know what you have in store. Play with his curiosity.

Try something new while having sex. A fearless sexual playmate looks like a sex goddess to men. So, summon your inner sex goddess and allow her to take charge of you. Do something unexpected while having sex. Maybe you can hold his butt while having sex in the missionary posture, gently bite his chest or neck, or maybe even scratch his back.

Become comfortable with your body and yourself. It, in turn, will increase your confidence. A confident woman is extremely sexy. Don't shy away from expressing yourself, and don't hold yourself back while in bed. Be verbal, expressive, and communicative. Another great turn on could be to record yourselves while doing the deed. This voyeuristic experience will add a new dimension to your sex life.

Best Sex Positions

Here are five sex positions you can use to make him crave your body in bed.

1. *Cowgirl*



The man needs to lie down on his back, and the woman will be straddling his body. It is a simple variation of the usual girl-on-top position. Instead of facing him, face away from him such that your back is to him. Slowly start grinding your pelvis or use a bobbing motion. Allow him to hold onto your buttocks or your breasts as you are astride his penis.

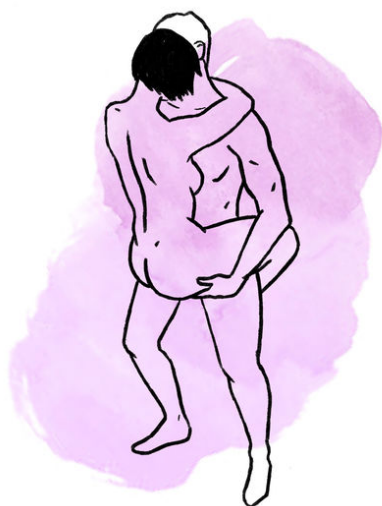
2. *Spooning*



Men like spooning as much as women do, and this position is best suited for lazy morning sex. It's

essentially the adult-rated version of cuddling. It is quite intimate, as well as erotic. Get started as if you are cuddling together with your man embracing your body from the back. As he guides his penis into you, keep your legs together, and move them toward his body. Allow him to grab your breasts for better leverage and grip while thrusting.

3. *Standing up*



Stand against the wall or even the door while facing your partner. Place one leg around his waist and your arms around his neck. He can either lift you slightly off the ground, depending on convenience. As he enters you, keep your body still and allow him to bounce your hips on his penis. This is quite intimate because it allows for plenty of eye contact. Kiss his neck and chest to excite him. This position comes in handy whenever you want to have any quickies.

4. *Lying doggy style*



Either lower yourself down on your stomach or rest your weight on your elbows. Push your buttocks towards his pelvis as he assumes the regular doggy style position. He will essentially be lying on top of you while balancing his weight on his elbows. This position is erotic because it allows the man to assume a dominating role. If you are up for it, and he is into it, then this position can be used for anal penetration as well.

5. *Lap dance*



Start with an erotic lap dance that slowly transitions into full-blown sex. Even if you skip the striptease, this position is exciting, intimate, and sexy all at once. Make your partner sit on a comfortable sofa or a chair. The chair must be big enough to accommodate the two of you. Sit astride your partner such that your legs are placed on either side of his body. Slowly lower yourself onto his penis. Get started with a slow grinding or bouncing motion. Place his hands on your buttocks for a better grip. This position gives him unrestricted access to your neck, chest, and upper torso. To make it romantic or intimate, keep leaning in for some deep and sensual kisses.

Chapter Two: How to Please a Woman in Bed



Taking Care of Women

While in a relationship, you must take care of your partner. There are no shortcuts to this, and it needs to be your priority. A relationship cannot thrive and grow if this mutual care and concern are missing. Maybe it is because of societal conditioning, but most of us often view men as sexual beings. Well, this doesn't mean women don't have the natural urges men do. It is all about perspective. When it comes to sex, women often play the role of martyrs. They often place the needs of their partners over their own needs. Well, this is never a good idea, at least not in the long run.

For a thriving relationship, sex is quite remarkable. Women usually lull themselves into believing that sex isn't that important to them as it is to their partners. For a woman, it might be

more about forming an emotional bond with a partner. Well, the psychological aspects of relationships matter as much as the physical ones. The physical bond you build with your partner during intercourse cannot be replicated by anything else. Compromising on this bond not only deprives women of the different benefits healthy sex offers but can also leave him feeling quite frustrated. The big "O" is not just incredibly pleasurable, but also offers a variety of benefits. It helps improve the circulation of blood in the pelvic region, increases fertility, strengthens immunity, increases the levels of estrogen, offers protection against osteoporosis, reduces chances of breast cancer, and speeds up the body's process of detoxification. So, the best way to end an incredibly stressful day is through great sex. This is undoubtedly much better than popping an afternoon. Also, after sex, a woman's body releases feel-good hormones, which naturally alleviate stress.

So, taking care of a woman's needs in a relationship is not just good for the relationship, but for her overall wellbeing too.

What Women Want



One question that a lot of men wonder is, "What do women want?" Well, the answer to this question is not as complicated as others would like you to believe. A lot of women are not necessarily expressive about what they want, but by paying little attention, this question can be easily answered. Let us look in detail about different things women desire in bed.

Foreplay is essential and even more so for women. Women love being kissed, teased, and touched before they are ready for intercourse. Not just before sex, but also during sex. A couple of gentle touches combined with past and passionate sex can undoubtedly make a woman go crazy with lust and desire. These days, a lot of men often seemed to be in a hurry to get it over with. Well, this doesn't work for a lot of women. A quickie is fine, once in a while, but it must not become the usual norm. So, all men listen up, concentrate on foreplay.

Men like it when women start moaning during sex. So, why is it surprising that women also like it when their men are expressive during sex? Listening to their partner moan while having sex is an incredible turn on for women. Don't hold

yourself back, and the verbal and loud, if possible.

Sex for women is quite different from the way sex is for men. There are different pleasure points in a woman's body that men often forget about. Use your hands to touch her body while having sex. Run your hands along her breast, touch her clit, or even kiss her neck. Don't restrict yourself to just the penetrative act of sex, and instead explore her body. Do you remember the song, "your body's a wonderland?" If yes, then start exploring her body and allow her to revel in the feel of your touch.

A lot of women often appreciate kinky ideas and kinky sex. As long as you and your partner are on the same page about the different kinky acts you both are fine with, start using them during them regularly. Get a little kinky with. Maybe you can start with simple things like licking her thigh, or perhaps even spanking her butt while having sex. Pull her close to you and whisper something dirty and sexy in her ear. It will surely drive her insane with lust.

Take your time and undress her slowly. Throw in a couple of lazy and passionate kisses into the mix while doing this. Compliment her body while you are doing this. Think of her as a gift you been waiting for that you're finally got your hands on. Be a little patient and unwrap you get slowly.

Whenever you engage in any sexual acts or intercourse, ensure that your partner has an orgasm as well. It is not just about you finishing first; after all, it is not a race. If you don't take care of her needs, she will feel ignored and

even frustrated in the end. Give her the time to enjoy the act. Don't just roll over once it's all down and doze off. Instead, pull her close and cuddle for a while.

There is something incredibly sexy about a guy who keeps experimenting with different positions in bed. There will be some go-to positions for every couple, but don't allow this to stop you from trying new positions. You will learn more about different positions in the subsequent chapters.

Don't shy away from oral sex. Women love oral sex as much as men do. Spend time and go down on her. Start kissing her slowly from her neck and make your way down. Eat her out slowly and watch as she starts withering in sheer ecstasy.

Tips for Men to Be Sexier



Regardless of whether you have just started dating or are in a long-term relationship, it is important to keep the spark alive. The best way to do this is by ensuring that your partner desires you. In this section, you will learn about some

practical tips to make yourself sexier and more attractive to your partner.

Women are supposed to be for compliments, especially when you compliment them while they are vulnerable. You might find her quite attractive as it is, but complementing her while having sex will undoubtedly make her feel more desirable. It will also make her more enthusiastic and excited about the entire act.

Ensure that she is comfortable always. At times, it might not be easy to decipher whether she is truly into it or if she's playing along to encourage you. However, if you ask the right questions, you can determine whether she's comfortable or not. Something as simple as, "Is this okay, or can I do this?" will help determine her comfort level.

Sexually speaking, no two women are alike. So, be willing to learn what your partner likes. Forget about everything you might have learned from your previous experiences, and don't let it guide your actions. Determine what your partner likes and try to do more of it. If you're not sure about what she likes, ask for. Allow her to guide you and teach you the ways to pleasure her.

Experiment with different forms of kissing. It is not just about thrusting your tongue into her mouth. There is more to it than just this. Even if you were considered to be a good kisser during your high school, it certainly would not cut it when you are an adult. Learn what she likes and start doing more of it. You can playfully bite or suck her lower lip while kissing. Leaving a trail

of feathery light kisses as you make your way down her body is a good idea.

There are different erogenous zones on a woman's body and pay attention to them. Kiss her neck, her back, the back of her ears, her butt, and even her thighs. By paying attention to these zones, you can easily turn her on.

Start talking about her sexual fantasies. Encourage her to share her ideas about what she would want from sex. While having this conversation, ensure that you keep an open mind and carefully listen to all the suggestions. Open and honest communication is quintessential for a good relationship. It applies to sex as well.

A confident man is incredibly sexy. A man who knows what he wants and doesn't hesitate to ask for it is even hotter. Don't be hesitant to try new things in the bedroom. Experiment with different positions, different locations, and even different types of sex.

You will look incredibly sexy and desirable to your woman if you treat her like a queen. Ensure that her pleasure is your priority. Work on making her feel good, and she will certainly return the gesture was.

Best Sex Positions

Here are five best sex positions that will make your partner start moaning in ecstasy and have earth-shattering orgasms.

6. *Girl on top*



This is a pretty straightforward position. You will need to lie on your back, and she'll be on top. Position a body such that her legs lie on either side of your torso. This position works because it encourages a grinding motion of her pelvis. Start rocking her body back and forth instead of bobbing up and down. To make it more pleasurable, ask her to grind her pelvis in a figure 8 motion slowly.

7. Coital alignment



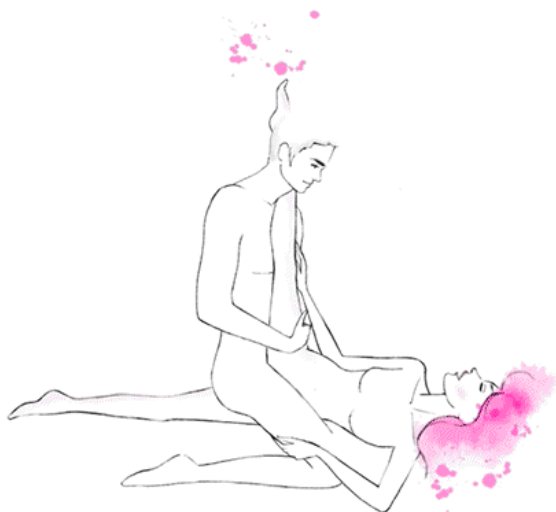
Assume the regular missionary posture with you on top while she's lying on her back. Her legs will be placed on either side of your upper body, suspended in the air. Now, pull your body towards her head so that your pelvis is paced slightly higher than it is in a conventional missionary position. Instead of concentrating on a thrusting motion, start slowly grinding your body. This encourages clitoral stimulation coupled with deeper penetration.

8. *Doggy style*



There is nothing complicated about the good old doggy style position. Have her get down on her hands and knees while you kneel behind her. Hold her hips as you penetrate her and start thrusting. Alternatively, you can hold still while she starts pushing her hips back in a to and fro motion. This position will perfectly align your penis with her G-spot. Apart from this, it also looks incredibly erotic. You can also reach forward and try to hold her breasts with your hands.

9. *Sideways straddle*



This position is a little tricky, but it will certainly be worth your while. Lie on your back with your feet firmly planted on the ground. She needs to crouch over you such that one of your legs is between her body and her limbs are placed on either side. Once she assumes this pose, guide her towards your penis as she lowers herself onto her knees. She can hold onto your knee for better support. She will essentially be straddling one of your knees while facing away from you. Now, slowly rock her back and forth. This position is pleasurable because it gives her the control to decide the pressure exerted on her clitoris. The novelty of this pose can be incredibly arousing as well.

10. *The bridge*



Once again, assuming the regular missionary position. Now, sit up such that you are resting on your ankles with your knees spread wide. Make her lie on her back and place her feet firmly on the bed while arching her hips upwards. When you look at this pose, it almost looks like there is a bridge formed with your bodies. Grab onto her hips for better support and leverage them to start thrusting.

Chapter Three: Oral Sex Positions



Oral sex is not just pleasurable, but it also familiarizes a couple with each other's bodies rather intimately. If you are tired of your usual sex routine, then add some oral sex to it. Oral sex is pleasurable for men as well as women. In this section, let us look at some oral sex positions that can quickly turn up the heat in the bedroom.

Advice for Men

Perhaps the best way to start cunnilingus is the quivering kiss. To get started, press the outer lips of your partner's labia so that they resemble lips that are pursed together. Now, start kissing them as you would normally kiss your lover. Alternatively, you can also start licking her folds like you would lick an ice cream cone.

The vagina is an incredibly sensitive region and is obviously an erogenous zone. Gently spread out the labia using your fingers and start to poke and probe her vagina slowly. You can use your lips, tongue, nose, and chin while doing this. Don't forget to shave before attempting this, or else you might end up causing stubble burns.

Place your tongue in the arch below her clitoris while the outer lips of her vagina secure your tongue. It might make her start squirming in pleasure. Concentrate on pleasuring this sensual region for a couple of minutes while probing her vagina. Ensure that you build up a rhythm and stick to it. Ask your partner for feedback and notice any subtle changes in her body language to determine what she likes the best.

The vagina is quite sensitive, and the clitoris is even more sensitive. Stimulating the clitoris is the simplest and quickest way to make your partner climax. Keep your lips pursed and start to kiss gently, nibble, and suck her clitoris. Keep talking to your partner and try to find the technique she likes the best.

Cup her buttocks and lift her so that her lower torso is perfectly arched. Start kissing her and make your way down towards her vagina. You can pause to probe her navel with your tongue as you slither downwards. Gently suck the entrance of her vagina. If you stimulate it correctly, she will be writhing in your arms within no time. Move your tongue in a circular motion and keep changing the direction. Another simple variation of this technique is to slowly draw the alphabet using your tongue or moving your tongue in a figure-eight motion.

Another great technique you can use is to make her sit on a couch, coffee table, or any other surface and kneel in front of her. Hold her legs together and place her feet on your shoulders. Lock your arms around her waist. It gives you complete and unrestricted access to her vagina. Lean in towards her vaginal opening, and start gently sucking her clitoris and labia. You can also use your tongue to start probing her vagina.

Advice for Women

The first step to initiate fellatio is to start touching his penis slowly. Hold your partner's penis in your hand and shape your lips into a perfect "O" Ensure that you cover all your teeth with your lips. Place your lips near his penis and start moving your head in a circular motion.

Hold your partner's penis in your hand and place it in between your lips. Now, all that's left for you to do is start moving your mouth slowly. Ensure that the movements you make are slow and gentle. Keep bobbing your lips and tongue along with the head of his penis. The way a clitoris is extremely sensitive for women, the head of the penis is an incredibly sensitive spot for men. If you want to see your man start whither in pleasure, then try this technique.

Start caressing the shaft of his penis using your lips while you grab the head of the penis in your hand. Start on one side, and then slowly make your way to the other. While doing this, gently nibble on his penis. Ensure that you still keep your

teeth covered since you do want to hurt him unknowingly.

Place his penis in between your lips and start pressing and kissing while simultaneously pulling down his foreskin. This movement essentially mimics the movement whenever his penis moves in and out of your vagina. Keep in mind that you must be extremely gentle and that your teeth don't graze his penis. Because of all the nerve endings present in the penis, it is incredibly sensitive, and even a gentle bite can become quite painful.

Allow the head of his penis to slide into your mouth and then press his shaft between your lips. Hold onto his shaft firmly before you gently pull away. You can vary the speed and depth and the pressure you exert on his penis. Keep checking his response to the different techniques you use until you find something that he likes. To make this more erotic, try maintaining eye contact as you start bobbing your head up and down his penis. If your gag reflex doesn't bother you then you can try deep throating him.

Fellatio is not just about engulfing his penis in your mouth. Spend some time exploring the length of his penis. The action performed will be quite similar to the way he would explore your vagina during cunnilingus. Hold this penis in your hand and start placing butterfly kisses along the length of his penis. While kissing, you can slowly flick your tongue along the length of his penis and gently lick the glans at its head. Ensure that you don't exert too much pressure while licking his glans since the pleasurable sensations can quickly turn painful.

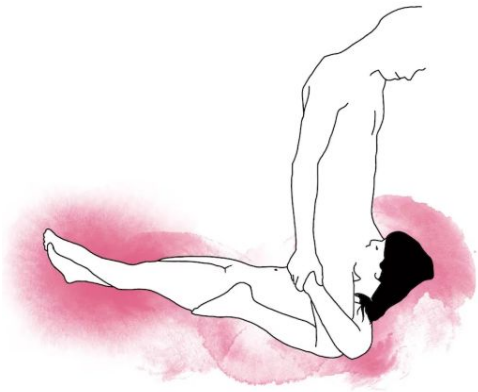
Take your partner's penis into your mouth, as deep as you can go. Now, gently clasp your lips together to form a secure "O" shape. Apply slight suction as you keep sucking on his penis. It is quite similar to the way you would suck a lollipop. It takes a lot of concentration and coordination. You might end up making a couple of weird slurping sounds, and it is all right. It is quite normal and natural. It is one of the best ways to make a man orgasm without penetrative sex. You can also caress his testicles while performing the sucking motion.

If you pay a little attention to his body language, you can gauge whether he is close to orgasming or not. Keep performing the sucking motion until you can feel his orgasm approaching. If you are comfortable with it, allow him to ejaculate in your mouth. Try maintaining eye contact as he climaxes.

Oral Sex Positions

Now that you are aware of the different techniques that can be used while performing oral sex let us look at some of the best oral sex positions.

11. Deep throat position



This position allows for deep throating. If you can get past your gag reflex, or don't have one, then you can allow your partner to enter your throat easily. The key is to relax your throat muscles and start breathing in through your nose. It takes a little practice, and if you are up for it, then it is not that difficult. Once you get the hang of it, be prepared to see the awe in your partner's eyes!

You can either lie down on the bed or even a sofa. Move towards the end of the bed such that your neck is hanging off the edge. It puts you in direct alignment with your partner's penis and enables easier entry for him. You can use your hands to control the motion along with the penetration. Since your partner has all the freedom here, ensure that you are comfortable too.

If you are receiving oral sex in this position, you might have to squat, kneel, or adjust your height to align yourself with your partner's mouth perfectly. Ensure that you don't choke your partner while pleasuring yourself.

While performing this motion, come up with a tap out hand signal to indicate when you or your partner need a break.

12. *Headrest*



Your partner needs to lay on his side and lift the top leg. Position yourself such that your head lies directly between his legs. Once you assume this position, it is time to get to work and allow your partner to enjoy the pleasure you give them. It gives you unrestricted access to this penis along with his testicles. If you want to, for some additional leverage, feel free to wrap your arms around his legs. Your partner can also place his hand on your head and guide the motions you make.

If you are receiving oral sex in this position, you will need to lie down on your side and lift the top leg. Your partner will then position himself in between your legs and get to work.

13. *Lady Godiva*



If you are receiving oral sex in this position, you will need to straddle your partner's head such that your legs lie on either side of his head. Now, lower yourself closer to your partner's mouth. You will essentially be riding his face while nailing. It is quite similar to the position you would assume if you were on top while having sex. It offers greater stimulation since it gives you the freedom to move your body according to your rhythm. You can also slowly grind your vagina close to your partner's mouth. He can hold onto your buttocks for better leveraged and support. Once again, ensure that you both have a tap out signal.

If you are giving oral sex in this position, your partner will be on top with his legs placed on either side of your head. You can hold onto his thighs to guide though speed and the penetration of his penis. As you start pleasuring his penis, try maintaining a little eye contact to make it sexy. Ensure that you can breathe comfortably, and if it gets uncomfortable, let your partner know.

14. *Laidback*



It is the simplest way to receive out of oral sex. Your partner will prop himself against the headrest using a couple of pillows. Ask him to bend his legs at the knees and move them slightly apart so that you can crawl in between. You will be lying down on your belly while your head is placed directly in alignment with his crotch. It gives you complete freedom to steer the movement and the momentum of the actions you perform. Also, this is a great position to practice all the different fellatio techniques discussed in the previous section.

If you are the receiver, then assume a position that is similar to the one your partner did. Sit back and enjoy the pleasure you get. You can gently guide his head to teach him what you like the most while receiving oral sex.

15. *Doggy style*



This is the variation of the classic doggy style position modified for receiving oral sex. It is believed to be incredibly pleasurable for women. Get down on all fours and slightly light your buttocks upward. You can either keep your legs closed or open them slightly. It allows your partner to use all the different cunnilingus techniques discussed in the previous section. You can prop your head on a pillow and make yourself comfortable while your partner gets to work. It also gives him unrestricted access to your breasts.

Oral sex is an act that is more intimate than having intercourse. Apart from this, it also makes you more familiar and comfortable with each other. If you have any inhibitions about this act, talk to your partner about it before you get started.

Chapter Four: Doggy Style Sex Positions



When it comes to doggy style, the bark is perhaps as big as their bite. It is one position you cannot go wrong with. It helps hit all the right spots, every single time without any exceptions. It is not only pleasurable but even straightforward to perform. The other erotic positions cannot replicate the animalistic, wild sex you can have in doggy position. It has a charm of its own. Doggy style allows for deep penetration, and the good thing about this position is that there are different variations of it. Yes, you read it right; there are different types of doggy style sex positions. If you love the usual doggy style, then you will enjoy all the positions discussed in this section.

16. *Usual Doggy Style*



Let us start with the most basic positions of all. In this, you will be on your all fours while your partner is positioned behind you on his knees. He can grab onto your hips and penetrate you. By holding onto your hips, he can dictate the pace and pressure exerted. This position will undoubtedly hit your G-spot. If you want, you can grab onto the headboard or even some pillows for some support. You are free to meet his thrusts with your own by moving your hips according to his rhythm.

17. *The Bulldog*



In this position, you will assume the pose, as discussed in the previous point. However, your partner needs to crouch over you until his body is essentially hugging yours. Your hips will be hugging his hips; your knees will be aligned, and so on. He can leverage himself by placing his hands flatly on the bed or any other surface you are having sex on. The intimacy offered by this position is greater than the usual doggy style.

18. *The Leapfrog*



In this position, you and your partner must be standing such that your back faces him. Allow him to pull you into a lover's embrace. Place your feet such that they are shoulder-width apart, while your partner stands straight. Slowly bend over and try to grab your knees with your elbows. Or, if you are flexible, you can bend over and reach for your toes. The way you would perform stretches while warming up for exercising. When you are bent forward, ensure that you bend your elbows a little. The pose you assume almost looks like you are priming yourself to leap. Your partner can hold onto your hips or even your

elbows for some support and leverage as he penetrates you.

19. *The Eiffel Tower*



You and your partner must be standing such that you are facing away from him while your back touches his front torso. Now, bend over and move your hands back while keeping them bent at the elbows. You don't have to bend over completely, and you will pretty much suspend your upper body. Now, your partner needs to hold onto your hands the way he would probably hold onto a horse's reins. Once you are both comfortable, he can penetrate you.

20. *The Downward Dog*



If you like a little rough sex, then this is one position you must try. This position is an erotic version of the yoga pose with the same name. Get down on all fours while your partner kneels behind you. Instead of leaning onto your arms, lower yourself onto the bed or the floor such that you can touch the surface with your face. Place your arms by your side. If you want to turn up the heat further and make it hotter, then use some handcuffs. Allow your partner to cuff your hands behind your back.

21. *Basset Hound Pose*



To get started, assume the positions you both would during the usual doggy style. Now, comes the variation. Instead of keeping your legs apart, place them together, and keep your legs closed. Your partner must place his body such that he can effectively hug your knees while penetrating you. It gives him easy access to your neck and is a great way to sneak in some passionate and languid kisses.

22. *Final Variation*



In this position, assume the usual doggy style position and get down on all fours. Instead of kneeling behind, your partner needs to mount you. He will be placed such that his legs are placed on either side of your body. The way he would mount a horse, he needs to mount you. This position is not just good for vaginal sex, but anal sex too.

To make things more pleasurable for yourself, you can reach in between your legs and stimulate your clit as your partner thrusts into you. It will make things quite exciting and erotic for both of you.

Chapter Five: Woman on Top Sex Positions

Being on top, while having sex is quite a thrilling experience. You can control the level of penetration, and the pressure applied. Essentially, you will be dictating the pleasure you both experience. It can be quite a head rush. Move over the regular cowgirl, and the reverse cowgirl poses, and explore other exciting and erotic positions. If you like being on top while having sex and love riding your partner, then here are certain positions you must try immediately.

23. *Cowgirl's Helper*



The cowgirl helper is a variation of the regular cowgirl position. Start by assuming the usual cowgirl position. Now, your partner must bend his knees and move them towards your body. As you kneel on top of him, place your arms on his chest for leverage and start sliding up and down his thighs. This pose lessens the exertion on your

legs and makes it easier to attain an orgasm. He can hold onto your hips or your thighs and help guide your movements.

24. *The Lazy Man*



Make your partner sit on the bed with his legs stretched out in front of him. To make it more comfortable for him, prop a couple of pillows behind his back. Once he is comfortable, it is time to get down to business. Slowly lower yourself onto your partner such that you are straddling his waist. While lowering yourself, bend your knees, and keep them bent once he has penetrated you. You can move up and down by gently pressing and releasing the balls of your feet. You have complete control over how fast or slow you want to go. So, feel free to set the pace. Your partner can support your movements by gripping your hips or your back. Apart from this, it also gives him complete access to your torso. This position is quite pleasurable since it increases clitoral stimulation.

25. *The Waterfall*



Have your partner lie down on the edge of the bed such that his lower body rests on the bed while his shoulders and neck rest on the floor. He will essentially be half-off the bed. You can prop a pillow under his neck to take away the excess stress on his neck. Now, slowly get astride him like you would in a usual cowgirl style. This position will leave your partner completely at your mercy. If you are looking for a man-on-top position, then all you need do is switch places. The shift in power dynamics coupled with the blood rush he experiences will heighten any pleasure he derives.

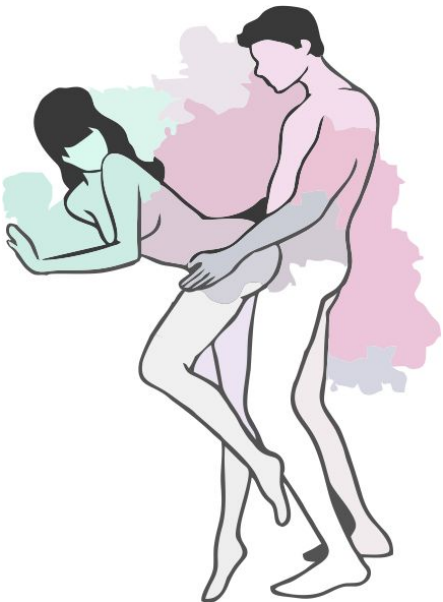
26. *The Pole Position*



Heat Index: ★★★★★

Make your partner lie down on his back with one of his legs bent while the other one lies outstretched. Slowly lower yourself such that you are straddling this raised leg. You will be facing away from your partner. You can hold onto his leg for some support. Alternatively, you can lean back a little and place your hand on his chest for some extra leverage. Start moving in a forward-backward motion. You can easily stimulate your clitoris by rubbing it against his thigh. It is a great position because it allows you to set the pace. Apart from this, it also frees up his hands; he can do as he pleases with them.

27. *The Scorpion*



Make your partner lie on his back while you are on top of him, but facing away from him. Your back will be facing him; he can hold onto your hips and place their pelvises on each other. Now, bend your knees and move your legs backward. This position gives him unrestricted access to your clitoris and

the breasts. It is also a convenient position for giving a hand job. But all those who have back problems should refrain from this position.

28. *The Spider*



Your partner must sit on the bed, bend his legs at the knees, and keep them spread apart. Now, move closer to him such that you are facing him while your vagina is directly poised towards his crotch. You can balance yourself using your arms and keep your shoulders slightly propped up. Now, as he penetrates you, your bent legs will be placed on either side of his waist while his legs rest near your waist. This position gives you and your partner a chance to witness all the action that's going on. The best motion to perform in this position is a forward and backward motion. It is extremely pleasurable and erotic.

29. *The Magic Mountain*



This position is quite similar to the spider position. Sit on the bed such that you are both facing each other. Now, you both need to bend your knees and move your legs slightly apart. Move your body closer to your partner's such that your legs crossed his legs. Keep moving until you make contact. You can use your arms to balance and support yourselves. This position is simple and brilliant. Also, it helps to mix things up. It gives you complete control over the clitoral stimulation you receive from your partner's pelvis. So, start rubbing yourself against him according to your needs.

30. *The Golden Arch*



Your partner needs to sit on the bed with his legs outstretched in front of him. Now, ask him slightly lean backward and balance using his arms. He must keep his legs spread wide apart so that you can comfortably accommodate yourself. Move towards a partner like you would in the usual cowgirl position. The only variation here is that you will need to keep your legs slightly bent while you lower yourself onto his penis. Arch your back slightly and support yourself using your arms. Once again, this position offers a great chance to stimulate your clitoris while managing the speed as well as the level of penetration. Apart from this, this position is also great for maintaining eye contact. All that your partner needs to do in this position is to sit back and watch the show you put on for him. It is a great way to stimulate your G-spot.

31. *The Chairman*



In this position, your partner can either sit towards the edge of the bed or even on a chair. Now, slowly straddle him while facing away from him. As he penetrates you, lean forwards, and rest your weight on your hands. You can even bring your

knees up towards your chest while doing this. Now, you must start moving forward and backward on his penis and keep riding him until you find your sweet release. This position gives him complete access to your upper torso. If you can manage it, you can even twist your body slowly and give him deep and languorous kisses.

32. *Woman Astride*



This position is perhaps the sexiest variation of the cowgirl pose. It will make you feel like a sex goddess and paint an erotic picture for your partner. While your partner is lying on his back, get astride him while facing him. You will be straddling him with your calves placed on either side of his body. Arch your upper body and slight tilt backward, as if you are presenting your breasts to him. Hold onto his thighs, almost near his knees, to maintain your balance. Use this as leverage to bounce or grind on his penis. This position gives him a chance to do whatever he wants with his hands. This wanton pose will truly help you shed any inhibitions you have about sex.

By using these positions, you can quickly take control of your romps in the bedroom. It is time

to unleash the sex goddess present within you and
enjoy sex as you have never before.

Chapter Six: Man on Top Sex Positions



The missionary position is one of the most popular sex positions. It is certainly lovely, but there are other man-on-top positions you can try as well. The missionary position is often considered to be quite vanilla. However, it does offer plenty of eye contact and full-body contact, as well. These work exceptionally well if your partner is usually the one in charge. Here are a couple of man-on-top positions you can try.

33. *Closed Legs*



Assume the regular missionary position with your partner on top few. Once he penetrates you, bring your legs together. You are essentially closing your legs to allow deeper penetration. Apart from this, it also tightens your vagina involves making it extremely pleasurable for your partner. Your partner will essentially be straddling you while your thighs tightly squeeze together. It increases the pleasure quotient for both of you.

34. *The Pancake*



Start by lying down on your back and prepare yourself for a regular missionary position. Once you do this, slowly lift your knees towards your chin. Bring them as close to your chin as you possibly can. If you are a little flexible, it becomes incredibly comfortable and easy. After this, position your arms on his shoulder to steady yourself. This variation works incredibly well because it provides extra body contact, which isn't possible during the usual missionary position. Once you are both comfortable, he can penetrate her and get started. Apart from this, it also allows you to pull him in for a couple of passionate kisses. To take it up a notch, graze his back using your nails and maybe even gently bit his chest. You can also put on a show for him since your hands are completely free.

35. *On The Edge*



Lie down on your back and move your buttocks towards the edge of the bed or maybe even the table. Your partner will penetrate you while standing up. Now, lift your legs such that your calves are placed on his shoulder. Pull yourself closer to him by holding onto his neck. This position gives him unrestricted access to your breasts. It is also great for kissing each other

while having sex. The slight angle this position offers will ensure that he hits all the sweet spots.

36. *Prop It Up*



Once again, begin with the regular missionary position. Then, ask your partner to prop himself up on all fours. Once he is resting on his hands and knees, you must raise your pelvis of a couple of inches and then start moving up and down. To make things more comfortable, you can always prop a folded blanket, towels, or even a pillow under your pelvic region. Once you start moving, you will realize that you are the one in control. It is an excellent variation of the regular missionary position wherein the manager in charge. You will mostly be doing all the work in this position and can determine how deep, fast, and hard you allow him to penetrate you. It is a complete role reversal from the general rules resumed in a missionary position.

37. *Legs Crossed*



Lie down flat on your back and lift your legs upwards. It is okay even if your knees bend a little. Now, ask your partner to kneel and move towards you. As he penetrates you, place your legs flat against his body so that they are perpendicular to your torso. Now, it is time for a little twist. Cross your legs together. It heightens the sensations you both experience and will make for an incredible sexual encounter. He can hold onto your crossed ankles for better leverage while thrusting into you. This position offers excellent eye contact. To make things raunchier, start telling him how good you feel. Don't fake it and offer genuine compliments.

38. *Spread-eagled*



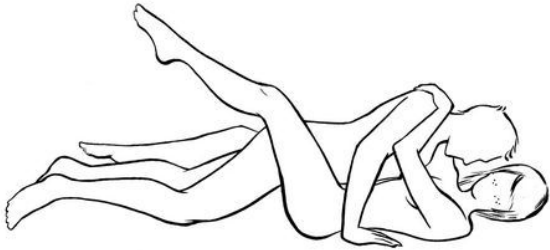
Start with the usual missionary position, and instead of keeping your legs wrapped around his torso, lift your legs and spread them open. Position your legs such that they form a wide V with one leg on either side of him. He will be kneeling while penetrating you. Now, you can either ask him to support your legs by holding onto them. If you think you have the core strength for it, leave your legs suspended in the air. Apart from this, you can also hold your legs up by supporting them with your hands. Place your hands near your hips and keep your legs propped up in the air.

39. *Variation of the Lotus*

If you think the lotus position is a little too acrobatic for your liking, then try this variation. While lying down, spread your legs out and keep them shoulder-width apart. Now, bend your legs at the knees and bring them towards the sides of your body. Your legs will be bent on either side of his body. As he penetrates you while kneeling, he must place his hands on your thighs. Allow him to grab your thighs and keep your legs

bent. This position spreads you wide open and enables him to get a good view of what's going on down there.

40. *I Want You*



Assume the regular missionary position with him on top of you. Before he penetrates you, lift your butt to give him easier access. Now, bring your legs up and place your ankles on his shoulders. If you are flexible, then he can very well roll you up into a ball. If not, then try to curl your body up as much as you can without hurting your lower back. Prop yourself up by using your hands while your neck and shoulders stay on the bed. He can hold onto your thighs to gain better access and control over his movements.

All these positions are quite simple, and you can always add a little extra to it to spice things up. For instance, whenever possible, reach out and kiss him, touch his body while making love, and encourage him to do the same. Whispering dirty things into each other's ears is a good idea too. Well, after going through this list, you will certainly not think of the missionary style as being too simplistic.

Chapter Seven: Tantric Sex



Meaning and Origin

The origins of Tantric sex are still unknown, but it is a popular belief that the first community that started practicing this form of sacred sex was the Lemurian. They believe that the body is a divine vessel and used aromatherapy along with other techniques to attain divine liberation. Scholars also believe that the concept of tantra is closely associated with the Indian practice of yoga. As with yoga, there are certain principles as well as body postures used in tantra that help strengthen one's connection with the divine force of the universe.

Tantric sex has become an incredibly popular concept in the Western world, and various celebrities such as Madonna, Steve jobs, and even Sting have openly declared their love for this. Tantric sex is believed to be an effective means of attaining a heightened state of pleasure. On the physical level, it is a technique to attain complete satisfaction with one's body to experience extreme pleasure. Mentally, it enables

you to form an emotional connection with your partner. On a spiritual level, your body and soul come together with that of your partner and bring you both closer to the divine spirit.

There are two energies according to tantra, and they are Shiva, the male energy, and Shakti, the female energy. Shiva and Shakti are popular deities, according to Hindu mythology. The idol of Shiva represents a Lingam, and that of Shakti represents yon. Lingam and yon mean penis and vagina, respectively. Whenever a couple engages in Tantric sex, the female energy rises up through the different chakras in the body and pierces through the female center of energy known as the kundalini. This energy then merges with the male energy or Shiva and results in the unison of divine forces. Once you start following the path of Tantric sex, you will start to notice a change in yourself. The way you view yourself and the world around you will change. Apart from this, your perspective towards a romantic relationship will also change. Through your journey, you will discover that every man and woman has a specific level of divinity within. The act of sex will no longer seem like a casual routine, and it will become more sacred to you.

Benefits

Tantric sex promotes the idea of monogamy. Once you commit yourself to your partner and are in it for the long haul, the relationship you share will blossom and grow. You will start viewing sex as a sacred act that increases the love you have for your partner. It also concentrates on the growth

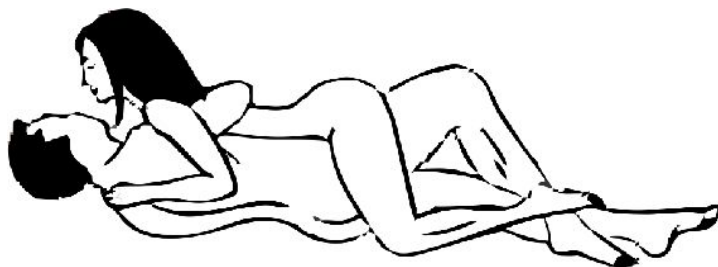
of partners as well as the relationship they share. It helps you let go of any inhibitions you might have about yourself while encouraging you to embrace your body. This, in turn, will improve your overall self-confidence. Once you give yourself to your partner- body, mind, and soul, and your partner reciprocates this, your relationship will thrive. Tantric sex also heightens the sexual pleasure and satisfaction you can derive from sexual acts. It enables you to understand your sexuality and accept it with open arms fully.

If you want to reap the benefits of tantric sex fully, then you must let go of any inhibitions you have. Let go of any preconceived notions and try to keep your mind open to its suggestions.

Best Positions

In this section, you will learn about the best sexual positions according to the philosophy of Tantric sex.

41. *The sidewinder*



This pose is loosely based on the yoga position of the same name. It allows for deeper penetration

and better control. Apart from this, it also facilitates great eye contact. In this pose, you must lie on your side and support your upper torso using your hand. Lift one of your legs and place them on your partner's shoulder while the other lies on the bed. Your partner must not sit on his knees in between your legs. Alternatively, he can spoon you and then to you from behind. The position you as you in both these cases will still be the same.

42. *The Yab Yum*



It is believed to be amongst the best positions for Tantric sex. If you like the idea of having a simultaneous orgasm with your partner, then this is the best technique there is. It is quite simple, but it certainly helps stimulate all the right spots for a woman. Since this position frees up your partner's hands, he is free to do whatever he wants to. To assume this position, your partner must sit with his legs crossed while keeping your back straight. Now, you are supposed to slowly lower yourself on top of his legs and then wrap

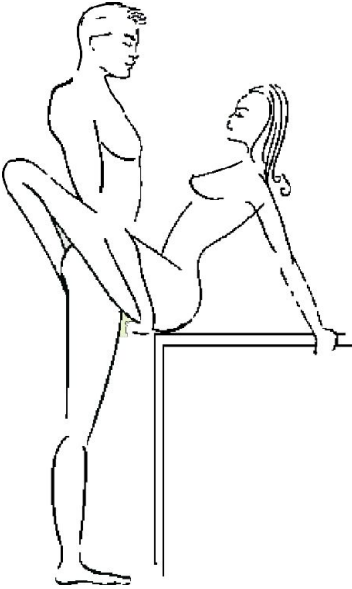
your legs around his lower back. Keep bobbing up and down until you can both reach a timed orgasm.

43. *Time bomb*



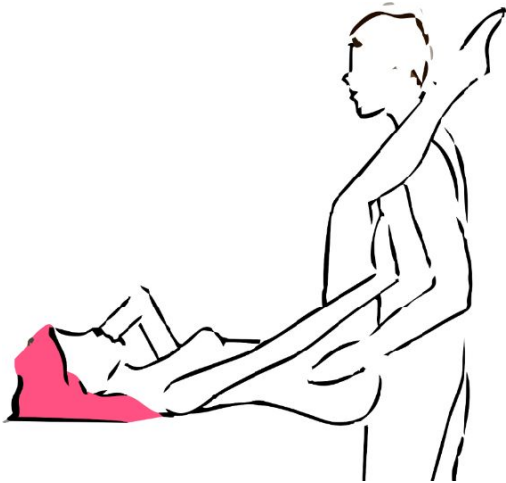
This position is also known as the get-down technique. This is one of the best ways for a woman to reach full penetration and ensure that his penis hits the G-spot. It so allows for easy kissing. Make your partner sit on a chair with a straight back. Now, sit on his lap facing him and slowly lower yourself onto his penis. Either you can move up and down, or he can move you by placing his hands right below your buttocks.

44. *The padlock*



In this pose, you will get a good look at your partner's face along with his upper torso. It is an erotic pose that heightens the pleasure you both feel. To perform this position, you must sit on a high platform such as the kitchen counter or table. Now, lean backward and balance your weight using your elbows while tilting your head back. Now, your partner must stand between your legs and enter you. This frees up his hands to do whatever he wishes. It gives him easy access to your entire upper torso.

45. *The butterfly*



This position enhances the level of ecstasy you both experience because of the deep penetration it facilitates. You must lie down on a table with your buttocks placed right at the edge of the table. Your partner must lift your lower back off of the table and place your legs over his shoulders. Depending on his height, he can raise your butt as high as he wants. Now, he must penetrate you while your body is suspended in midair. To balance yourself while in this pose, tilt your neck a little backward.

46. *The double-decker*

This is another erotic position that increases the chances of a climax. Apart from this, it also gives your partner a good view to see what is going on down there while giving him unrestricted access to play with your butt. In this pose, you are the one in charge. Make your partner sit on the bed with his legs folded beneath his body. Now, you must face the other way and place your feet on either side of your partner. Plant your feet firmly to give you some support. Now, you can either Barnes up or down or move forward and

backward. Once again, this frees up his hands and gives him unrestricted access to your entire body. To spice things up, encourage him to stimulate your clitoris.

47. *The hot seat*



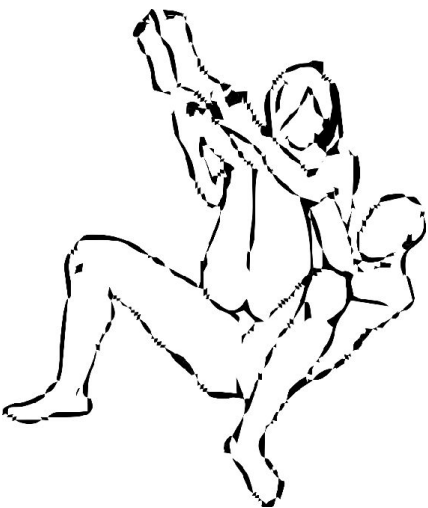
This position helps create the right amount of pressure and provides an amazing sexual experience to both the parties involved. You and your partner get equal control. Your partner kneels on the bed with his knees supporting his upper body while his legs are placed slightly apart. Now, you must sit in the same position, but face the other way. Your buttocks will be pressing against his scrotum, and your back will be towards his chest. Place your legs together and position them in the space between his legs. Your partner will penetrate you from behind. While in this position, it ensures that you and your partner are in close contact with each other.

48. *Rowboat*



This position is a slight variation of the girl on a top pose. You can get a good look at your partner's face and vice versa. Your partner must sit on a chair that is slightly flexible. Now, slowly lower yourself onto his lap such that your legs are placed on either side of the chair. Either you can bounce up and down on your own or make your partner move your buttocks as he sees fit.

49. *The mermaid*



This position is a slight variation of the classic butterfly pose and provides greater grip and comfort. You must lie down in the same position as you did for the butterfly pose but place a pillow or a blanket to prop your butt. Stretch your legs are a ninety-degree angle and make your partner stand quite close to the table. Keep your legs together for better grip and comfort. It frees up your partner's hands to play with your feet.

50. *Tidal wave*



This pose is unbelievably simple, sexy, and comfortable. It is a slight variation of the classic missionary position. In this pose, you will essentially be mimicking the position your partner assumes during the missionary pose. Make your partner lie down on his back and place his arms by his side. Now, place yourself on top of your partner such that you are essentially sleeping on his body. This pose allows for deep penetration while giving you the freedom to guide the pace, momentum, and penetration. Stretch your legs out such that they are fully resting on his

legs. For additional support, place your palms on his forearms. Start moving your pelvis upward and downwards to ride your partner until you both have earth-shattering orgasms.

51. *Pretzel*



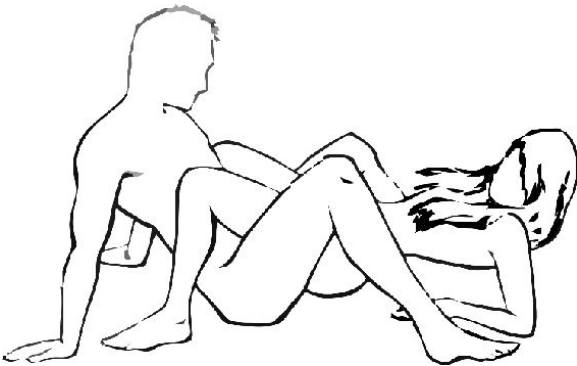
It is a simple yet erotic pose that is aesthetically pleasing. It will make you feel quite sexy. You and your partner must kneel while facing each other. Move towards your partner and wrap your hands around him. Lift your left leg and place it such that it faces his right foot while kneeling. Now, make him move his left leg such that it is near your right foot. If you record yourself in this position, you will notice that the union of your bodies resembles a pretzel and hence, its name.

52. *The spread*



It is a basic yet erotic pose. It gives you and your partner, unrestricted access to each other's bodies. Sit on a sofa or a table with your butt placed close to its edge and spread your legs. Your partner must stand in between your legs and penetrate you. You can easily pull him towards you for a sexy kiss. It gives him unrestricted access to leisurely explore your body.

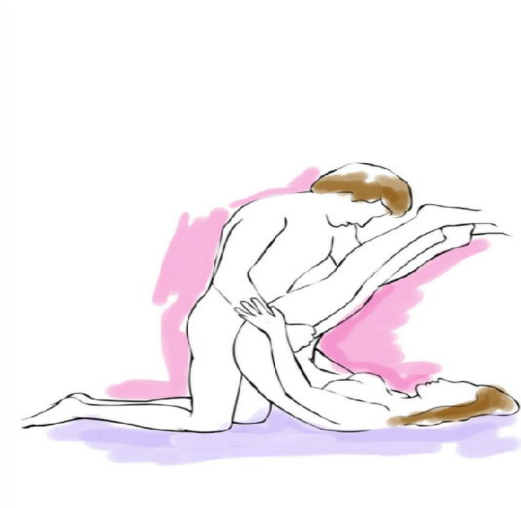
53. *The intertwine*



It might seem like quite an acrobatic pose, but when performed correctly, it is extremely pleasurable. You and your partner must face each

other and sit as close as you possibly can. Your partner must place his legs on either side of you. Now, slowly lift your legs and place them on either side of his body right below his underarms. His arms will help lock your legs in place and offer a better grip. Lift your arms and place them at his elbows. Your partner must lift his legs and place them on top of your hands. It sounds a little tricky, but once you perfect it, you will be in for some amazing sex.

54. *The G-force*



The G-force is believed to be amongst the sexiest tantric sex positions. Think of it as the piece de resistance. Your partner will have a more dominating role in this pose, but the pleasure you both derive will be mined blowing. So, prepared to be blown away. Lie on your back on the bed while your partner kneels by your legs. Ask him to lift your lower torso off the bed and balance you while your shoulder and headrest on the bed. He can either stretch your legs at a ninety-degree angle or bend them at your knees and place them on his

chest. Now, all that's left for him to do is penetrate you. To tease him further, slowly play with yourself and put on a great show for him.

Chapter Eight: Kama Sutra

Meaning and Origin



The Kama Sutra is an ancient Sanskrit scripture that comprehensively describes the primary rules for sensuous physical relations between a man and his woman. Malanga Vatsyayana is believed to be the author of Kama Sutra during the third century. This text has been translated into multiple languages across the globe by different scholars as well as authors. There are various stories about the history and the origin of Kama Sutra. A rather popular theory is that the information contained in the Kama Sutra was presented to humankind by Nandi, the doorkeeper of Lord Shiva. Nandi is simple and is considered to be incredibly sacred, according to Hinduism. Legend has it that Nandi once accidentally hovered Lord Shiva and his wife Goddess Parvati while they were making love. This incident inspired Nandi to record everything he had come across and then passed down this knowledge to humankind to enable their procreation activities as well as their well-being. Other stories that the god of creation, Prajapati, declared 10,000 chapters of the Kama Sutra. Lord

Shiva assembled all these chapters, and Shvetaketu (a philosopher) compressed it to 500 chapters. Later on, Vatsyayana recorded this text in Sanskrit from all the Sutras presented by Shvetaketu.

The word Kama means sexual desires, and Sutra means a thread or a line that holds things together. Therefore, in a metaphorical sense, it refers to a manual or a textbook about sexual desires. Kama is believed to be amongst the four major goals of life in Hinduism. This is the topic upon which the Kama Sutra is based. Kama Sutra isn't purely a sexual manual and contains various poetry as well as prose about living an honorable and cordial life. It discusses different aspects of life, such as love, family, honor, and relationships.

Kama Sutra contains plenty of sensuous text, and it is an important part of a much larger collection of texts from ancient India that are primarily of a religious nature and are known as the Kama Shastra. Shastra means discipline in Sanskrit. Even though the primary sense of this text is sensuous, Kama Sutra is deeply associated with tradition as well as a religion that is part of Hinduism. According to these texts, a person in his lifetime supposed to achieve four basic goals, and they are Dharma, Arth, Kama, and Moksha. Dharma means religion, Arth means wealth, Kama means desire or pleasure, and moksha means salvation. These things are associated with various stages of life. According to Vatsyayana, a sensible and righteous man separates this time wisely so that he can devote sufficient time towards religion, acquiring wealth, and indulging in sexual pleasures.

Kama Sutra places great emphasis on the need for a strong emotional bond and not just a physical one between couples. The purpose of this text wasn't just to educate people about sexuality but to encourage them to develop a healthy relationship with their lovers. Most of the techniques mentioned in the Kama Sutra require equal participation from both the partners. The basic message here is that equality is essential in all aspects of life, and sex is not an exception. A couple must function like a unit instead of two separate entities.

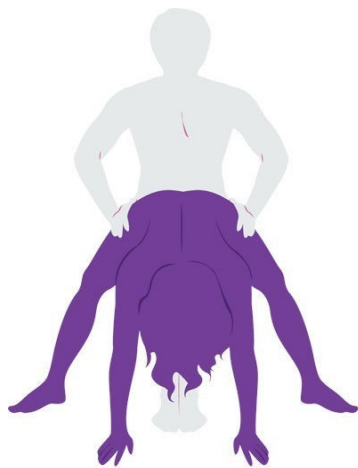
Kama Sutra places great emphasis on touch, not just during sex, but also in general. There are different forms of touch, and each tends to create a different sensation. Even a casual hug tends to radiate positive energy, which makes the giver as well as the receiver quite happy. It also emphasizes on the importance of dressing up. Each partner needs to dress up not just for one another, but even for themselves. It suggests that if a couple starts becoming passive, then the spark in the relationship will fade out. Since the Scriptures are sensuous, sex is an important part of it. However, Kama Sutra suggests that it is quintessential to retain the fun element while indulging in sexual intercourse. The couple must be eager not just to learn new ways to please each other but must be open to experimentation. It essentially means that you must communicate with each other about your dislikes, likes, fantasies, or anything else for that matter. It is important to let go of your inhibitions and any other insecurities, especially when it comes to indulging in sexual activities. Once you overcome

this obstacle, you will truly discover the pleasure of Kama Sutra.

The scriptures place a lot of importance on retaining the fun element of sex. Keeping this activity fun is the key. The couple should be eager to learn new ways to please their partner and should be fine with experimenting. You will need to keep communicating with the other about any particular thing that you liked or disliked or something that you would want to try. It is important to let go of inhibitions and any insecurities. This will be a major obstacle, and once you overcome it, you will discover the pleasure of Kama Sutra.

Best Positions

55. *The tigress*



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Your partner must lie down on his back on the bed. Then, you straddle him such that your back faces him. Lean back and place one hand on his chest for better support. Hold onto your ankle with the

other hand and sit on your haunches. Either start bobbing up and down or move forward and backward. Your partner can grab your hips and provide extra leverage. This position is great for intimacy, extra pleasure, and will make you feel like a sex goddess. It gives you complete control over your partner.

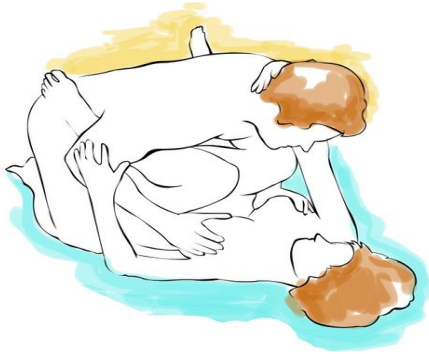
56. *Wide-open*



This position is amongst the most famous Kama Sutra positions. If you're looking for a simple technique to turn the heat up in the bedroom, then start with this position. It doesn't require much flexibility, and it is quite easy to perform. If you are discovering the brilliance of Kama Sutra, then start with this one. Lie down on your back and spread your legs wide open while keeping them bent at the knees. Your partner needs to lean forward while kneeling. Encircle his waist with your legs while he spreads his thighs apart. Your palms will rest on his thighs while his hands will be holding your back. If you want to make yourself more comfortable, prop a pillow under your head. This position also gives unrestricted access to your upper torso. Now, try leaning back so that your breasts are put on complete display for him.

It will certainly drive your partner wild with
lost.

57. *Indrani*



Lie down on your back and bend your legs at the knees. Position knees as close to your chest as you possibly can. Your partner will be leaning directly about you while kneeling. Pull his body closer to yours by holding onto his thighs or grabbing his buttocks. He can support himself using his forearms. If you are flexible, then you can even quickly pull him in for a passionate kiss. The great thing about this position is that it enhances your arousal. Also, it gives your partner the control to dictate the rhythm. Indrani is a classic pose that contracts your vaginal muscles, making it more pleasurable for your partner.

58. *Clasping pose*



If you like the idea of full-body contact while having sex, then you will truly love this pose. Usually, the man is often on top, but in Kama Sutra, the roles are reversed. Your partner will be lying down on his back on the bed with his legs stretched out and wide-open. Now, you need to get on top of him and allow him to enter you. Once he penetrates you, stretch your legs are behind you and support your weight using your forearms. Your partner can grab your buttocks and guide the movements you make. A back and forth motion are best suited for having sex in this position. Once again, you get to dictate the pace while in complete contact with your partner's body.

59. *Milk and water*



If you're looking for a quirky position to spice things up in the bedroom or want to start experimenting, then the milk and water embraces are a great place to start. You will require a chair for performing this position. Ideally, opt for a chair without any armrests and make your partner sit on while keeping your back straight. When she's comfortable, climb aboard but face away from him. Start touching and allow his hands to help with the penetration. Once he enters you, slowly spread your legs apart. Start moving back and forth to attain a brilliant orgasm. This pose essentially opens up your entire body to his touch. He can hold your breasts or even stimulate your clitoris while having sex. Apart from this, it also makes it easier to kiss each other. As long as you have a chair nearby, you can always perform this pose. Also, it is a great way to start foreplay.

60. *Congress of the crow*



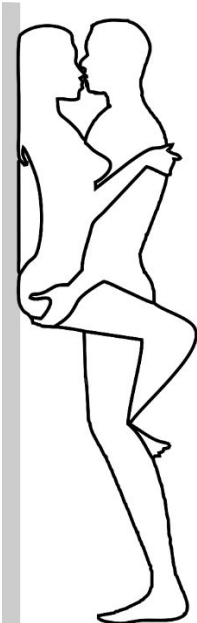
If you enjoy the sixty-nine position, then this is something you will truly love. This is a slight variation of the traditional 69 posts that you perform for sex. You and your partner must lie down on your sides, assuming a semi-fetal position. Lie down such that your crotch is directly near your partner's face and vice versa. Once you are both comfortable, it is time to get to work. You can hold onto your partner's buttocks while you start pleasuring him. You can simultaneously give and receive oral sex. Start using the different techniques discussed in the previous chapter about oral sex and try to get each other off without penetrative sex.

61. *The lotus pose*



If you are flexible or love yoga, then this position will truly be a blissful experience. You will need to bend your body to perform this pose successfully, but it will certainly be worth your while. This is a man on top position, and you will need to start engaging your core muscles while having sex. So, how do you perform this pose? Well, for starters, lie down on your back and cross your legs. Once you have crossed your legs, use your arms, and slowly bring them towards your chest. Your partner needs to penetrate you while lying on top. He can use his forearms to support himself. Allow him to move your legs towards your body as much as he can without making yourself uncomfortable. Hold onto his forearms for a better grip. As he starts thrusting, all that you need to do is maintain this pose.

62. *Suspended congress*



This position is all about having wild, passionate, and unbridled sex. It is standing up sex position. Your partner must stand with his back against the wall while you face him. He then needs to lift you by holding your buttocks such that your toes touch the wall. You will essentially be suspended in the air as your partner supports you. Use your thighs to grasp his waist and push your feet against the chest. Use one hand to hold onto his neck and the other to hold onto his forearms. As he enters you, be prepared to experience pleasure like never before. Since you will be suspended in the air, ensure that your partner is strong enough to support you both. If the idea of spontaneous sex appeals to you, then don't forget to try this pose.

63. *Splitting bamboo*



Lie down on your back and lift one of your legs. Stretch it outward until it is directly perpendicular to your body. Now, your partner must move towards you while kneeling such that his thighs rest on his calves. Place your outstretched leg on his upper torso and hold it by his ears. Your partner needs to hold onto this leg while thrusting in and out. This pose gives him unfettered access to your breasts. You can either keep your hands by your side or even hold onto his calves. The splitting bamboo position allows for deep penetration and puts the guy in charge of the speed and pressure applied.

64. *Pair of tongs*



This is a little tricky and is amongst the more advanced positions discussed in the Kama Sutra. You might feel like an acrobat while performing this pose. You will need to be flexible and have sufficient upper-body strength to support and balance yourself. However, once you get the hang of it, you will keep coming back for more.

Get started by lying on your side towards the edge of the bed. Move forward such that only your calves, feet, and ankles rest on the bed and support yourself using your right arm. Your partner will stand in between your legs and holds your upper torso by grabbing your waist. He then steps over your right leg and holds your leg up while penetrating you. Grab onto his arm that's holding your waist for balancing yourself.

If you aren't able to successfully perform any of the poses discussed in this section, don't feel discouraged or disheartened. Keep practicing, and you will surely get the hang of it. As with any other form of exercise, the more you practice, the better you get at it. Also, it helps strengthen the bond you share with your partner.

Chapter Nine: Exciting Places to Have Sex In

If you are looking to switch things up, then change the setting. Sex doesn't have to be confined solely to the bedroom, and don't be afraid to change things up every now and then. Having sex in the bedroom is undoubtedly more comfortable, but it can become a little monotonous. From having sex in the kitchen to trying something more risqué, there are different options available to you. In this section, let us look at some exciting places you can have sex in instead of the bedroom.

Backyard



Let us start with your own backyard. Having sex in the outdoors can be quite sensual, and if this scenery is romantic, there is nothing like it. Having sex under the stars surrounded by the sense of nature can be quite enjoyable. Spread a picnic

blanket on the floor and have sex in your backyard. Apart from this, you can also try having sex on the poolside lounge or even the porch swing. You can experience outdoor sex without worrying about others invading your privacy. If you are not into putting on a show for others, then make sure that your neighbors cannot directly look into your backyard.

Sex on the Beach



While having sex on the beach is a truly liberating experience, and it is so popular that there is a cocktail named after it now. Sure, you might be worried about San getting into all the wrong places, but with a little preparation, you can avoid all this. Also, dealing with a bit of disturbing or irritating sand later is a small price to pay for having an enjoyable experience. It is something you must try at least once. Find a secluded spot on the beach, spread a picnic blanket on the sand, and get started. The idea of having sex under the wide-open sky while listening to the sounds of waves crashing around you is the stuff that romantic movies are made of.

Kitchen



A surprise romp in the kitchen or even a quickie while preparing a meal is a good idea. You can prop yourself up on the kitchen counter or maybe even the dining table! If you see your partner cooking, why don't you grab him from behind and surprise him? If you aren't too open to the idea of having outdoorsy sex, then you can move things from the bedroom to the kitchen. Maybe cook a meal for him dressed only in your apron and your favorite pair of high heels. It will quickly make him hungry for something more than food.

Sex in a Car



Having sex in the car might make you feel like two horny teenagers, and it might transport you right back to your high school days. It might not be the most comfortable setting, but it works. It also helps put the spark back into your sex life. Pull the car into a secluded spot away from prying eyes and get on with it. Either you can hop into the backseat or even pushback the front seat and make some room for easy movement. There will be a little extra maneuvering involved to get into the ideal position, but it will be worth your while. If you don't want to have sex in the car, then try fellating your partner! Try giving and receiving oral sex!

Movie Theater



It might sound like something right out of porn, but having sex in a public space can be an exhilarating experience. Find seats for yourself in the last row in a sparsely crowded theater. Start feeling each other up and forget about the world around you. That said, don't get caught or you might run into some trouble with the law. You can opt for oral sex or start stimulating each other using your hands. If you are well hidden from the others in the theater, then it is a great chance to have some over PG-13 fun.

Laundry Room



A simple way to add some excitement to your normal sex life is by having sex in the laundry room. Hoist yourself onto the dryer and have sex while your clothes are tumbling dry. The extra vibrations from the trioval certainly make the experience more pleasurable for the two of you. Once you hoist yourself up, your partner can move in between your legs and enter you. Wrap your arms around your partner and pulled him closer to you. There are different positions you can try and get creative with all the different props available to you within the comfort of your own home. Sex can get rather boring if you forget about being creative. So, allow your imagination to run wild and come up with various ways in which you can make things more interesting.

Office



If you have an office to yourself, then having sex at the office is a brilliant idea. If not you, if your partner has a private office, then having a quickie at work is quite a thrilling experience. A late-night romp in the office can spice things up rather quickly. This is a great time to enact any of your role-playing fantasies as well. If you like the idea of having sex with an authority figure like your boss or manager at work, then recreate the same scenario. Dress up sexily and seduce him. Why don't you take this opportunity to christen your workspace? While doing this, ensure that there are no security cameras around. Public sex is fun, but ensure that you don't get caught in any compromising positions.

Rooftops



This is a great idea for all city-dwellers. If you don't want to venture into the outdoors, then head up towards the rooftop. Take a starry night, spread a blanket on the roof, and get on with it. In fact, make a date night out of it. Ensure that you are and putting on a show for any of your neighbors. This works exceptionally well if you live in a high-rise.

Construction Sites



Sneaking into a construction site and having sex is another way to bring some excitement back into your sex life. Once again, this is possible only at night. If you managed to wiggle through though

fans and make your way into a construction site, then there is nothing like that. Once again, be careful that there are no security cameras around or, even worse, security guards. After all, you are trespassing onto someone else's property, so be a little careful. Also, beware of all the different construction equipment around you that it might unknowingly hurt you or your partner.

Park



Having sex in a public park is also a good idea. Opt for an ideal time at night where you know you will be alone. Be fully aware of your surroundings at all times, and don't put yourself in any risky situations.

Hotel Windows



Having sex in a hotel room is also a good idea. In fact, you both can have a staycation in the city itself. Check into a hotel and have sex standing by the window. This works especially well for those rooms that are on higher floors. Pull the drapes aside and have sex standing by the window. You will certainly get a thrill by putting on a show. It is a simple way to explore whether you and your partner are into exhibitionism.

Restrooms at The Bar



A quickie in the restroom of your favorite bar or restaurant! Wear something that provides easy

access to your partner and get on with it. In fact, you can make a game out of it. Keep teasing your partner while having your meal. You can quickly make a trip to the restroom, remove your panties, and stuff them into your bag. Show this to your partner, and the meal will undoubtedly come to an end. Or if you are feeling a little naughty, you can send him a seminude or a nude picture from the restroom. Keep teasing him with feathery touches and some stolen kisses.

Hiking Trail



If you are open to the idea of having sex in the great outdoors, then go hiking! Find a secluded hiking trail for yourself.



Go Skinny Dipping

Apart from all these things, you can also try skinny-dipping. Having sex in the pool or even at the beach works really well.

There are plenty of ways in which you can make your sex life more enjoyable. All it takes is a little preparation and a spirit of adventure. Think of every new experience you have as an adventure, and you will certainly be able to rekindle the spark in your relationship.

Chapter Ten: Sex Tips



General Tips

Spend some time apart and create a masturbation playlist for yourselves. No, it is not about a music playlist. Take some alone time to explore your body and understand yourself better. You might discover certain things you enjoy that you weren't aware of. Once you understand yourself better, it becomes easier to communicate your needs to your partner and vice versa. The best way to understand what you like in bed is to try it yourself. Sex will certainly become more pleasurable too.

Don't shy away from using lube. If you think you need a little extra help, then there is no harm in asking for it. There are a lot of stigmas associated with using lube, and don't allow it to prevent you from doing what you need. If sex can become more enjoyable and less painful, then that's a good enough reason to start using lube. You don't need pints of lube, and even a dime-

sized amount will do. If you are open to the idea of anal play, then lube will certainly come in handy. Before you use lube, ensure that you don't have any allergic reactions towards it.

Sexting is not just for horny teenagers. You can even indulge in some sexting from time to time. Sending flirty and suggestive texts to each other will certainly keep up the sexual tension bubbling all day long. Also, it will make you both eager and excited for when you can finally meet. This is a great way to ensure that you are on your partner's mind.

While having sex, try maintaining eye contact. Learn to let go of any inhibitions you have and lovingly gaze into each other's eyes. Ensure that your body is online such that speech flows freely and naturally while you can maintain eye contact. It might be quite tempting to close your eyes, and allow yourself to experience all the pleasurable feelings, don't give in to this temptation. Instead, resist this urge and try to look at your partner. That said, don't stare at him continuously, or else it will get uncomfortable.

Whenever engaging in sex, ensure that you maintain a pleasant expression on your face. You don't have to laugh, but a smiling face is quite encouraging. Don't make any funny faces or pretend like you aren't interested. Once you share a strong bond with your partner, your expressions will naturally turn more pleasant and personable.

Always stay in the moment while engaging in any form of sexual activity. Don't zone out, don't worry about the past or the future, and don't fantasize about others. If you feel like you

aren't into it at the moment, then stop. Don't go along with these acts merely because your partner wants to. The sexual relationship you share with your partner must be as much about giving as receiving.

Ensure that the lines of communication between the two of you are always open. You must be able to discuss any topic under the sun without worrying about being judged. Share your darkest desires and your deepest fantasies. Apart from this, talk about any fears or apprehensions you might have. Instead of allowing these worries to fester within you, learn to share.

Use your hands to emote and don't just assume that communication always needs to be verbal. While in the midst of intercourse, if you end up scratching your partner's power, it shows your permission and the pleasure you derived. Allow your expressions to convey silent messages to him. Start using it along with verbal communication to make it more powerful. Don't be afraid to smile, laugh, or even cry whenever you speak. This will help improve the empathy and connection you both share. Avoid doing certain things whenever you are engaging in any sexual activities like grinding your teeth, cracking your knuckles, or anything else. Instead, concentrate on gazing into each other's eyes. After all, your eyes are the windows to your soul.

Whenever you talked to your partner, ensure that you are encouraging him to talk to you as well. It has to be mutual and ensure that communication is always a two-way street. Say things that you know will elicit a response and respond to his stimuli. Don't keep talking non-stop and give your partner a chance to express himself and respond to

whatever you say. Apart from this, refrain you from judging or passing any comments about the things your partner says. Give him some time and allow him to express freely. After all, a relationship cannot last if both of you keep hesitating about sharing information with each other.

Why don't you incorporate a little aromatic oil into your usual sex routine is? Different exotic smells like musk, rose, lavender or even sandalwood can work wonders. Squeeze a couple of drops of the soil onto your palms and drop them until your palms feel a little warmth. Then, really know what your partner and gently start kneading his skin with the soil. Slowly make your way towards his genceel year without actually touching him. Instead, concentrate on working the area around his crotch without laying a finger on the sexual organs. This certainly helps build up the sexual tension and anticipation.

Kissing the ear has certainly become a rather clichéd form of romantic expression. You might be quite surprised to know that the year is an extremely sensitive part of your body. So, try to make the most of it. You can run your fingertips gently along the outer fold of your partner's ear, traces you're using your town, or even nibble kisses on his ear lobe. Ensure that you don't breathe too loudly or rapidly whenever you are near his ear. Kiss the spot where the ear connects to the head and gently probe the middle of the ear canal to elicit arousal.

Food can also act as quite an aphrodisiac. Apart from increasing your sex drive, different foods like chocolates or red wine help add an element of

excitement to your sex life. For instance, you can dip your finger in some melted chocolate and then run it along your partner's lower lip. Then, lean forward and suck on his lip and enjoy the taste of chocolate on your tongue. Maybe you can feed food to each other without using your hands. If you're sharing a glass of wine, take a sip of this wine; hold the cinema, and feet at your partner. If you want to make things more exciting, you can blindfold your partner and then feed him some of these amazing foods. Feeding each other food can be incredibly arousing; those chocolate-coated strawberries feeding clichéd images will never go out of style. You can buy a bar of chocolate, and share this with your partner. You literally have to share this chocolate using your mouth.

Another simple way in which you can add some excitement to your sex life is by trying out different positions and incorporating different sex toys into your usual sex routine. There are different positions discussed in this book and start going through them one after the other. There might be some positions that you favor and some that you are not particularly fond of. And that is perfectly all right. Make a note of everything that you laugh and start doing more of it in bed.

Sex needs to be a fun activity, and what can be more fun than playing some games together? A simple game you can play is the Start and Stop game. Get a stopwatch or a timer and set it to ring after every four minutes. During these four minutes, you have complete freedom to do whatever you want to your partner, and your partner cannot resist. Once these four minutes are up, it is your

partner's chance to play. Keep doing this until the session culminates the way you want it to.

Try having sex in front of a full-length mirror. There is something incredibly erotic about watching yourself while engaging in an activity that gives you cardinal pleasure. Maybe it is the narcissistic tendency that is present within us that makes this activity pleasurable. However, this is one thing you must try. Watch yourself and your partner as you engage in some erotic sexual activities.

Don't ever overlook the power of oral sex. Use the different tips and ideas discussed in the previous chapters for brilliant oral sex. Also, ensure that you keep an open mind about not just receiving oral sex, but also giving it.

Ensure that you spend sufficient time kissing each other as well. Kissing is truly a pleasurable activity, and it can heighten your arousal very easily. Instead of just getting down to business all the time, spend some time, and engage in more foreplay. Tease and seduce each other. Don't forget the importance of seduction in a healthy relationship.

Once in a while, dress up well for each other. Familiarity certainly breeds comfort, but getting too comfortable is an obstacle to growth. You don't have to dress up to the nines every single night, but once in a while, wear some sexy lingerie to the bed. Encourage your partner to dress up for you, as well. Maybe you can even perform a little striptease for him.

Put on a show for him. Make him sit on the sofa while you sit facing him, but on the opposite now.

Now, slowly start touching yourself and show him how you like to be touched. He can put on a show for you as well. It is incredibly arousing and erotic.

Don't be afraid to let go of the illusion of control. You don't have to control everything, and you don't always have to be submissive. Learn to accept any changes in these power dynamics. Surrender yourself to the pleasures your body desires.

Start using these simple tips, and you will certainly see a positive change in your sex life within no time.

Tips for Foreplay



Foreplay is an important part of having sex together. A lot of people tend to overlook foreplay as they start becoming comfortable with each other. Never forget the importance of foreplay. We all live in a fast-paced world where everything is hurried. Wouldn't it be nice if they slow things down a little and make your lovemaking

more exciting? If yes, then here are some foreplay tips that will come in handy.

Embracing your partner is an important aspect of foreplay. Embracing doesn't just mean hugging. It is more than embracing your partner with just your arms, and it is about making full-body contact. Try to touch your partner in as many different ways as you can think of. You can touch and even gently rub your partner's body by using your body. Rub your breasts across his chest, shoulder, and so on. The primary aim of embracing is to create certain additional sensations before giving in to the urge to touch each other using your hands. Use your mouth; get a little creative. Brush gentle kisses along the length of your partner's body before you start using your hands to touch each other. Ask your partner to reciprocate these gestures. You can slowly lick your way down your partner's body and tease them. Don't forget to concentrate on the different erogenous zones on his body to amp up the heat.

The simple act of kissing can be quite erotic and passionate about itself. It is also an important part of foreplay. By accelerating the speed and pressure with which you kiss, you can quickly turn on. Feel free to kissing part of his body that you want to. In fact, start kissing him the way you want to be kissed and then ask him to do the same for you. Spend a while kissing each other, and within no time, you will both be hot and heavy for each other. You might feel like a couple of teenagers making out, but it is a good idea.

There are three different ways in which you can use your nails to entice your partner. You can press, mark, or scratch him. Remember that while

you are doing this, the intensity of the moment can be heightened, especially while having sexual intercourse. While you and your partner are going at it, you can scratch his chest or his back. Maybe even bite him. Keep in mind that you must not be too forceful, or you might actually end up hurting him. After all, the aim of this activity is to make things more pleasurable instead of painful.

Did you know that all the places on your body that can be kissed could also be bitten? Yes, it is true. Don't go all vampire mode and stick to gentle biting. Gently bite your partner while teasing him and arouse him more than usual. Ensure that your partner is comfortable with all this and stop whenever he asks you to. In fact, it is a good idea to have this conversation before you get started.

The environment can set the mood as well. Try to be a little more romantic, dim the lights, get some fresh flowers, play some soft music, and lightly scented candles. All these things will help entice the different senses and enhance the pleasure of lovemaking. Dress up for your partner in a sexy outfit. You might also try role-playing. You will learn more about role-playing in different role-playing tips in the subsequent sections. If you are usually the submissive partner, then try being a little dominant and take control of the situation. It's not just a man, but even the woman can be dominating while making love.

Sensual Massage



The aim of the sensual massage is not to experience an orgasm, but it is simply to surrender yourself to a heightened state of pleasure. For so long, men have been conditioned to take on more dominant and cool oriented roles that it might be a little difficult for your partner to get give up control. If that's the case, then don't be surprised. All it takes is a little coaxing, and he will be more than happy to hand over the reins to you. While giving a sensual massage, allow your partner to become more receptive and live well in the incredible pleasure from a rather non-traditional source. The massage itself is quite simple. If you're giving a massage, make your partner lie down on his back. You can prop a folded towel or a flat pillow under his hips for a little support. Gently nudge his legs apart and spread them out to obtain easier access to his penis. Choose any massage oil you like and pour a little oil directly on the shaft of his penis. Start massaging his testicles slowly and gently. Ensure that you aren't causing him any discomfort. Rub your hands in slow and deliberate motion over his scrotum, perineum, anus, and the pubic bone. Vary the speed and pressure regularly. To prevent yourself from tiring out, alternate

your hands. Keep in mind that the goal of this massage is not about orgasming. If you feel that your partner is close to ejaculating, then take a break. Slow things down, rub his body and allow his erection to subside a little. Bring him to a heightened state of pleasure and ecstasy. The massage might or might not end with ejaculation. Allow your partner to decide what he wants. If things get too heated up, then be prepared for some wild sex.

If you are receiving a sensual massage, then all that you need to do is lie on your back and revel in the pleasurable sensations you experience. Your partner will follow the same steps you did while massaging him. Keep your legs apart or allow your partner to decide whatever he wants. He must start by pouring a couple of drops of the massage oil onto the mound of your vagina such that a couple of drops drip down your outer lips. He will now start to gently massage the outer lips and the labia using slow and deliberate strokes. Once again, the aim of the massage is not about an orgasm. If you do have one along the way, then that's an added bonus. Neither you nor your partner needs to be in a hurry. He will then squeeze the outer lip between his index finger and thumbs and slowly touch the inner lips of your vagina. Ensure that you do maintain a little eye contact with him. If you like or dislike something, inform your partner about the same. Gradually he will work his way towards your clitoris and starts stroking in using slow circular motions.

As he starts stroking the clitoris with his left hand, he can use his right hand and insert his middle finger into the vaginal opening. Encourage

him to massage the inside of your vagina using his finger. Allow him to stimulate your G-spot and enjoy all these feelings. You are free to decide how you would want to end the massage.

Giving and receiving sensual massages is a great way to explore each other's bodies. Don't be shy and touch him to your heart's content. If you notice that he enjoys something, then you can start doing more of it. This technique also spices up the lovemaking process.

Chapter Eleven: Role Play



Tips for Role Play

Did you consider role-playing? No, it is not about indulging in fantasies about the days when you will be rich and famous. Role-playing is more about your sexual fantasies. Those secret moments where you imagine yourself right in the center of the action that's going on in the porn you're watching worth of books you are reading. Any sexual or kinky role-play often starts from your imagination. Remember when you were a child and used to play dress up or pretend? Well, this is merely an adult-version of what you did as a child. You can make your role-playing fantasies as detailed as you want them to. You and your partner can play the role of pretending to be someone other than your usual selves. Roleplaying might sound like a cliché that looks good in porn, but it works in real life too. Role-playing is about

doing things that turn you on. In this section, let us look at some role-playing tips.

Set together with a partner and start talking about all your fantasies. If you don't want to have this discussion with your partner right away, spend some time by yourself and think about your fantasies. What is the one thing that turns you on the most? If there are multiple things, then start making a list of them. Maybe the thought of having sex with your childhood teacher appeals to you or perhaps having sex with someone in an authority position. Perhaps you wish that your massage therapist with take things down a little farther and not be so professional. If you like reading erotic fiction, then you will certainly have plenty of ideas. The only thing that limits you when it comes to role-playing is your imagination. Think about different scenarios as well as different people who would turn you want to tone you want. Allow all your dirty thoughts to unravel, and don't be judgmental. Keep an open mind to all your thoughts, and don't be shy.

The next step is to start discussing all the fantasies that you have. Some role-playing fantasies don't require any preparation, and you can surprise your partner with them. For instance, you can pretend to meet them in a bar or something else. Other fantasies require little preparation. If you have any kinky role-playing fantasies or anything that involves BDSM, then you will need to gather all the props you require. If you or your partner have such fantasies, then ensure that you discuss things beforehand and gather all your supplies. If you are hesitant to start this conversation, then you can start with a simple phrase like, "I cannot stop fantasizing about.."

this will certainly get the creative juices flowing. Ensure that you as well as your partner keep an open mind to all the different fantasies you both have. It is not the time to be judgmental. By understanding each other's best and arcade desires and fantasies, the bond you share will become more intimate.

Some role-playing fantasies are inherently about holding a power position. It could be an illicit relationship between a boss and a subordinate, a teacher and student, or even an officer and a criminal. Decide in advance which one of you will be the dominant partner, and the dominant gets to have his or her way with the submissive one. This is a great way to change the power dynamics you both share while having sex. This doesn't mean that all the role-playing scenarios need to be the same. It can be something as simple as pretending to pick up your partner at our local bar or maybe even acting like you just met on a blind date. You and your partner can start enacting your sexual desires safely and securely.

If you're not used to it, then role-playing might feel a little silly in the beginning. You might feel awkward that you are pretending to be someone you are not. Even if the idea turns you on, you might still have certain inhibitions about it. Therefore, start slow. Give yourself some time and don't be in a hurry.

Start by sexting your partner about all your sexual fantasies. In this way, you can start playing together in an imaginative world you have created for yourselves. This, by itself, is also a form of indulging in sexual fantasies. If you want to, then you can dress up. If you and your partner

are completely into it, then dress up as the respective roles you will be assuming if you don't want to dress up, even as fine. Imagination is a powerful weapon, so wield it wisely. If you are not sure about the different costumes, you can purchase, then start with simple ones like a slutty French maid, a sexy nurse, or even a sultry secretary. There are different online as well as offline stores from which you can buy the costumes you require. Dressing up is not essential, but if you do dress up, it makes the fantasies seem more real.

Once all this is done then comes the tough part. You'll be left wondering what you're supposed to say. The first few lines of the role-play you both decided to enact might be a little awkward and silly. Well, give yourself some time to get used to it. It becomes easier to start talking after a while. Even if you fumble and stumble forward, it is all right. Or, if you already have a script in mind, then follow the script. You can take the lead and allow your partner to follow or vice versa. Whatever works for you! If you know exactly how you want your fantasy to go on and end, then tell your partner about the same thing. However, if you are unsure how you want to add, then think of it as an adventure. Discover things that you go along. You don't have to be skilled at acting to be good at role-playing.

Role-playing by itself is a sexy and erotic activity. So, even if you aren't that good at it, the mere thought of enacting your fantasies will be a turn on. If you need some inspiration, then watching some porn or reading erotic fiction will come in handy.

The one thing you must keep in mind is that you must be open with your partner and allow your imagination to take the lead. Be willing to be a little silly. Even if you fumble, make mistakes, and actually, it is all right. As you start getting into the skin of your character and allow you and let go of your inhibitions, the experience will become immensely pleasurable.

Role-Playing Ideas

Any role-playing ideas that don't have to be unique! Even if they are tried and tested age-old clichés, it is all right. You don't have to spend hours together to brainstorm and come up with the most creative sexual fantasy. Even if it is something as simple as a dominant boss and the submissive secretary, it works. In this section, let us discover some popular role-playing ideas. You never know what might strike your fancy or inspire you.

Breaking taboos and shifting the power dynamics is what role-play is all about. Therefore, any role-play that's associated with work can be quite a turn on. However, if you are interested in channeling the office vibes, then move away from the bed and try having sex on the desk or maybe even a tabletop. It might not be the most convenient surface, but it certainly adds more character to the role-play.

Another classic role-play fantasies that of a maid or a butler. Depending on who wants to be the dominant partner, decide the rules you would like to play. Maybe you would want to be the boss, and he can be the butler, or you can be a maid, and he can be the boss. The idea of surrendering all

control and obeying your master or mistress's wishes is quite erotic and thrilling.

Playing the role of a masseuse is extremely erotic. Maybe it is because of all the different porn videos that are based on this concept. A massage by itself is quite intimate. And playing the role of masseuse; therefore, by the nature of the work involved is erotic. If you were the masseuse, then ensure that you pay attention to different parts of his body and not just his penis. Make the role-play as believable as you possibly can. This advice applies to both parties involved.

Any scenario that involves an authority figure is quite hot. This scenario becomes even hotter when the said authority figure has a reason to touch you. So, a role-playing scenario involving a doctor-patient equation or a police officer and a criminal work well together. To make things more erotic, dress up for the part of it. If you are role-playing a sexy nurse, dress up accordingly. If your partner is a doctor, then encourage him to wear a lab coat and maybe carry your stethoscope around his neck. Try to make the role-playing scenario as realistic as possible. Or perhaps if you're playing a sexy cop, don't forget your handcuffs.

Acting as strangers can also be thrilling. Often, couples usually miss the initial excitement and sparks that are present during the initial phases of a relationship. These things exist because you are still getting to know each other. Comfort breeds familiarity, and this familiarity tends to eat away at the sexy quotient in the relationship slowly. If you like the idea of jump into bed with

a total stranger, then why not pretend like you're both strangers? Decide to meet up at a specific spot and behave as if you haven't met before. Allow the sparks to fly and jump into bed together later. By doing this, you get the best of both worlds. After the one-night stand end, you can fall back into the loving arms of your partner.

There are different scenarios you can come up with. Some of them might be kinky and a little taboo, while others are just thrilling. Just let go and concentrate on having some fun together.

Conclusion



Living in a fast-paced world and leading hectic lives has left us with little or no time for ourselves. This, in turn, can hurt your sex life. If you feel like the spark is missing in your relationship or that it is slowly fading away, then it is time to take some immediate action. Your sex life doesn't have to suffer, regardless of what the reasons are. You can turn things around and bring the spark back into your relationship.

Learning to reconnect with each other and strengthening the bond of shared intimacy will certainly help heat things up in the bedroom. Making a conscious effort to connect with your partner and spending some time together will help bring this magic back into your relationship.

In this book, you were given all the advice you can need to reignite the flames in your relationship. Amp up the sexy quotient and indulge in each other's bodies. Start incorporating the different tips, ideas, and positions suggested in

this book to add some excitement to your sex life. A plant thrives when it gets all the nourishment it requires. Likewise, even your relationship will thrive if you spend some time to take care of each other's needs.

The one thing you must always keep in mind is to maintain a positive and liberal attitude toward sex. Sex is more than just a quick romp in the sheets. It is a powerful activity that helps strengthen the bonds in a relationship. Don't be judgmental of yourself or your partner. By following the advice given within this book, you will certainly discover some unexpected truths about yourself as well as your partner. Keep an open mind and embrace each other's sexuality. Regardless of how busy and hectic your lives get, always make time for love!



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