

SEX *and*

“The Ultimate Orgasm”

AROUSING SEX POSITIONS GUARANTEE ORGASM



Includes: Tantra & Kama Sutra - 365 Sex Positions
12 Types Of Orgasms For Women (Includes Squirting)
and Men (Male G-Spot)

BY OLIVIA SOMMER

**Sex and
“The Ultimate Orgasm”**

By Olivia Sommer

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Discover A Whole New World

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Introduction

What is the ultimate orgasm? The answer may surprise you. First let's define orgasm: Wikipedia describes the word in these terms:

“Orgasm (from Greek ὄργασμός orgasmos “excitement, swelling”; also sexual climax) is the sudden discharge of accumulated sexual excitement during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region characterized by sexual pleasure. Experienced by males and females, orgasms are controlled by the involuntary or autonomic nervous system.”

Sorry, but this definition is too wordy and too mechanical in nature. I think a better way to define the term with fewer and more basic words is: **Intense pleasurable excitement and possible release of fluids from certain body parts.**

Why write about orgasms and why put the emphasis on the ultimate orgasm? The answer is very simple. We do not fully understand the many facets of the word **“orgasm”** because there are so many types. Most of us have never experienced all of them. Many think they know this subject well, but I would be willing to bet that if you tested 1000 people they would all fall short. They would be unable to describe the many kinds of orgasms, both for men and women, and have no clue about the so-called ultimate orgasm.

Let's look at some very disturbing facts:

1. Almost 70 % of the females who engage in sexual intercourse with their partner fail to achieve any form of orgasm or climax.
2. Women and men generally only know about a few types of orgasms – we will take a close look at over 10 of them.
3. Men have very little knowledge of how to satisfy their partner and many mistakenly think that their loved one is experiencing great pleasure during intercourse when in reality they are not.

4. Many females do not know how to satisfy their partner. They have little understanding of how to perform oral sex to its fullest potential. Specifically, women do not know how to masturbate their mate properly. And they fall short when it comes to communicating effectively during intercourse, so the outcome is often dismal.
5. Couples lack knowledge of how to get into the most relaxing position for love making. I am not referring to sexual positions. I am speaking about putting the bodies onto comfortable materials, such as pillows.
6. Love making often involves only several types that are performed over and over again, and one or both parties can end up being completely dissatisfied and frustrated.
7. Some women mistakenly think that the size of their partner's penis relates to their level of pleasure. I will show you why this is not true.

I could list other issues but I think the point has been made. Do not fear though, by books end you and your significant other will have mastered the sex act and perhaps achieve the ultimate orgasm! Just to give you something to think about and this is what you can expect from this book:

Did you know that just by changing sexual positions and trying many of the ones you are not familiar with the increase in the climax rate for your female partner, will on average, go from 33% to over 75%!

So what is “The Ultimate Orgasm”? The term sounds so incredible that you would think someone might explode if they experience it! The intent of this book is describe an experience that is ultimate in nature, but involves more than physical satisfaction and delight. The ultimate orgasm occurs when two people share intimate moments of pleasure that results in an orgasm of grandiose physical proportions not experienced before and both parties are in “**complete mental and spiritual harmony**” when it occurs. The question you will now be asking is: Is this possible?

Can partners climax in an ultimate fashion, perhaps at the same time, and how do two people achieve or become completely harmonized when reaching this state of exaltation? This book is not science fiction. I am

going to describe the many types of orgasms, both for men and women, and I am going to explain the ways to achieve more complete harmony during love making and during your everyday lives. There are two components to this. One involves the physical mechanisms or body parts you need to know about and how to work them to your best advantage, and the other concerns your spiritual makeup or attributes. In other words, how well do you get along with each other? This book is not about religion but it will address issues relating to it. You will be surprised when you finish this document. I hope it will change your way of thinking and acting and lead to a more fulfilling sex life and a more harmonious relationship with your partner and all those who cross your path.

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How Many Orgasms Are There?

This is a topic that has been debated for years and there is little agreement on the answer. It really does not matter what the numbers are but I have always been fascinated with what the so called experts say on this subject. Some would argue that for women there are more than ten types and for men there are two main types, but depending upon how you look at it, there can be as many as eight for men. The numbers are unimportant. What matters are the different parts of the body that can experience pleasure and how best to stimulate or work these parts so the most benefit can be realized. This is the key. This is what we will examine in great detail.

If you are able to work or stimulate body parts correctly then you can experience the multitude of reactions and pleasures associated with these parts of the anatomy. For some, especially for women, some of these areas will produce remarkable results while others will not have any pleasure and may even experience pain.

The take away here is that you should never feel inadequate because you do not react a certain way. It does not mean you are lacking. Also keep in mind that when certain parts are stimulated, for either a man or women, the reaction or result can often relate to the person performing. In other words, some people are excited more than others. It has to do with who is creating the pleasure, not the part of the body being stimulated.

Let me give you an example. I will repeat this story in full detail later. I know of someone who went to a musical event and the person singing so excited them, that when he threw a piece of his clothing at her, she climaxed. Now, let me ask you a question. If you were walking down the street and a stranger touched you or threw a piece of clothing at you, would you have an orgasm? No. The person singing, the anticipation, and the energy in the room paved the way for this reaction of uncontrollable pleasure.

To put all this into perspective, every person is unique, every body part of every person reacts differently, and every situation is different.

Let's list the most spoken about types (eleven in all), of female orgasms found in the literature. In the next chapter we will look at them in greater detail:

It's In Your Mind

The example just given concerned a concert goer and an experience that was a result of mental energy. She had a real pleasurable orgasm but did not actually come into physical contact with anyone, including herself.

Skin Intensity

People have had orgasms from just the touch of someone and it does not have to be on a sensitive body part. Again the mind and mental energy play a role here.

Oral Encounters

Very simply using the mouth and tongue to stimulate your partner's body parts.

Breast Stimulation

Some women can achieve a climax from having their breasts and nipples stimulated. These body parts are directly linked to the sexual organs.

The Urethral Opening

Just above the urethra is a small area that is very sensitive and when touched can produce an orgasm.

Posterior Fornix Orgasm

This is known as the **PFE zone**, **PFE**, **A-spot**, **epicenter**, **deep spot** or **second G-spot**

It is located all the way back in the deepest part of the back wall of the vagina, just before the cervix. This spot, when stimulated, usually with two fingers, can lead to rapid vaginal lubrication and arousal and orgasm. Some females enjoy this spot being touched and some do not.

The Anterior Fornix Orgasm

Also referred to as the **AFE zone, AFE, A-spot, epicenter, deep spot or second G-spot**

It is located deep in the vagina on the front wall where the G-Spot is situated. This tissue is at the inner front end of the vaginal tube between the cervix and the bladder. When this spot is stimulated after an initial climax via other means, a second and sometimes more intense orgasm can occur.

The Squirting Orgasm

This type of arousal is not achieved by everyone. In fact, most women never achieve female ejaculation. The G-spot is the area that usually produces this reaction. Squirting produces a euphoric reaction and helps build a bond with your partner that is very deep. It is claimed by some that women can be taught how to achieve a squirting orgasm (instructions will follow). Some believe that it does not even exist.

The G-Spot Orgasm

This orgasm begins in the G-Spot (which is located 2-3 inches in the vagina on the front wall) and may stay there while climaxing or it may powerfully explode through the whole body. This spot feels different in texture than the other areas of the vagina. It is spongy and coarser in texture than the rest of the vagina, which is normally how it is found.

Vaginal Orgasm

This kind of female orgasm begins in the vagina and either stays focused in the pelvic and lower stomach areas, or spreads from there. The uterus, pelvic muscles, and even anus may begin to contract during this orgasm.

Clitoral Orgasm

The common way to achieve sexual pleasure via self stimulation or through contact, is by touching the clitoris. It is the most sensitive part of the anatomy and has loads of nerve endings in an area the size of a pea.

The Toe Orgasm

Believe it or not the big toe on a woman's foot is directly connected to her genitals. You can see this when your toes twitch during orgasm, hence

the term toe-curling orgasm. By working the big toe, especially the sides of the toe some women can reach climax. The rubbing of the sides causes a reflex action in the vagina. The nerves go from the toe to the genitalia.

For males there are generally two areas of interest with regard to orgasm: The climax associated with the act of ejaculation and the prostate orgasm.

Ejaculation:

Believe it or not men can have an orgasm with an ejaculation and without one. The actual climax that men experience when they ejaculate is not part of the ejaculation even though they occur at the same time or close to the same time. They involve different body parts. Males who have wet dreams, for example, have ejaculated without touching themselves and may not have had an orgasm during the fluid phase of the wet dream. Also, men can be taught to have an orgasm and not have any release of semen.

Prostate:

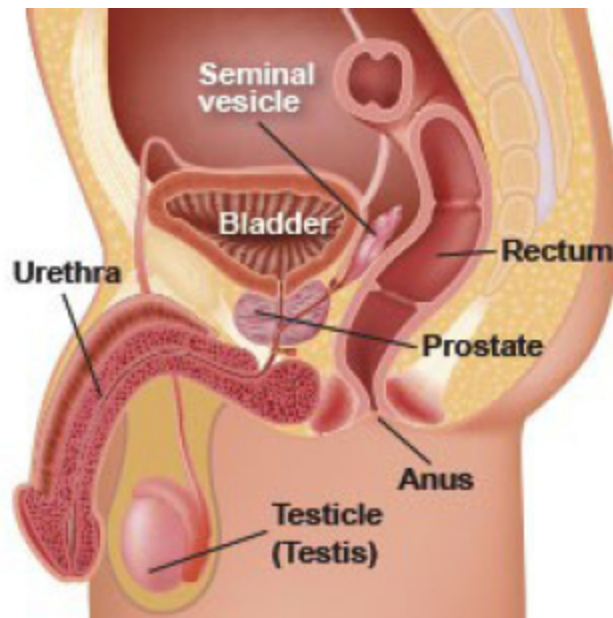
Stimulation of the prostate gland inside the anus can result in a type of orgasm that is very pleasurable. Sometimes this area is referred to as the male G-spot.

We have summarized some of the different types of male and female orgasms. Having an in depth understanding of them can help improve the relationship with your partner. Knowledge is the key. If you become aware of a method of sexual stimulation and are able to practice and perfect it, you will have taken the first step on the road to achieving the **Ultimate Orgasm**. Now let's go into this subject in greater detail.

Types of Orgasms – Men

We mentioned the two types of male orgasms. One involves ejaculation and the other involves the male prostate.

The Prostate Gland (G-Spot orgasm)



As you can see from the picture above this small gland is located near the anus toward the front of the body. It is about the size of a walnut. It can be stimulated in two ways. The area between the scrotum and anus, the scrotum is the ball sack, can be massaged by using pressure. This massage pressure stimulates the prostate gland and causes it to swell. This can be done by yourself or with the help of your partner.

It is suggested that this be practiced alone until you become comfortable with it and then you can instruct your partner how to perform the massage. I find it strange that most men go through their entire life and never experience their G-Spot orgasm. When the prostate is massaged a clear fluid can be released and this can be accompanied with an intense orgasm.

Another type of orgasm can occur again from prostate massage and this results in a less intense orgasm, but one that can be felt over the entire body and can last for an hour or more. In this case the prostate has contracted and not swelled by massaging it.

The prostate can also be stimulated directly by inserting fingers into the anus and touching the gland. This type of massaging is dangerous unless gloves and precautions are used. Touching the prostate area directly without gloves on, can be dangerous. The anus contains loads of harmful entities that can be passed to you upon touch. Using gloves and cleaning the anus with flushing before insertion, can help prevent bad side effects.

Ejaculation

Many males spend far too much time ejaculating. While I am not passing judgment here, I am amazed at the fact that they can reach an orgasm without ejaculating and most do not know about the technique used to achieve this. Why consider it? The answer is very simple: ejaculating takes lots of energy and cannot be repeated any time soon. The refractory period or time it takes to be able to ejaculate again takes longer and longer as you age. So learning how to have an orgasm without ejaculating is of benefit. And if you can have multiple orgasms like women do, then you can reach a higher level of pleasure and can help your partner achieve this as well.

How can you reach an orgasm without having any fluid released? How is this done? Ejaculation follows an orgasm by one second, maybe two. But the time sequence is so close most men think it occurs at the same time even though they are two different events. So to reach an orgasm without ejaculating has to do with your ability to control the situation.

There are several ways to manage your sexual reactions. You can direct your breathing, strength the PC muscle and use a stopping and starting rhythm.

By slowing your breathing down during any form of sexual stimulation you help gain control over the outcome. Slow breathing slows the heart down and takes the focus away from the genital area. Taking slow deep breaths and even holding your breath for several seconds helps. Breathing through the nose is also good practice. While making love and

when you are close to an orgasm, and when you slow your breathing down, you will not ejaculate. If you are thrusting your penis into your partner and feel like you will come, then slow down, and also slow the breathing so you will delay the ejaculation, and then you can continue thrusting.

This all has to do with the PC muscles, the ones used to control urine flow. The three pubococcygeus muscles are located at the base of the penis and near the prostate and anus. You may have seen men lifting weights with their penis. As silly as this seems it serves a useful purpose. The stronger the PC muscles are, the better you will be at controlling your sexual urges and being able to have an orgasm without coming.

The PC muscles control semen release. As these muscles gain strength you will be able to direct them with your mind and stop the ejaculation from occurring. When you masturbate you exercise these muscles if you stop the ejaculation process just before the urge to let the semen loose is felt. Stopping the flow does not stop the actual orgasm, which can still happen.

When having sex you can also stop and start the process by changing positions. The woman can place her fingers or hand on the penis tip to slow the process down and this helps prevent premature ejaculation and/or orgasm and allows the woman more time to reach her ultimate pleasure level.

Please keep in mind that what I have done here is to present a very brief and basic overview of a topic that is very complex but you need to be aware of the fact that orgasm and ejaculation are two different things but are often confused as being one and the same. Men can reach orgasm without ejaculating and can actually have multiple orgasms like women do. Males can have a type of orgasm with prostate stimulation, by direct touching and by massaging the area just over the gland. This type is seldom done and few men have experienced it. Now that you are aware of these things, please practice and experience some of the joys of life that may be new to you.

Types of Orgasms – Women

The exact number of ways the female anatomy can be pleased to climax is uncertain. The reason is simple. The so called experts cannot agree on anything. For example, some claim that there is really only one type of female orgasm and the other ones are sub sets of the primary vagina – clitoral center of stimulation. Others, like doctors who spend their entire career on this subject, write in great detail about the numerous centers of pleasure that can be stimulated to the point of release or what is called a type of orgasm, and claim that there are numerous types not in any way related to the primary one (vagina-clitoral), typically associated with this subject.

It does not matter what anyone says on this subject because in this day and age you can do your own research and try the methods described and find out if they work for you and how well they work. Practice makes perfect.

It's In Your Mind

The story mentioned earlier of the woman who went to a concert and climaxed because of the intense excitement associated with the event and the person performing, is of interest again. The name of the singer was Elvis Presley and the young woman who went to see him was so physically close to him that when Elvis got near her, he took a piece of clothing off and tossed it at her. This simple gesture lead to an intense orgasm, and to this day she speaks about it even though Elvis last performed around 1977 and she probably saw him years before that.

So how could an event involving two people who never spoke to one another and really have nothing in common and never saw each other before that night lead to this intense sexual release and have that memory become so important that it stays in her active thought for over 40 years?

The mind is so powerful that it can be used to intensify any experience, especially a sexual one. Think of it in another way. Suppose you are home alone and you hear noises. It sounds like someone may be breaking in and

you think you hear voices too. Even though you have no idea of what is really happening, you assume the worst and begin to panic. It may turn out to be nothing but your mind has gotten the better of you.

This information can be used to your advantage and as the book unfolds we will examine this concept in more detail and you will learn how to use your thinking to intensify your sexual experiences.

Skin Intensity – Touch

This type of orgasm is very similar to the previous one because the active mechanism that triggers the excitement is again, the mind. What happens when someone who you plan on being intimate with, touches you? In fact, you do not even have to know the person for this type of orgasm to occur.

Let's look at some examples. I have seen situations involving a woman and man who do not know each other lead to the most intense orgasm one can imagine. There are two instances when this has happened to people I know. One occurred when someone was getting a massage and the masseur was extremely attractive to the female getting the massage. When he touched her, she got so excited that she climaxed. She was so turned on by this person and her mind had built up the event to the point that lead to the touch being able to cause the climax. This is not a common occurrence but it does happen.

Another example, and this one is more common and many have actually seen this happen, occurs when groups of females gather for a party involving male dancers. It can be a wedding related party or just a girls night out. I have seen friends of mine do things that they would not do under any other circumstances. I have seen women have physical contact with men and do things that they would never do even with their partners. You know what I am referring to here. Many of my friends tell me that they climaxed when the dancer got next to them and rubbed against their body.

This is mind related. The reaction or sexual release involves two people who do not know each other. They have never seen each other before and have never spoken to each other. In fact, they probably have nothing in common and if they went out on a date it is unlikely that the date would be a success.

So what's the take away here? It is simple. Many times we imagine things to be better than they really are, and with people that we like and love we often do not behave this way and do not have such intense sexual feelings because we have not built up the mental excitement that was used to climax with a stranger's touch in the examples cited.

You can use this information to your advantage and I will show you how.

Oral Encounters

In this situation you are using your mouth to come in contact with your partner. It may involve kissing, licking, oral sex. It is best described as an excitement that transfers from the mouth to the genitals and all over the body. A great way to make this happen is to perform oral contact with your partners genital area.

Each female is different and the use of their partner's mouth and tongue may or may not produce the desired result. Each person and each situation is unique. In general here are the dynamics involved.

On average, it takes at least 20 minutes for a woman to climax from oral genital stimulation. Some women never climax from oral stimulation. Some prefer that considerable time is spent working the mouth and tongue over many parts of the body before touching the genital area. For example, kissing the mouth and the nipples and the area around the genitals, such as the inner thighs, in preparation for the eventual touching of the vagina and clitoris achieves the best results.

Getting comfortable while any type of oral encounter is performed is critical. The use of pillows and props should always be considered. Keep in mind that for a man to perform any type of oral stimulation of a woman's genital area requires positioning the body so it is comfortable. If you expect a man to spend lots of time doing this make sure he is in a comfortable position.

Some females prefer long periods of mouth contact (kissing) and tongue contact before any other types of oral contact is made with other body parts. Most men do not understand this. The more time you take and the more caring you are produces the best results. Many males mistakenly

think that females want them to get down to business very quickly. This is usually not the case.

Many men think that rapid tongue movement in the same direction works best when in reality a side motion often works as good or even better than a back and forth motion. Also licking up and down works well too. Using the whole mouth on the genital area produces great results as well. So don't get stuck on doing the same thing over and over again. Try many different approaches until you find the ones that get the best results.

Many females like to be kissed after they climax and touch your mouth with their mouth because it has touched their vagina during the climax. Some do not like this. The point to be made here is a simple one. Slow and steady wins the race. Trying many different kissing and licking and mouth techniques is called for. The online videos and movies showing a guy moving his tongue back and forth rapidly as he touches his partners vagina – clitoris, is like running with one shoe on and one shoe off. Yes, you get to where you are going, but putting the second shoe on and trying different approaches makes things so much better.

Breast Stimulation

Again, this is a topic that is misunderstood by most men who attempt it. Even women do not fully understand how important it is when it comes to sexual arousal and climax.

Nipple stimulation can cause the breasts to enlarge as much as 25% and can cause you to become more sexually stimulated. A study conducted by the Journal of Sexual Medicine concluded:

“The researchers discovered that stimulation of the nipple activated an area of the brain known as the genital sensory cortex. This is the same brain region activated by stimulation of the clitoris, vagina and cervix. What this means is that women’s brains seem to process nipple and genital stimulation in the same way. In light of this, it is not at all surprising that many women are aroused by having their nipples touched and that, for some, this may be enough to lead to orgasm.

So to get the best results it is recommended you start by touching the nipples and squeezing them to cause arousal and this helps them stand up. Then lick them in a circular motion as this helps intensify the situation.

Sucking follows and this can continue for some time and the pressure you use should correspond to your partners likes and dislikes or pain levels. Like all parts of the body and the techniques used to stimulate them it is important to practice and have patience and get feedback.

Spending lots of time on the nipples can yield great results. Why rush?

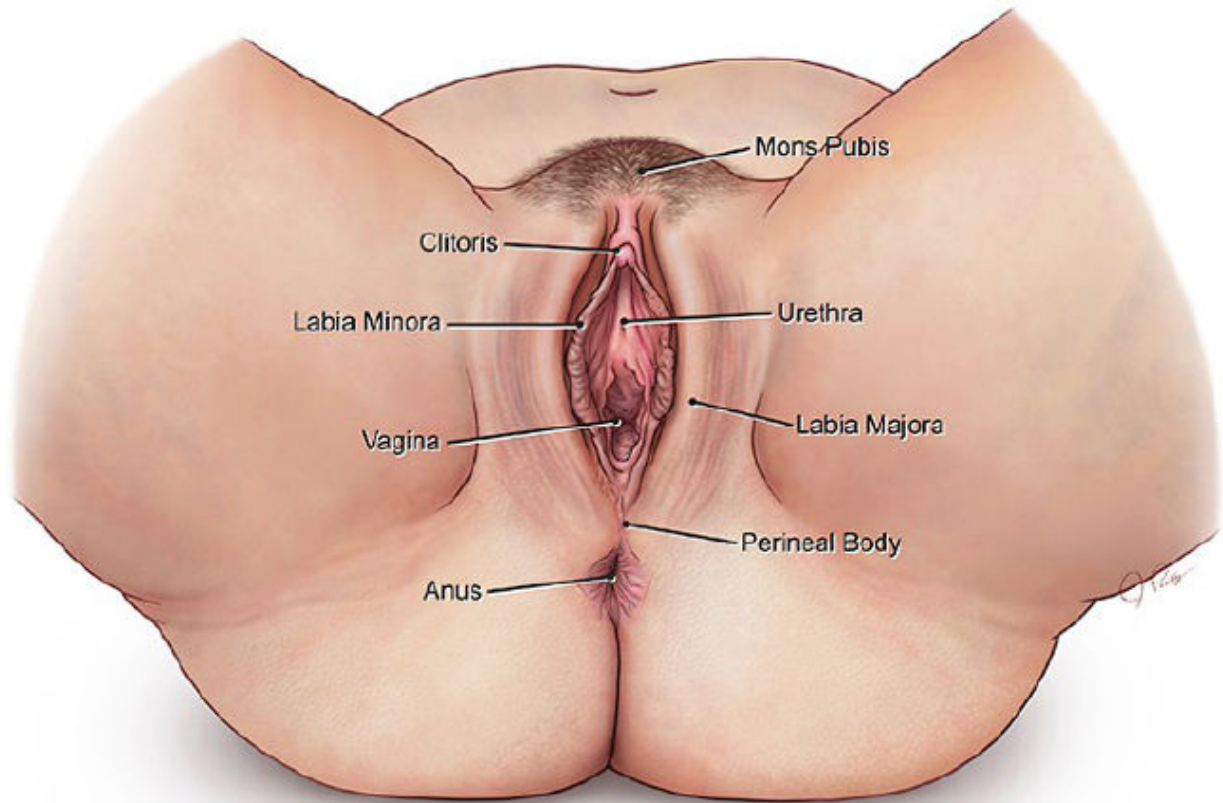
The Urethral Orgasm

This area is between the urethra and vagina consisting of tissue above and on both sides of the urethral opening. The sensitivity is so great that the touch of a finger, the tongue or penis can cause a powerful erotic response. Although not common, some women can experience such intense pleasure from this area being touched that they have an intense climax.

There are several ways to stimulate the area around the urethral opening. It can be done manually by pressing on it or touching it during masturbation and sexual play. Moving the fingers across the area in a circular fashion produces great results for some.

During sexual play your partner can use their lips around the urethra and also orally stimulate it with the whole mouth and tongue. An urethral orgasm can also be achieved when you are on top of your partner and her legs are spread widely apart so the urethra comes in contact with your partner's body and your movements are short and you exert strong pressure toward their body so she can feel her urethra being stimulated. Remember the vagina is being penetrated by his penis so the area around the urethra is being worked by the body pressure.

This image shown below illustrates the location of the urethra opening and other body parts involved in our previous and upcoming discussions.



Posterior Fornix Orgasm

It originates all the way back in the deepest part of the back wall of the vagina, just before the cervix. This spot, when stimulated, usually with two fingers, can lead to rapid vaginal lubrication, arousal and orgasm. Some females enjoy this spot being touched and some do not. Direct contact with this area of the anatomy without considerable foreplay is one reason some women don't derive any pleasure from this type of contact.

Here are the basics. During sexual intercourse, while in the missionary position the tip of your partner's penis can reach and touch the posterior fornix, also called the posterior arch. This touching can cause an orgasm of tremendous magnitude to occur. Some women claim that unless their partner's penis measures at least 7 inches they cannot achieve this type of orgasm. This cannot be backed by anatomical facts. Let's look at these facts.

Any male can reach and stimulate the posterior fornix by inserting two fingers into the vagina and reaching back into this area and pulling the fingers toward him as if beckoning for someone to come here. The average

size penis is around 6 inches, which is much longer than the fingers, usually around 3-4 inches long, so when it is said that a penis has to be 7 inches to reach this area, it does make sense when most men can stimulate it using much shorter fingers. The entire length of the vaginal canal on average is 4-6 inches but it can extend when stimulated. However, some recent studies have indicated that the actual length on average is only 3 inches, not 4-6.

However, I do not want to discount someone's belief on this subject. If they hold to the fact that their partners penis must be at least 7 inches for this type of excitement to occur then let's look at some options. If your partner's penis is very short and you cannot feel this part of your body being stimulated during intercourse, try positioning your legs so they are spread apart and away from your body so your partner can get as close to your body as possible and try adjusting your body position so you can feel this part of your anatomy being stimulated. If your partner is heavy and you are heavy the added body dimension may cause problems. We will speak more about this later on in the book in more detail.

This comment from one of my friends is worth noting:

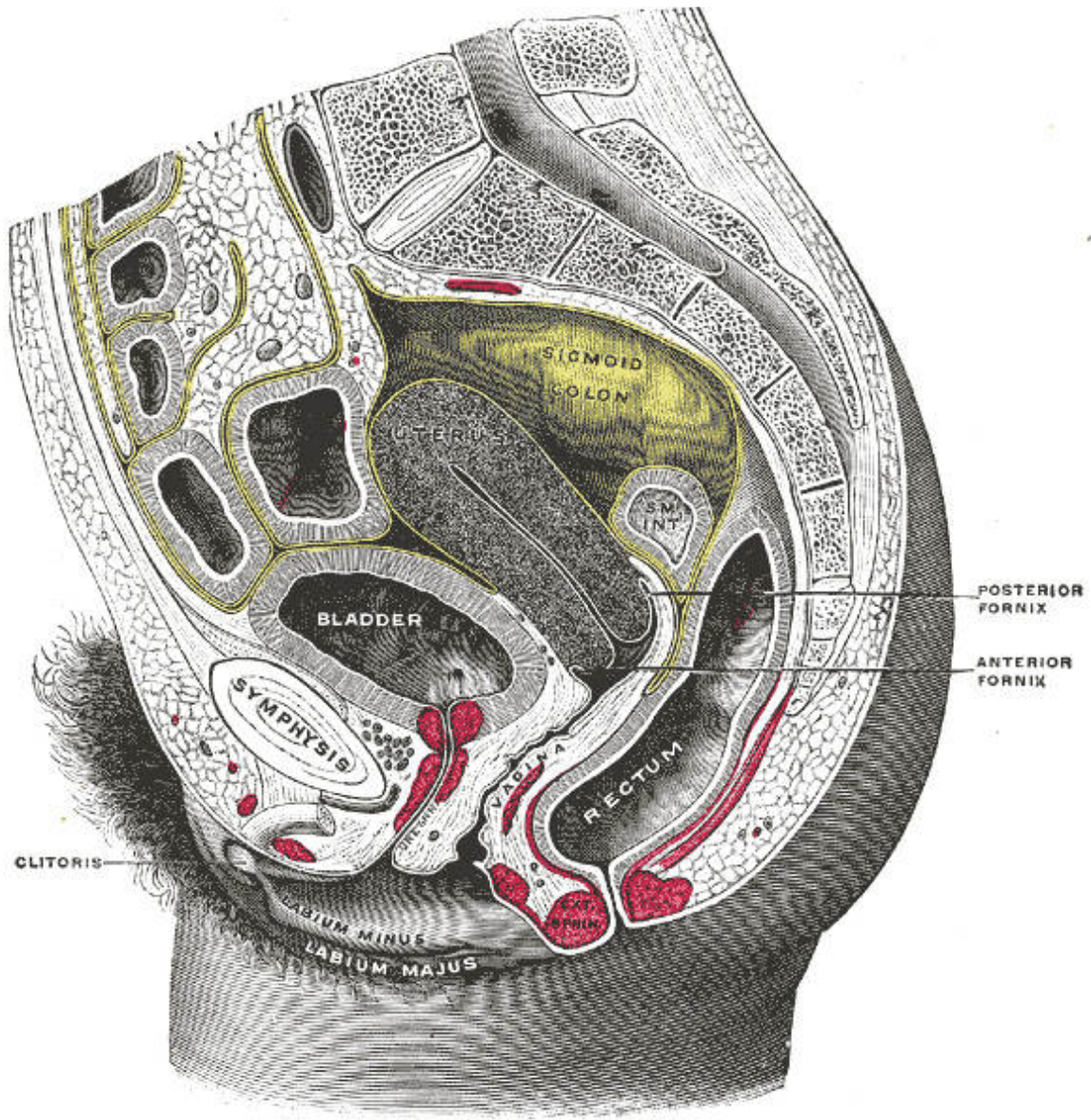
“I'm a lady who has the *same* problem (can't get aroused from the posterior fornix area). I learned about the posterior fornix from this sub. It took us awhile to get the angle just right, but once we did, it made a world of difference. I no longer bleed during sex and having his entire length in me actually feels good. So far, we've only figured out how to do it during missionary (and even then, only if I tilt my hips just right), but I'm sure it's possible in other positions as well. It's honestly been a life saver. “

The Anterior Fornix Orgasm

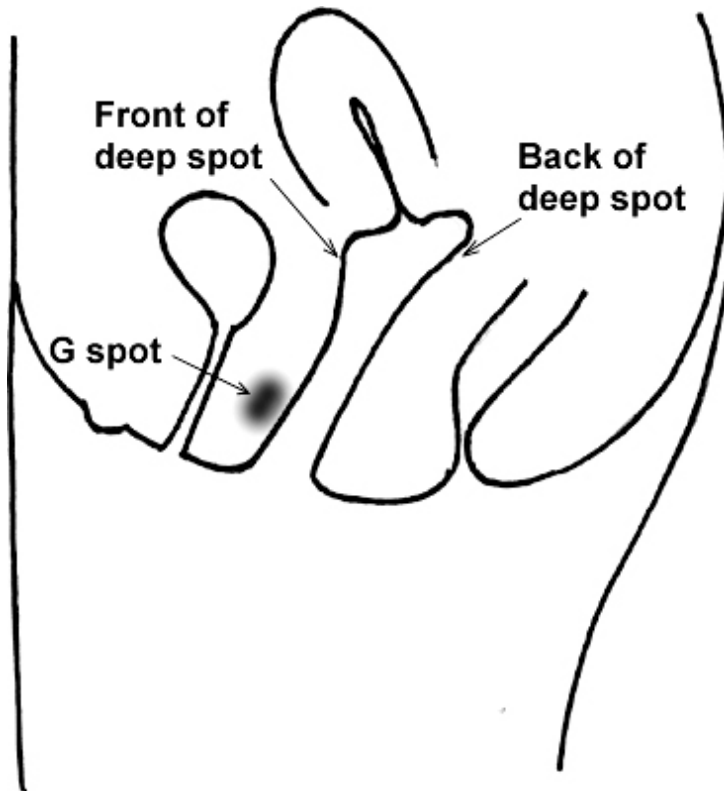
Both the AFE zone (Anterior Fornix Erogenous Zone) and the PFE zone, just described, are often referred to with the same terminology:

A-spot, epicenter, deep spot or second G-spot

Some diagrams will be helpful in locating and knowing where these zones are. This next image from Gray's Anatomy shows their location:



This drawing also helps:



Early research:

The AFE zone concept is attributed to Malaysian sex scientist Dr. Chua Chee Ann. In his research with female subjects suffering from vaginal dryness, he found that stimulation of an area deep in the vagina on the anterior wall resulted in rapid lubrication and arousal. He did not make his discovery public until thirteen years after it was made.

A-spot stimulation technique

Dr. Chua Chee Ann has promoted his A-spot stimulation technique in books and at seminars as the most effective means of stimulating the AFE zone. The technique involves applying pressure to the area, making a scooping motion (such as having two fingers moving toward you as if beckoning someone to come here) and stimulating other parts of the vagina. He claims that if the technique is practiced for at least 10 minutes a day, it will make vaginal lubrication and orgasms regularly attainable, even without foreplay.

Location Confusion:

The AFE zone is reported to be located at or near the deepest point on the anterior wall of the vagina, above the cervix, where the anterior wall of the vagina starts to curve upward (the entrance to the anterior fornix), but some websites and news articles have described it as being on the posterior wall of the vagina, roughly opposite of the G-spot. Dr. Chua Chee Ann stated in an interview that this is completely wrong. Some believe that this area may be a different erogenous zone altogether.

Both the PFE and AFE zones were made popular when the term “deep spot” was being used to reference the techniques of David Shade, a sex specialist. He describes these zones as a sensitive area around the cervix. However, these zones had been named prior to his work but not widely acknowledged or studied.

A woman’s vagina lengthens and dilates when aroused, often called tenting. It can extend from 3 inches to 5 or 6 inches and possibly up to 7 or 8 inches to accommodate the penis. As it tents the cervix can back up and ascend, opening up a new area or cavity where these 2 zones are located.

The Squirting Orgasm

This type of pleasure reaction is often looked upon as a rather strange and obscure form of sexual interplay. Many have little interest in it. I suspect that if more females could achieve the squirting release a whole new world would open up for them. This subject is very controversial. This type of arousal is not achieved by everyone. In fact, most women never achieve female ejaculation. The G-spot is the area that usually produces this reaction. Squirting produces a euphoric reaction and helps build a bond with your partner that is very deep. It is claimed by some that females can be taught how to achieve a squirting orgasm. Some believe that it does not even exist.

You can help your partner reach a squirting orgasm. Here are the steps to follow:

Often associated with Tantra technique because of the pressure points involved, this type of orgasm is so powerful that other types pale in comparison. This is what makes female squirting so special. It may take some time before you master this art. Men - Here are 4 ways to help your partner have a squirting orgasm. (This information, in part, comes from Alex May’s blog)

Note: These steps are good for a couple and a single woman doing it on her own.

1. Prepare For The Erotic Adventure

- Trim fingernails and wash your hands.
- Have lubricant, STD protection, dildo, or G spot stimulator ready.
- Prepare a few towels so she can ejaculate on them.
- Create a sphere where you and your partner will feel excited, comfortable, and relaxed. Turn off your cell phones, light some candles, put some sensual music on.
- Let her go to the bathroom. Her bladder and intestines should be empty before you begin. This way when she will have to push out the fluid she will not feel embarrassed and can really let go. This is the most necessary part of preparing to achieve female squirting.
- Ask your partner to communicate with you. You cannot read her mind so she has to tell you if you are causing her any pain/going too hard/to slow, etc.

2. Foreplay

Take your time to build sexual tension. Make foreplay especially long this time.

- Give her a sensual massage.
- Good foreplay usually takes at least 30-40 minutes.

3. Wake Up The G-Spot

- The best position to achieve female squirting is when a woman lies on her back and you position yourself between her thighs
- Stimulate her clitoris and outer lips to awaken the whole vagina area. Use a generous amount of lubrication in addition to her vaginal juices.
- First, insert your middle finger at 12 o'clock position (palm up) and start making movements as if you want to say, "Come here." Add your

index finger after a few minutes and continue doing the same movement with two fingers simultaneously.

- You can also use a dildo or G spot stimulator for this. The G spot is situated about 4-5 cm (2 inches) deep inside the vagina along the upper wall. In fact you are stimulating her vagina with two fingers or a dildo along the upper wall.
- Try several ways to stimulate the G spot. Try to press. Try to move your fingers in circles. Keep doing it until you find the way, which feels most pleasurable for her. Stimulate that particular area to allow your woman to reach the highest level of arousal.
- The first 4-5 cm (1-2 inches) of the upper wall of her vagina will slowly get more and more swollen. You will begin to feel that area becoming slightly rougher than the rest of the vagina.
- This means that you are doing everything right and the tissue surrounding her urethra is being filled with ejaculation fluid produced by Paraurethral/Skenes glands.
- Remember to communicate with your partner! Let her tell you which of your movements feels the best.
- The fluid in the urethra will initially feel exactly like when you has to pee so at this moment she might start thinking and telling you that she needs to urinate. This is the right time to put her at rest and explain that she has to let it go.
- Tell her to relax and to allow this feeling to build. She should not resist it in any way. Any attempt to stop peeing will immediately stop the ejaculation.
- Verbal communication is very important at this point. Your woman may need reassurance that you are excited about this adventure and that you will be happy if she makes you all wet.
- Do not rush things. Take time to build her sexual excitement. You cannot give her a squirting orgasm. She can only allow herself to have

one. This is the basic rule for achieving female squirting.

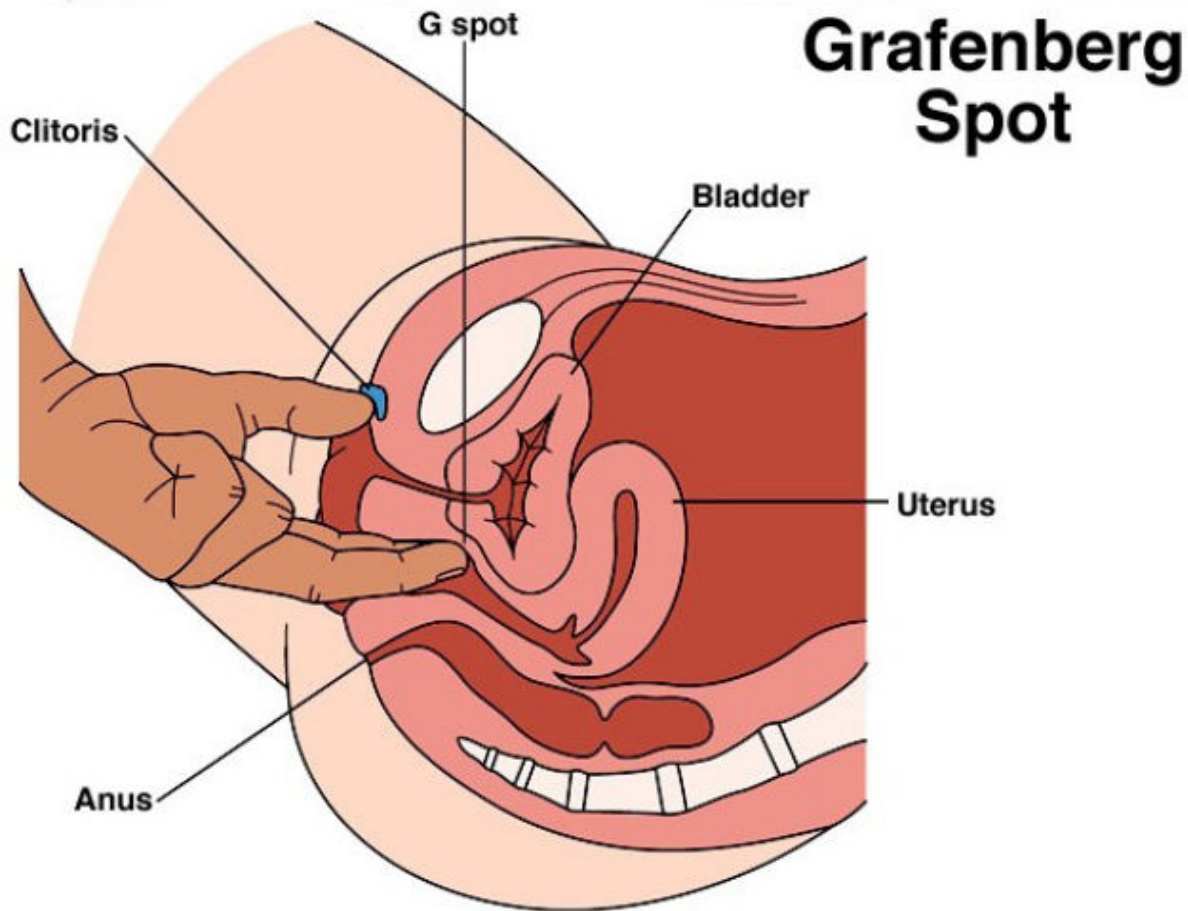
4. The Results

When your woman is at the highest point of her arousal, she will need to relax her bladder and push hard as if she is giving birth to a child or forces a bowel movement. At this moment the ejaculation fluid will come out of her urethra.

- If it does not, it's okay too. Repeat 3 until she finally achieves ejaculation and experiences female squirting. If she does not do it on the first night it's totally okay.
- As I mentioned before if you are learning it on your own (without good professional guidance) it might take some time.
- Be patient. In any case it's a great adventure to undertake together.
- Often she gets so carried away by this powerful orgasm (which is much stronger than anything she ever felt before) that she does not even notice the fluid coming out of her.
- Note: the amount of fluid varies greatly from woman to woman. It may be just a few drops or it might be a whole waterfall. Whatever happens is good. Her pleasure and sensations are your goal, not the amount of liquid.

The G-Spot Orgasm

The so-called G-Spot (named after Ernst Grafenberg, who is believed to have discovered it) is located 1 to 2 inches inside the vaginal canal, just before what is often described as a "spongy golf-ball-sized object". It is right before a dip in the vaginal canal that is caused by the bladder. The next image shows the location:



It can be stimulated through touch, by using toys, and from intercourse. Touching probably works best since you can locate the exact spot and spend time massaging it. Some experts claim it can take 15 minutes or more of stimulation before the sensation is experienced. Slow and steady always wins the race. Some experts claim that the so-called G-Spot is nothing more than an extension of the clitoris and does not even exist.

Vaginal Orgasm

Every female is capable of having a vaginal orgasm, which is contrary to what you may believe. After polling a number of women on this subject, the consensus is that it can be achieved quite easily if other parts are stimulated, such as the clitoris, along with the vagina. However, some of these same females state that vaginal orgasm can occur on its own, but usually only after very long intercourse sessions. In other words, they stated that a vaginal orgasm came about after very long, sometimes 30 to 60

minutes, of thrusting. During intercourse most men do not last that long. They can't last that long. They peter out (excuse the play on words).

This was discovered from pool sex. Pool sex allows both partners to have almost no resistance because the water keeps you afloat and allows you to have intercourse for extremely long periods of time and as long as the male keeps thrusting, the outcome will be glorious. You do not get as tired because the water holds you up. It supports both bodies. As you stand in the water that is at least up to your chest, gravity does not bear down and the floating sensation relaxes and prevents muscle strain. Women who try this will often experience more than three vaginal orgasms (I can testify to this myself). Men do not get tired and are more relaxed, and if they do not climax themselves, they can keep the session going for hours.

Translate this into everyday life and try extended sessions of just old fashioned intercourse and see what happens. It takes patience, practice, and you must find ways to be comfortable so no muscle strain develops. Using support, such as soft pillows really helps. The mental component plays a big role here also – more on this later.

Clitoral Orgasm

With 8000 nerve endings, the clitoris is considered to be a woman's most sensitive erogenous zone. Its location however provides challenges to understanding just what it is designed to do because during traditional sexual intercourse it does not get stimulated easily. So, is it there to be touched before having sex, or during the sex act by the woman or by the partner, and if this is the case, why do most cultures seem to be unaware of it and don't place any emphasis on it during sex? In fact, direct contact with the clitoris is not comfortable for some females. Many prefer the area around it and the hood, as the place to stimulate.

Another interesting fact or question arises when you view the entire organ and compare it to the penis. The two organs look exactly alike. Both also share other similarities. What then is its purpose? If it does not get easily stimulated during intercourse what is it there for? My best guess is that it provides a way for the level of pleasure during love making or intercourse to be greatly intensified and thus helps create a much better mental and more importantly, spiritual bond between two people. It helps solidify the relationship. The fact that the two body parts – the clitoris and

penis, look alike is the clue. It is the physical manifestation of the spiritual bond a husband and wife should share. Someone above is trying to tell us something!

The Toe Orgasm

Learning about our anatomy is what makes for a better relationship. You can't play the part if you do not know the parts! How can your lover make you happy if he or she has overlooked the icing on the cake. Yes, even the toe can be the source of orgasmic pleasure. The nerves in the toe reach the vaginal area.

We know that foot reflexology is widely used and many tout its benefits. The principle behind it is very simple. All the organs in our body have a reflex point in the foot. So next time you give your partner a foot massage remember that the sides of the big toe link to the genitals. What starts out as a simple foot massage may end up being an explosive love session. And this may just be what the doctor ordered.

Reasons for Failure – Medical

An issue that is often overlooked and one that is not so obvious, occurs when your partner lacks interest and you misinterpret the response. A lack of desire can have many explanations but it is the biological component that I want to briefly address here. I like to call this the low energy syndrome.

Many of us do not have dynamic energy and this becomes more apparent as the day wears on, especially after working long hours. We come home and just want to relax and unwind. The last thing on our mind is more activity, even the most pleasurable kind. As ridiculous as this may sound, one of the underlying causes of low energy is dehydration. And dehydration is not solved with coffee, tea, soda, alcohol and waters that are not very good for you. If you need coffee in the morning to start your day and gain a head of steam then you can be certain you are not eating the right foods and drinking enough water.

It is essential that we have 8 glasses of quality water each day. Unfortunately most waters that are consumed are too acidic and lack calcium and magnesium. Very few people drink 8 glass of good quality water daily. For best results look for water that is alkaline on the pH scale. Remember 7.0 is neutral and any number above 7 is alkaline. Also look for water that has minerals in it. Carbonated water is very hard on the system and RO water lacks minerals.

The best quality water and one that I recommend you buy is Mountain Valley Spring Water. It is available in most large cities and can be delivered to you in any size bottle. They have glass and plastic versions. This water is 7.8 (alkaline) and has generous amounts of calcium and magnesium in it. Ever wonder why certain race horses always win and have the most energy and make for the best breeding? It's in their water. They drink Mountain Valley Water. So does the U.S. Senate and it can be found on Air Force One.

You might be thinking that water will not help my sex life and lack of interest. You will be surprised. Chronic dehydration is a primary cause of

many major illnesses that start out as low energy symptoms and build from there.

In addition to water intake the food we consume has a profound influence on our ability to perform and the level of enthusiasm we have. Some of us are so sensitive to certain foods that it causes our entire metabolism to weaken quickly. Wheat does this to many people and actually diminishes the sex drive. Sugar does this as well.

I wanted to mention a few of these important facts so you can do further investigation and find what works best for you. Another good example concerns red meat. It stimulates your sex drive but does it in an unnatural way. It increases libido but speeds it up so much that it leads to hurried and non pleasurable intimacy. It also increases body odor.

When we eat fast and devitalized food our body does not get the minerals and vitamins it needs to maintain high energy levels and our sex life suffers. For women especially, Iodine is a critical mineral that is seldom found in our foods. Science has often marveled at the beautiful breast appearance of Oriental women and has tied this to their high Iodine intake from fish and seaweed that they consume daily.

My book on natural ways to look younger addresses many of these issues: <http://www.amazon.com/21-Again-Natural-Ways-Look-ebook/dp/B00ZDGYGJ2>

I want to list some medical problems that may affect your ability to have optimal sexual relations and by doing so you can gain insight and take corrective action. I am a big believer in alternative medicine, such as homeopathy and herbs and I recommend this approach first. Also keep in mind that regular exercise and maintaining normal body weight does more for your sex life than anyone imagines.

First with respect to male issues let's mention erectile dysfunction. This problem is not necessarily an age related issue. Many young men suffer from this. Impotence, also referred to as an erectile dysfunction (ED), is the term used to describe men who cannot acquire or maintain an erection during 75 percent of attempts to have sexual intercourse. Men who experience an occasional inability to have an erection and then have no problems later do not have ED.

Lack of blood flow is typically what causes ED. This can be tied to cigarette smoking, diabetes, high blood pressure and aging. Stroke and prostate issues can also be involved. Another reason for ED often relates to medication we take and this cause is not considered often enough. Opioids or pain medication can cause ED.

As stated before dehydration is an issue that can relate to ED, so always drink 8 glasses of quality water each day. And get good vigorous exercise daily to keep blood flowing.

Another challenge for many men is premature ejaculation. This is not so much a medical issue as one of mental and physical conditioning. The ability to control ejaculation makes for much better sexual relations. For younger men in particular this is a big problem. We will look at this in more detail later on.

Women have dysfunction challenges just like men do. Probably the biggest issue is lack of interest. Women who lack desire are probably the victims of underlying health challenges that they are not aware of. Also lack of information often leads to lack of performance, interest and enjoyment.

The biggest problem that I think needs to be looked at is the lack of Iodine in our diet and the harmful effect it has on our libido. There are over 300 symptoms related to Iodine deficiency. Our Thyroid controls our glandular system. It helps control weight, energy and mental clarity. Iodine feeds the Thyroid. Women who lack interest often have low energy, cannot get wet, and do not seem to enjoy sexual activity. This is abnormal behavior.

Let me repeat some things. Drinking enough water and eating correctly and getting vigorous exercise does more good than pills and counseling. Also knowing how to stimulate the parts of the sexual organs mentioned earlier leads to regular lubrication and increases desire. If you do not enjoy or want sex you are suffering from issues that are most likely diet related and information based.

Our reliance on refined carbohydrates, such as bread and pasta leads to lessened energy and desire. Eating meat slows us down. Many types of carbs help cause blood sugar abnormalities that lead to poor performance.

Reasons for Failure – Emotional

There is little doubt that emotions play a role in everything that we do, especially our sex lives. Our childhood and education can be very instrumental in building a foundation for future thinking and behavior. I have noticed that certain cultures have much more interest in sexual activity than others. Also the extent to which we get along has a profound influence on how often we have sex and how enjoyable it is. People who really love each others company usually have the best sex. The reason is simple. They communicate well and have fun just being together.

Any problem we face as individuals and as couples can be overcome with communication and understanding, providing that health related issues are recognized and addressed. It has been my experience over the years that most mental abnormalities are related to diet and biological balances. Again, Iodine and Thyroid problems play a big part in our mental challenges, particularly depression. If you are depressed it is very likely an Iodine shortage. Most people I know that take Iodine supplements over long periods of time overcome their depression. So before taking medication look for alternative health providers who can properly administer the right supplements, such as Iodine.

Our emotions are not only a part of our upbringing, but they also relate to our belief system. Having common beliefs, in God and religion, helps us form a better bond with our partner. On the other hand, misguided belief systems that do not understand the value of sexual activity and how it should be used, inhibit us.

We should not discount other cultures and their attitude toward sex and marriage. Many of them look down upon sex before marriage and frown upon sexual freedom that seems to be the norm in many parts of the world. Cultures and individuals that do not have sex until marriage have the lowest divorce rates.

This subject will be addressed in more detail as the book unfolds.

Sexual Aids

This is a topic that needs a great deal of clarification and what I am going to tell you is going to be very upsetting. But the way I see it, is simple: should I tell you what you want to hear or do you want me to greatly improve your love life? I'm assuming you want me to improve your love life.

First and foremost, continual use of sex aids without the involvement of your partner is a big mistake. I can see some value if you are single and can't help yourself. You just have to use them to calm your spirit and give yourself that great feeling that only a climax can instill. But if you examine the use of sex aids closely they actually do more harm than good. First and foremost they take away from the pleasure of being with someone else. Also, and this will be hard to swallow, is the fact that masturbation weakens your system and actually makes the real sex act less appealing. What ends up happening is that you begin to compare how you feel when you masturbate with how you feel when you get intimate with your significant other. No man's penis, for example, can compare to a 30 speed vibrator that causes a climax of unbelievable proportions. The one that the neighbors hear five houses away.

However, using sex toys when having sexual intercourse can be of great benefit. Let's face it, battery powered and electrical gadgets can last longer and produce sensations that touch and feel cannot duplicate. Okay, so you are thinking I am crazy and that you are not going to stop using your vibrator when you need some relaxation but if you try what I am going to suggest, over time, the results will be spectacular. So stop using your sex toys unless your partner is involved. Reliance on mechanical devices will erode and lessen feelings you experience with your lover.

First it is important to understand some basic concepts relating to sex toys. Almost all sex products are made in China. Even when a company states American made, for example, it is highly likely that the product comes from China. So you need to get past this and understand that

products from China are okay, if they are well made. So checking reviews and buying from a reliable vendor is important.

Another important point is your ability to clean your sex aids. Some do not clean well and some actually peel from cleaning and use. Some do not last long. Some are advertised that they can get wet when this is not true. So be careful when you buy them.

If you understand the anatomy we spoke about and know the location of your pleasure points then you can use this knowledge to buy the right toys. For example, a vibrator that is straight will not get to the G-Spot easily but will get the clitoris going. Also the speeds on a vibrator are important. Some speeds are not comfortable. This is hard to predetermine, since you cannot try a device out and then return it. A factor that is seldom considered is the girth of a vibrator or dildo. Women like products that have bigger diameters. A thicker penis is more pleasurable than a long skinny one.

Reaching the deep spots may require a sex aid that is very long, say 8 inches or more. Companies that make sex aids often have new products so always be on the lookout. A great place to get sex toys at really low prices is the Chinese web site: www.dhgate.com. When using this web site check the sellers feedback. And shop around. You can often find the same sex aid for a lot less money by comparing prices. Don't spend too much money on this site until you find a vendor you like and can depend on.

In order to keep their costs down, sex toy manufacturers sometimes use chemicals that are problematic. One such chemical family is called Phthalates. The "ph" is silent. They are used to soften plastics so they become flexible. There is scientific evidence that this chemical family can cause you harm.

There is no regulation in the sex product industry so any claims made by a company go unverified. While this is changing around the world and measures are being taken in some places to regulate this, the best way to make sure your sex products do not have harmful chemicals is to ask them via email and also ask for the scientific chemical analysis of their products. Most reputable firms will provide you with details to verify your concerns. Those that state that their products are free of any harmful chemicals but cannot verify should be looked upon with some measure of concern. Silicone and stainless steel are considered safe materials.

Here are some interesting sex products to consider:

The vibrator shown below, has a curved tip designed to simulate the G-Spot and a clitoris tickler. Things to check before buying:

- Is it the right size for your body?
- Is it water proof for easy cleaning?
- Is it plug in or does it hold a charge – remember charged vibrators are not as strong as plug ins.
- If it is chargeable how many charges can it hold before the battery goes dead?
- Is it thick – the thicker the better.
- What material is it made of – cheap materials smell bad and can be harmful.
- What reviews does it have – look on eBay and Amazon for reviews.
- Some newer vibrators now can be controlled by your cell phone and actually heat up – heat brings blood to the area and makes the results feel better.
- How many speeds does it have – this is a big issue (some speeds are uncomfortable – too strong or too weak).
- Is it too loud?



Ringed shaped sex toys are designed for men and women. Some vibrate, some do not. The picture below shows a ringed set for men which is designed to fit snugly around the base of the shaft, limiting blood flow from the penis. Controlling the blood flow can boost girth and length, while also helping to delay ejaculation. They also come in vibrating versions. When vibrating ones are used by men they help stimulate the clitoris and help boost size, and when used by women, are designed to fit inside the vagina. The problem with rings is that one size does not fit all and many complain that they do not feel comfortable. Their low cost makes them appealing to many.



This ringed vibrator is designed for women and has multiple speeds and is immersible.

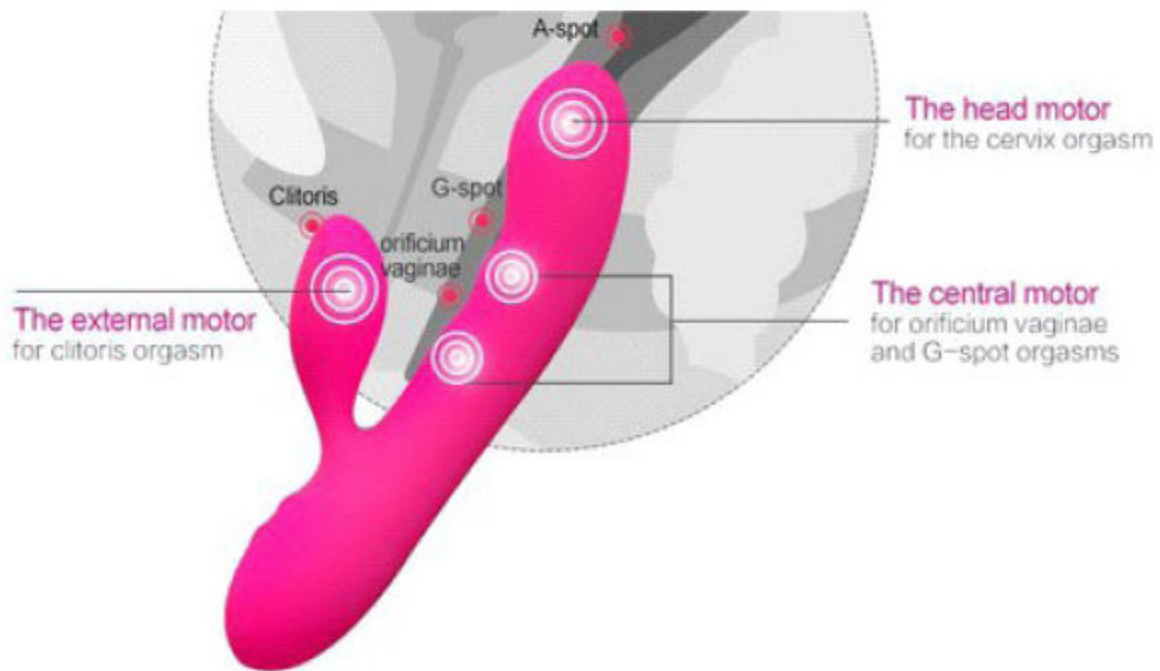


Finger vibrators are very useful, in that they allow your partner to touch you with their hands and fingers and at the same time provide vibration to almost any area of the body. Finger vibrators allow you to reach way in and move the aid to the desired location as instructed by your partner. They are very inexpensive. The next picture shows finger vibrators that sell for around \$1 each on the www.AliExpress.com web site.



Incredible as it may seem, some new vibrators (see picture below) use smart phone apps to control their settings. You can use the app to adjust heat (it maxes out at 102 degrees), adjust vibration settings for each motor, video chat and speak with your partner. These vibrators self adjust as you

move them to different body parts. They sense movement and increase the level of stimulation accordingly. They also allow you to reach the G-Spot, Deep Spots and Clitoris and adjust each of the three motors (in some models) to the desired level of pleasure for each of these spots via your phone. Some self adjust the vibration level as music from the app changes. As music reaches a peak, the vibrator gets more powerful. You might say that this is a new way to listen to your favorite songs. They track number of orgasms, their duration, and how many calories burned. You might never leave the bedroom after getting this bad boy!



Sexual Positions

Sexual positions 101 is a course that you won't find on your college list. And this is unfortunate. The facts speak for themselves. Just by changing positions and trying new ones, the female climax rate increases more than two fold. One of the biggest issues facing women is their inability to reach orgasm during any type of love making session. So by taking a look at certain positions that generally lend themselves well to female orgasm and experimenting with them and variations of them, we can change the numbers for the better.

The literature states that there are over 100 possible positions for sexual intercourse. Unfortunately many of them involve a level of coordination and contortion that many of us don't have and can't do. With the population struggling to maintain normal body weight, it gets even more challenging to achieve position success. But for those who want the ultimate (Kama Sutra), this link allows you to view and try a different position for every day of the year:

<http://ebitik.azerblog.com/anbar/Kamasutra-365sp.pdf> It is a direct link to a PDF file (you do not have to download the file to view it) that has 365 positions explained and photographed. It is free to view and very inviting. (Authored by the great Lisa Sweet)

Doggie Style:

A question that often comes up and one that I want to address, relates to the "best position". What is the best position? The problem with this question is that for your female partner it might be one type and for your male partner, another. I have never polled thousands of couples, but my best guess is doggie style. Here's why I pick this.

Most men that I have asked, and it is almost 100%, say that when using doggie style their penis feels more stimulated than in any other mode. For women, this position allows them to use one hand to stimulate their clitoris with a sex aid or fingers and the man can reach around and stimulate

it as well. The angles for this position make deep penetration possible. The G-spot can easily be reached and the deep zones can also be stimulated. In this position the man can easily reach and caress both breasts and massage them without having to press down or put pressure on them. Doggie Style allows very pleasurable penetration, a gentle type of breast massage and clitoris stimulation to occur at the same time. Using a penis ring with clitoral vibrator on it also can intensify the experience.

Missionary Position:

We have all tried the missionary position. It's the one you see used most of the time when two people are making love on TV or in the movies. If you vary it slightly the results can be spectacular. And it is easy to do. Have your partner, who is on top, move their body up toward you head so that their pelvis is in a higher position than normal. The person on top then focuses more on grinding against your pelvis rather than thrusting. Many consider this to be one of the best sex positions in the world. It was created by Edward Eichel, the psychotherapist. Another way to describe this is to move forward so that the base of your penis (your pubic bone) is making direct contact with her clitoris. Her legs should be around your thighs and you should be moving together in a rhythmic, rocking motion.

Take advantage of this shift by applying lubrication and spreading your labia apart. Also propping up your hips helps the angle. Your partner, on top, can use their pubic bone to rub against your clitoris and deliver a powerful punch that can help you reach orgasm.

Ankles Up:

Another variation of the missionary position and one which helps lead to orgasm is simply done by having her put her ankles on your shoulders so you can penetrate very deeply and hit the G-spot. She can also bend her knees and put the soles of her feet on your chest. This positioning allows for deeper penetration and changes the angles so the G-spot can be touched.

Crisscross:

Another great position for clitoral stimulation occurs when both partners are lying down. The woman is on her back and the man is on his side. She has her legs draped over his middle like a giant X. Since your

bodies aren't squished against each other, either you or she can reach down to rub her clitoris.

Reverse Cowgirl:

There are many benefits to this position. The male is flat on the ground and the female is facing his feet while on top of his penis. He gets a different view than the usual face to face and she can adjust her body so the penetration is just right – right depth and right position. He can rub her back and make her feel relaxed while she can simulate her clitoris by hand or with a vibrator. In this position she has all the control and can take her time with her movements and touching. As long as the male can keep erect the more time spent equals increased stimulation and hopefully results in an orgasm. Since this is an easy position to be in she can take advantage of the comfort, and peak over and over again. If there is any shyness on her part or if she feels uncomfortable stimulating her clitoris in front of her partner, reverse cowgirl helps overcome this.

Pillow Usage:

Using a pillow or prop can help make a position more comfortable and help create new angles for entry. For example, using a pillow under your behind during missionary makes the G-spot easier to reach and rub with the man's penis. Even furniture, like couches and yoga aids can be used to create better angles.

Locations:

Location changes often lead to better results. The change of scenery, the excitement of being spotted (if outside) or even the planned exposure so your neighbor can see you, can often result in better sex because the mind is more stimulated and both parties are trying something different together. I am amazed at how many couples never leave the bedroom for sex. I am speaking about planned sex. Just that change can often lead to an immediate result and repair of a stale and often fruitless pattern of sexual behavior. This is an important topic and one that I will address in more detail.

Tantra Awakenings

Tantra goes back over 1500 years. The techniques of Tantra help us reach a higher level of spiritual awareness within ourselves and with our loved ones. It is not a religion, and like Yoga, which also originated in India, has many positive results.

The sex act has numerous benefits, the most obvious being it makes us feel better. It is a health boost and it actually lowers stress hormones and raises serotonin levels. Tantra techniques use sexual intercourse and sexual play in an attempt to bring us as individuals and couples, to a higher spiritual level. So the end game is not physical gratification, such as an orgasm would bestow, but an emotional gain that stays with us and signals that we are growing as individuals. When we grow, our relationships improve and our sex lives improve as well. The sex itself is the mechanism used to get us there using Tantra methods.

Tantra accomplishes this by prolonging the sex act which helps increase the sexual energy we each experience and this builds more intimacy. Tantra writings often refer to the higher power and some form of universal energy but it does not adhere to a set of beliefs as religion does. Instead the techniques are used to create more order in our lives and more stability as we experience sex in a new light.

The goal of Tantra is to free up our natural energies, and our body has many of them, so we can feel and experience the ultimate power that sex offers. Just like Yoga, Tantra has many interpretations and is taught by many people using somewhat different approaches. In general two areas are of great interest, our breathing and time sense. In Tantra practice, time is not important. So when you compare this to traditional sexual intercourse, which typically has a beginning (say foreplay), a middle ground (call it intercourse), and an end game (the big O), you come to realize that the techniques are critical, not the outcome.

We must slow things down and feel more and get our minds free from those thoughts that always race through us during sex: “Is this feeling good

for him?” “Is she going to climax?” “Does she like this spot touched?”...and the list goes on. The clock must come to a standstill. You must plan the session so there are no distractions, so you have all the time in the world. The space must be perfect - inviting. Comfort must be planned out. Everything must smell great: ourselves, our clothes, our pillows, blankets. Scent and quiet music can add to the experience. The room should be warm. The warmer the better. Here are some basic steps or techniques to try:

Breathing:

Like Yoga, breathing plays a key role. One of the most basic tantra practices can be accomplished through the Yab yum position. This ancient Buddhist posture, which translates into “father-mother”, allows both parties to exchange air. It is a meditation tool. Harmonizing your breath is one of the easiest ways to sync with your partner. As your partner breathes out, you’ll find yourself taking their breath into and down through your entire body. As you exhale, consciously attempt to energize the breath. In this way, you’re sharing all of yourself with your partner. Becoming conscious of your breath is central to all yoga and is a basic tenet in Tantra. Move your legs so you are comfortable. If crossing them is difficult, just lift your knees and spread your legs apart.



Your Eyes Must Be Open:

Keeping your eyes open when you are intimate with your partner is much harder than it seems. It allows for a very deep connection. It forces us to focus and not think as much. It shows we are present and concerned and not in any way distracted. It helps build a very solid blending of two entities into one. We are better able to witness the act of love and take it deep inside our souls.

Slow and Steady Wins The Race:

The time spent building energy or as we commonly call it, foreplay, is essential in Tantra exchange. The slow buildup helps men control themselves and heightens the woman's arousal. Keep your thoughts centered on your partner. Extend this session for as long as possible. Never ask yourself questions. If your mind wonders push it back.

Remember, Tantra uses sex to help you gain insight and awareness and to grow, as an individual and as a couple. The sex itself is the bonding agent

that helps bring two people together, it is not the goal or the end game. Some basic concepts were presented in this chapter in order to encourage you to explore this topic in greater detail. No topic should be ignored or pushed aside in your quest for the benefits that life has to offer. Ancient cultures have had centuries to perfect their relationships and this includes their sex. Let's take what we can from them and combine it with modern aids and modern information.

Role Playing

One of the biggest challenges we face as we age and spend more time together is that we often succumb to routines. We tend to perform the same way and think the same way and this leads to boredom, lack of excitement and eventual separation. It also means we are not growing and when we stand still the current pushes us backwards. We are no longer rowing up stream looking for new knowledge and adventure. Just because we can't perform physically, like we could during our youth, doesn't mean our relationships have to become stale.

Role playing is a way to spice things up, create intense sexual excitement and show our partner that we are concerned about them and we are willing to try something different. It is like the daring child putting their hands in the cookie jar when they were told no more cookies. Let's take a look at some examples of role playing.

No doubt you have witnessed this concept over and over again in movies, TV shows and videos. It could be the repairman who has sex with the horny housewife, the tutor who seduces her pupil, the stripper who excites her patron, the policeman or fireman that puts out your fire, the teacher who gets it on with the student, the boss and secretary combo, the hitch hiker who is in for a surprise, the man at the bar who notices this attractive girl who just entered the room, the stranger in the coffee shop scene and the list goes on.

Why not come up with six role playing adventures and try them over a six week period instead of date night. The intent is to mix it up or should I say spice it up with the outcome being love making and adventure. There has to be a consensus of opinion here. If one partner expects sex and the other is not on the same page things will go awry. Make it as real as possible even if you have to invest some money in clothing, for example.

Let's role play here on paper. You both decide to meet up at a bar in a hotel. Your partner has rented a room in advance of the event. One of you sits at the bar, let's assume it's the woman and she is wearing very

suggestive clothing. She has a drink and she starts thinking of erotic things. Some time goes by and this allows for the buildup of excitement. Suddenly her partner shows up and sits at the bar but not near her. She acknowledges him with a smile. He smiles back but makes no move. He has a drink and you are now both relaxed. He asks the bar tender to deliver a small note he just wrote and you open it and it has some very suggestive words in it. The words should be carefully chosen and be a surprise. Once she reads them she beckons her partner to come over.

Now it is critical not to rush and have a normal conversation as if you do not know each other. This is very important. Role playing should be as real as possible. After some laughter and flirting move it to the next level. Remember, the longer this all takes the more sexual excitement you can build. The mind is your best friend here. You whisper in each others ears and there is some light touching going on. Your arousal levels go higher and higher.

Once you move to the room it gets more intense. She notices your bulging erection. She rubs it and each of you proceed slowly to touch and feel and kiss. She has a big surprise for her partner. She has never worn such erotic underwear, which was purchased for this occasion. Her slow reveal and stripping action with just the right music playing as he watches from the chair is something she has never done before. She begins to grind against him and she will not let him touch her. It drives him wild.

The very slow removal of clothing reveals her erotic underwear. Her private parts are showing and shaved. She decided to have a metal ring placed there and he goes insane when he sees it. His erection gets harder and throbs. The two of you are so worked up that each is ready to explode. At this point the real sexual exchange begins.

Remember, the more thought that goes into this the better the outcome. Plan ahead but each of you should have surprises. Be prepared to draw this out over many hours.

Communicating

A lack of communication often underlies many of our problems. If something is bothering us and we cannot find a way to deal with it through communication the problem prolongs and gets larger. It builds a head of steam, so to speak. No doubt you have witnessed this and experienced it yourself. Take the drug addict for example. They hide their addiction, but if able to reach out and communicate they can get help. Let's face it, some of us are good at communicating and some of us cannot communicate very well. I'd like to show you some techniques that can help the process. Even though we often communicate with those closest to us, there are times when we have to share things with professionals. There is nothing wrong with counseling. However, there are good counselors and there are bad ones. So if you are getting professional advice and are not satisfied, find someone else.

It has been my experience that most people are not able to have a frank and open dialogue with their significant other. There are so many reasons for this. We don't want to hurt someone's feelings, we might be embarrassed about something or we might have done a bad thing and cannot let it out, fearing it might lead to a breakup or horrible fight. For example, "He will get mad at me and start yelling and I don't want to listen to it anymore". Or it could be that we are just bad communicators. It is not our fault. Often it is a result of a family environment that lacked love and warmth and good verbal exchange.

Also, and this is important, communication can take place between you and a higher force. In other words, there is nothing wrong with meditating about something or praying about it in an attempt to let go and get past it, and even grow.

Life teaches us things through tests and difficulties. If we pass the tests we grow. Regret and remorse allow us to overcome problems. Did you ever notice how the same issue often confronts us over and over again. It will

keep coming until we face it and deal with it and communication may be the key.

Here is a simple exercise that you can do with your partner. It helps center us and brings closeness to the relationship. Both people need to sit in a chair and face each other. The distance should be close, say about 2-3 feet away. You start with simple exercises. Most of us are not good at completing a communication circle and this exercise helps overcome this.

A communication circle starts with a statement, such as: “Good morning my love, how are you doing this morning”. Now if the other person says something like: “Okay, but a little tired” and then stops, the circle is not complete. The end result is broken communication and this leads to a weakening in the relationship. The second person, should have said: “Okay, but a little tired, how are you feeling this morning”.

So what happened here. The first response did not return anything of value. It did not let the first person know that they are important and left them empty inside. This may not seem like a big deal, but over time, it has a negative affect on the relationship.

So when you sit down facing someone during this exercise, you must start with simple statements and you must complete the circle:

First person: “Good morning”

Second person: “Good morning, my love, how are you doing this morning?”

First person: “I am okay but I wish I had more energy. How are you feeling?” Second person: “I am feeling good. What can I do to help you with your low energy?”

Notice how each person shares and also shows concern for the other. While doing this you must make eye contact all the time and look at each other intently. It does not matter what you say to each other. What matters is that you return concern and empathy. In other words, you are answering and asking and expressing your love with your statements.

This is the problem with most communication. It never completes itself and it ends up with one person becoming frustrated. This leads to breaks in the relationship. If someone can't get you to listen and be concerned they will find someone else to speak to.

Another technique you can use involves strangers. Next time you go to the store and see a baby or child, say something nice to the child or parent. If you feel that this is silly and you do not have time for chit chat with strangers then you are in too much of a hurry and the road you are speeding down is a dead end. Being nice to people and taking the time to communicate with them improves your communication skills and makes you a better person. It is good Karma.

There is nothing wrong with letting your partner know that they need to improve their communication skills. Tell them you want to practice communicating. One of the biggest reasons we do not like to complete the communication cycle is due to the fact that we do not want to learn about another person's problems and even worse, we don't want to get our hands dirty. We are not interested in getting involved.

I understand we are all busy and don't have much time, but what are we busy doing: the laundry, shopping, washing our car, taking a hike, doing the dishes? If we have time for these things why not spend some time communicating better and being a better listener?

Oftentimes, when someone seems distant and answers with short phrases and does not return conversation properly, they are hiding something. If your partner is always busy and does not want to listen and shows little interest, it is a sign that they are holding back information. If this is the case then ask them what they are hiding. Just come out and say: "Please tell me what's going on inside your mind. You are distant and this means you are hiding something. What is it?" If they say, "No, you are wrong, I am just preoccupied with work", then offer a solution. Ask them if they want to take some time off and spend the day together. If they hesitate, you can be certain they are holding back information.

If you cannot communicate with your partner, you cannot have a strong and loving relationship and you certainly won't have a good sex life. If you cannot communicate on the most basic level, how in the world will

you be able to discuss your love life and all the sexual possibilities it entails?

Meditation

Can you picture yourself in a quiet cool room with no cell phone, no noise, subdued light, no computer or TV and no one else nearby. Just imagine sitting there for an hour or more and posing questions to your inner mind or as some call it, the soul, and waiting for your higher self to answer. The question or questions you pose concern issues that have been troubling you for quite some time. Suddenly a light comes on in your mind. You discover a solution that just several minutes ago seemed so allusive. A sense of relief overtakes your whole being. You now know what to do and how to solve the challenge. You have no one to thank but yourself. Your higher force was tapped and now you can move forward in your life with confidence and a big head of steam.

It may seem like an episode from a TV show that cannot apply to you. But let me tell you, meditation is real and does work. In fact, many years ago there was a society in the East that had so mastered meditation that its members could solve virtually any problem that was presented to them. They were able to resolve scientific issues and many other challenges. This group is called the “Followers of the Inner Light”. Their abilities are so great that they even exist today, well over one thousand years later.

You may not have the time for meditation because you perceive there to be no value in it, but if you were to try and see what it can do for you, your view would change. The most advanced form of meditation allows your inner being to reveal truth to your reactive mind. This is how discoverers are made. Did you ever wonder why the answer to a question or problem that confronts you often appears after a good night sleep. The term “sleep on it” was created for a reason.

Meditation has basic components. Even though there are many versions or types of meditation they all center around core principles. First is the location. A quiet tranquil place is important. Next is your posture. Let’s face it, it is hard to meditate if your body is not in a relaxed position. The third core component has to do with the subject at hand. In other words

what is the goal of your meditation. It could be simply to free your mind and trying not to focus on any subject, or it could be very complicated, trying to resolve relationship challenges. The fourth core principle has to do with your attitude. You must approach meditation with humility and passivity. All aggression has to be left behind.

When you meditate you must remain in silence. It is impossible to reflect and speak at the same time. An incredible speech given by an world renowned Eastern Divine in London on Sunday, January 12th, 1913 explained meditation this way, and when you consider he said this well over 100 years ago, it is worth reading it:

“There is a sign (from God) in every phenomenon: the sign of the intellect is contemplation and the sign of contemplation is silence, because it is impossible for a man to do two things at one time—he cannot both speak and meditate. It is an axiomatic fact that while you meditate you are speaking with your own spirit. In that state of mind you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed. You cannot apply the name ‘man’ to any being void of this faculty of meditation; without it he would be a mere animal, lower than the beasts. Through the faculty of meditation man attains to eternal life; through it he receives the breath of the Holy Spirit—the bestowal of the Spirit is given in reflection and meditation. The spirit of man is itself informed and strengthened during meditation; through it affairs of which man knew nothing are unfolded before his view. Through it he receives Divine inspiration, through it he receives heavenly food. Meditation is the key for opening the doors of mysteries. In that state man abstracts himself: in that state man withdraws himself from all outside objects; in that subjective mood he is immersed in the ocean of spiritual life and can unfold the secrets of things-in-themselves. To illustrate this, think of man as endowed with two kinds of sight; when the power of insight is being used the outward power of vision does not see. This faculty of meditation frees man from the animal nature, discerns the reality of things, puts man in touch with God. This faculty brings forth from the invisible plane the sciences and arts. Through the meditative faculty inventions are made possible, colossal undertakings are carried out; through it governments can run smoothly. Through this faculty man enters into the very Kingdom of God.”

Meditation not only helps solve perplexing problems, it also has a very beneficial affect on how we look and feel. It relaxes you, helps every cell in your body function better and improves your well being. There are hundreds of scientific studies that confirm these facts. Pain is often helped through meditation.

Ravi Shankar, the meditation master states:

Physical Benefits of Meditation

With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy, peace, enthusiasm as the level of prana in the body increases. On a physical level, meditation:

- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks
- Decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production that improves mood and behavior
- Improves the immune system
- Increases the energy level, as you gain an inner source of energy

Mental Benefits of Meditation

Meditation brings the brainwave pattern into an Alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. With regular practice of meditation:

- Anxiety decreases
- Emotional stability improves
- Creativity increases
- Happiness increases
- Intuition develops
- Gain clarity and peace of mind
- Problems become smaller
- Meditation sharpens the mind by gaining focus and expands through relaxation

- A sharp mind without expansion causes tension, anger and frustration
- An expanded consciousness without sharpness can lead to lack of action/progress
- The balance of a sharp mind and an expanded consciousness brings perfection Meditation makes you aware - that your inner attitude determines your happiness.

There are many great videos on YouTube demonstrating the art of meditation. You can meditate in silence or listen to soothing sounds and music. The early morning hours are usually the most tranquil, and offer some of the best times for it.

Before and after shots showing the results of a month long meditation project:



Meditation should be thought of as a tool that you and your partner can use to draw closer together, to improve your physical and mental well being, and this in turn improves your sex life. People who are relaxed and happy enjoy each others company better and this leads to more fulfilling intimacy.

Satisfying Your Woman

With no formal training how can you be expected to provide the best sexual experience for your partner. Where does one go to learn about the female anatomy? Yes, there are books and online sources but many of them are not based upon raw data. In other words, no one tests things out to see what really works and why. Information is more anatomy based. This is so unfortunate. We are biological creatures and have the ability to learn many complex things, yet our schools do not take this subject very seriously. And as parents, while we are expected to convey information to our children, what do we say to them when there is so much uncertainty in our own minds?

Let me give you an example. If a female adjusts her angle when in the doggie position, her partner can actually reach her G-Spot with his penis quite easily. This can lead to a more intense experience. For women who have trouble reaching orgasm during intercourse this can help solve the problem. To modify your position lower your elevation by resting on your elbows instead of your palms so your body is angled downward instead of straight. Your partner can hold your hips as he thrusts slowly at first and with each motion he will rub against the front wall of your vagina, where the G-Spot is located. High school sex ed does not tell you this.

Another good example that is seldom mentioned, and this one can help solve many of our sexual problems, concerns the work of Dr. Chua Chee Ann. We mentioned him earlier. But it bears repeating with more detail.

The part of the vagina that is past the cervix and closer to the uterus is called the fornix. In Latin the word means “vault”. The AFE zone is located in this part of the body. This is the area that Dr. Chua Chee Ann did extensive research on.

For some, this part of their anatomy is aroused when stimulated. For others it can be painful. Dr Chua Chee Ann published his findings in the late 90's. He suggests that pressure should be applied to the AFE zone or A-Spot with scooping movements all around the area using your fingers and at

the same time stimulating other parts of the vagina. This should be done every day for at least 10 minutes.

The actual positioning is as follows: The woman should lie back with her knees drawn up. Your partner should insert his index and middle fingers into her vagina. Slide the fingers deep until you feel the cervix (like felling your nose tip). Then get past the cervix until you feel the spongy area or A-Spot. The area should be stroked with an in, out, and circumferential motion. He claims two fingers work best, the index and middle finger. When the pleasure wave arises and lubrication starts you should continue this arousal. According to Dr. Chua Chee Ann, stimulation of the A-Spot redirects ejaculatory fluid from the degenerated female prostate into the vagina, thereby lubricating the area. The nerves in the area cause arousal and the fluid helps the process along. This exercise helps females who have dryness. So for anyone who is facing this challenge as they age the regular stimulation of the A-Spot can help the body begin to lubricate again on its own.

It should be considered as a separate type of orgasm and not just a way to help overcome lubrication issues. Some women claim that this type of arousal produces greater sensations than direct clitoral simulation.

The point of this discussion is to make you realize that with some effort and new knowledge you can make incredible improvements in your relationships, especially your physical ones.

There are so many ways to improve things and it does not have to be so technical in nature. When a thousand females were polled and asked what they wished their men would do in bed the results are of interest – listed in order of importance:

Number 1: Get aggressive

For some females this method works wonders. For others, who prefer the gentle approach, this will not work. No doubt you have seen the videos or movies where the man uses lots of force. He may actually lift his partner up and throw her down on the bed. By so doing he is saying, “I’m in charge here and you better do what I say”. While this may be somewhat extreme, the point it conveys is the take charge attitude. Women like feeling the strength of their partner. They like being “manhandled”. The best way to

accomplish this is by the man taking charge. He can move your body for you so you feel that he is in complete control. For example, when you're on top, he can move your hips around so your clitoris rubs against his pubic bone.

Number 2: Kissing

Kissing is usually thought of as the type of contact done before sex, not during sex. Most men want to get it over with so they can have the main course. What many fail to realize is that kissing is a form of intimacy and this is critical for women. The more kissing the better. What's your hurry! Also kissing should be practiced outside the bedroom. Just a simple kiss on the cheek before leaving means so much more than words like goodbye or see you later or even have a great day.

The most important point to make here is that for females the emotional connection is more important than the physical one. If a woman feels secure and appreciated then any lack of results in the bedroom will not build to a boiling point.

During intercourse don't stop kissing. Keep it going. A passionate kiss can be more impactful than other forms of contact because it conveys the love you feel for each other in a very profound and memorable way.

Number 3: The Clitoris Must Be Touched

Most females can climax during intercourse if you stimulate their clitoris. So getting into positions that allow you to touch this area is critical. We mentioned some of them – doggie style, for example, makes it easier for both parties to stimulate it. Remember that each person is different and because something does not work only means that you need to try other approaches. Voice, sound and gesture communication during love making is the easiest way to know if you are getting results. Slow and steady is the approach to take and having the knowledge of what you are going to try beforehand will help.

Number 4: Use Only Oral

An oral sex session is sometimes just what the doctor ordered. However, you must know what is going to be pleasing. For some women, direct clitoral contact, is not comfortable. The area around the clitoris may

be more satisfying and not painful. A little used technique is whole mouth involvement. Men seldom use their mouth to caress and gently simulate the areas around the clitoris and the clitoris itself. The mouth allows you to use the tongue and lips. This method puts a type of pressure on your sensitive parts that the hand and the tongue itself cannot achieve. The lips can be configured to enclose the clitoris region in a very soothing way while the tongue moves around and goes back and forth.

And do not forget to use your fingers to reach in and massage the G-Spot while the tongue is doing its magic. It takes a good 20 minutes for the G-Spot and clitoris to react in an orgasm.

Number 5: The Neck Caress

The fifth most mentioned technique was use of the tongue and mouth on the neck. The neck is very sensitive because the skin has to stretch so much. Gentle pecks, kisses and tongue action from the ear down the length of the neck can work wonders. Use your breath and the warm tongue to create an effect. Spend some time doing this because it is different and what is unexpected can have dramatic results.

Number 6: Verbal Exchange

What you say really does matter and it must be timed correctly. Your partner wants to hear positive affirmations during love making. This is especially true for women. They need to be complimented and praised about their actions and about their body. She should be told how good she makes you feel. This must be repeated often. She never gets tired of hearing this. The tone of your voice matters. Women can tell when you have no enthusiasm in your inflection and when you are not sincere in what you say.

Number 7: Pull The Hair

Females love to have their hair pulled when they are facing you, say on top, but not when you pull from behind. The gentle pulling or touches of the hair is very soothing and it stimulates the many nerves found in the head-hair region. Grab some hair near the scalp and give a little pull. Trying new things gets results.

Number 8: The Element of Surprise

Life can be pretty mundane. We tend to follow the same procures each day. It makes us feel comfortable and secure by doing this but it can also lead to boredom and an overall lack of enthusiasm for life. So by trying an unexpected act of love making, for example, might get great results. It's something women mention on this list of 10 and it can work. It doesn't have to be planned or involve a complete undressing.

This is best done when it is least expected, say your wife is at home and you just walk in from work. Look at her intently, say something arousing, then lift up her skirt as you keep your eyes on her eyes. Remove her pants and gently massage her. Then lead her to a comfortable place and take charge while telling her how hot she is. While timing is everything, sometimes being forceful can overcome any objections you might encounter.

Number 9: Get At The G-Spot

We discussed this earlier but it bears repeating. While some experts claim the G-Spot is not a unique erogenous zone because it is merely an extension of the clitoris nerve body, do not overlook it. It can be stimulated during intercourse and the high level of pleasure can be worth the effort. It is located on the front wall of the vaginal canal and is about the size of a dime and may feel spongy. The modified doggie style mentioned earlier will produce the results you are after.

Number 10: Breast Stimulation

Although mentioned before, it bears repeating. The nerve endings in the nipple area link directly to the genitals and can produce such an erotic response that it can lead to an orgasm. The entire breast has nerve endings as well, that is why it is so important to spend quality time with them. Don't just feel them up, use your mouth and tongue to work the entire area. Gently suck and caress the nipple and surroundings with your mouth and hands. Using the finger vibrators mentioned earlier can produce dramatic results.

Sex experts claim that modifying standard or traditional techniques can often get better results. Using the tongue on the clitoris, for example, should be done gently, as too much pressure produces pain, not pleasure. Also

body language can be a better way to judge your actions rather than words or sounds. If she pushes your head back, that means your being too rough and should slow down. If she pulls your head in, it can mean tongue me deeper. On average it takes 20 minutes for a female to reach orgasm, so if you are having oral sex with her you must get into the most comfortable position you can. Using pillows and other props can help you do this.

A rhythmic motion with the tongue can be a better choice than alternating the pattern. Getting feedback via a simple nod can work wonders so let her know that you want to please her, and you need some help with just a nod. Keep eye contact at all times. Even though it may appear that your woman has reached orgasm, you can't be sure, so keep going but be very gentle.

Using the flat of the tongue is better than the point. Wiggle it and move it around the inner lips and over the clitoris. Also using the tongue to penetrate the vagina can be a big turn on rather than using one's fingers.

Satisfying Your Man

I find it interesting that most women do not know anything about a man's penis. I am referring to the parts of the organ where the most sensitive nerve endings are located. The penis and many of its structures are very similar to the vagina. They both share the same ancestry. They look very similar. The head of the penis or glans is genetically related to the clitoris. Knowing this is extremely important. With this knowledge you can stimulate the most sensitive part of the penis just as the clitoris can be stimulated. Licking the head, as an example, can produce an almost instant orgasm for some men. When done correctly, a BJ can also produce almost immediate climax and ejaculation.

So if you really want to satisfy your man then you must learn how to perform oral and hand sex, on his penis correctly. This information is really important and I'll tell you why. A good friend, a middle aged male, who had been married twice and had lots of women sex partners, told me an amazing story. He was given many BJ's over the years by a wide range of young and older women. He said the results were all the same except for one instance. While he enjoyed this form of foreplay and was able to come when his partners performed oral sex on him, it was not until a more recent girl friend went to town on his penis that he told me it was unlike anything he had ever felt before. In fact, it was so fantastic, that every time she did it, he could not contain himself and ejected his semen like a volcano spewing lava, so quickly and with such force, that it embarrassed him.

So what is he saying that we can take from this? He really never had such a mind blowing BJ until his recent girl friend gave him one! He said that it was so fantastic he could not stop thinking about it. So what did she do?

I asked him to please explain it in detail but all he could tell me was that she was able to position her mouth and tongue on his penis in such a way that the feeling was overwhelming. She moved her mouth at a certain

speed and put just the right amount of pressure on his tip that the result was beyond belief.

So what can you do to emulate what she did? The best way to gain some understanding here is to explore the penis in more detail:

Head: This is most erogenous part of the penis and is extremely rich in nerve endings. Any light touching of the head will result in immediate pleasure and erotic feelings.

Frenulum: The part of the head where the pleasure receptors are at their most concentrated, making it the most sensitive. It is an elastic band of tissue under the head that connects the head to the shaft, If your partner was circumcised the frenulum will have been removed. It is considered to be one of the most reactive parts of the penis and is best stimulated by light hand or mouth touching. It is often considered to be the equivalent of the female G-Spot.



Rim or Corona: One of the most touch-receptive areas. The area located at the base of the head and it looks like a rim. A very sensitive area.

Both the rim or corona and the frenulum are two of the most sensitive areas on the penis. Some men react very quickly when either or both of these areas are touched or licked.

The best way to achieve the desired erotic result when these areas are touched is as follows:

Quick strokes: The head, frenulum and rim are all very sensitive to rapid stroking. Ideally, this would be a pumping action in a damp environment (vaginal lubrication, saliva, any form of lubricant) as not much pressure is required. Start off slowly and speed up for maximum pleasure. It is very important to ask your partner how much pressure to exert. Some men like hard action while others prefer very slight pressure. You just will not be able to find out what works without some communication. Once you get it right, the results will be spectacular. The underside is very receptive to firm pressure.

A quickie while driving is often called for and most men will never object to your hand or mouth action while they are at the wheel. Please keep your seat belt on as the results may cause some erratic driving.

Remember, ejaculation can occur without orgasm. So if he ejaculates it does not mean he had an orgasm. But this is not usually the case. A lack of erection does not mean lack of interest. Some men may not get erect if they are not comfortable or on medication or have blood sugar issues, for example. Just because they do not get hard it doesn't mean you should stop your action.

Don't be afraid to mix it up. Keep some flavored lube in the glove box of your car or in your purse. This way he will always be wondering if your going to reach for it. It will keep him on his toes or should I say in the attention position. He knows that if he treats you right he will be in for a treat.

Some dirty talk can also help. Again, just because he loses his erection doesn't mean you should stop. Keep it going. A good BJ can continue for a long time. Do not try to emulate what you see online or in the movies when she tries to engulf her man's entire penis. It is much better to mouth the head area and at the same time use your hand on the shaft. Move your hand and mouth in a rhythmic motion. The hand can use firm pressure while the mouth uses mild pressure. Remember to concentrate on the frenulum area. Use your tongue and mouth on this spot as you work it.

Some other tips:

Licking the penis just like you would lick an ice cream cone produces wondrous results. Work the whole organ this way. Let him know you like this as well so he doesn't think you are emphasizing the "job" part of the BJ description.

Don't be afraid to dig your nails into his body and increase your grip on his penis. Maybe a little pain will add to his arousal level. Use your mouth and tongue on his foreskin if he has it. Make some noise when you are getting down on him and use a vibrator. Hold it next to your mouth.

While performing oral sex don't forget to exhibit your assets. Let him see your breasts and or any part that he can view. It will be a big turn on for both of you. Just before he is ready to climax, give a tug on his testicles. They are loaded with nerve endings and this will add to the experience.

Please keep in mind that some basic concepts have been covered in this chapter. Try new things all the time. Try new mouth and tongue motions, hand motions, different lubes and so on. The learning curve is very long but as you gain on it the results will more than compensate for your time spent. After all this is good time, not wasted time.

Behavior – Good and Bad

This is a difficult topic to discuss because each of us has to decide what is right and what is wrong with respect to how we behave. It is not up to me to judge anyone. As you know we each have our own struggles and should worry about ourselves before casting stones. So why write about this subject?

The way we think and act has a profound affect on our relationships, especially our intimate ones. It is a known fact that in cultures where promiscuity is unheard of the marriage success rate is almost 100%. Yes, many of these cultures are very strict and most of us would not want any part of them, but the fact that they can achieve such success is reason enough to find out what is going on there.

Here's the bottom line. Being faithful to your partner in thought and deed is the only way to have a long and happy relationship. I cannot tell you how many people I have interviewed over the years who have strayed in their relationship and almost all of them, who were being honest with me, admitted it was a big mistake. I am not suggesting that you force yourself to stay in a bad relationship and I am not suggesting that if you made a mistake your current relationship is doomed to failure. What I am saying is that if things are bad try to resolve issues if at all possible before reaching out to other partners.

Please believe me when I say that Karma is real and it will catch up if you do not change your thought process and actions. We live in a society where we are exposed to so many negative forces and this opens up the wrong doors. Just because a door is open, why walk through it? Getting back at someone or getting even is not productive behavior.

The notion that the grass is greener on the other side is a false one. Yes there are many beautiful potential partners out there and yes there are richer ones and more pleasant ones as well, but you committed to a relationship so why give up on it. If the sex is bad take corrective action. Try new things as this book suggests. Try to be honest with yourself. If something is wrong

express it to your partner. If they accept what you say and try to take corrective action then you will be okay. If they refuse to change and professional help does not work or is not an option then tell them you will leave if they do not correct their behavior and set a time line for it. But do not go out and cheat!

This book is about knowledge. The more you know the better off your life will be. Being able to provide a loving and sexually fulfilling experience for your partner goes a long way to preserve the relationship. But it does not guarantee anything. I am a big believer in statistics because they can help guide us through decision processes. Most of us are aware of the divorce rate, it is very high. Here are some facts to consider and use to your advantage: (These facts in some cases do not relate to behavioral issues)

1. Relationships where only one partner smokes have a 75% failure rate
2. Living together before marriage ends in a 75% failure rate after marriage
3. The average age of a woman getting married in the United States is 27. *“Bride’s Magazine”*
4. The average age of a man getting married in the United States is 29. *“Bride’s Magazine”*
5. 88 percent of American men and women between the ages of 20 and 29 believe that they have a soul mate who is waiting for them. *“University Wire, Louisiana State University”*
6. 59 percent of marriages for women under the age of 18 end in divorce within 15 years. The divorce rate drops to 36 percent for those married at age 20 or older. *“Cohabitation, Marriage, Divorce and Remarriage in the United States.” M.D. Bramlett and W.D. Mosher*
7. 60 percent of marriages for couples between the ages of 20 and 25 end in divorce. *“National Center for Health Statistics”*
8. 50 percent of all marriages in which the brides are 25 or older result in a failed marriage. *“National Center for Health Statistics”*

9. 65 percent of altar-bound men and women live together before getting married. *“Bride’s Magazine”*
10. Children of divorce have a higher risk of divorce when they marry, and an even higher risk if the person they marry comes from a divorced home. One study found that when the wife alone had experienced a parental divorce, her odds of divorce increased to 59 percent. When both spouses experienced parental divorce, the odds of divorce nearly tripled to 189 percent. *“Journal of Marriage and the Family”*

Some more stats to consider and use to your advantage:

According to the CDC at least 50 percent of sexually active men and women will have a genital HPV infection at some point in their lives. HPV, or human papillomavirus, comes in both low and high risk forms; low risk HPV can cause genital warts, and high risk can cause cervical and other cancers. In 90 percent of cases, the body’s immune system will fight off the disease within two years.

According to the National Sleep Foundation about one out of 10 married adults -12 percent, say that they typically sleep alone.

Approximately 5 percent of 40 year old men and between 15 to 25 percent of 65 year old men experience erectile dysfunction.

The average erect penis is five to seven inches long and four to six inches in circumference. For some women size matters but it is a known fact that more pleasure is derived when a penis is thick rather than long. Men can all swing a big bat when they play baseball but very few hit a home run.

The most comprehensive sex study of our time was done at Indiana University’s Center for Sexual Health Promotion. Here are some of their results as reported by “askmen”:

The survey revealed that masturbating in the presence of a partner is a less popular activity than going solo with only 49% of men aged 25 to 29 engaging in it. Encouraging your girl to touch herself while you watch is

the best way to learn what does it for her, and letting her watch you will have the same effect for her.

The numbers on how many men have received oral sex from a woman and given oral sex to a woman in the past year show a perturbing discrepancy. It seems that men in nearly every age category are more likely to receive oral sex from their female partners than to give it. Only the 18 to 24 year olds are tipping the oral scales in the other direction, offering more mouth action than their female counterparts. It goes without saying that a woman getting enough oral sex is a happier woman, and all the more willing to reciprocate.

Good, old fashioned vaginal intercourse is quite common among men aged 18 to 69 with at least 53% (18 to 19 years of age) and up to 86% (25 to 29 years of age) of respondents saying they've had vaginal intercourse in the past year. This kind of sex can be amazing, but don't forget that there are many other things you should have in your sexual repertoire. It is an ever reliable standard, of course, but try getting your numbers up in the manual, oral and anal categories too. After all, the study showed that women are more likely to orgasm when a variety of sexual acts are involved.

Condom use was highest in the younger population and decreased dramatically as men got older. Remember that there are more than 20 types of sexually transmitted diseases, affecting more than 13 million men and women in the United States each year. Some of the most common STDs include chlamydia infection, genital herpes, genital warts, gonorrhea, syphilis, and HIV (human immunodeficiency virus). Source: University of Maryland

Behavioral Changes

If you come to the realization that your way of thinking and or behaving is not achieving positive results, especially with regard to relationships, then you must take corrective action. For some, professional help is called for.

But there are many ways to get past issues on your own. First you must confront the problems and decide that you need to change. A great way to achieve results is to quantify them. In other words, set goals for your self. Here are some examples:

1. I will not raise my voice for the next 7 days
2. I will give verbal praise to my partner each day for one week
3. I will listen intently every time my partner speaks and agree and comment
4. I will do chores that I typically don't do, for the next week
5. I will stop a bad habit for the next 7 days
6. I will not drink or use drugs for one week
7. I will not watch TV for the next 7 days

I think you can get a sense of what is going on here. You make a commitment to yourself for a short time span. It must be a short time period otherwise you will not be able to reach the goal. Once you go a week then you can gain confidence that you can go longer and if your partner notices this you will get praise and reinforcement.

Another way to help yourself modify your behavior is through meditation. It calms your spirit and gives you a sense of well being. Try practicing it every day. You will be amazed at how it makes big things seem so small and unimportant. You begin to believe everything will be okay. The same goes for prayer. People who prayer together stay together. In fact, people who have a common and strong faith have the lowest divorce rate.

Another great tool you can use is to agree ahead of time to walk away when things are getting bad. In other words, rather than fight, take a break and go outside for the rest of the day. Also, you can agree to talk things out and really listen to what your partner is saying and take it in and try to understand it.

Always keep in mind the fact that negative types of behavior are forms of communication. Usually it is a sign that someone needs help and is asking for aid by behaving incorrectly because they do not have the skill set needed to confront their problems in a more normal manner.

Another important point to remember is the fact that your ability to find fault in someone else is an indication that the same faults lie within you. A great way to word it is – the imperfect eye beholds imperfections. Over one hundred years ago a religious scholar came to the USA from the Middle East and made this statement:

“Love the creatures for the sake of God and not for themselves. You will never become angry or impatient if you love them for the sake of God. Humanity is not perfect. There are imperfections in every human being, and you will always become unhappy if you look toward the people themselves. But if you look toward God, you will love them and be kind to them, for the world of God is the world of perfection and complete mercy. Therefore, do not look at the shortcomings of anybody; see with the sight of forgiveness. **The imperfect eye beholds imperfections.** The eye that covers faults looks toward the Creator of souls. He created them, trains and provides for them, endows them with capacity and life, sight and hearing; therefore, they are the signs of His grandeur. You must love and be kind to everybody, care for the poor, protect the weak, heal the sick, teach and educate the ignorant.”

A terrible habit that many people have that wrecks havoc on relationships is the controlling issue. Trying to control someone else by telling them what to do or negating them in any way will lead to the dissolution of the relationship. Just work on yourself and don't tell others what to do. If you have something to share with your partner do it in a friendly and positive way. If they accept your help great, if not, leave them to themselves. Be patient with them because behavior patterns took years to develop and will not be changed in a short period of time. So try to focus on the positive aspects of the relationship.

A major issue leading to partnership failure is financial. One person is a compulsive spender and this leads to disaster.

Dr. Val Farmer, marriage expert, lists some key concepts regarding behavioral aberrations. They are worth noting: (Blog Post: Ten most common reasons why marriages fail)

1. Poor boundaries. Engaging in intimate conversations with members of the opposite sex leads to emotional experiences that cloud judgment, trigger fantasy life, and progress toward physical intimacies outside of marriage.

2. Selfishness. There needs to be fairness in the distribution of work and responsibility within the relationship. This willingness to extend oneself also pertains to meeting emotional needs. Placing one's desires consistently ahead of a partner's emotional needs and responding only when it is a matter of convenience, demand or negotiations leaves a spouse feeling unloved.

If too many important needs are neglected over time, the unloved spouse feels used or taken advantage of. Consistent lack of love interferes with a spouse's willingness to give unselfishly in the relationship. When marriage partners don't trust their needs will be met, they tend to meet their own needs first and become hesitant to share freely of themselves.

Selfishness in its most destructive form involves control, manipulation, jealousy, possessiveness, demands and abuse in order to get one's way. In milder forms, it is lack of consideration and respect.

3. Disrespectful judgments. Marriage needs acceptance, admiration, appreciation and emotional safety. Feelings of anger and hurt follow when the process of exploring differences or contrasting opinions consistently degenerates into criticism, impatience, labeling, contempt, or discrediting one's thoughts or feelings.

It is disrespectful to try to change a spouse's thinking by lecture, ridicule, threats, brainwashing, or negative aspersions. These perceived attacks on personality, character, intelligence or values undermine the mutual respect that forms the basis of love. The tendency is to retaliate in kind or else to

withdraw and not share one's ideas. It becomes hard to love or give of oneself when one feels unfairly judged or mistreated.

4. Explosive, angry outbursts or rages. Anger can have a useful purpose if it is listened to and leads to dialogue and constructive problem-solving. However, anger can either create more anger or withdrawal, both of which interfere with effective communications.

Unbridled and unpredictable tempers interfere with emotional safety and trust when spouses need to engage each other on emotional issues. The issues behind the anger get lost as the angry response is perceived as unjust, abusive and unwarranted. It is intimidating and controlling.

5. Lack of emotional intimacy. The lack of sharing one feelings, goals, hurts, struggles, joys and emotional details of one's life lead to loneliness and sadness. Feelings of friendship and partnership come from being connected through interest, deep listening and empathy, mutual support, and sharing perspectives as confidants.

Expectations for marriage include a desire for this soul-satisfying experience of being known, understood, loved, accepted and valued for who you are and having a place to turn for comfort and support. If this component of marriage is lacking, marital partners feel cheated of the essence of what they truly expect marriage should provide.

6. Lack of affection and sexual fulfillment. When needs for sex and affection are not met, problems mushroom. Without affectionate gestures and words, love seems hollow and not as believable. People don't marry to get a roommate. They expect to have an active and fulfilling sexual life. Chronic anger and conflict dampen a couple's willingness to be affectionate with each other.

7. Leading separate lives. Relationships also suffer when couples don't mesh their lives through shared activities, recreational companionship or spending enough time together.

Living too independently from each other takes away connection and joy from the relationship. Couples need to function as a team when it comes to parenting, managing a household, sharing finances, and relating to relatives.

They need to consult with each other about important decisions and coordinate their schedules.

Time needs to be set aside to enjoy conversation, adventures, common interests, vacations and fun. Time spent together should be anticipated with pleasure. Without this component, couples drift apart and have little in common.

8. Communication is a painful process. A marriage with too much conflict, hostility, blame, criticism, defensiveness, and belligerent verbal attacks seems like life with an enemy instead of a friend. Marriage needs to be a place of safety, a haven, a place of love and refuge, not a war zone.

Always being “right,” being rigid, judgmental, or easily angered or flooded with emotion disrupt communication before problems can be solved. Avoidance of conflict is even a bigger problem as the emotional connection is lost when couples don’t share opinions and attempt to resolve conflict. When repeated attempts to solve problems fail, one partner gives up and starts to withdraw emotionally.

9. Destructive habits and addictions. Addictions have great power to be placed in front of the needs and happiness of a partner. Betrayal, hurt, anger and pain follow the wake of addictive behavior. Addictions need to be treated to protect the integrity of the marriage.

10. Dishonesty, laziness and other character defects. Basic trust and respect underlie love and form the basis of relationships. Lies, deceit, disloyalty, secret habits, or emotional dishonesty about thoughts or feelings destroy trust and respect. Spouses who willingly don’t take or follow through with their personal responsibilities unfairly shift those burdens to their partner. Marriage is a partnership between equals, not a parent/child relationship.

Please keep in mind that healthy sexual relationships depend upon mature behavioral patterns and the ability of partners to overcome any issues that they confront. Unfortunately some people never grow up.

Ways to Harmonize

I am a firm believer that any obstacle, no matter how severe, can be overcome. Each of us has the ability to climb any mountain we encounter. That is the nature of life. The more bumps on life's road we drive over, the more we grow and develop. Tests and difficulties help us mature. When you look at the word "harmony", more often than not, it refers to the blending of voices into a beautiful whole. As singers learn how to harmonize, we have to do the same in our relationships. Our sexual relationships are no exception.

Harmony is a result of cooperation. You cannot get along with anyone unless you are willing to cooperate. The word "cooperate" has two meanings. On the one hand it refers to helping someone to reach their goals, you comply with someone's request. The other meaning has to do with two or more parties working together to reach the same end.

A great example of harmony as it pertains to two people living together is demonstrated by the many elderly couples whose picture you might see in the paper announcing their 50+ year marriage and life together. Most of these couples who have been together for so many years have had a very harmonious relationship. While this is true for many elderly people, now the track record for younger people is not so good.

The difference between the older generation and people today, is the accepted belief that once married you stay married through thick and thin. The movies, the magazines, the newspapers, the social language centered on love between two people lasting for their entire life. There were no high tech distractions like we have today. Yes there were divorces and infidelity, but the instances were few in number.

Now you can argue that people stayed married because they feared ridicule and scorn and they had few options with regard to financial support. So it made sense to stay married and keep a roof over your head. While there is some truth to this, the overwhelming social consensus was that you stay together and work out your problems.

Today, if things get rough, people split in the blink of an eye. The divorce rate over the years is listed below:

- 1867 - 1879 - 3%
- 1901 - 1906 - 8%
- 1925 - 1930 - 16%
- 1940 - 20%
- 1950 - 26%
- 1959 - 1963 - 22%
- 1967 - 26%
- 1970: 33%
- 1975: 48%
- 1980: 52%
- 1985: 50%

The rate went from 3% to 50%, over the hundred year period. What then are the ways to harmonize and stay together? Remember, our sexual interaction directly relates to how well we get along and love each other.

While we cannot change the social fabric of our society over night we can change ourselves quite easily. A great example occurs when we stop drinking. Some things that can happen to us, including weight loss:

- You don't have to drink to have fun
- You have fewer regrets
- You sleep better
- You get less sad

- You develop more empathy for others
- You save so much money
- You get tired earlier
- You become amazingly productive

How we feel about ourselves impacts our relationships. If we are not secure and lack self confidence it makes the right kind of social interaction difficult. One of the best ways to improve our self image is by doing things for others, including giving some money each month to a charity, such as a children's hospital. You can set up an automatic deduction. You might be thinking, "What has this to do with my sex life"? Trust me, it helps your inner spirit grow and when this happens you tend to not notice the faults in others, especially your partner. You become more accepting and more comforting toward others. The adage, "the more you give the more you receive" never grows old.

In 1958 Dave Packard (you might notice his last name as in HP – Hewlett Packard) made these comments. While this applies to the work environment, these have merit for personal relationships. They are worth their weight in gold:

Think first of the other fellow. This is THE foundation – the first requisite – for getting along with others. And it is the one truly difficult accomplishment you must make. Gaining this, the rest will be "a breeze."

Build up the other person's sense of importance. When we make the other person seem less important, we frustrate one of his deepest urges. Allow him to feel equality or superiority, and we can easily get along with him.

Respect the other man's personality rights. Respect as something sacred the other fellow's right to be different from you. No two personalities are ever molded by precisely the same forces.

Give sincere appreciation. If we think someone has done a thing well, we should never hesitate to let him know it. WARNING: This does not mean promiscuous use of obvious flattery. Flattery with most intelligent people

gets exactly the reaction it deserves – contempt for the egotistical “phony” who stoops to it.

Eliminate the negative. Criticism seldom does what its user intends, for it invariably causes resentment. The tiniest bit of disapproval can sometimes cause a resentment which will rankle – to your disadvantage – for years.

Avoid openly trying to reform people. Every man knows he is imperfect, but he doesn't want someone else trying to correct his faults. If you want to improve a person, help him to embrace a higher working goal – a standard, an ideal – and he will do his own “making over” far more effectively than you can do it for him.

Try to understand the other person. How would you react to similar circumstances? When you begin to see the “whys” of him you can't help but get along better with him.

Check first impressions. We are especially prone to dislike some people on first sight because of some vague resemblance (of which we are usually unaware) to someone else whom we have had reason to dislike. Follow Abraham Lincoln's famous self-instruction: “I do not like that man; therefore I shall get to know him better.”

Take care with the little details. Watch your smile, your tone of voice, how you use your eyes, the way you greet people, the use of nicknames and remembering faces, names and dates. Little things add polish to your skill in dealing with people. Constantly, deliberately think of them until they become a natural part of your personality.

Develop genuine interest in people. You cannot successfully apply the foregoing suggestions unless you have a sincere desire to like, respect, and be helpful to others. Conversely, you cannot build genuine interest in people until you have experienced the pleasure of working with them in an atmosphere characterized by mutual liking and respect.

Keep it up. That's all—just keep it up!

There are some great tools we can use to make your relationships better. We mentioned meditation. Another is yoga and prayer. When we

pray, we let go of ourselves and turn to a higher authority for help. Some practical steps you can take to make your relationship much stronger:

1. Nature walks and excursions. Nothing soothes the soul more than getting away from the city and the tech world. Leave your cell phone behind. The woods and nature have a way of bringing us closer together.
2. Take a day off with your partner and go somewhere you haven't been before. A museum or zoo works. Make it a spur of the moment event. This adds an element of adventure to it.
3. Rent the movie your mate always wanted to see with you. Make it a surprise.
4. Volunteer somewhere. When the two of you see how less fortunate others are, it will build a very strong bond between you.
5. Take the time to help someone. It could be a friend or relative who needs some work done and you have been putting it off.

Let me end this chapter with a story. This happened to me many years ago but it is very fresh in my mind. I was invited to travel to the Holy Land while in college and spend nine days with complete strangers on a religious pilgrimage. I decided to take two weeks off from school and was told by my teachers that it would be very hard to make the work up, but I went anyway.

The group I was with consisted of about 15 people from around the world. Many were my age. We spent each day traveling to holy places and taking part in spiritual events. By the end of the pilgrimage I became so close to my fellow believers that the thought of leaving them was very hard to confront. The day we parted ways was one of the saddest days of my life.

Many years later I came across one my fellow pilgrims. I cannot remember his name. When I saw him we immediately hugged. It was as if a magnet had drawn us together. Our two souls were like one soul. I do not think we even exchanged any words. Words were not needed. I came to

realize that what I experienced was a level of perfect harmony. It did not matter who we were, what we did for work, how we looked, how much wealth we had, what we were thinking. All that mattered was that we needed to hug each other. It was like two lost souls finding each other after years of searching.

This convinced me that two people could unite on a level much greater than any imagined before. This love we had for each other was not like girlfriend and boyfriend or wife and husband. But is demonstrated to me that when two people are united through a common spiritual bond the possibilities are endless.

Strive then to find a way to unite on a spiritual level so your souls blend into one entity and the result will be blissful. Remember the three keys: Listen – Laugh – Work on yourself not others. Be a good listener and really hear what someone is trying to say. Be happy and smile all the time and laugh. Don't try to change others. You have enough to worry about just trying to make yourself better.

Examples of Perfect Harmony

This is a difficult topic to write about. After all, where does one find perfect harmony? What is perfect harmony? We know that perfection does not exist in this world. While there is harmony in nature – everything seems to follow a master plan, when it comes to human relations, things go awry. We have free will and we can choose courses of action that pervert harmony. Education and upbringing can be so skewed that people end up killing each other over land and over issues, including religion. Imagine killing in the name of God!

I wanted to include this chapter because you may not be aware of a pattern of social interaction that has occurred in the world and is still present today. It involves a way of thinking and acting that reaches way beyond anything you may have experienced or even thought possible.

During World War II a series of events took place which demonstrated to humanity a type of behavior which may exemplify the model upon which future civilizations will be built. I am referring to the Albania Code of Honor, often called Besa. The underlying concept of Besa, put in very simple terms, is to prefer others to yourself.

So, anyone who comes to your home, even strangers, their needs are put ahead of your own. They are fed, sheltered, and even have their feet bathed by their host. If in danger, the guest, is hidden from the enemy, even at the risk of everyone's life. Albania has a long history of religious tolerance and humanitarian behavior. The most noted example of this occurred during World War II.

All the Jews who lived in Albania or sought asylum there during the War were saved from the Holocaust. At the end of the war 2000 Jews were living there and were saved by the Albanians at the risk of their own lives. One witness to the lack of anti-Semitism in Albania was Herman Bernstein, himself a Jew, who served as U.S. Ambassador to Albania from 1930 to 1933. Bernstein wrote in his letters that: "There is no trace of any discrimination against Jews in Albania because Albania happens to be one

of the rare lands in Europe today where religious prejudice and hate do not exist, even though Albanians themselves are divided into three faiths....”

The fact that Albanians had been isolated from centuries of institutionalized antisemitism in Western Europe was a factor in this remarkable record. However, the principal reason for Albanians saving Jews was their history of religious tolerance based on the Kanun and its underlying moral code of Besa.

The Kanun is a written collection of Albanian laws that covers and regulates all aspects of conduct within one’s family, village, and clan, with members of other clans, and with complete strangers. The Kanun has been the foundation of Albanian society over centuries and, as Professor Leonard Fox has written in his superb introduction to his 1989 English translation of the Kanun, it is an “expression and reflection of the Albanian character.” BESA, which inextricably links personal honor and respect for and equality with others, is the foundation of the Kanun. Besa has multiple meanings, ranging from faith, inviolable trust, truce, and word of honor to a sacred promise and obligation to keep one’s word to provide hospitality and protection. It involves uncompromising protection of a guest, even to the point of forfeiting one’s own life.

What is so remarkable about the Albanians, is the fact that they are Muslims. Muslims and Jews are not supposed to get along. The thought of a Muslim risking their life for a Jew is hard for most people to comprehend. The Besa is not an isolated cultural example. Believe or not there are other Muslim cultures that follow a similar law.

Pakhtunwali is a non-written ethical code and traditional lifestyle which the indigenous Pashtun people follow. It is a system of law and governance that began during prehistoric times and is preserved and still in use today, but mostly in the rural tribal areas. Some in the Indian subcontinent refer to it as “Pathanwali”. Its meaning may also be interpreted as “the way of the Pashtuns” or “the code of life”. Pashtunwali dates back to ancient pre-Islamic times and is widely practiced among Pashtuns, especially among the non-urbanized Pashtuns in the countryside. In addition to being practiced by members of the Pashtun diaspora, it has been adopted by some non-Pashtun Afghans and Pakistanis that live in the

Pashtun regions or close to the Pashtuns, who have gradually become Pashtunized over time.

Pashtuns embrace an ancient traditional, spiritual, and communal identity tied to a set of moral codes and rules of behavior, as well as to a record of history spanning some seventeen hundred years. Pashtunwali promotes self-respect, independence, justice, hospitality, love, forgiveness, revenge and tolerance toward all (especially to strangers or guests). Of the numerous principals associated with this code of behavior, two are worthy of note:

1. Melmastia (hospitality) - Showing hospitality and profound respect to all visitors, regardless of race, religion, national affiliation or economic status and doing so without any hope of remuneration or favor. Pashtuns will go to great lengths to show their hospitality.
2. Nanawatai (asylum) - Derived from the verb meaning to go in, this refers to the protection given to a person against his enemies. People are protected at all costs; even those running from the law must be given refuge until the situation can be clarified. Nanawatai can also be used when the vanquished party in a dispute is prepared to go in to the house of the victors and ask for their forgiveness: this is a peculiar form of “chivalrous” surrender, in which an enemy seeks “sanctuary” at the house of their foe. A notable example is that of Navy Petty Officer First Class Marcus Luttrell, the sole survivor of a U.S. Navy SEAL team ambushed by Taliban fighters. Wounded, he evaded the enemy and was aided by members of the Sabray tribe who took him to their village. The tribal chief protected him, fending off attacking tribes until word was sent to nearby U.S. forces.

This type of behavior needs further study and we have to take a very close look at it and ask to what degree we are willing to make personal sacrifices to help those in need. These laws exist for a reason. Following them will yield results that cannot be imagined. Slowing down and preferring others is not a sacrifice, it's in our best interest, and benefits us on all levels: mental, physical and spiritual.

Are not the Golden Rules examples of this code:

**Hurt not others in ways that you yourself would find hurtful –
Buddhism**

**What is hateful to you, do not to your fellow man. That is the entire
law; all the rest is commentary - Judaism**

Do unto others as you would have them do unto you – Christianity

**No one of you is a believer until he desires for his brother that which he
desires for himself – Islam**

Blessed is he who preferreth his brother before himself – Baha'i Faith

Remember, behavior between two partners must follow these principals as well. This concept governs each of us and how we interact with everyone. Providing love and hospitality to our loved ones takes on an even higher significance because if the standard is high for mankind in general, it is even higher for how we relate to our closest companions.

Achieving the Ultimate Orgasm

Now it's time to put the icing on the cake. Can two people be so united, on every level – mental, physical and spiritual, that their sexual – love making experience is ultimate in nature? I think they can, and we looked at many possibilities, from better ways to satisfy your partner on a physical level to improving how we interact.

Imagine being so in love, that every moment of separation is painful, and imagine being so in love, that every moment of physical contact carries with it feelings of such joy that the climax is beyond description! No doubt, this concept is a work in progress. If we set our sites on the goal line and incorporate those things into our lives that will help us reach that goal, then we will be moving forward on the road to the ultimate orgasm.

May all of life's blessings be bestowed upon you.