

TANTRIC SEX AND POSITIONS

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N
D
KAMASUTRA

The female symbol (a circle with a cross) and the male symbol (a circle with an arrow) are positioned to the right of the main title.

Ashley Lopez

TANTRIC SEX AND KAMASUTRA POSITIONS

*THE GUIDE TO SPICE UP YOUR SEX LIFE AND INCREASE
YOUR INTIMACY THROUGH THE PLEASURE OF MASSAGE
AND TECHNIQUES FOR COUPLES. ALL THE TRICKS OF
PLEASURE.*

Ashley Lopez

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Part 1

Tantric sex

Introduction

The teachings of the tantra are widespread and encompassed in a lot of different books and ideas. Therefore, the teachings of it can vary depending on who you are studying. The principles may also vary slightly. For the most part, you will find some core pieces ring true regardless of what you are reading or studying.

Tantra also teaches us about acceptance. We tend to fight against things in our lives that cause us pain or feel like a burden. This limits our minds. It puts our brain in a place that it can only label, judge, and categorize events. When our mind does this, it encourages us to look at things as if they are bad, good, right, or wrong. These thoughts are very limiting.

When a brain labels something as wrong, we tend not to be able to accept it. So, by removing these labels, we also remove limitations. By accepting what is, we are going to remove the restraints of our minds. Look at life as a series of experiences rather than thinking about them as good, bad, or otherwise. This will allow your mind, body, and spirit to be more open and accepting of the things that occur.

Choices need to be made in life. So, the mind judging things is not necessarily a negative thing that should be avoided. You should not let your mind's judgment control you, but you should always consider it. Additionally, know that acceptance is an action that should not be done passively. You need to choose to accept things, not set the thought to the wayside, and hope you can find some acceptance at some point.

Removing your ego from the mix is another teaching of the tantra and one of the principles of beliefs. When we are young, we give our emotions and love to the world around us with almost no thought at all. In growing, we

start to change and withhold these things. It is so that we are behaving the way we are expected to by our elders. We see these ways to be the path to acceptance. It provides us with attention and makes us predictable. Many believe this is what makes them in control of their lives.

When you think about it, this is an illusion of who we are. We strive to become what other people find to be acceptable instead of searching for the true self that we find acceptable. Letting go of your fake self and finding the truth underneath is a big part of the tantra.

Our behavior through time is a part of us, so, likely, you will still show parts of that old self. This is fine as you will have a higher understanding that it is only a small part of a bigger hole. Recognizing the fake pieces that were learned or ingrained in you can help you connect with yourself on a truer and deeper level. It allows us to become unrestricted in who we are, and most find it to be very freeing.

Letting go of your ego is not an easy thing to do. Sometimes it happens consciously, and other times it does not. It is always best when we decide to look at ourselves and make changes. It is less difficult, and most find it to be more rewarding.

The ego is associated with the mind. So, you need to understand that our thinking habits are limited, and we need to turn our gaze inward and let our minds be part of our hearts. The process of losing your ego will not be one that is free of pain. When you start to go through this process, if you find it easy, you are likely only building a different version of your false self. Finding your true self takes time and effort; it will not be an easy or pain-free task.

When you spend time connecting with your heart consciously, the reward will be found in the form of knowledge. Deciding to surrender your false ego will allow you to become peaceful, tranquil, and wise truly. We will be

able to accept these things into our hearts and our lives. We will gain an understanding that all these things come from our hearts. This, in turn, will bring love in its truest forms.

All people have aspects that are both feminine and masculine. Often, your actual gender will decide which features are more dominant. This means that masculine features are typically more predominant in men and vice versa for women.

The tantra helps us to understand that we need to merge our inner masculine and feminine features to experience wholeness. With the unity of these two pieces, we can understand ourselves and our experiences in life more easily. Certain aspects of a person are considered masculine and others that are feminine. Let's take a look at the breakdown:

Masculine Aspects:

- Clarity of direction
- Logic
- Awareness
- The rational mind
- Stability
- Positive Energy

Feminine Aspects:

- Creation
- Emotion
- Wisdom of the body
- Mystery

- Earth energy
- Change

By combining these aspects within ourselves, we can find comfort, confidence in love, and our divine selves. Additionally, it can make us more accepting and understanding of the opposite sex. It helps lessen the divide that is naturally between the two genders.

Merging these aspects takes time, patience, and work. Many people find the best way to start the process is with meditation. Meditation, as noted, is a key element of the practices of tantra. It really can help bring a plethora of awakenings to your life and your patterns of thinking.

It is important to note that not every form of tantra sees things as masculine and feminine. Some versions show it as everything already being unified. It is thought that duality brings separation, and we suffer because of it. By looking at the mind in non-duality, we are better able to experience life as it is and be non-judgmental about our experiences. Both principles can be used at different times and offer us different things.

One of the last principles of tantra is the ability to live your life through the choices we make while being aware. While we should not live in the past, spending time to focus and reflect on the choices we make is advantageous. It helps us take responsibility for our actions and accept that no one is perfect. We do not control everything. The only thing we have control over is how we respond to any given situation.

Through the teachings of the tantra, people can find spiritual, physical, and mental ecstasy. Deeper connections with yourself, your partner, and the universe can be found with the study of these ancient ideals. There is no couple or individual that it is right for. Anyone can undergo learning of this process and set of ideas to find more meaning and a better experience of life.

Your perspectives on things like the world, those surrounding you, and yourself will change. Your selfish desires will be put away, and you will be able to open your heart and mind to the world around you.

Learning the tantric ways is not something that happens overnight. It takes time and discipline. You will need to find a true calling within its practices to become successful.

Meditation and yoga are great for a variety of different things. They help you have a clear and calm mind. Additionally, they can help you find your center and balance in life. They teach us how to bring clean energy to our chakra system and do away with any negativity that may be influencing your life in a less than positive way.

It is important to understand that studying tantra and participating in its practices will become a way of life. It isn't about sex. Sure, there is a lot to learn about tantric sex, but in the grand scheme of things, it is much, much more than that. So, if you decide that the teachings of the tantra ring true to you, you will notice that your life changes in many ways. From the way you have sex to the way you see the world, it will all become quite different.

CHAPTER 1:

Tantra And the History Of Tantra

Tantra, the root word of tantric, means a technique to broaden consciousness. It is not a religion or philosophy. While it is based on metaphysical concepts, it is a practical tool for those looking to create additional meaning in their lives. Furthermore, it is a technique that is based on experience, in the context of concrete life. The practice of tantric practices is to broaden awareness in the many aspects of one's life and precisely to broaden awareness during the sexual act. In Tantra, there is a joining between what often seems like opposite dimensions of pleasure and liberation. In this practice, it is the hedonistic desires that allow a person to reach a mystical experience and widen their awareness. In the Guhyasamaja Tantra, it states that "no one can achieve liberation if he engages in difficult and tormenting practices; liberation can only be achieved through the conscious fulfillment of all desires."

In addition to Tantra's creation of a bridge between sexuality and spirit, the Tantra seeks to join the concepts of both control and ecstasy. For example, in yoga, the goal is to learn both self-control and discipline by removing the self through meditation. For Christians, it is important to abandon oneself through self-denial and suffering, for the divine. However, in tantra, both the self and the divine join each other by embracing the fulfillment of one's desires.

To briefly discuss the history of Tantrism, it is important to understand that this is a brief overview, and there are many more in-depth books on the history and development of the practice. Additionally, many books seek to

interpret Tantric texts from ethnological, historical, cultural, religious, metaphysical, and other points of view.

Around 2000 BC, the Harappan populated the Hindu valley region. During this time, the population, known as the Harappan society, a matriarchy, was enamored with the arts. The main concern of their society was for the well-being, and each of their homes had at least one bathroom, which was practically unheard of in ancient peoples of that time.

The society had a major building in their capital Mohenjo-Daro. What is unique about their major building is that it was not a center of commerce or government but a swimming pool. What else is unique about this culture was that women maintained a place of honor both in their religion and secular life. Their religion was centered around a Goddess, and that female figure dominated many of the shrines. She is commonly depicted with her arms open, and her legs spread apart, offering herself to adoration.

It was the bed of the landlady, and there – in the main room, in the living room – the act of love was celebrated.

In this society, religion was a daily practice. It was not just a system of dogmatic doctrine but an experience where the divine was personal to the practitioner, for the Harappan religion was closely connected with the body, pleasure, and sexuality. This is in contrast to more patriarchal societies where the divine was far away from the practitioners. For patriarchal religious communities, there became a need to bridge the space between man and their god or gods, which required the use of rituals and holy people. When their society eventually transitioned to becoming more male-centered, religious beliefs undertook a change.

For those that practice Tantra they know that there is a wide range of female representation. This is in contrast to the Christian centered culture where being female is broken, and a woman is either clean and chaste or a dirty

whore. However, in Tantrism, female representations can both sexual and spiritual, ecstatic and intelligent, fierce, and peaceful. They can be spiritual without denying who they are as women.

Tantrism enjoyed a great increase in followers in the period between the 10th and 12th centuries AD. However, it was later suppressed with the introduction of Islam to the region. During this time, there were private schools of Tantrism that survived in places like Bengal and Assam, where they had good relationships with China. Part of this was because of the beliefs on sexuality that Taoists had. In contrast, in places like Tibet, where they were sheltered from the influence of other societies, Tantrism flourished and married with the ideals espoused in Buddhism and Bon. Bon is an ancient shamanic religion.

The Spread of Tantrism

In the 8th century AD, the Guru Padmasambhava, a famous Indian tantric, traveled to Tibet. In the 11th century, Tibetan translator Marpa traveled to India to study Tantra da Naropa, a disciple of Tilopa. When Marpa returned to Tibet, he translated and taught the Tantric principles to his famous disciple Milarepa. From this period began the widespread dissemination of Tantra in Tibet. It is because of Milarepa that women are revered and considered wise next to males.

Over time there began a distancing of the sexual practices of Tantrism to a different form. This form of less sexually charged Tantrism is called Red Tantra or Tantra of the Left Hand. It is about studying the union of men and women on the level of their energy. There is also a more metaphysical concept of Tantrism that is called White Tantra or Tantra of the Right Hand.

These newer forms of Tantra lend to the Buddhist mantra that is loosely translated as “the jewel in the lot.” For them, the jewel is the male organ,

and the lot is the lotus flower or the female sexual organ. They can come together in both the physical and mystical sense.

After this followed a series of years of decline for Tantra in India; however, it was with the start of the sexual revolution of the 1970s and the women's liberation movement that there was a rediscovery of the Tantric arts. It was during this time that many of the Tibetan llamas and Hindu yogis opened their teachings to Westerners. Two of the many yogis and llamas charged with the spread of White Tantra to the west are Llama Yes and Yogi Bhajan, who gave Westerners more up-to-date and understandable texts.

Teaching these old techniques to a new audience did not happen easily. One of the major problems was translating the texts and reading the instructions without breaking up the energy. However, after much effort was made, these problems much easier to deal with. However, there were things like sayings in the text that were left up for interpretation. Another barrier to its adoption in the west was the learning of the many different poses that could be used in the practice of Tantra.

However, with the increase of sexuality in both men and women and the liberation of women from the traditional female roles, sex has become more enjoyable for the masses. It has allowed many to understand the Tantric arts. However, it is important to understand that the adoption of Tantra has had nothing to do with this liberation and more to do with the enjoyment and pleasure of sex seen in many today. People in today's culture now see sex as an obligation, and it must always be good sex. However, Tantra reminds us that it is not the same as Tantric sex. Tantric sex seeks to find ecstasy and liberation in the sexual act and not as the end means of all sexual contact.

The purpose of Tantric sex is not to find enjoyment in the sex act in and of itself but to find a spiritual experience in the joining of the male and female.

For those in Western society, the use of Tantra is two-fold. It is used first to draw a spiritual map that connects us with the larger dimensions of the self in a very practical and experiential sense, and second to create a culture of love. In the West's culture of love, the traditions are scarce, and experiences have to be made up by the practitioner. However, there are some cultural events like red-light districts in European areas and gentlemen's or strip clubs that are part of the culture of eroticism. However, for these red-light districts and strip clubs, the feeling generated is mostly depressing and not seen as a highlight to the sexual experience.

However, while it seems that everything is permissible, it has not yet extended to the real-life bedrooms of the men and women that are living in the society. All of the sexual needs and energy in the West are reserved for the fantasy realm and not real life. This is in contrast to those practitioners of the tantric arts who create concrete situations with a high erotic charge. These practitioners are doing so based on the belief that this is a spiritual ritual that happens to involve sex. The sex is part of the spiritual experience and is not reserved solely for the mind and a hidden drawer of the room.

In tantra, the sexual ritual is called Pancha-Makara. Also known as the five "M"s. The five Mems are madya or drink wine, mimsa or eat meat, Matsya eats fish, mudra or eat an aphrodisiac cereal, and maithuna or join sexually. However, in vegetarian societies, these "M"s were modified to be considerate of the values espoused in that society. However, these other five M rituals do not seem to have the same value in a culture where meat, fish, and wine are available at the push of an app or in any corner store or supermarket at a moment's notice. However, the idea is clearly to enjoy life and the sustenance that surrounds it, including the sexual act, which is just as important for Tantric followers as eating or drinking. It is important to remember that at the time of the Tantra's original writing, those things,

meat, fish, wine, and even sex were not easily taken for granted and were seen in scarcity and something to savor and enjoy as part of the enjoyment of life.

It is with this that many of the Tantric schools have started to re-emphasize the importance of the other four “M”s, not just the one that involves sex. They have done this because of the age of indulgence that we live in to help people become more serene and pleased in what they may see as the doldrums of food and beverage in a society overflowing with sustenance. They have developed many of the rituals to be more sustainable by modern practitioners in a more modern world. They want the practitioners to understand that Tantra is not a hedonistic orgy of food, wine, and sex but a ritual that uses sex and food as a way to reach deep into the heart and find spirituality in it.

Benefits Of Tantric Sex

As of now referenced in the past part, Tantric sex will help in uniting two individuals and help in their spiritual, passionate, and mental relationship. Right now, will find out about the different benefits that Tantric sex has on offer.

Singular development

Tantric sex helps in expanding the closeness remainder in a relationship. It additionally helps in the development of people also. An individual would have the option to develop intellectually, truly, just as deeply. Tantric sex helps in arousing Kundalini in ladies, and this takes into reflection her ladylike nature to radiate through. She will begin to shine and have an increasingly inspirational standpoint and disposition towards life. The male energy, Shiva, causes a man to bridle all his masculine energy through harmony and internal quality.

Investigating the breaking points

Quick ones and self-pleasuring methods are turning out to be very normal nowadays, and individuals are, as a general rule passing up the benefits that significant and adoring sex can give. This prevents a person from investigating their sexual breaking points. Tantric sex can help turn this around. Tantric sex would help a person in understanding their actual sexuality and their sexual breaking points. When a couple takes part in Tantric sex, they form a deep and important bond that permits each partner to encounter sexual delight. Tantric sex can be thought of as a collaboration

where each partner helps the other reach and reel in extraordinary physical, enthusiastic, and sexual delight that can be experienced by both.

Increased climaxes

The climaxes accomplished through Tantric sex are more impressive than the customary ones. The different tantric sex positions referenced right now help you in accomplishing pivotal climaxes. The positions are planned with the end goal that they hit all the sweet places and cause your body to sing. It is a general idea that ladies can have a more significant level of climax when contrasted with men; however, with Tantric sex, the two people can accomplish a higher condition of climax.

Recognizing what works

When you have figured out how to get its hang, Tantric sex can be agreeable and energizing. With each progressive meeting, you will show signs of improvement comprehension of your sexuality, your triggers, and those of your partner. You will have the option to comprehend what you and your partner appreciate. When you have figured out how to distinguish these delight points, you can begin animating them for accomplishing pure sexual joy. The physical and mental bond that you would have built up with your partner would essentially rely upon him and fortify over a period. You will arrive at a phase where you, as a team, become reliant on one another's sexual energy for their pleasure.

Coordinated happiness

You can time your climaxes with Tantric sex. When we have figured out how to oversee our psyche just as the body, they can consequently fall into a synchronized example for achieving a common climax. Another type of energy is created, and it courses through every one of them when they have planned climaxes. This amplifies the bond between couples. Lessons of

Tantric sex recommend that remaining associated after a sexual demonstration will help in reinforcing the bond that is framed.

Monogamy

It is a prevalent view that Tantric sex can help a couple in remaining together for the remainder of their life expectancy. When two people have figured out how to produce a bond that encourages them to associate on a deeper plane, they become subordinate. This reliance can't be mirrored or repeated with any other individual. When the recurrence of the meeting begins to expand, then the bond between the people additionally begins to extend and fortify.

Medical benefits

Tantric sex helps in advancing great wellbeing. Ladies will profit by this since it will help in making their menstrual cycle progressively ordinary, and this, thus, causes them to keep their bodies fit as a fiddle. Tantric sex helps in creating certain male hormones that produce more healthy and more grounded sperms along these lines expanding the couple's richness. A full-body climax helps in energizing the body cells and helps in expanding their solidarity to battle ailment along these lines expanding the insusceptibility. Ladies and men who have Tantric sex will, in general, look more youthful because this is an extraordinary pressure buster. It additionally adds another sparkle to the face. Aside from all the different benefits that it brings to the table everybody, Tantric sex can additionally help in delivering serotonin that helps with keeping gloom under control. A climax helps in discharging serotonin that helps in keeping cortisol under control and improves a person's temperament.

Restraints

It likewise helps in causing an individual to get familiar with their body and be progressively alright with their body and that of their partner. A great many people right now age will, in general, get incredibly conscious about their bodies, and these feelings of trepidation that they harbor prevent them from completely appreciating sex, and they wind up having fair sex. When you let go of the dread of being judged and have acknowledged your body for how it is, then you will have the option to genuinely give up and relish the experience, as it was intended to be delighted in. If you let go of every one of these feelings of dread, you can appreciate physical joy. Relinquishing your restraints will make sex increasingly pleasant. Tantric sex enforces this deserting.

Force battle

If you follow the mainstream TV arrangement "The Game of Thrones," then you will recall the scene where Daenerys Targaryen breaks all the standards and chooses to assume responsibility for pleasuring her alpha-male spouse, Khal Drogo. Drogo objects from the outset, yet then he gives in once he understands how pleasurable it truly is. Concerning sex, usually, individuals will, in general, face an internal force battle. People both will, in general, like the sentiment of being in charge, though indicating that they are in charge, can harm a relationship. There is a distinction between being in charge and getting a charge out of common Tantric sex. Tantric sex will help in disposing of this issue through and through. Tantric sex gives the equivalent capacity to both the partners, and the various positions will help in permitting both the groups to be in control, and they can give every joy the other individual with no limitations.

Satisfaction

Tantric sex helps in diverting all the positive types of energy, and this will help in making the individual very happy. Since it is deeply, sincerely, and genuinely fulfilling, an individual would be cheerful in every one of these perspectives. The spiritual relationship that it lets you form with godliness makes a difference.

Expanded love

There are a large number of thoughts that experience your brain at some random purpose of time. We will, in general, reflect various individuals, not our partners. It's very normal nowadays for couples to sever their connections on the appearance that they aren't feeling "the love" any longer. Tantric sex won't just assist you in cherishing yourself, yet it will likewise help you in adorning your partner. It helps in building up a supportive relationship that helps in shared development. This sort of solidarity of feeling makes the relationship increasingly strong.

Engages the two people

Most ladies will, in general, experience the ill effects of low confidence. They have become tormented with thoughts and sentiments that their bodies are flawed. They might not have the ability to disapprove of their partner while occupied with a sexual demonstration. They may not be ready to have intercourse; however, they are constrained into it as a result of their failure to state no. They probably won't express their actual sentiments and wants openly, and this decreases the joy that they experience. As indicated by the lessons of Tantric sex, ladies are dealt with like goddesses, and they are showered with the reflection and the regard that they merit. In like manner, even men are tormented with various issues regarding how they see themselves. Most men stress over how they are performing, regardless of whether they can fulfill their partner if their stamina is sufficient et cetera.

Rather than getting a charge out of the demonstration, they are frequently stressed over to what extent they can last. When they follow the lessons of Tantric sex, they will feel engaged since their bodies are regarded as the vessels of God. This will make them increasingly certain and open to new encounters without living with those feelings of trepidation and restraints.

Massive fulfillment

There are times when you may have engaged in sexual relations and felt that something was absent in it. You may feel that there's no enthusiasm or sentiment. This will, in general, occur since sex doesn't go past intercourse. It stops at the physical demonstration. Sex alone doesn't do anything for a relationship. Tantric sex is progressively pleasurable since it helps in shaping a passionate bond between partners rather than a straightforward physical bond. When an individual has sincerely put resources into a demonstration, it turns out to be progressively pleasurable and charming. When both are, it gets mysterious.

Mitigates despondency

Reflect Tantric sex as your instructor. It will help you in defeating discouragement and even nervousness. Individuals are generally too tired even to reflect eating or rest nowadays. This unleashes devastation on their simple plan. After a meeting of Tantric sex, you will feel renewed and re-energized, and this freshly discovered harmony and energy will loosen up your body and quiet your psyche, along these lines disposing of all the superfluous pressures that continue focusing on you.

Tantric sex is far beyond simply sex!

CHAPTER 3:

Prepare Your Body

Here, we'll discuss how to prepare for tantric sex and what you need to do to prepare to engage and enjoy tantric sex with your partner.

Talk to your partner

Before you begin with this, always make sure that you and your partner both want to try this. Remember, it takes two to tango, and that goes for tantric sex, especially. If you're interested in doing it, you need to make sure that your partner is on the same page as you are. Most people don't realize that this is something that your partner may not be ready for.

While you think starting right away is a great idea, but here's the thing: you have to, with tantric sex, discuss this since it is a two-part procedure and something that you'll have to do together. If you're both not interested or working together, it won't happen.

Plus, if you're practicing tantric sex, but they're not, it would mean only one of you is going to experience powerful orgasms and want to take it slower, while the other will be doing the opposite. It seems a little bit unfair, right? That's the main issue you run into with tantric sex if you experience it any other way, it's that you're not going to make it work, and you won't get the results.

And it shouldn't be hard to convince your partner to try it. After all, you want deeper intimacy between you and the other person, better sex, more passion, and just more fun between the two of you.

This is simple to get your partner's agreement on since it is probably something they'll enjoy from the spicing up and variety alone.

Prepare the Body

Preparing the body is a good thing to do with tantric sex because it takes time. Frequently, people don't realize that tantric evenings can be a bit physically demanding. It frequently also makes you feel better about yourself too. You'll appreciate the way your body feels and the wellness you experience.

When you feel good physically, and the room is arranged how it should be, it'll tranquilize you, making lovemaking some of the best there is.

So what are some things that you can do? Well, first and foremost, if you're not someone who wants to spend hours at the gym or work too hard on their physical fitness, then try yoga.

Yoga is one of the best choices that you'll experience. It is a great thing that will help with improving your experience.

Not only that, but yoga also helps with flexibility, and some postures will change your sex life too. Some of them can even be used during tantric sex. Plus, it helps with realigning the energy.

It's deduced that energies you have flowed from your spine, so you should always make sure that you have a relaxed back that isn't hunched over. You should also do this in a way where you're not hurting yourself, and it isn't physically affecting the back.

Diet Tips

Diet is the next area to focus on. Diet is actually on par with physical fitness, but for tantric nights it also helps improve them. Diet doesn't mean you have to follow a complex menu that some guru put together, but what you should do is eat in a manner that's healthier than ever. Try to abstain from overindulging as you get closer and closer to the tantric night. You should try not to eat a lot of heavier foods right before having tantric sex, and also don't overconsume alcohol either.

You should stay hydrated, but also not drink a ton of water too much once you get closer to time. That's because you want to keep things steamy, and while bathroom breaks happen, you don't want that hindering everything.

Also, look for safe detox recipes, with the focus being on safe. You should look for ones that have happy users and those who have some complaints so you could also look at the difference between them.

Don't look for reviews that are overly happy either. That's because happy reviews are faked, but the negative ones aren't either. But you should also look at safety concerns too. If you have a condition that's also affecting your ability to do a diet, also research the side effects of that.

You should also try to snack minimally, and if you do snack, you should also be mindful of what you're eating. There's a lot that you can eat that's healthy and good for you, and a lot that you should minimize. Go through and look for all of these, so you can better understand what you're doing, and also don't overindulge in these as well.

Relaxing the Body

Before you get into tantric sex, you should try to relax the body. Relaxing the body is very important because if you're not relaxed, you're going to feel a bit exhausted and probably sick from the stress. After a bad day, even if you didn't do a whole lot, it'll feel like you've fought with a bear and lost.

The body is important to relax, but you should also make sure that you relax the mind to. Mental stress does weaken your immune system, and bacteria and viruses love when that happens.

Learning to relax is a possible thing, but the big thing to remember here is not to float around like you're in a Zen haze. You might live in a chronic-stress situation, though, and that becomes the new normal for many. Lots of times, people don't realize how stressed out they are, and the debts, demands, and coping skills frequently are a reason why people drift apart.

Frequently, relaxing is a hard-pressed concept. You probably might have issues with a long-term stress reliever, but a nap, a shower, or a funny movie is helpful. Meditation is valuable, but it's an overlooked thing, but you need to learn to accept that you're stressed out, and you need to spend time preparing yourself for this. If you're a bit sad about the way that you look, try to spend 30 minutes maybe a day walking or working out. It does bring about liberation to you in its way. Plus, if you're relaxed, you'll practice tantra way better, and accept all of this in the long run.

What to Wear

Some people think that you need to wear very tight and sexy clothes. No, wear something loose, comfortable, and you should try to put something on that makes you feel good. Some people will dress in attire that reflects certain deities or the east. But it can help bring about the art of tantra into the bedroom

However, you should also focus on being clean and happy with yourself before you practice tantra.

First, brush your teeth and hair before what you do. This is a quick and simple thing to bolster your confidence and make it easier for you to do as well.

Some people like to do a ritual bath beforehand, but that is something that you don't have to do. You should make sure that it's a bit structured, and that you have the aim of making sure that you are bonded, but not bonded enough to have sex yet. You should wash one another in ways that are on-sexual and use soaps and oils that are scented. This fosters anticipation between the two people, and it's something that you'll enjoy with the other person.

You should do things together that foster anticipation between both of you as well. That will, in turn, benefit both of you, and it does bring about a good and artful experience with your partner.

Setting Your Scene

You should set the scene up by putting rituals into sex, and make sure that your space is set up. Most people focus on making sure there's a lot of white in the room, such as in the form of pillows, candles, and also soft music. You should do this with the intent of making the sex feel special.

For most people, they just rush into the bedroom and don't work to set the mood. But, if you want to make it memorable for both parties, you should try decorating it. Soft, sensual music will help bring forth a better, more intimate experience between both of you. Music is great for sex period, but soft, sensual music will change the way sex is for both parties and brings forth a sense of understanding, wellness, and happiness as well.

Breathe Away!

Before you even start, you should breathe and make sure that you do it in a way that benefits you. This is a good way to calm yourself down mentally and to help you relax. What you should do is take one full breath in through the nose, fill the belly with air, and then exhale. You should notice your belly move outwards. That's your diaphragm breathing, and you should make sure that you do focus on getting that type of breathing. When you exhale, you should see the belly start to return to normal size.

If you're having issues with this, you should visualize that pushing the pelvis down through there, and you push the breath directly to the floor. Try to do this a few times before you do it during sex, so it becomes more automatic so that you can benefit from this too.

Try Messages

Finally, before you have sex, you should try massaging. These massages don't have to be a long time, but you should try to switch off between the giver and the receiver of leisure. You might ask your partner to rub your feet for a couple of minutes, and then do whatever they like for a couple of minutes.

During each turn, don't be afraid to give the feedback that you need to. It's okay to tell your partner what it is they should do better, and this will help them give you what you want.

This is something most couples struggle with. By talking to the other person, you will be able to get what you want. Communication is something that most people need to understand has to be there. The way you work together is a great way for you to learn. You will be able to teach your lover what you want, and they'll teach you what they want, creating the best sexual experience possible for you.

CHAPTER 4:

Tantra Sex Basics

Albeit frequently synonymous with sex, tantra is extremely about association — regardless of whether that is with yourself or among you and an accomplice.

The word itself —got from the old Sanskrit— signifies "web" or "to weave vitality." by and by, tantra is about edification: to rise above both the sexual and otherworldly planes by taking part in profoundly thoughtful, unconstrained, and cozy sex.

This enables you to give better consideration to your body's needs and needs and ensure they are satisfied.

Also, the energies you channel during tantric sex stream all through your body and can intensify your climax. What's more, if you have an accomplice, becoming more acquainted with their body, as well, tantra is not just centered around arriving at a higher perspective body cognizance. It can likewise be tied in with making a more profound, progressively agreeable bond with your accomplice.

When you practice tantra, you and your accomplice figure out how to be physically mindful and profoundly present, encouraging each other vitality that keeps on developing admirably after you've completed the process of engaging in sexual relations.

Tantra additionally permits you both to investigate and extend all parts of your characters, with the goal that you start to know the other individual all around.

Keen on rehearsing tantra, however, do not have the foggiest idea of how to approach this discussion with your accomplice? Attempt the accompanying tips:

- Give an instructor a chance to lead the way. If your accomplice is available to tantra, search out an instructor who can direct you both as you become familiar with the training.
- Tune in to what they need to state. Your accomplice may give you an eager yes or a hard no. Or then again, they might be someplace in the center. Regardless of their reaction, tune in to and regard what they need to state.
- Do whatever it takes not to overpower you to cooperate with data. Rather, disclose to them what you appreciate about your sex life and how you could upgrade the experience.

Setting up the Mind

Tantra is a profound practice, which means your mind becomes possibly the most crucial factor as much as your body.

When you practice tantra, you are interfacing your body, brain, and soul. A straightforward attitude and ability to step out of your normal range of familiarity are imperative to joining those pieces of yourself.

A few people find that going through 5 to 20 minutes in contemplation can help set up your brain for tantra practice, as it enables you to go internal and inspect your musings.

Attempt this

Extend for a couple of minutes. As you extend every appendage, clear your psyche of any negative contemplations that are burdening you. The more you unload, the lighter you will turn into.

Go through, at any rate, 45 minutes everyday journaling. Work through the considerations that might obstruct your profound development by keeping in touch with them down.

Concentrate on relaxing. Take 10 to 35 minutes to inhale tenderly right down into your stomach and lower back, and connect with what's happening in your psyche — regardless of whether it is pressure or satisfying your wants.

Step by step instructions to set up your space

- Tantra is a comprehensive practice. It is not about sex or climax— it is about the adventure to arrive. Your condition directly affects your outlook and your capacity to unwind and appreciate that venture.
- Fill the space with your preferred aroma. Light a scented flame, diffuse an essential oil, consume incense sticks, or hang blooms. Pick a smell that makes you feel sexy, yet is not overpowering.
- Set the disposition with candles or tinted lights. Candlelight will add a sentiment to space, while delicate red bulbs will give the territory an erotic touch.
- Mollify your space. Set out a silk toss cover and a couple of extravagant pads.
- Ensure your space is at a pleasant temperature. If it is chilly, turn on the warmth an hour before your training with the goal that your room is comfortable and warm. If it is hot, turn live broadcasting conditioner, however, set it to the high 70's, with the goal that the space is cool, yet not nippy.
- Make a sentimental or sexual vibe. Playing some music that you can move to, either independent from anyone else or with an accomplice.

If you are separated from everyone else

There are numerous ways you can execute tantric standards when only you are. Be that as it may, recollect, the end game is not generally masturbation — you can work up to performance play or chose not to go there by any means.

- Self-knead

Make your self-knead a full-body understanding. Get your preferred oil or salve and pour it all over your skin. As you rub your oil or moisturizer in, invest energy rubbing your gut, crotch, internal thighs, arms, neck, and chest.

- Contemplation

Contemplation is an excellent method to free yourself of all that is keeping you down. Yet, rather than giving the vitality a chance to stream out of you, ground yourself. As you ruminate, let your vitality stream descending into the earth. Allow that to vitality fabricate and spread all through your body, invigorating you.

- Masturbation

Solo play doesn't generally need to be tied in with accomplishing climax. Preferably, set aside the effort to investigate your private parts truly, and what gives them —and you— delight. Contact yourself in new ways. Hinder your strokes. Mollify how you play with yourself.

Keep in mind to

- Enable yourself to encounter a full scope of feelings. This will empower you to take advantage of your vitality and power completely.
- Be available with your sensations. Rather than allowing you to mind meander, focus on everything your body is feeling.

- Set an aim for your training. Recognize what you need to escape your tantra session, regardless of whether it is to have a superior climax or to feel increasingly great in your skin.
- Inhale profoundly and gradually. Regardless of whether you are thinking or stroking off, enable your breath to interface with and send shivers down your body.

Executing with an accomplice

Keep in mind; tantra reaches out past sex — you can work up to that or decide not to go there by any stretch of the imagination. You and your accomplice can actualize tantric standards into different practices that can develop the occasion.

- Foreplay

Foreplay can be anything you need it to be — oral, a back rub, scrubbing down together. Be that as it may, whatever you do, ensure you and your accomplice are completely present. Sit before your accomplice. Investigate each other's eyes. Begin to move your bodies marginally as you relax.

Following five minutes, begin to contact each other exotically, alternating rubbing each other's arms, legs, neck, and different parts. After an additional five minutes, start to kiss — and just kiss. Concentrate on each physical sensation you are feeling at the time.

- Sex (is discretionary!)

You can develop to sex—or not! Tantra is more about association than all else. If you engage in sexual relations, go gradually. What's more, do not be reluctant to be imaginative! Attempt new positions, contact each other in new ways and investigate uncovered wants. Be that as it may, the majority of all, drench yourself completely in the experience, giving the pressure work as you a chance to invest energy in one exotic practice before proceeding onward to the following.

- Laying together

Laying with your accomplice enables you to trade and weave energies, sustaining a more profound association. To do this, consider a spooning position. The accomplice in the back will send vitality (supplier), while the accomplice in front ingests it (collector).

Cuddle near one another, with your heart and stomachs adjusted. The supplier ought to have their arms folded over the collector, with their hand over the recipient's heart. The beneficiary should lay their hand on top. Lay still for a couple of minutes. At that point, start blending your breath and let the vitality stream unreservedly between you.

Keep in mind to

- Synchronize your relaxing. You can have a go at breathing in and breathing out together or breathing in as your accomplice breathes out.
- Allow the force construct. Look into one another's eyes without squinting for whatever length of time that conceivable.
- Set an aim for your training. Regardless of whether it is to have better sex or to reinforce your relationship, you and your accomplice ought to go into the session, realizing what you both look for from it.
- Tell your accomplice what you like. When they contact and play with you, get out what you are getting a charge out of and request that they proceed. Have your accomplice do likewise.

General Advice

Tantra is not one-size-fits-all. There are a couple of things you can do to upgrade your training to make it a wonderful — and one of a kind — experience:

- Connect the majority of your faculties. Light some scented candles. Play some soft, arousing music. Contact yourself or your accomplice gradually. Gaze into one another's eyes. Appreciate the flavor of your accomplice's kisses. Connecting the majority of your faculties during your tantra practice will enable you to feel each pleasurable sensation all the more completely.
- Focus on your breath. Profound breathing is a crucial piece of tantra. By concentrating on your breath, you enable yourself to be available at the time and submerge yourself in the experience.
- Investigation. Wrinkle and BDSM, for instance, frequently fuse tantric standards. In this way, when you practice tantra, you do not need to adhere to custom. Think outside about the case — and if that implies utilizing a crate, play around with it.
- Go moderate. A significant piece of tantra is figuring out how to feel and experience everything all the more profoundly. What's more, the best approach to do that is to go moderate. Try not to surge tantra — rather, loosen up your psyche and appreciate each second of the training.
- Being exposed is discretionary. You can begin dressed and remain dressed or expel every last bit of texture. The key is to do whatever makes you feel good. Regardless of whether that implies being bare or not is up to you.
- Investigate the majority of your or your accomplice's body. Stroke your hands gradually over your or your accomplice's body. Give

them a chance to utilize their tongue to investigate your mouth while you kiss. On the other hand, tenderly coast their lips here and there your chest. Do likewise to them.

You do not need to go full tantra. You can add components into what you are as of now doing in the room — either independent from anyone else or with your accomplice. That could mean consolidating contemplation into foreplay or concentrating more on profound breathing during an independent session.

Breathe To Ecstasy

If you think that you have had mind-blowing sex, but have never experienced Tantric massage or sex before, then, believe me, you haven't even started discovering what's possible. You need to both be open to trying out the ideas together. Talk about the color of candles that you want to illuminate the bedroom, work on buying towels for that special weekly event and learn all about each other because the reason that Tantric massage and sex have had such a level of success is, it works! When you can get that close to your partner, you are also able to share feelings that you may otherwise never discuss together. Think of the way that an ordinary marriage goes; you begin with passion, learn a bit about each other, experiment a little in the bedroom, then the affection wears off.

There are so many stories that go around about people who believe their love lives are stagnant that it's hardly surprising that men or women seek others for comfort and that the divorce rates are so high. What you promise when you go into a relationship is not that you will look elsewhere when the sex life goes a little stale, and yet that's what it comes down to in many modern marriages. If you can take a step further in your love life, it puts your life into a different perspective. It also means that you are sharing something intensely intimate with your partner that you would not share with a new date. You build up a connection between you that makes your lives together in sync. You are also able to experiment with different oils and massaging different areas of the body and can discover what makes you feel more united as one. Opening up this spiritual channel whereby you feel

closer to your partner is a gift, one that can make the difference between having a relationship that gives fulfillment or one that stagnates.

The Ecstasy

You can reach Ecstasy through the medium of Tantric massage and sex, which is spiritual enlightenment that many people will never have the opportunity to experience. It's not just about climaxing, and indeed if you think it as hollow as that, it's obvious that you have never experienced that depth within a relationship before. Ecstasy is achieved by learning about each other's bodies and by sharing that same field in which your energy joins as one. You reach such a state of pure enjoyment that you and your partner can experiment with this joining of souls until finding those actions that arouse you.

You can measure ecstasy by the way that you can breathe in time with your partner. You will find that the closeness you achieve will also help you to understand more about the way your partner's body works. You will be able to extend their climax experience, and when you do this together, you build up the joy that you can share, though a total mutual trust, which is rare in marriage but is necessary to sustain passion between you.

Suggested Oils and Paraphernalia to Use

You already know that you create an ambiance in your bedroom with candles and scents, although it's important to know your choices when it comes to the type of oils to use. Frankincense dates back to Biblical times, and the advantage of using this particular oil is that it is thought to have healing properties and can help people to get rid of the stresses and strains of life. Its use has spurred interest from professionals who are looking into the therapeutic values attached to Frankincense. If you do see this in your essential oil store, then it would be a good one to consider.

Sandalwood makes people feel better in their minds. It helps to open up the Chakras in the neck and head and is, therefore, a terrific choice for those whose lives are filled with stress. Sandalwood calms the nerves and also helps with circulation, which makes it useful in Tantric Massage. Using this oil during the massage will help open the energy flow centers required to help you have the best orgasm.

Light Oils – Coconut, almond, or grapeseed oils are the best types for Tantric massage. They are beneficial for all skin types, a less expensive choice, and easy to obtain from the local store. Look for pure products that have been extracted through a steam process. If you want to experiment, you can try more exotic essential oils for special occasions. These are easy to work with, smell good, and can be gently heated as well.

Warming the oils – There are several ways you can do this, but a favorite of mine is using a soapstone container where you can place the oil in the dish at the top, and then light a tea candle in the lower level. This way, you can control how hot the oil gets as you can blow out the candle if the oils get too warm. Keep your essential oils within easy access so you can add more oil to the dish as required without interrupting the flow of the massage.

Incense Sticks – When you go to choose these, go together. Remember that incense sticks can sometimes have a bad aroma that some people do not like. Thus, since the experience is one to be shared with your partner, make sure that you choose a scent together. You can always change if you find that the fragrance is too overpowering, but making a choice together, you are more likely to strike the right balance when setting up the background for your weekly experience.

Hair Removal – Pubic hair and other bodily hair like around the rectum area embarrass many couples. There are ways to remove your unwanted hair, and by doing so will open you up to more sensitivity as well as making the experience a much more pleasurable one. Avoid shaving at all costs since this leaves stubble. Ouch! Instead, try using a cream remover that is suitable for delicate parts of the body. Waxing a bikini line is fine, but the coarse hair around your sensitive parts will certainly not thank you for trying to remove it with wax!

CHAPTER 6:

Yin & Yang

When you begin to follow the path of tantric sex, you begin to find a change in yourself. You find yourself changing how you view yourself and how you view the world. You find yourself looking at relationships that will last a lifetime. Through your journey, you will learn that every man and woman has a certain level of divinity in them. You will start to view sex as a sacred act instead of just a physical act. You will also learn to love deeper and find that you are soaring to different levels of bliss.

You will only have a successful journey when you relieve yourself from any preconceived notions. You should not think of what you need to do and what your lover must do to please you.

You will learn the basic concepts of tantric sex and identify new exciting ways to life and love. The Yin and the Yang: Which is male and which is female?

You must be familiar with the stereotypes that men are from Mars, and women are from Venus. This implies that men are assertive and extremely powerful, while women are soft and fragile, who are only fit for nurturing. There are other stereotypes that men do not show any feelings whatsoever, while women have a plethora of emotion that is ready to unleash itself in a second. It has also been said that women do not take credit for the work that they do, since being outgoing is something only men are familiar with. Over the last few years, there has been a drastic change in the way men and women think.

Tantric sex is a firm follower of the fact that men and women do have opposite characteristics. This is the elementary principle of the Tantra. The eastern theories claim that Yin represents femininity, while Yang represents masculinity. But there is no concrete proof that a woman cannot have Yang characteristics or that a man cannot have Yin characteristics. Rather than viewing men and woman as two entities, you should begin to focus on the energies. The Tantra believes in the amalgamation of these two energies.

Shiva and Shakti

The most common image of the Yin and the Yang is the Hindu divine couple Lord Shiva and Goddess Shakti. Lord Shiva represents the entire universe since he is considered the creator, and Goddess Shakti represents the root of all energy. The union of the two deities creates a longing in you and every other human being to be treated like a god or a goddess.

The male energy that is found in Lord Shiva represents ecstasy, while the energy in Goddess Shakti represents wisdom. This magical combination is what helps a person attain enlightenment. This perfect couple is always represented in numerous entwined positions – either dancing or embracing or standing together. There are other positions where Goddess Shakti is wrapped around Lord Shiva, with her legs propped around his hips. The dancing position by far is the most sacred since they can free their spirit, giving them a chance to attain enlightenment.

Understanding the opposites

You may have made divisions amongst you and your partner. You first have to identify and understand these divisions to strike a balance between the opposite energies. There are quite a few stereotypical characteristics that you may relate to. You will have to identify those characteristics and make a note of them. You have to go from one extreme to the next. You should ask your partner to do this too. You will then have to see how you can

embrace the extreme characteristics that you and your partner have. You have to identify how you can strike a balance between the polarities that exist between you and your partner. You will have to identify the Yin to your partner's Yang and vice versa.

You might now wonder if it is true that opposites attract. Sit back and think for yourself. You will be able to answer this question on your own. Try analyzing your past relationships. See how you and your partner were different from each other. Identify whether the differences were complemented by each other. This will help you analyze your future relationships as well.

My partner is my beloved

Tantra is not mad love but sacred love. You are honoring your partner and cherishing your partner while making love. You will shower unconditional love with your partner. When you are talking to your partner, use loving words like 'darling' or 'beloved'. You will find that those little words have aroused feelings of love within your partner. Call your partner with the aforementioned loving words when talking about him or her in public. You might find it strange to do so, but you will be sending out a message of love to the person you are speaking to.

The Desire Spectrum

You will find yourself with new views of desire. You may feel a desire every time you think of someone. You may comment on how you want a guy or how hot a girl is when you see them passing. You only feel these desires when you feel incomplete. Since you feel incomplete, you always want another person. You find yourself feeling needy and feeling wanted. But when you do get the person you want, you begin to want something more. You want someone prettier, more interesting, and sometimes someone richer. Through tantric sex, you will be able to detach yourself

from superficial needs. This will help you create a healthier relationship with your partner.

You feel empowered to say what you want!

When you find yourself empowered, you can set boundaries both during sex and in life in general. You find yourself with a new level of self – esteem. In tantric sex, you OWN your body and your soul. When your partner wants you to enter you, he must ask for your permission. You should not be afraid and have to say yes or no as the situation demands. You have to stop and say that you do not want to be touched in a way that is not comfortable with it. You empower your partner when you speak the truth this way. You will be giving your partner the methods to use to please you. You have to be okay with how you are touched and how you feel.

CHAPTER 7:

Tantric Sex Positions And Techniques

Right now, will find out about various Tantric sex positions and procedures that you can use for spicing up your sexual coexistence.

The Sidewinder

This position is animated from the yoga position of a similar name, and this procedure takes into account deep entrance. It likewise accommodates the couple to keep in touch. For playing out this method, the lady should rest on her side and supports the heaviness of her chest area with the assistance of her hands. She should lift one of her legs and place it on her darling's shoulder while the other leg is lying on the bed. A variety of this equivalent position is that then again, the man can rest behind the lady and enter his partner from behind.

The Yab Yum

The Yab Yum position is viewed as probably the best situation for having tantric sex. It is a genuinely simple situation to perform, and it takes into consideration synchronous climaxes. This position helps in animating quite a few places. Likewise, the man's hands happen to be free right now; he can touch his darling's body; however he sees fit; since the couple would confront one another, it takes into consideration enthusiastic kisses also. The man should sit leg over leg on the bed or some other agreeable surface and hold his back straight. The lady should straddle him and fold her legs over his lower back. It takes into account delayed here and there

developments that can help the couple in accomplishing an all-around planned climax.

The latch

This posture permits the man to get a decent see his sweetheart's face and the other way around. This is an extremely attractive posture and aides in pleasuring both the partners. For playing out this procedure, the lady should be situated on a high stage like a table or even the kitchen counter. She will then need to recline and adjust her upper-middle and her head with the assistance of her hands by inclining onto her elbows. The man should remain between her separated legs and enter her. This is one represent that doesn't need to be limited to the room and is ideal for an off the cuff cavort.

The butterfly

This method is accepted to allow both the partners to achieve a significant level of rapture and takes into consideration deep entrance. For playing out this system, the young lady should rest on the table so that her butt lies at the edge of the table, and the man should help lift her lower back marginally off the table and afterward place both her legs over his shoulders. Her vagina would be free for him to infiltrate while remaining in the middle of her legs. Since her legs are shut together, this fixes the vaginal waterway and gives a tight fit. The man should enter her while her butt is in midair.

The double-decker

This is an amazingly suggestive posture and will help in accomplishing a climax, no problem at all. The man will likewise be given a proper perspective on all the activity that is going on down there, and his hands will likewise have unlimited access to lay with his sweetheart's butt. This position is very enabling for ladies since they have all the control here. For

playing out this system, the man should sit on the bed while his legs are collapsed under his body. The lady will then need to confront away from him and place her feet on either side of her darling while her feet are set level superficially to give her some help. When she has brought down herself onto his erect penis, then she will just need to begin moving advances and in reverse or can even decide on a here and there movement. The man should kick back and have fun.

The last place anyone would want to be

This is a great posture since it permits both the gatherings to have a similar measure of control and ooze a similar measure of pressure for having a great sexual encounter. People will have an equal balance right now. For playing out this represents, the man should sit on the bed and support his chest area with his knees. He will then need to move the lower some portion of his legs in reverse and place them marginally separated. The lady will then need to expect a similar position, yet she will do as such while confronting ceaselessly from him, and her run would be squeezing into his scrotum and her back against his chest. Her legs would be joined and afterward set in the space that is accessible between his legs, and the man should enter her from behind. For this situation to be compelling, both the partners should remain as near to one another as could reasonably be expected.

Skiff

This position is a slight adjustment of the lady on top position. Right now, bodies should be situated so that both the partners will find a good pace great take a gander at one another's face while occupied with the demonstration. For playing out this, the man should sit down on a seat that can marginally twist in reverse. The lady will then need to put herself on his lap and afterward place her legs on either side of the seat. The young lady

should fire an all-over development without anyone else, or her partner can help her by setting his hand under her bum and helping her move in an upwards and downwards way.

The mermaid

This is a somewhat fluctuated adaptation of the butterfly, and it takes into consideration a more solace and better hold. Right now, man can play with his darling's feet. Remember that feet are viewed as one of the most touchy and erogenous pieces of a lady's body. For playing out this method, the lady should expect a similar situation as she did in the butterfly. However, her butt ought to be propped with the assistance of a pad. Her legs should loosen up and ought to be at a 90-degree edge. The man should stand near the table and infiltrate her.

Tsunami

This posture is very agreeable, and it is a sensual treat. This will knock your socks off. This posture is a slight alteration of the good minister style. Right now, a lady should expect the job that a man, as a rule, does in the teaching style. For playing out this, the man should rest level on his back, and his arms should be put close by. The lady should lie over him, and the man should embed his penis into her vagina. The lady should loosen up her legs with the goal that they are resting on his. Her palms ought to be put on his lower arm for giving her some help. The lady will then need to begin moving her pelvis in an upward and descending development.

Lap dance

This is a great posture for a man to encounter his darling's body in the entirety of its magnificence. His hands will be allowed to meander around her body, and he can do what he needs. The lady will face away from him as she would have, had she been giving him a lap move. For playing out

this represents, the man should sit down on a seat, and his back should be kept straight. The lady will then sit on his lap and parity herself by setting her hands on his upper thighs or even his stomach. She will then need to lift herself gradually and place the backs of her calves and brings down herself onto his penis. Another variety of this would be that the lady should bring down herself onto his penis while confronting her darling, and this will give him a serious decent perspective on her bosoms. He can choose to prod and play with them for whatever length of time that he satisfies.

Pretzel

This is another representation that is satisfying to take a gander at and even simple to expect. This will cause the couple to feel incredibly attractive. For playing out this procedure, the couple should stoop before one another. The man should move advances, and the lady will fold her arms over him. The lady will then lift herself up and place her left leg by her darling's correct foot; her foot will confront downwards. The man will then need to put his left leg close to her correct foot. When taken a gander at a couple occupied with this posture, they look like a pretzel, an extremely provocative and mouth-watering pretzel.

The spread

This is an important and amazingly hot position. This permits the lady to get incredible delight since it lets her stroke her sweetheart and permits him the entrance to joy her. For playing out this system, the lady should sit at the very edge of the couch or even the bed and spread her legs separated. The man will then need to remain in the middle of her legs and infiltrate her. She can draw nearer to him and kiss him while his hands have the entrance to her full body.

The entwine

This posture looks intense and about difficult to copy; however, then it very well may be pleasurable if it's done appropriately. This posture is tastefully engaging. For playing out this strategy, the couple should sit near one another and face each other. The man should put his legs on either side of his partner. The lady will then need to lift both of her legs and place them on either side of her sweetheart's sides under his arms. The man's upper arms will secure the lady's legs, and the lady will then need to lift her upper arms and place them over his elbows. The man will then lift his legs and place them over her hands. This does sound very chaotic, isn't that right? All the exertion that goes into it will merit your time and energy.

The G-force

This is maybe one of the most blazing tantric sex presents there is. This is the piece de opposition of all sex presents. The man has full oversight over his darling right now; both the people included will get extraordinary delight from this posture. For playing out this position, the lady should rest on her back on the bed, and the man must bow by her legs. He will then gradually lift her middle off the bed, so she's offsetting herself with her head and her shoulders put on the bed. The man can either extend her legs at a 90-degree edge or infiltrate her, or he can likewise pull them separated and place her feet just beneath his chest and enter her.

Tantric Massage

Massages are one of the best ways to rid the body of tension, spread healing energies, improve your blood circulation, and when it comes to tantra, they can help to arouse your lover sexually. Massages are one of the best ways to help sexual partners show extra intimacy.

By nature, humans crave touch, and a massage is a natural and easy way to get that much-needed touch. So how can you do this? First off, you don't have to go out and get a special certificate or training to perform tantric massages. What you do need is to have a yearning and intention to genuinely satisfy your partner through the intricate capacities of your hands.

What Is Tantric Massage?

Before we dive into the basic massage techniques, we need to go over what tantric massage actual is, how it is different from other massages, and the main benefits that come with it. The tantric massage that we know today was created from several different sources, which are mainly a combination of tantric philosophy and influences from important Western thinkers.

The main features of a tantric massage are:

- A spiritual awakening is the ultimate and true goal of tantra and tantric massage.
- Clothes should never be worn during the massage, so private parts will, most of the time, be exposed.

- To heighten or boost orgasmic or sexual experiences.
- To remove blockages in different areas of your spirit, mind, body, and consciousness.
- The tantric massage focuses on the usage and potential of your sexual energy so that it benefits you and doesn't limit you.

Benefits

Just like any other type of massage, the tantric way has several different benefits, as well as a couple of extra benefits that make tantra a little more special. The main inherent benefits of a massage are:

- Relief from stress, anxiety, and pain
- Improved immunity and health
- Improved mood
- Increased wellbeing

Some benefits that are added with the massage being tantric are:

- Higher spiritual awareness
- More intense sexual experiences
- Improved sex drive and libido

With that being said, let's look at some techniques and tips to help you get started with your tantric massages.

Getting Ready

For those who have never experienced it, the thought of a tantric massage is often very intriguing, if not completely intimidating. Some even view it as taboo, which is a very unfortunate byproduct of our culture today.

On the other hand, people who know what tantric massage is, see it as a unique, irreplaceable, and an exciting practice that can do a lot for a person and their partner's wellbeing. Since the majority of people don't understand what it is and how exactly it works, they don't even think it's an option for them to use in their lives.

To have the best tantric massaging session, you will want you and your partner to take turns massaging one another. This form of massage will require the receiver to be completely open and receptive and to be willing to surrender themselves completely to the experience.

To help get things started, the following are some preparations you need to make before you get started:

- Prepare the Space

You will want to get the space you are going to use ready for the massage. This could be your bedroom, living room, or any other private space. Make sure you have comfortable bedding and soft pillows. You can also place several light candles around the room, and you can also use scent candles to aid in the ambiance. Make sure that they are placed far away from anything flammable. Turn off or dim your regular lights.

You should also have a glass of water or wine nearby to sip on if needed. You can also have some light snacks within reach to help keep your energy up or to feed each other. You can also use an oil diffuser to give them room a fresh and soothing scent.

- Get Yourself Spiritually, Physically, and Mentally Prepared

Before the massage starts, make sure that you have an open mind and heart. If there is something that is causing you discomfort, it is best to skip that,

but it might also be a good idea to work through some of the things that make you feel this way. The biggest discomfort people will often experience due to self-consciousness and insecurity about certain parts of their bodies. Before the massage starts, you may also want to take a shower or bath. It is best if you do this together, but make sure you avoid sexual interactions during this time. Then stand face to face and stretch to help release tension.

Make sure that you are wearing comfortable clothing. You want to make sure that whatever you have on is loose enough that it can be easily removed. However, doing all of this completely nude would be a great option as well. But, tantra is all about a slow accumulation of sexual energy, so it is okay to start with clothes on.

- Begin by Slowly Building Sexual Energy

Once you have bathed and stretched, sit down face to face in a comfortable position. You can sit cross-legged, or you can also have your legs over one another to help the energy from the erogenous zones to be closer.

Simply stare at one another for at least five minutes. The eyes are the windows to the soul, and this is a big player in tantra. The first few times you do this, you may find it uncomfortable, but carry on and start into one another's eyes as long as you can. Once you start to feel all of your tension falling away, you have built a real connection. This is the goal. This is the connection that you need so that you can reveal in tantric sex. Do your best to make sure that you maintain your eye contact during this process.

Starting the Massage

Once you are ready, whoever wants to be massaged first can lay down the prepared surface. There are few simple massage methods that you can use,

and they are all beginner-friendly, so you can use them right off the bat. You will need to have some massage oil to do these massages.

- Start on The Back Side

You will need to add about two tablespoons of massage oil to your hands. Smear the oil over your hands at first and then begin to rub your hands to start help get your palms warm. Once your hands are warm, place your hands on their low back and let your hands slither up their back, over the neck and shoulders, and then back down their back and over the buttocks area.

- The Hand Slide

Now that your lover has their back covered with oil start to slide your fingers down their spine, massaging down their low back and over their buttocks. Then move back up to their neck, over their shoulders, and then down their arms and to their fingertips. Do this about five times. As you are doing this, communicate with them, and ask for feedback on how it feels or what they like. If your lover isn't much of a talker, you don't have to push them to talk. You have to remember that this all about giving them a sense of relaxation and wellbeing.

- Kneading

This will be an easy motion for anybody who has ever baked bread. Even if you haven't, it isn't that hard to do. All you have to do is squeeze your lover's back and buttocks between your fingers and thumbs in a sinuous motion. Then you will glide your hands to another area of their back and repeat this process over and over until you have kneaded your partner's back. You should move from their neck down to their buttocks. In the fleshier areas of the body, like the buttocks, you can use a bit more pressure,

so you shouldn't worry about squeezing it a bit more and spreading the cheeks a bit while kneading.

- Feather Stroke

Before you move down to the thighs, stroke the shoulders, arms, neck, back, and buttocks with just your fingertips with an extremely light stroke. This should be done for around five minutes. If you have long fingernails, you can lightly scratch their skin. Do this in circular motions, moving from side to side. You want your light and prickly touch to create sensual eagerness for your lover because they don't know what part you are going to touch next.

- Foot Caress

You might need to use a bit more oil for this. Rub your oily hands together and then rub the oil down and across their thighs and calves slowly. Knead the back of their legs as well. Do one leg at a time. The feet, whether you realize it or not, is an erogenous zone, so make sure you give them some considerable attention. Add some extra oil to each foot, rubbing it over the ankles, heels, and between the toes. Using the palms of your hands, slide them along the bottom of your partner's foot a few times. Gently rotate their toes clockwise and counter-clockwise. Then move your forefinger between each toe. Gently pull the toes away from the body.

- Flip Them Over

Your partner is probably feeling pleased after everything you just did to their back, so now you can bring the attention to their front. Have them flip over as you apply more oil to your hands. Smear the oil over their belly and slowly start to slide up their stomach, over their nipples, and then back down to their belly. Continue to do this a few more times. As you do this, it

spreads energy into their bodies. If your partner is a female, make sure that you are gentle with her breasts. Men can handle firmer strokes across their chests. You can also knead a man's chest if you want.

Once you have finished massaging your partner, it's your turn to get massaged. Allow the massages to progress naturally and let what happens next happen. People who are more experienced in tantra and tantric massages will also use yoga poses during their massages. You don't have to use yoga poses to have a successful tantric massage.

CHAPTER 9:

Tantric Yoga

There are several basic yoga asanas you can practice, as a beginner or a long-time student, that will, when practiced with regular consistency, improve the body's overall wellbeing, and enhance your sexual expansion. Tantric yoga involves performing a vinyasa, which is the flowing of one pose to the next to complete the asanas in sequence together. A vinyasa truly goes beyond just understanding it as movement between poses, however. Your vinyasa experience will be heightened if you also use these moving moments to be mindful of staying in a meditative state and listening to the subtle cues in your body that help you to expand. If a mantra is part of your practice, or you'd like it to be, it is moving through a vinyasa, which cultivates the perfect opportunity for your focus on the mantra.

Tantric Sex Improves Health

Sex is a very healthy operation for humans. If you're unfamiliar with the benefits, sex counts as exercise. It can lower blood pressure, increase circulation, lower stress, lessen pain, and increase heart rate. Sex and orgasm can function as a brain wave stimulation to alter body chemistry, which can immediately affect libido, depression, and anxiety. Sex can even improve bladder control and lower the risk of heart attack and even lower the risk of prostate cancer. Medical research suggests that sex improves health drastically by stimulating blood and oxygen circulation, detoxifying the body, improving breathing and lung capacity, and strengthening the heart and cardiovascular system. Additional medical studies suggest that with as little as two sexual experiences a week, the body produces and

releases more immunoglobulin A, which is an antibody that protects the individual from illness. It's even been suggested that a healthy sexual appetite will prolong an individual's lifetime expectancy. Orgasm can assist in alleviating depression and making the individual feel younger. Orgasm can even make individuals look younger because of its massive physical benefits. This is not restricted to the "regular sex" orgasm. Because tantra prolongs orgasm and seeks pleasure in other ways, the physical benefits are increased. Safe and satisfying sex will improve an individual's mood and emotional interactions with others, from your partner to your boss, to your child's teacher. These mood enhancements are the factor behind "the glow" some individuals are reported to carry with them hours and even days after sex. While orgasm is a benefit to either gender, orgasms in females come with a bonus. Frequent orgasm or prolonged orgasm can help the internal workings of the female body and rejuvenate the body and its organs. Because tantric sex includes the entire body for pleasure, this can increase the benefits of orgasm, without even experiencing what we would traditionally identify as an orgasm. The nervous system and the endocrine system benefit here, as well. Oxytocin levels rise in the body, and that will improve an individual's mood, stamina, social skills, and emotional control. With so many benefits to one's health, it's a curiosity that sex is not a regular prescription for those with failing physical or mental health concerns.

Deliberate Breathing

Block out the rest of the world for a solid 5-10 minutes for maximum benefit. While it's nice to practice this exercise in a comfortable and relaxing space, it's possible to implement this in a space that isn't perfect. Doing so will only strengthen your resilience to block out distractions and concentrate deliberately for 5-10 minutes. The primary function of

this exercise is to regulate a slow, and steady breathing pattern of 3-count inhales and 5-count exhales. It's also suggested that when breathing in, you breathe deeply through your nose, and when exhaling, you do so through the mouth as if you're blowing air out from your lips. By adding this breathing exercise to your repertoire, you'll improve focus and memory and decrease stress chemicals in the body. This exercise also decreases the overall sense of anxiety, lowers heart rate and blood pressure, relieves muscle tension, and improves eyesight. Begin by sitting comfortably in a cross-legged position. If this is somewhat uncomfortable for you, try sitting with a pillow under your tailbone, or consider sitting comfortably with your legs outstretched in front of you. For best results, try to ensure that in whichever way you're sitting, your knees are lower than your hips. This helps with your internal flow of energy. Sit with the palms of your hands facing up and resting on your knees. Bring your thumb and forefinger together. Close your eyes. Focus only on your breathing and how that breathing feels in your body. The idea is to focus so acutely on the practice of breathing that begins to experience the action in a new and awakening way. You take note of how the breath feels entering and exiting, how it feels being held in, how it feels moving through the nose, throat, and lungs. Notice the rise and fall of the lungs. Notice the stretching and retracting of the diaphragm. Your breath should be slow, full, and steady. I may help at first to meter your breathing to enjoy the full and deep breaths we are not always used to taking. To do this, practice 3x5 breathing. This is a common breathing technique used in meditation and in the practice of mindfulness. Like most breathing exercises, this is designed to guide the individual into a slower frame of mind that most often includes a slowing and calming of the body, as well. When the mind wanders, gently guide it back to the

breathing exercise. To practice this exercise: Breathe in deeply as you normally would and exhale. Hold your breathing for a moment on the exhale. Inhale again, but this time, breathe in slowly and steadily for a count of 3 in your head. Hold your breath for a count of 3 in your head. Exhale, but this time, exhale in a slowly and steadily for a count of 5 in your head. Inhale again, slowly, and steadily for a 3-count. Exhale again, slowly, and steadily for a 5-count. Continue this pattern of slow and steady inhales and exhales at a 3-count, and 5-count, respectively. You may opt to continue to hold your breath in between inhaling and exhaling as part of your pattern, but it's not mandatory. Do that which is most comfortable. Your analytical mind should be listening closely to your breathing for any sign of faster or unsteady flow. The analytical mind can also remain focused on the evenness of your counts, trying to maintain the slow and steady flow. After a 5- or 10-minute period, you can slowly open your eyes and readjust to your immediate surroundings. With regular practice of this breathing exercise, you will teach your mind and body that you have the power to bring yourself to this peaceful moment whenever you want. Deliberate breathing is an excellent practice on your own, but to benefit your tantric relationship, you can practice this together. When you practice breathing together, your common goal is to see if you can naturally sync your breathing together. This can mean that your breathing in and out is happening at the same time, or it can mean that there is a distinct syncing of one partner inhaling while one exhales. Don't force the syncing. The exercise is to find your natural rhythm and then to combine, or weave, that with the natural breathing of your partner, for an organic syncing of breath.

Enhanced Partner Pranayama

If you want to practice deliberate breathing with your partner, but you're looking for something to build an even stronger connection to one another, your breathing exercises can be supplemented or advanced with partner pranayama, which essentially means partner-breathing. The practice of 3x5 breathing is still largely the same. The aim is still to find your natural rhythm of breath and then to see if this can come into sync with your partner's breath. The difference is in creating an even closer and more intimate physical (but non-sexual) connection with one another. Instead of sitting cross-legged next to or across from each other, you will enhance this position. One person (usually the larger of the two individuals) will sit loosely cross-legged. The other person will sit on the lap so that the two partners are facing each other. The person on top should wrap his or her legs around their partner so that the legs envelop the other person's waist and come to rest behind the bottom person in a very loose cross-legged position. Each partner should gently support the back of the other and find a comfortable balance. Come to a comfortable balance resting on and with each other. Close your eyes and gently bring your foreheads together, touching at your third-eye center. Keep one hand gently on the back of your partner and place the other hand gently over your partner's heart. Staying like this, begin to breathe together and find the point where you both sync up. Remember, this doesn't mean you both need to be taking the same breath in or out at the same time. Breathing can be in sync but opposite as well. As you hold this position with your partner, dedicate all of your attention to listening and feeling your partner's breath. Feel it on their chest and in their back, and they inhale and exhale. Become more familiar with your partner's subtle and simple physical movements as it changes and expands and contracts under the breath. Remain here in this attentive

moment until you're both comfortably done with the exercise, and gently come apart.

Sun Salutations

There are several versions of the asanas of a sun salutation.

It doesn't matter which you use, or even whether you develop your own out of the asanas you most prefer. What does matter is that you use the movements through these asanas as a slow and deliberate time to focus on the expansion of the body? Sun salutations usually move the individual through a series of five or six poses that are all meant to stretch and awaken the limbs and center of the body. This is called a sun salutation because it's often done in the morning as part of waking routine, deliberately focused on gratitude and movement of the body's energies to expand and better align with oneself for the day. The poses used in sun salutations are generally basic and able to be done by most anyone either in the traditional sense or modified. Again, there is no necessary preparation, and though it's nice to practice in a comfortable space, you can just as easily practice sun salutations for 5-10 minutes at a rest stop or in the office. This practice is largely solitary, but you can certainly practice with your tantric partner. Again, the goal here is to see whether you naturally sync up with your partner while in the moment, and how well you can maintain that connection with each other naturally. If possible, whether alone or together, practice in front of a mirror. Not only can you get a better sense of whether you're expanding your body in a natural and unforced way, but you'll become more familiar with your physical form and seeing it move.

Female Orgasm

In most literature, it seems that the female orgasm is shrouded in mystery. Some so-called experts claim that it's quite easy to find multiple orgasms. They make it seem as though there is some kind of switch you can simply flip and off you go.

Other gurus make it seem like it some kind of unattainable phenomenon that can only be uncovered by the proprietary method. As such, you stand no chance of achieving orgasm unless you follow their time-tested, patented moves.

The fact of the matter is that the female orgasm works in the same way that the male orgasm does. The female orgasm is an electrochemical reaction that releases all of the chemicals that produce the wonderful feelings that come with having a good time in bed.

However, it is also important to point out that the road to the female orgasm is different. Even if the overall reaction is the same for both men and women, getting it is a bit different. This means that you need to focus on the various components that lead up to the big "O."

In particular, we're going to be discussing the main reasons why reaching orgasm can be difficult. With the ideas that we will present, you'll be able to get a much broader perspective on the limitations that you may be encountering.

Arousal in women

Unlike men, women are not predominantly visual. Yes, women find visual stimulation highly enjoyable. Women value the visual esthetics of an attractive individual as much as men do. The difference is that women do not value visual attractiveness above everything else. Women tend to value visual symmetry a lot more than men do.

When talking about symmetry, it's important to keep in mind that women enjoy men who look proportionate. That is why most women don't find bodybuilders particularly attractive. The same goes for men who are too thin or those who are obese. The secret is maintaining a proportionate look in terms of height and weight. This means that while men don't need a chiseled body to be attractive, trying to maintain proper proportions makes a huge difference.

The way arousal works in women is that you have an overall sensory experience that leads to a set of emotions. It is this emotional connection between sex and emotions that leads to a pleasant sexual experience. If your heart is not into it, then arousal can be hard to pursue.

Of course, there is spontaneous arousal, which is mainly driven by the need for physical intimacy. However, this need for physical intimacy is often confused with sex. Sadly, culture has reduced intimacy with sex. The reality is that sex is only one part of intimacy. This is why we have made a strong case for the need to incorporate intimacy in your life without making sex the main priority. When you take the need for sex out of the equation, you are left with the entire scene around you. When this scene isn't there, then you have no choice but to build it.

Fostering arousal should then become about creating a safe atmosphere in which you feel comfortable being yourself. Now, this is crucial as feeling uncomfortable, in any way, can be a huge detrimental factor in limiting your ability to enjoy sex truly. When you feel comfortable with yourself and everything you are doing, then you can certainly make things work as best as it can for you.

What's holding you back

Inexperienced individuals tend to relate the inability to orgasm to physiological factors. They believe that there is something physical that affects your ability to orgasm. The fact is that there are many more psychological and emotional factors that affect your ability to orgasm. That's why the exercises in this book have been presented so that you can put yourself in the proper frame of mind. When this occurs, you can truly make yourself feel open and liberated. When you find this sense of liberation, you can then go about enjoying yourself to the fullest.

So, what's holding you back?

The fact is that there is any number of issues that can wreak havoc on your mind at any given point. In particular, being uncomfortable with your body can play a largely detrimental role in helping you liberate yourself. You see, we tend to compare ourselves to certain standards all the time. We compared ourselves to "good" mothers, "successful" professionals, or "good-looking" people.

When it comes to you and your physical appearance, there is no need to compare yourself to anyone else. Sure, you might be keen on improving your physical conditioning and fitness. But that doesn't mean you are not attractive. If your partner values you for who you are, then you already have the most important aspect of attractiveness. This is why it's important to let go of such hang-ups in the bedroom. Being too overly focused on this aspect will limit your ability to enjoy yourself truly.

Also, stress plays a huge factor in holding you back. When stress gets the best of you, it can be nearly impossible to shut your mind off. If anything, you'll be faced with nagging voices in your head that won't leave you

alone. You might be enjoying yourself when you are suddenly hit with a flood of thoughts regarding any number of things. These thoughts can undermine your ability to enjoy yourself truly.

To combat this, the breathing and relaxation techniques we have presented are highly effective. Also, making time for yourself and your partner means that you have the freedom to enjoy yourself without being concerned with other things. Just being able to forget about your phone for a while is enough to get you feeling completely liberated from the world around you.

Another crucial factor is to address any issues that may be driving a wedge between you and your partner. Unfortunately, all couples have issues, especially if they have been together for a while. Often, unresolved issues fester beneath the surface. So, you don't see them superficially. But below the surface, they are affecting the way you interact with your partner. As such, if there is anything that is affecting your relationship, it's important to deal with it, get it out of the way, and move on. If you let it sit there, it will gnaw at you. This will become evident as you engage in tantric practices. You might start okay, but if such thoughts should hit you, you won't be able to recover. You'll have no choice to get over it or struggle with them throughout your tantric sessions.

Getting to the big “O.”

There is a general misconception that it is hard to get to the big “O.” The fact is that it’s neither easy nor hard. It’s just a question of knowing how to go about it. This implies that when you are committed to the experience you are living, you can find the pleasure you seek. Many times, it’s just a matter of getting lost in the moment. This is why we have mentioned the need to live “in the now.” When you manage to get everything out of the way, you can find the path to true pleasure and ecstasy.

Unfortunately, the big “O” seems like an elusive target. This occurs when you are completely focused on getting there without really taking in the entire experience. This puts unnecessary pressure on you. After all, why make orgasms the main attraction to sex when there are so many other things happening?

This is an important consideration as sex is filled with various situations and occurrences. You have intimacy, touch, sights, scents, and also your role in giving your partner pleasure. With all of those things happening all at once, there is no reason why you should become fixated on just one.

When you let go of your pursuit of the big “O,” you will find that everything becomes much more enjoyable. You won’t find yourself completely focused on getting there. Rather, you will enjoy the journey, so to speak. It’s a means of enjoying the road even if you don’t reach the final destination. Sure, it would be great if you did, but if you don’t, it wouldn’t be the end of the world.

Something else to consider is that tantra allows you to build up enough experience so that you can learn exactly what buttons to push and when to push them. The various exercises that we have presented throughout this

book will enable you to find the right spots for you. This means that you won't have to guess. You'll know exactly where the road will take you. Ultimately, this is a comforting situation as you won't have to doubt or second-guess yourself.

The path to the big “O.”

Here is a very simple exercise which you can do to get you to the big “O” every time.

First, think about the road you will be traveling on. This could be a massage, a massage followed by sex, or perhaps just a moment of intimacy with your partner. When you visualize what you are about to do with your partner, it builds anticipation. This anticipation plays a nice erotic game with you as you become expectant of what can happen. When you build up with anticipation, you naturally become aroused. Unless you’re not feeling up to it, just the sheer anticipation of a sexual encounter is enough to get your curiosity moving.

Next, see with your eyes what your partner is doing. Take in the sights, sounds, and scents of what’s going. This could be a massage, cuddling, or intercourse. It really doesn’t matter. The idea is to take in everything that’s happening.

Then, close your eyes and try to “see” it in your mind’s eye. Try to visualize everything movement, touch, or thrust. In a manner of speaking, you are translating what your body feels to what your mind can see. If you wish, you can limit your visual capabilities. For example, a blindfold or sleeping mask can work quite well.

Since your mind is occupied trying to recreate a visual from what you are feeling, you are more concentrated on taking in the sensory experience rather than actually seeing the events unfold. As you render these images in your mind, you will find that the sensory experience builds up.

After, try your best to anticipate the next move. If you are in control, say in a cowgirl position, try to anticipate your next move. In a manner of speaking, you are planning what to do next as you go. When you do this, you are building up even more anticipation. As such, you are avoiding a mechanical motion by transforming in order to into a fluid movement.

Breathing and Relaxation

When it comes to tantric sex, being in sync is absolutely paramount to an effective session. When you and your partner move as one, each movement becomes that much more enjoyable. However, being in sync isn't something that happens automatically. It's something that takes some time and effort to develop.

In this regard, breathing is of vital importance. Breathing is not only useful when it comes to regulating physical exertion, but it's also the best tool that you can use to stay on the same track. You see, tantra looks for both partners to be going down the same path together. This implies that you are focused on where you and your partner are heading as opposed to focusing on your own path toward pleasure.

The role of relaxation in tantra

There is no question that relaxation is essential in any good tantric session. Stress, anxiety, and distractions are the most common culprits of poor sex. These factors wreak havoc on libido and desire.

Just think about that for a moment.

You are trying to get your groove on, but you can't stop thinking about a problem you had at the office. Naturally, it's an important issue that's occupying your mind. And yes, you are eager to get with your partner and have a good time. However, your head is simply not in the game.

In the case of men, this leads to added pressure, which can result in trouble getting an erection. So, on top of the anxiety and stress at the start of the

session, tension mounts, even more, when the pressure is on to perform. This can be a real mojo killer.

As for women, stress and overall anxiety can lead to trouble reaching orgasm. Sure, the session might be fun and enjoyable, but things just don't feel right. So, no matter how hard she tries, she just can't seem to get there.

If you have ever been in any of these situations, you can appreciate how tough it is to not only satisfy your partner but yourself. Needless to say, this does not make for an enjoyable romp in the bedroom.

So, what can you do about it?

The first thing to consider is being honest with your partner. If you let your partner know how you feel, they can help you settle down and relax. This is crucial as your partner is there to support you. They can help you calm down and enjoy your time together.

Nevertheless, that is easier said than done.

This is where breathing comes into play.

In addition to massaging, breathing is effective in relaxation. To use breathing as a relaxation technique, there isn't much that you need to do. One great exercise involves hugging and cuddling. You can sit on a sofa, lie in bed, or even stand. All you need to do is hold your partner (or be held) and simply breathe in unison. As you breathe, close your eyes and use your hands to "see" your partner's body. Don't be afraid to let your hands wander. If they should go to intimate places, then so be it! That's the whole point of the exercise.

One great way of incorporating structure into the exercise is to use rhythmic movements as if you were dancing. This could mean swaying from side to side or rubbing body parts such as the back, buttocks, genitals, breasts, or face. Each caress, each movement, each touch is intended to move in concert with each breath, that is, as you inhale and then exhale. Before you

know it, you'll be moving in sync. This will eventually lead to arousal, which then leads to showtime.

Calming your mind

To say that your mind plays tricks on you is an understatement. When you are stressed out, anxious, or simply distracted, your mind gets the best of you. Consequently, you don't have the freedom to enjoy sex as much as you would like.

In fact, it's quite easy to get caught up in any number of thoughts.

For instance, you can get caught up in your physical appearance. You might end up being too overly concerned about your body to the point where you can't really enjoy what you are doing. In fact, being insecure about your body (both and men and women) can lead you to feel bad, or even guilty, about sleeping with someone.

Your mind can also have a detrimental effect on your sex life when you let it run the show. This means that you can't let your mind get the best of you during sex. For example, you can't expect to have a mind-blowing session while you are analyzing what your partner is doing, what you should do next, or why things are happening the way they are.

Even though sex does call for careful thought and consideration, once you're in the bedroom, there is no need for sex to become a mathematical equation. Yes, you need to focus on what you are doing, but this doesn't mean you should be knit-picking everything that's happening.

As a matter of fact, if things aren't going right, you can always slow things down, spend some time touching, kissing, hugging or cuddling and regroup. If you can't trust your partner enough to take a time out and regroup, then perhaps you might be better off finding someone in whom you can confide. So, here is a great exercise which you can do to calm your mind.

Now, whether you are actually having intercourse, or just getting warmed up, you can use your mind's eye to project what you want to happen. To do this, imagine that you're feeling a bright-colored light pulsating through your body. This light is coursing through every part of your being. It can start at the base of your spine and radiate onward. As you feel this energy flowing, imagine it is passing through to your partner at whatever point of contact you have. This could be through the hands, mouth, genitals, or any other point in which your bodies are in contact.

Next, imagine the light enveloping the both of you. Don't pay too much attention to the pleasure you are feeling. That will be there. It's something that you can't ignore. Just imagine the light connecting both of you. This light is the energy that you are sharing during your time together. Please keep in mind that there is no need for penetration to actually take place in order for this light to pass through the both of you. All energy needs is a channel which it can run through.

Now, here is the real kicker: as this energy, in the form of light, returns to you, what you are receiving is a recycled form of energy that isn't yours anymore. It belongs to both of you. As this energy gets stronger and stronger, the pressure builds up in such a manner that when the big "O" comes, it's explosive. However, the big "O" does just end there. It's just a means of feeding the system in a closed-loop so that the pleasure keeps building and building, thereby leading to a stronger and stronger orgasm.

Syncing your breathing

In most tantra literature, you read about the importance of syncing your breathing. It should be noted that it isn't breathing per se that leads to connection. What leads to connecting with your partner is the fact that you are both moving in unison. The role breathing plays to enable all parties involved to progress at the same rate or at the same pace.

To sync up your breathing, especially during intercourse, here is an effective exercise:

When you are in the midst of intercourse, you might find the action getting hot and heavy. As such, it's quite common for one partner to speed up while the other is moving along at a slower rate. It's important to remember that tantric sex is about taking things slow. This means that if your partner is racing along, you can slow the pace of the game down talking to them. Tell them to breathe in and breath out with you. You can help them by modeling the way they ought to be breathing. That way, you can slow things down and sync up your breathing.

As you get into the same rhythm, the actual speed of intercourse can move from a faster and more superficial tempo to a slower and deeper one. In fact, one highly effective practice is to mix things up. You see, when the rhythm of intercourse is fast and furious, it can't possibly last very long. It's just a matter of time before one, or both, simply explode and end up unable to recover. By the time they're ready again, the moment might have already passed.

So, when you mix things up, going fast and then slowing down, you will find that it gives you the chance to better manage your pleasure (and that of your partner's) while taking the time to savor the sights and feelings. If you are looking to take in the visuals, you will have enough time to feed your sight. If you are more inclined to the sensations of it all, you will have the time to savor the moment.

Now, if things appear to be getting out of control, don't be afraid to stop and regroup. Often, all it takes is a momentary pause to regain your breathing and then resume. Please keep in mind that experienced tantra practitioners are not afraid to take a breather even when the action is hot

and heavy. In doing so, you can ensure that you are making the most of the time you are spending with your partner.

Don't forget to breathe!

For a lot of folks, breathing becomes an issue at the height of pleasure simply because they forget to breathe. Yes, as silly as that may sound, there are times when you might simply forget to breathe. This occurs because your entire nervous system is fixated on the pleasure you are feeling. However, when you stop breathing, you stop supplying oxygen to your body. Now, it's not like you are going to suffocate or anything. It's just that if you are looking to really enjoy your session, it's a good idea to be cognizant of your breathing.

Breathing is a great way to keep track of yourself. You see, when things are going really well, it's easy to get so caught up that you might end up losing yourself completely. While that is not a bad thing, it might cause you to neglect your partner. This is important, especially if you are very keen on pleasing your partner.

Tantric Sex Teaching

Right now, we investigate the lessons of Tantric sex that will help in improving the degree of closeness as well as the sexual delight that you and your partner experience. This will positively affect your relationship. When these lessons are used in the best possible way, then it will put you a bit nearer to accomplishing edification. Every single one of these lessons can be used in a sexual and non-sexual way.

Relax

Make sure to continue relaxing. You likely would have comprehended at this point the significance of breathing with regards to Tantric sex. It isn't just about tantric sex; any of the lessons that have begun in the East, in regards to the achievement of edification, will in general spot a lot of significance on relaxing. It is urgent that you comprehend the motivation behind why this is done and the way in which it is identified with Tantra just as the profound improvement of a person.

The response to this is very straightforward, each living thing relaxes. We inhale constantly, and if we do quit relaxing for delayed timeframes, it will at last outcome in death or even obviousness. Right now, could be essentially comprehended that breathing can be identified with our condition of awareness. Consider breath energy. Each breath that we take fills our body with oxygen and removes carbon dioxide right now. This oxygen that we breathe in is then provided to various cells in the body. Oxygen and breathing are crucial for the working of our bodies. Breathing is definitely not an intentional or cognizant capacity. It is something that our

body has been intended to do. You may never give any consideration to how you are breathing, however you never truly quit breathing when you are alive. Isn't it scaring how our life relies upon a capacity that we don't do intentionally?

Things being what they are, what might occur if you begin to make breathing a cognizant capacity rather than an automatic activity? All the lessons that have started in the East, including the lessons of Tantra, accept that breathing ought to likewise be an intentional activity. As referenced before, breath is energy, and by having the option to control your breathing, you will likewise have the option to manage the development of energy inside your body.

It is very intriguing to take note of the advantages of cognizant and directed breathing can have on various parts of your life, including your sexual coexistence. It is regular that while individuals are occupied with any sexual action, they will in general hold their breath, this is definitely not a known capacity. Each time you get energized, you may see that you will in general hold your breath. You most likely clutch your breath without understanding that you are doing as such. When you quit breathing, this will disturb the progression of energy in your body also. Making breathing a cognizant demonstration while occupied with sex will help you in figuring out how to control your energy and the development of energy in your body. This educating of Tantra is tied in with taking breaths loosely and quietly. Let your breath stream gradually through your body. If you need to accomplish a full-body climax, then you should ensure that your breathing is profound and even. When you begin concentrating on this, you will understand that you can peak all the more no problem at all.

Unwind

The pressure in your muscles and body will go about as an obstacle in a way that is like shallow relaxation. The strong strain that you will, in general, experience when you are occupied with any sexual activity is certifiably not a conscious one. One of the standards of Tantric sex is that you should know about this strong strain that exists in your body, thus that you know about all the various muscles that are being held up because of pressure. You do require a tad of pressure for encouraging development in the body and for holding up the body. However, that is it. A strong strain isn't required in all aspects of the body.

If you fire settling on the choice of worrying your muscles a conscious one, then you will see that you are presumably worrying a couple of muscles in your body pointlessly while engaging in sexual relations. For example, a man may wind up straining every one of his muscles while accepting oral sex. Though he's essentially expected to give up and appreciate the consideration being showered by his partner, rather, he is worrying the muscles in his middle and legs. In such a case, all the additional pressure is superfluous, and this essentially deters the free progression of energy in the body. Concentrate on loosening up all these strained muscles. Concentrate on your breathing and appreciate the sexual warmth that is coursing through your body.

In any case, it is critical that unwinding doesn't just incorporate the relinquishing of the physical pressure; however, the psychological strain also. Relinquish all the pointless contemplations and desires. Relish the experience, appreciate the glow, the sensations, and don't keep yourself down.

Sounds that can help

Sounds are essential concerning the development of energy in the body. A few people may not be agreeable, or they may even be conscious of the

sounds that they make when stirred. These contemplations shouldn't be paid attention to while participating in Tantric sex. Relinquish all the restraints that are keeping you down. Communicate as unreservedly as you need to. There is no limitation separated from the ones that you have forced on yourself. Cause all the sounds that you feel like making. These sounds are automatic responses to the joy that you are encountering, and they are associated with the feelings and impressions that you are encountering. If you are quiet or calm, then the development of sexual energy in your body gets moderate. When you are vocal in communicating what you are feeling, the energy begins to move in the body. Tantric sex is tied in with arousing the torpid sexual energy that is available inside the body and afterward using it for accomplishing illumination. Indeed, in what capacity will the energy move when you are restless about something as inconsequential as how you sound?

You don't need to unravel the various sounds that are related to the various feelings that you are encountering. You groan, moan, or take a sharp breath relying on the joy that you are encountering. All the different sounds that you make add to the joy that you and your partner would get from sex. The sounds delivered needn't be rational; it is only the statement of the feelings that you may be encountering at a specific minute. While you are having intercourse, there would be a couple of cases that may cause you to feel overjoyed, and this will be spoken to in the sounds that you would make. There may be a couple of horrendous encounters also. You should verbally communicate your disappointment just as lovely sentiments, and you needn't keep yourself down. You have to convey your pleasure or disappointment to your partner. It isn't just about being vocal. You can be verbal in your appearance also. Sounds, yet words can likewise be used for conveying the equivalent. If you feel that you are getting a charge out of

something that your partner is doing, and afterward, you ought to impart the equivalent to them with no hindrances. This gives some support as well as tells your partner that they are accomplishing something right. Similarly, if you don't care for something, then you should communicate your distress to your partner. Relinquishing your hindrances is the main manner by which you will have the option to encounter unbridled joy genuinely.

Eye to eye connection is basic

This may seem like an undeniable thing. It enhances the general sexual experience. Taking a gander at your partner while occupied with any sexual demonstration will make the experience increasingly exceptional eye to eye connection doesn't imply that you gaze thoughtfully into your partner's eyes. Move over to the aching look an adoration struck doggy has in its eyes. We are discussing some genuine X-appraised looking, so prepare for it. This will assist you with accomplishing some additional closeness. In the beginning, you and your partner can locate a suitable spot to sit with the goal that you both will have the option to investigate each other's eyes. Pause for a minute to assemble your considerations; typically, a full breath will do the stunt for you. When you feel that you are prepared, you can open your eyes and look into your partner's eyes. Permit your partner the entrance to see you, your actual self, sans any misrepresentations, and likewise, you can look at them. This may feel somewhat inept at first; however, it will end up being very viable.

Permit yourself to convey through your eyes and not simply your privates. You can let your eyes meander over one another's body. Let your partner recognize the desire clearly and the wanton relinquishment. Nothing would be a superior turn on than realizing that your partner wants you and necessities you in the way that sounds and contact can impart. Similarly,

you can convey significantly more by using only your eyes alone. This will help you both sincerely speak with one another.

Exploration of your senses

Tantra is antiquated craftsmanship, and it's been around for a considerable length of time. It is essential to observe the way that Tantra isn't just about improving the physical nature of engaging in sexual relations. However, it is additionally about upgrading the emotional experience. All your tangible organs will in general participate as far as you can tell. Sex isn't a disengaged procedure. Thusly, Tantra is tied in with improving your tangible experience also. If one of your senses has been undermined, then, different senses will in general become touchy.

Take motivation from this, and you can presumably fuse this into any of the sexual experiences that you may have with your partner. It isn't just about taking an interest in the demonstration; it is likewise essential to investigate all the senses of your partner and yourself. You both ought to have the option to make a situation that will help you in lighting your sexual flames. You needn't make a decent attempt to do this. The earth ought to be sexual and exotic. It should allow you to unwind. You can attempt to blindfold your partner. This will help in invigorating their other tangible organs. You can tempt their olfactory senses by consolidating different sweet-smelling basic oils and aromas into your daily schedule. You can animate their feeling of sound by playing some moderate and alleviating music, something that will develop some expectations. Going to the feeling of taste, you can take care of one another some delicious berries or even lick off some cream off their fingers. Different things should be possible for invigorating one's detects. Bother their body and bother their senses too. Let your creative mind go out of control, and there are no limitations.

CHAPTER 13:

The Need for Tantric Sex

Throughout this book, we have talked about how important sex is in the life of humans. After all, if sex wasn't important, then there wouldn't be so much attention paid to it. It would go practically unnoticed. If anything, it would serve for reproductive purposes, and that would be the end of it.

The fact that sex is so important in our lives forces us to make sex as enjoyable as possible. That's where tantra really shines. Tantra is all about situating sex in its rightful place. By giving sex the importance it deserves, you can lead a much more satisfying and fulfilling life.

There is a clear need for having the best possible sexual experience of your life. If you believe that tantric sex is just about massages and playing soft music, then do read on.

Sex is meant to be enjoyable

In popular culture, sex is objectified to a degree in which it is seen as a transactional occurrence. For instance, sex is used as a currency in order to obtain benefits from people. In addition, sex is reduced to a mere physical act in which one, or hopefully both, of the parties involved, get a physical rush out of it. If you are more adventurous, group sessions (or sex with multiple partners) is seen as some type of thrill that doesn't really lead anywhere.

This is where people end up feeling shallow and empty. Sure, they may be sleeping with very attractive people, but at the end of the day, they don't get as much fulfillment out of it as they would expect. In fact, this is where you see extremely attractive people debase themselves simply because they don't enjoy intercourse.

Then, you have committed and/or monogamous relationships. There are folks who view sex as a chore in such relationships. So, sex isn't about having a great time with their partner. Rather, sex is viewed as a necessary evil in the relationship. Under these circumstances, you can't expect sex to be fulfilling. At best, it would be able to provide physical release. But the reality is that sex under those terms would only prove to be a monotonous event.

So, what can be done about it?

If you find yourself not enjoying your current sex life, then you really need to ask yourself: what do I want to get out of my sex life?

This question will lead you down a path in which you must explore what you really want to get out of it. If you view sex as a currency that will get you

everything you want, then tantric sex might not be right for you. However, if you view sex as something pleasurable that you would love to share with your partner (whoever that might be), then tantric sex is a must in your life.

Additionally, a healthy sex life is part of a well-rounded lifestyle. When you have a satisfying sex life, you can be sure that this will rub off on other areas of your life as well. So, there is no reason why you shouldn't strive to incorporate tantric sex into your life right away.

Traditional sex gets old... fast

Traditional sex is fun and exciting whenever you have a new partner in your life. Even the same old positions and routines become hot and steamy when you are in lust for someone. During this phase, a quick romp is enough to get your blood boiling. However, if there is no substance to your encounters, that passion can quickly fizzle out, leaving you with mundane encounters. This is why many relationships don't survive for too long.

Of course, it's true that relationships aren't solely about sex. There are other components surrounding sex that make relationships more or less enjoyable. For instance, if you and your partner share the same pursuits, then you can be sure that your relationship outside the bedroom will be fun, too. But if things aren't working as well as they could in the bedroom, then there will always be something missing.

When you look at traditional sex for what it is, physical enjoyment and attraction are the only things that can keep you coming back for more. When attraction wears off, then there had better be something else to your relationship.

This is where tantric sex makes all the difference.

When you engage in tantra, you are moving beyond physical attraction. You are moving into a realm of emotional and even spiritual enjoyment. While you could theoretically achieve this with anyone you meet, the truth is that it doesn't happen with just anyone. It takes two people (or perhaps more...) who are willing to surrender to each other during the time they are together.

Please keep this in mind at all times!

Surrendering yourself to your partner will allow you to open the floodgates of your sexual energy. Sure, there is heightened physical pleasure that comes from tantric encounters. But the fact is that the physical response is expanded by the non-physical components that are involved. In the end, the physical enjoyment you are able to get out of a tantric session will leave you feeling full. It's kind of like taking your time to savor your favorite food. In the end, you have not only enjoyed your meal but also satisfied your hunger. Ultimately, this leaves you with an amazing feeling.

Good sex is key to a healthy life

Multiple studies have shown the importance that sex has in our day to day lives. For example, sex can boost mood and improve cognitive performance. This is due to the release of chemicals by the brain after a satisfying sexual encounter.

Those studies are based on traditional sex, that is, people who engage in a “regular” sexual relationship. Now, if traditional sex can do that, imagine what tantric sex can do for you. In essence, what tantric sex does is help you circulate your sexual energy. When this occurs, it’s like a wave of electricity that begins to power various aspects of your mind and body.

When you don’t have sex, or you simply “get off,” you don’t allow your sexual energy to circulate through your body. This is why tantra calls for you to take your time. The more you rush a sexual encounter, the less chance you give your energy to flow.

According to ancient beliefs, sexual energy is located at the base of the spine. From there, it moves up your spine and circulates throughout your body. And while this is an automatic process, it doesn’t happen automatically.

Wait a minute...

You see, when you don’t take the time to release your energy, you exert physical energy through the mechanical act of coitus, but you don’t give your sexual energy the chance to get moving and flow upward. As such, the mere act of reaching orgasm doesn’t necessarily imply that your sexual energy is flowing to the maximum of its capabilities.

Here’s how this works:

For men, sexual pleasure is equated with ejaculation. If a man ejaculates, this implies orgasm, and all is good. However, this belief is hardly ironclad. Any guy will tell you that ejaculation does not necessarily mean orgasm. While it may feel good, it doesn't necessarily mean that a man has reached the climax of sexual pleasure.

The reason for this is that an orgasm is a chemical process that goes on in the brain. When a person reaches sexual climax, the brain floods the body with pleasure-causing chemicals. When these chemicals are released, they flow through the bloodstream and feed all of the organs and body systems. In fact, orgasm causes the penis to get harder and not softer.

Think about that for a moment...

For a man to reach orgasm, he needs to focus more on the action that is happening, on his partner's pleasure and, of course, his own. This means that he cannot be focused on how good it feels and that he can't finish too soon.

This is where he needs to let go!

He needs to forget that he is feeling pleasure and focus on the here and now. That can open the door to the chemical reactions that are produced as a result of pure sexual pleasure. In the end, a man who can master this mindset may find himself having multiple orgasms well before ejaculating once.

As for women, orgasm is a mix of emotions, physical sensations, and a sense of security. When you combine all of these elements, it's possible to reach unbelievable heights of sexual pleasure. However, women can be betrayed by their emotions. For example, if a woman feels uncomfortable about anything surrounding the encounter (such as feeling guilty about it),

reaching orgasm can be quite difficult. By the same token, if she feels insecure about her physical appearance, this can also lead her to have difficulty reaching orgasm.

Again, this is why tantra is about the here and the now. When a woman is able to focus on the “task at hand,” so to speak, she can let herself go. This is an emotional response in which she isn’t focused on what is happening in the world around her; she is only focused on what’s happening between her and her partner. That’s all that matters.

Making orgasms count

One of the most common misconceptions about tantric sex is that orgasms keep coming and coming. While that may be true for some people, the fact is that it doesn't quite work that way. For many couples, having one orgasm is more than enough to make the session memorable. This is why we say you should "make orgasms count." When you really make orgasms count, the overall sensation that comes with them is incredible.

Now, it may seem paradoxical, but if you aim to reach orgasm, then it will be harder for you to get there. So, your aim in a tantric session is not to reach orgasm. Your aim should be to just enjoy it. The orgasm will come when it comes.

Do you see the difference?

When your pursuit of a sexual encounter is orgasm, you will find that it's nearly impossible to get it. It's like when you're unemployed and in need of a job. If you get desperate, you will project that in job interviews. Plus, each day that passes without a job seems like an eternity. After just a few days of job hunting, you are so stressed out and anxious that you might even get sick.

The same goes for orgasms.

If you are fixated on reaching orgasm, you'll find it nearly impossible to focus on what you are actually doing. You won't be able to focus on enjoying your partner. If anything, it'll feel good up to a certain point, but nothing else.

The Difference Between Sex and Tantric Sex

At the beginning of our sex lives, we don't really know what to do or what to expect. Even when your parents give you "the talk," you really don't know what's happening until you actually do it. Then, depending on the amount of sex education you get, you learn more and more about sexuality and how it actually works.

However, most people don't really take the time to learn as much as they can about sex. It's funny that we should act in this manner, especially since sex is such a significant part of human life. In fact, most of what we learn is generally on the fly. For example, you hook up with someone who's older and more experienced, they show you what to do, and that's that.

For some guys and gals, teaching a virgin about sex is a thrill they relish. Then, there are some who are caring and strive to show a younger partner how to really enjoy. Sadly, these people and experiences are hard to come by.

That is why your interest in this book is a testament to your desire to learn about the best ways in which you can unleash your sexual potential. Through the art of tantric sex, you can unlock all of the repressed energy within you.

Yes, that's right, repressed energy.

Even if you have intercourse ten times a day, the energy is stuck there within you. Your sexual energy is never released unless you give it the time it needs to fully unfold and envelope you. When you are open to such experiences, you allow your core to absorb every minute detail of intercourse.

The differences will enable you to have a crystal-clear understanding of what tantric sex and what it can do to improve your sexual life exponentially.

So, let's get right into it.

Difference #1: It's not about orgasm

When most folks think about sex, they see orgasm as the ultimate goal. This is particularly true for most men. Most guys tend to believe sex begins with arousal and ends with orgasm. In between, there is intercourse. However, intercourse is just a means to an end, so to speak.

This mentality is detrimental to a healthy and fulfilling sex life as sex, itself, is much more than the mere act of intercourse. In a manner of speaking, it's like reducing a meal to just dessert. So, instead of enjoying every bit of food in your meal, you simply rush through the first course just to get to dessert. Once dessert is served, you wolf it down and be done with it.

When you look at sex in this manner, you won't ever truly enjoy everything it has to offer you. In fact, it even seems transactional to a certain degree. That is why sex is much more than just reaching orgasm. It's about the entire experience surrounding the encounter.

For a lot of women, reaching orgasm can be a challenging endeavor. Often, this is due to the lack of synchronicity with their partner. There are times when it seems that there is no communication whatsoever. When this happens, one partner gets off, and the other... may not.

That is why the entire scene that surrounds tantra begins well before actual coitus. It begins with both partners fostering intimacy. It begins with being in touch with each other's needs and desires. From there, the overall experience of the encounter makes sex much more enjoyable. At that point, orgasm is a natural consequence. For women, this can lead to multiple orgasms. And, believe it or not, it can also lead to multiple orgasms for men (yes, that's right!)

Difference #2: It's a sensory experience

Sex goes beyond the mere act of intercourse, be it through penetration, touching, or oral. It involves all of the senses in such a manner that everything works in sync. When all senses are involved in a single encounter, the sensory experience is much broader.

This is what leads to the mind-blowing experience.

When you are committed to a full sensory experience, you begin sex with visuals such as dressing up (whatever you fancy is perfectly fine), sounds such as music or any other auditory stimulus, smell such as your favorite scents, touch such as massaging, and of course, taste (food and drink can also be part of the experience).

To put this into perspective, think of all the mating rituals that humans go through prior to hitting the sack. For example, dance is a powerful mating ritual. The most sensual dances mimic sexual movements in such a manner that they foster intimacy among the couple. When a couple is able to hit it off on the dance floor, they can be confident they can hit it off in bed. While this doesn't necessarily constitute a guarantee, it's a heck of a place to start.

Another powerful mating ritual is food. This is the reason why most dates (especially first dates) involve food in one way or another. Also, drink plays a vital role in mating rituals. Just look at films and TV shows. Most dates begin with dinner and drink, and then end up in the sack. The sensory perception that is built with food and drink carries over into coitus.

So, if you are keen on really getting a full, tantric experience, don't skimp on the entire event leading up to sex. While it is not necessary for you to put together an elaborate evening, it is certainly helpful if you set the stage in

this manner. This can be especially helpful while you learn the ways of tantric sex. Eventually, you won't need such an elaborate setup.

Difference #3: There is no domination or control

One of the most interesting dynamics of traditional sex is the need for domination and/or control. Sure, most couples have one partner who leads, and the other tends to follow along. But in the world of tantra, this isn't about having one partner dominate the other such as in the world of BDSM. The fact of the matter is that tantra practitioners don't seek power, domination, or control. What they seek is to please their partner, and as a result, themselves.

Now, that happens if you are naturally dominant? Does that mean that there is no place for you in the world of tantra?

That's hardly the case!

In fact, dominant individuals take great pleasure in guiding their partner through the road that leads to pleasure and ecstasy. This is the ultimate rush that a dominant individual can derive from tantra.

Think about that...

What could be better than blowing your partner's mind? Imagine how incredibly satisfying it can be to give your partner the best sex of their lives... this is a feeling you can't get from "dominating" your partner.

You see, in traditional dom-sub relationships, the dom derives pleasure from the power rush that comes from having their sub at their mercy. This is a one-way relationship in which the sub doesn't always derive pleasure from their position. In fact, there are many cases that subs go along with the game simply because they want to feel "loved" in some way. As such, subs comply with their dom's bidding with the hope of gaining the dom's favor.

While this type of dynamic works perfectly well for some couples, it's not the type of relationship that is built for mutual pleasure and fulfillment. This is one of the reasons why dom-sub relationships tend to run their course; that is, they aren't meant to be long-term relationships.

With tantric sex, the focus is on mutual satisfaction and fulfillment. This implies that all parties have the chance to get what they want out of the relationship. Now, it should be noted that "relationship" doesn't mean a romantic partnership. If anything, a tantric relationship can be strictly sex with no strings attached. But the relationship and the dynamic that evolves from the practice of tantra can lead to a relationship that is far more fulfilling than your run-of-the-mill romantic partnership.

Difference #4: Nothing else matters

This is one of the biggest mistakes that couples make: they let other things get in the way during their encounters. Please bear in mind that tantric sex is about the here and the now. So, when you are getting it on, nothing else matters.

This concept doesn't apply just to phones and email. It also applies to anything else that might be creeping up in your mind.

For example, if you are concerned about your physical appearance, say, you're concerned about being overweight, then you will find that you won't be able to get as much out of your encounters as you'd like. Based on this concept, you really, truly, need to let go.

So what if you're not physically perfect?

So what if you're not the biggest?

So what if you're not the most attractive?

If you are attractive and desirable to someone who is willing to engage in tantric sex with you, then it's just a matter of going with it. In the end, you'll enjoy the relationship far more simply because you are able to let go of your hang-ups.

The fact of the matter is that we get in our own way. Most of the time, there is genuine attraction and chemistry. But when you don't give yourself a chance to really enjoy intercourse, then you find your mind more concerned about a million other things. Needless to say, this isn't the most exciting mindset.

The overwhelming majority of tantra practitioners would much rather get with someone who shares their same mindset rather than someone who's merely good-looking. This means that tantric sex is much more than just looking good; it's about being able to translate your passion and desire into a tangible force that can open up the floodgates to amazing experiences of pleasure and ecstasy.

Difference #5: Surrender at all times

By “surrender,” we’re not talking about some kind of domination thing. We’re talking about letting yourself go and giving yourself to your partner. This is the core tenet of tantric sex. You must be willing to give all of yourself, even for a brief moment, before you are truly able to channel your energy into the powerful force that tantric sex can unleash. If you are holding back, then you won’t be able to fully harness your sexual energy.

If you are a more submissive person by nature, this might be easier to achieve. By nature, you don’t need to be in control. So, it’s far easier to simply go with it. But for naturally dominant individuals, surrendering may represent a monumental challenge.

Surrender happens at various levels. Firstly, anyone who engages in sexual intercourse (unless it is against their will) surrenders physically. Often, folks think this is the last thing you surrender.

That could not be farther from the truth!

Surrendering your body in the act of passion is one of the easiest things you can do. It’s surrendering everything else that becomes the hardest part.

As such, the next level, the emotional level, is paramount to tantric sex. Again, we are not talking about “love” here. Love has nothing to do with tantric sex. While it certainly helps to love your partner (it certainly facilitates the process), what you really need is to be emotionally invested in what you are doing. This implies that you need to be ready to give this person all of the care and attention they need during your encounter.

This is what fosters intimacy.

Then, the third level becomes a deep, spiritual level. When you are able to achieve this level, you are able to really hit it out of the park. Your connection is so profound that mind-blowing sex becomes a regular occurrence. Again, love is not a pre-requisite. But a deep understanding of each other's wants and needs is.

So, take it upon yourself to be ready to give all of yourself to your partner, even if it is for the brief moment you are together.

Improve Tantric Sex With These Tips

The principle motivation behind Tantra is to assist you with accomplishing splendid climaxes that you have been precluded in light of the fact that from securing your standard sexual practices. Notwithstanding, this doesn't imply that Tantra ought to be dealt with daintily. Consider Tantra an erotic exercise. Tantric sex is viewed as more charming than going through hours together at the rec center, yet the measure of physical effort that your body encounters can be contrasted with that you may understand while at the same time playing out any overwhelming activities.

Additionally, there are various degrees of Tantric sex. Essentially bouncing into Tantra with no experience or primer practice may improve your sexual coexistence, yet it is so much better when you participate in some type of pre-sex warm up practice that will help in setting the mindset and working up some expectation concerning what is yet to come. There are a few manners by which you can heat up, however perhaps the most ideal way that could be available is give your partner a back rub and have your partner give you one also. This will extricate up your muscles, which is significant in light of the fact that solid muscles can hinder a full body climax.

The back rub that you are providing for set up your darling for tantric sex has some particular standards that are joined to it, alongside a system that is intended to uplift the sexual affectability and make the body progressively open to assist sexual incitement. Additionally, this back rub

can be combined with a procedure that can be used on a lady to cause her to accomplish a climax. This will contribute extraordinarily to the nature of tantric sex in light of the fact that accepting one climax makes an individual patient for the following one, and this furnishes you with the fundamental open door to coax your partner and draw out the sex.

The Use of Oil

The main thing that you need before you can give your sweetheart a pre-sex knead is oil. Oil is an incredible instrument that can be used if you need your back rub to be increasingly compelling. It helps in extricating the skin up and giving grease to your hands. If your hands can slide and coast easily over your darling's body all the more adequately, then it will likewise help in making the back rub increasingly sexy and causes in paving the way to the real sex!

The best oil that you can use in a pre-sex rub is grape seed oil. This is because grape seed oil has a minimal number of individuals that are oversensitive to it, and can be incredible for your skin. In this manner, by giving your sweetheart a grape seed oil rub you will be helping him, or her get milder skin too, and isn't this a fantastic special reward? You can generally include a couple of drops of your preferred scented or basic oil to make the experience far and away superior. Distinctive fundamental oils can be used relying on the specific explanation behind which it is being used. For example, lavender can be used for unwinding and alleviating muscles; rose can be used for giving an increasingly erotic feel to the back rub.

If grape seed oil isn't accessible, go for whatever other oil that has been made with the end goal of back rubs.

The Technique

The primary thing that you should do is clearly begin spreading the oil over your sweetheart's body. Ensure that the oil is conveyed uniformly everywhere throughout the body, and remember that too little oil won't give sufficient oil and result in teasing. In any case, using an excess of would simply wind up getting chaotic, and this can be irritating. Attempt to locate the fair compromise! While you are spreading the oil over your partner's body, you will find that the skin ingests the oil rapidly. Thus, you should keep habitually spreading more oil over their body, if the grease quits being adequate.

When the oil has been spread over your partner's body, the back rub can appropriately start. At first, it would be a smart thought to begin with the essential pressure of the entirety of the significant muscles. The muscle you ought to go for while applying wide and vague pressure are the thigh muscles since this zone is normally under the most strain for the duration of the day.

When the muscles have been relaxed up in your partner's legs, you can move their back, the second-most tense region of the normal body. Simply apply pressure with your straightened palm, and make sure to speak with your partner as much as you can about what feels better and what is excruciating.

Attempt gently slapping territories that you feel are as of now free to invigorate blood course in these zones. Recollect not to slap so hard that it harms except if your partner needs you to obviously!

When you have finished this back rub and released up the significant muscle gatherings, the time has come to start centered pressure with the tips of your fingers and your clench hands. There are explicit territories that you ought to focus during centered pressure, and these zones are determined in the following segment.

Territories to Target

Bosoms: The bosoms are one specific territory of the human life systems that will in general draw in a great deal of consideration, and it so occurs, that they are additionally an astounding wellspring of sexual incitement for some individuals. They likewise will in general have exceptionally thought purposes of strain that, when discharged, wind up causing the individual to feel fantastically loose and quiet.

Along these lines, bosoms are clearly going to be one of the most significant zones of the body that you should target. Purposes of pressure here are most likely going to be on the lower half of the bosoms. It is significant that you search, attempting to discover the zone where the pressure exists.

This little wad of strain can be discovered right beneath the areola, and your partner may likely shout out when you hit this specific spot. In any case, don't confound this torment and stop the back rub. This torment is entirely charming, with numerous individuals contrasting it with the inclination once gets while scratching a tingle.

Something imperative to note while performing such a back rub is the source of these little wads of strain that are available in the body. They are not just strong pressure. Their root is more mystical than physical in nature.

You are as of now acquainted with the different chakras present in the body. In any case, you most likely don't know that these chakras are the significant stops in an immense system of energy that is streaming inside your body, vortices through which energy continually streams. However, there are certain circumstances where the progression of energy can get disturbed.

This typically occurs because of a less than stellar eating routine or a physical issue in a previous existence that may residually affect your body

right now. Therefore, when you apply profound strain to these points the energy begins to get discharged, consequently expelling the impediment that was formerly hindering the progression of energy in your body.

Discharging energy is agonizing and yet very charming in light of the fact that the progression of energy gives essentialness and expanded sexual affectability to your body. This implies when you knead these points, your partner is going to feel an extraordinary tingling vibe that will regress into a stimulating sensation as the blockage is expelled from the energy pathways in the body.

The most ideal manner by which you can apply strain to this specific point is by pushing down using the tips of your fingers. Start by applying pressure and moving your hands in a round movement. This will discharge the energy blockage in a mellow and proficient manner. The round movement extricates up stuck energy and afterward permits your hand to move away to an alternate piece of the blockage, permitting the relaxed up energy to stream into the energy pathway without being impeded by the pressure of your fingers.

You can likewise apply serious strain to this point. This is exceptionally valuable since it will discharge energy from the blockage in a very serious way, and this will wind up opening your partner up for extraordinary sexual incitement.

Butt: This is another zone of the body that a great many people are stirred by. For reasons unknown, the butt is similarly as inclined to blockages in energy as bosoms seem to be, most likely in view of the extraordinary sum strain they experience when the individuals they are appended to spend by far most of their day sitting in an office. With the measure of sitting that we do, it is no big surprise that the pathways of energy in our derrieres wind up getting sponsored up.

The significant thing here is to feel your way around the territory. Blockages can happen in a few distinct pieces of the butt, so you should look around a little to discover where precisely the blockage has happened. An odd little fortuitous event is that the energy blockage is likely going to happen in a similar spot on the two cheeks, so if you discover the spot on one cheek basically begin squeezing a similar spot on the other cheek also.

Apply a similar round movement with the tips of your fingers that you used on your partner's bosom. These energy blockages may require some more pressure, notwithstanding, so if your partner can't feel anything when you are rubbing that person, simply having a go at using your thumb.

You may confront trouble finding the pressure point right now the body, particularly if your partner has been skilled with a breathtaking posterior. This is because the energy pathways are covered underneath a great deal of substance. Bosoms once in a while ever posture such an issue, regardless of whether the bosoms being referred to are very huge.

This is because the pressure points situated in bosoms are not as profound as the ones in the rear. Henceforth, if you are confronting troublesome finding your partner's pressure point, use your thumb, and it will work. If your thumb is as yet not adequate, have a go at using something inflexible like a pen to apply pressure, simply ensure you use the backside of the pen and not the pointy end!

Using such a device will assist you with providing unimaginably engaged pressure onto the energy blockage, encouraging a speedy scattering of energy and in the process most likely turning your partner on a lot.

Internal thighs: Finding the blockage in energy right now your body may end up being significantly more troublesome than discovering it on different pieces of the body. This is the reason a cursory back rub of the thighs is important before you start to test for pressure points.

The Science behind Tantric Sex

Go back in your mind and try to remember if you have ever felt a moment of supreme sexual ecstasy? How did it make you feel? Did you feel exhilarated? Did you feel as if though you were deeply connected to the earth or your partner based on this experience of sex? Such intense sexual experiences are our greatest sources of pleasure.

At the same time, sex is considered to be something that is equally fascinating and fear inducing in many people. We might want to indulge in sexual intimacy with all our hearts but at the same time we might be avoiding it like the hounds of hell. We might wish to be touched but we might fear the vulnerability that comes along with that package. Similarly, we may want to rekindle lost passions but we might have forgotten how to set that lost spark aflame so that it would satisfy us like we want it to.

The practices of Tantra show us how to reclaim that sexual intimacy that we seem to have lost somewhere along the way. Though this might be one of the most ancient of arts, we will discover new joys of the erotic pathways and will expand those fleeting moments of sexual ecstasy into a lifetime's worth of sexual bliss.

It is truly beautiful how the old and somewhat lost art of Tantra still shines like a beacon for those who wish to reclaim control of their lives at a time when the stresses, fears and distractions of daily life threaten so many relationships daily. The age-old practice of Tantra teaches us how to open our hearts, our emotions and our sexuality as well.

What Is Tantra?

Tantra is not a new phenomenon in Eastern cultures. However, its introduction to the West and especially the United States is relatively new. The origins of Tantra can be traced back thousands of years before the Common Era in India. It was originally introduced as a rebellion of sorts against Hinduism that posited, the way so many religions do, that sex was the route to evil and must be avoided in order to obtain enlightenment.

Tantra challenged these beliefs and emphasized that instead of taking one away from enlightenment, sexuality was actually a doorway that led straight to the divine itself. Tantra held that earthly pleasures such as eating, dancing and creative expressions were acts of great sacredness.

The word Tantra means ‘to manifest, to expand and to show’. When it is held into a sexual context, this means that sex expands consciousness and weaves and brings together the polarities of the male and female body into one whole harmonious unit.

Many couples worry that they have to ascribe to the Tantric school of thought in order to apply the sexual techniques that this ancient art has to offer but their worries are needless as this is most certainly not the case. Tantric sexual practices can be applied to help you to prolong sex and to make your orgasms more intent. Just the positions and breathing techniques are enough; the rest is if you really want to get into those beliefs.

Tantra is also very good for one’s health. Quite a few doctors have emphasized that sexual energy is one of the most powerful energies for creating and recreating lost health.

By practicing such techniques and indulging in tantric sex, we can tap into our own personal fountains of youth and vitality.

How Is Tantric Sex Unique?

In the western world, sex is viewed more as a source of recreation rather than a means of transformation, The goal may be to reach orgasm and relief

some feelings and cravings momentarily rather than to pleasure one's lover and especially to connect with them more fully. In short, where the Western notion of sex is greedy and only seeks personal satisfaction and fulfillment, Tantric sex teaches a person to indulge in the act as one part of a machine that needs both in order to work. Tantric sex teaches us that we are, in fact, not separate from our lover but that we are both one part of a two-piece set.

Beginner Tantric Sex Techniques and their Relation to Scientific Intimacy

The type of lovemaking we practice in the Western world has a very distinctive start and finish, with a climax for the woman being preferred but certainly not necessary. This type of lovemaking lasting, at most, fifteen or so minutes. This is a very sad scenario for women who can take as much as 20 minutes to reach a state of arousal and thus cannot benefit from this type of lovemaking fully and has to remain unsatisfied more often than not.

Now when we compare the sex model of the western world with that of tantric sex, the sexual experience in this situation is seen as a dance that has no set beginning or end. There is no goal or finish line that one has to reach. Tantric sex is living in the moment in the truest sense of the world for the sake of a divine and exquisite union. This is why Tantric lovemaking is meditative, expressive and intimate to the highest degree. Tantric sex also deals beautifully with the problem of immediate arousal post climax that is most common in men and makes sure that love can be extended to such a peak of sexual ecstasy that both a man and woman can experience several orgasms during a single session of sex.

Tantra as a Cure for Premature Ejaculation

Experts and sages of Tantra posit that tantric sex can be used to cure premature ejaculation. Doctors that practice modern medicine in the west also hold this belief. Men suffering from premature ejaculation can use

tantric techniques to delay their orgasm. Advanced tantric practitioners can even have several orgasms within a single session of sex!

Though there are many advocates of Tantra, the most famous, perhaps, is the musician Sting who attributes his fulfilling sex life to Tantra. It's no surprise that even the best of the best use this ancient art that takes away insecurities and instills feelings of love, trust and mutual respect into a person and their partner. Tantra is a befitting act for people of all ages and levels of sexual experience.

The following exercises are scientifically proven to help you reconnect with your body; align it as one with the universe as well as to connect with your partner in the most intimate and profound of fashions. Remember that while practicing Tantric sex, your ultimate goal is not to reach orgasm or go through the steps of intercourse as a chore. Instead, your goal is to lose yourself into the intimacy of the act until you feel your very core beginning to open up and start overflowing with energy and love and you feel every pore of your being begin to breathe as your body finally gets satisfied in the ways it had wanted to since long before you even realized.

Enjoy the act of giving and receiving pleasure in such ways and use a gentle touch and loving words all the while.

Remember that the best part of Tantric sex is that you do not have to meet with any set expectations. This opens the doors to communication and you can try to discover, both of you together if need be, what your partner finds most arousing.

Try and communicate with your lover for a long time, spend multiple weeks simply indulging in the Tantric Intimacy Exercises without feeling the burden to do something. Practicing such an intimacy act without the pressure to go all the way helps to relieve sexual guilt for all partners and helps to build trust and sexual desire fully.

Here are some tips that have been scientifically known to trigger sexual desire and better tantric sex on the whole as well.

Set Aside Time For Your Significant Other Each Week

No matter how much you might indulge in each other on a daily basis, plan at least one sexual rendezvous per week. Plan and specify an hour at least to be alone and together with your significant other. You will face many distractions along the way such as your children and work, etc. but you need to remember that you will not be able to benefit from Tantra if your relationship is not of the utmost priority to you.

Work on the Atmosphere

It will not matter if you plan on indulging in your kitchen, dining room or any other room in your home. All that matters is that you treat the space as sacred as you treat your partner. Give the atmosphere importance and it will work in your favor too and you will feel relaxed and in the moment much more easily. Additionally, candies, flowers, art, music, aromatherapy candles and small food items that you both like can transform any room into a temple of sexual delight. Some people like to introduce sex toys into the play too and if done respectfully with both partners' consent, they can help to take sex to newfound heights. Even something as simple as dimming the lights and playing erotic music can help to create a welcoming environment.

Focus on your dress

This is a very wide berth where you can play, as you like. You can dress provocatively or you can even opt for wearing nothing at all. Remember that this is mainly done to excite your partner and you can wear accessories that you might feel will excite them.

The Exercises

If you feel that you cannot achieve a level of intimacy deep enough to let you indulge in tantric sex to the fullest, here are some intimacy exercises that can help you reach your aim of supreme ecstasy.

Assign a Ritual

Sometimes, you might not be feeling spontaneous. For a lot of people, sex needs to be in a series of steps that are in the form of a ritual because it gives them a sense of knowing as if they are in a secure place. If that is the case with you, start your session with a regular activity that is ritualistic in nature.

This might consist of anything. Be it a simple act of feeding each other some food you both enjoy or having a nice relaxing drink when you are both not wearing clothes. A lot of couples enjoy indulging in an aromatherapy bath as it helps them to get intimate. This is a good way to get close to your partner. Water is a great relaxant and it is also, surprisingly, a drink that has some serious sexual potency.

Take care and time to wash each other with love. Be gentle or as vigorous as you see your partner is being with themselves. Giving each other a back rub is also useful and it fuses your energies. Some couples enjoy reading to each other as well. You can also try to play some music or simply put it on and dance it to it in order to get both of you more comfortable.

Tantric Sex During Pregnancy

Pregnancy is a difficult time for women to go through, but this difficulty is compounded by the fact that they cannot have sex for nine months. Or can they?

There are many misconceptions regarding sex during pregnancy, and these misconceptions often stop women from giving tantric sex a try during pregnancy.

Tantric sex is actually very useful during pregnancy, due to the fact that it opens up channels of energy that can be extremely helpful for the health of both the mother and the baby.

Additionally, going months on end without sex is not an attractive prospect for anybody, least of all a pregnant woman that is probably far more sexually aroused than she ever was before the pregnancy due to her pregnancy hormones.

Hence, in order to clear up these misconceptions regarding sex during pregnancy and facilitate your inclusion of tantric practices during your sex life even while you or your partner have a bun in the oven, here is a list of common problems that people think sex during pregnancy might cause along with the truth behind these misconceptions.

Will I go into premature labor if I have an orgasm during pregnancy?

There is definitely logic behind this misconception. Orgasms cause contractions in the uterus, and cause the body to release a chemical called oxytocin. Contractions in the uterus are essentially what labor is, and oxytocin is the hormone that the body releases in order to trigger the

rupturing of the amniotic sac and the beginning of the first contractions that would force the baby out of your womb.

However, there is no reason to really worry about this happening as long as you are healthy during your pregnancy and are not suffering from any pregnancy related conditions. This is because your brain is capable of distinguishing the difference between the oxytocin that is released during an orgasm and the oxytocin that it releases when it is time to go into labor. In fact, orgasms during pregnancy are actually quite amazing because of increased blood flow to that area!

Can my partner's penis injure my baby?

This concern should be taken a lot less seriously than the one before this, simply because there is absolutely no reason for it to even be considered while you are having sex during pregnancy.

The main reason why it is such a ridiculous concern is that the average male penis is not large enough to even reach the cervix at the very end of the woman's vagina. Even if you do have a partner with an extraordinarily large penis, the cervix itself is two to four centimeters thick and it is completely impossible that your partner would be able to reach your baby through this protective barrier.

Even if the cervix was not present, the baby is protected by a large amount of amniotic fluid and water. With so many defenses put in place, you don't have to worry about your partner's penis getting anywhere near your baby!

Can ejaculating inside the vagina harm the baby?

There is a certain stigma attached to sex during pregnancy considering the fact that sperm might reach the baby. This is actually completely untrue.

Much in the same way that the penis cannot reach the baby, any sperm that is released inside your vagina will be stopped by the cervix, or more specifically the mucus plug that stops anything from crossing the cervix

into the uterus. This mucus plug disappears during the end of the pregnancy when labor is imminent but even then the baby is safe and sound inside its amniotic sac.

There is no need to worry. Nature has put a lot of safety precautions in place to keep your baby safe, so just trust that it has your back and enjoy your carnal pleasures! It will make the pregnancy a lot easier for you to be sure.

Sex is dangerous for the mother

The exact same principle applies for you as well, or your partner if she is the mother in question here. Sex during pregnancy can become tricky during the later stages when you have to keep pressure off of the baby bump, but as long as you avoid overly tricky positions or positions that put pressure on your abdomen there is absolutely no reason that sex during pregnancy would harm you.

Just remember to keep your doctor in the loop about everything. Ask his advice and you will be able to avoid injury to either yourself or your baby.

Now that these misconceptions have been cleared, it is important that you also understand that sex is actually very good for you while you are pregnant. Incorporating tantric sex practices can actually be very beneficial for you.

In order to explain why exactly tantric sex can help you while you are pregnant, here is a list of the various benefits that you would be able to derive from having tantric sex while you are pregnant.

Better orgasms

That's right, orgasms during pregnancy aren't just not dangerous for you or your baby, they are actually far better than orgasms that you would get while you were not pregnant.

There is a simple biological reason for this: better blood flow. There is simply a lot more blood flow in that area while you are pregnant, which

means that the nerves that detect pleasure during an orgasm are far more sensitive than they would be otherwise, resulting in incredible orgasms.

The fact that tantric sex provides unimaginably good orgasms without you even being pregnant should definitely make you want to have sex while you are pregnant. Just imagine the intensity of the orgasms you would have combining tantric sex with pregnancy!

Helps you keep your weight down

It is very important that you do not gain too much weight while you are pregnant. This is due to the fact that labor can become very difficult if you have a lot of fat that you have gained while you were pregnant.

Exercise is great, but wouldn't you rather burn calories by having tantric sex? Tantric sex is extremely rigorous and burns way more calories than you'd think. Do yourself a favor and burn those calories in a fun way that is much safer for your baby!

Decreased blood pressure

There is a medical condition that pregnant women sometimes suffer from called preeclampsia. This occurs when your blood pressure remains high for a long period of time.

There are medicines that you can take in order to lower your blood pressure. However, these medicines are generally not all that safe for your baby. Disrupting your internal chemistry in any way can be harmful to your child.

Tantric sex is an excellent way to reduce blood pressure. All you have to do is have some hot tantric sex and you will avoid a medical condition that can cause serious problems during labor.

Helps you deal with the pain

Pregnant women go through a lot of pain. There will be general aches along with cramps, all of which you have to somehow get through for nine

months. Once again, a medical solution is available in the form of painkillers, and once again taking medicines while you are pregnant is not the best idea.

Sex releases oxytocin in your body, which actually doubles your pain tolerance. So have tantric sex and make yourself immune to pain. You will be able to get through your pregnancy without medicating yourself and will have tons of fun while you are at it!

Helps you sleep

Pregnant women are often faced with sleepless nights. There are a variety of reasons for this, but more often than not you will probably just not feel sleepy, as your pregnancy hormones would have disturbed your entire schedule.

If you are faced with natal insomnia, all you need to do is wake your partner up for some steamy tantric sex. This will calm you down immensely by releasing serotonin and dopamine in your brain. These chemicals will help you to get to sleep in no time!

Improves Your Immunity

There is a very little known fact about tantric sex: it boosts the antibody count of your body. This will help you to stay healthy during your pregnancy, as even a little illness could end up harming your baby.

Makes you happier

Pregnancy is usually a time of emotional turmoil for most expecting mothers. This is usually because their hormones are driving them crazy.

A great way to balance out these hormones is, you guessed it, tantric sex! As has been said before, tantric sex floods your brain with endorphins that help you to stay happy while your baby grows inside you!

Makes you more intimate with your partner

Being intimate with your partner is extremely important if the two of you want to be able to be good parents for your child. Tantric sex is, perhaps, the single greatest way that you can improve intimacy between your partner and yourself.

Helps make your postpartum recovery quicker

Tantric sex is the best way to get an orgasm, and as it turns out orgasms are a great way to prepare you for the rigors of labor. Mix tantric sex up with kegels and you will be well prepared for labor and will be able to recover very quickly after your baby has been born!

CHAPTER 18:

Considerations and Facts about Tantric Sex You Should Know About

Tantra has some wonderful components to it, and a lot of people should consider using this. But there are a few considerations that you should have in mind before beginning the tantra path.

You Might not Get it Right the First Time

This is a big one because a lot of people think you're just going to have hours and hours of mind-blowing sex, but the truth is, you might not even go ten minutes with the other person. It's a type of practice that requires patience, and you should always set aside the time you spend with your partner for tantra. But, always understand that it might not be done right the first time, and you might not even get it right the second or third time. This is like anything else, you need to realize that it takes a bit for you to really get the right feelings that come from this, and that, with tantric sex, and it takes a bit of time to really feel this type of connection.

Remember to Get Rid of Having Plans

This is something I always forewarn everyone with tantric sex. You need to have a plan in order to get into tantric sex. Having plans when you're doing tantra is both good, and not so good. You need to realize and understand, and you have to realize that, with the right mindset you'll get more out of this.

Our lives are very ingrained in making sure we get to X, Y, and Z, but we need to experience the fun of the moment, and you need to realize that while plans are good and all, get rid of the obsession with having them, and you'll realize that, with each passing moment it will make everything better. Having plans is nice, but it's also good to make sure to have a realistic, understanding mindset of what it is that you need to do, and everything that's in place. If you go into this obsessing over the goal, it won't work.

It's a Powerful Technique

While you're probably doing this for sexual fulfillment, one of the biggest things to remember is that tantra does work with strong energy. The sexual energy that's exuded with this is usually sublimated which means it creates a higher level of consciousness, but it is very strong, and it can do a lot of things.

Tantra is powerful, and you should make sure that you do meditate before you consider this action.

It is oftentimes a practice that most people don't realize isn't something that you should be jumping into. That's why we encourage you to do yoga, detox and purify the mind before you continue. Sometimes, when people engage in tantra, their sexual energies increase too soon, and so do their negative qualities. Sometimes, with tantra you might feel angrier sometimes, and sometimes, you need to understand that, if your mind isn't clear and you're not just focused on the other partner, it can manifest things you might not be ready for.

While this is more with the ritualistic path of tantra, that doesn't mean it may not happen to you. Sometimes, people don't realize how powerful this technique is, and that, the energy that you're working with is very potent.

Work together

When it comes to tantra this isn't a one-person party unless you're doing tantric masturbation. The goal of tantra is to be able to work with your partner together to achieve the ultimate pleasure and make the other person feel good. But you don't want orgasm as the goal. You should work together in order to make yourself both happy and satisfied. This is something a lot of couples miss at times. They go in only thinking about their goals of trying to get the other person off or giving them the tantric orgasm when it's the process that means a lot more than anything else. So, don't be afraid to make this a mutual thing, and don't be afraid to make this work, and try to create a synergy behind it. That way, it will help with the pathway that you take, and you should always make sure that you're willing to do that.

Make Sure you're in Good Physical Health

While tantra doesn't focus as much on the health of a person, it's good to be in good physical, and mental health before you try this. That's because, it can take a bit of time before the results come about, and if you're not both on the same page with this, it can pose problems.

Don't think you have to be some star athlete though when doing this. The idea behind good physical health is that you at least have some sexual stamina and health, and you feel physically good. That way, you're happier and better than before. This is the way you should compose yourself when doing tantra, since physical and mental health are both very important, and you should always make sure that you can handle the effects of tantric sex before you begin.

If you've been at risk for illness and injury before, make sure to see your doctor before you begin with tantra, and if there are any medical conditions, get clearance before you start with this. It is a bit of an important thing since most don't realize the sheer impact of tantra on the body. It's very powerful, so make sure you're ready too.

No Distractions during Tantra

Finally, try not to be distracted during tantra. Of course, this is again easier said than done. But you should treat tantra as a sacred moment, which means that you're going to experience a lot of calmness of the mind, and a lot of racing thoughts disappear.

This can be scary for those of us who are always worried about things, always stressed, and unsure about this.

Oftentimes, if we're overstimulated, it can affect the way your tantric experience goes. For a lot of people, the right tantric experience will change the way things go, and you have to, with tantra especially, understand that this energy isn't a toy, and it's not something to lay around with.

The distractions should be minimized. Keep electronics and other distractions out of the room during tantric sex, and you should go into it with a peaceful, calm mind. That's why we encourage you to do breathing meditation before you begin since if you're breathing evenly and calmly, it can help with keeping you grounded, especially when dealing with the energies, since they're strong, and it's better if you take the time to properly understand and fortify your own personal wellness with your energies, and the tensions that are there.

Tantra is a very fun thing to do, and it's a wonderful way to bolster the connection between you and your partner but you must understand the effects of it, and the cautions you must take with tantra. The right mindset will change your life, and you should, with tantra especially, understand the impact of it over time, and the effects of it as well.

Tantric Communication Essentials

Tantric sex places a great deal of importance on the level of communication that exists between two individuals. This is a very invigorating and intimate form of sexual practice and it requires both the individuals to equally contribute both verbally as well as physically for reaping the benefits that this practice has got to offer. While having Tantric sex, it is really important to communicate. Here are a few points that you should keep in mind while doing so.

Looking into the eye

It is critical to maintain eye contact throughout a sexual session. You will have to let go of all your inhibitions and gaze into each other's eyes. It is a common belief in Tantra that the left is considered to be the looking eye and the right eye is considered to be the receiving eye. This means that you will have to concentrate on your partner's right eye while you are talking to him/her. You and your partner should align your bodies in such a manner that there's a free flow of speech and you are also able to maintain eye contact. Don't close your eyes while your partner is talking to you and make a mental note of the different emotions that are emoted while communicating. Eyes are considered to be the mirrors of one's soul. Gaze into your partner's eyes and let them gaze into yours. There are no pretenses; eyes never lie.

Smile

Don't make any funny faces or don't look disinterested while speaking. Have a smile on your face or just a pleasant expression on your face when you are speaking during sex. When you establish a certain bond with your partner, your facial expression will immediately turn more pleasant.

Speaking your mind out

You will need to say out loud what you are thinking. You don't have to hold back or onto your thoughts and don't wait for the right opportunity. Tell

your partner everything that you are thinking about. If you like something, then communicate your happiness, and your dislike or displeasure if you don't like something. Speaking freely will allow your partner to get an insight into how you think and what you feel. Your mind should be able to freely express what your heart feels.

Emote

Make use of your hands to make gestures while talking. Gestures help in adding to your speech. Make different signs and symbols to show your partner your appreciation for what they are doing. Make use of your facial expression to convey what you are saying. Use them in addition to your speech and gestures. Don't be afraid to laugh freely, cry, smile or anything else while you are talking to your partner. This will help in becoming more empathetic towards your partner. There are specific hand mudras that can be made use of for channeling your energy and this will allow you to emote in a better manner. Avoid doing certain things that can be quite a turn-off, like cracking your knuckles or grinding your teeth. Instead, concentrate on gazing into your partner's eyes.

Encourage and evoke

When you are speaking to your partner, make sure that you are encouraging him/her to speak up as well. It needs to be mutual, and you will have to make sure that communication is a two-way street. Say things that you know will elicit a response and don't keep on talking continuously. Give your partner some time to respond as well. Provide your partner with an opportunity to express his/her feelings and what he/she is thinking.

Clarity

While talking to your partner before, during or after sex, make sure that you are clear. Modulate your voice accordingly and make sure that you are clear and audible. No one likes it one someone mumbles. It is really important to

know what you want to say it and the manner in which you say this matter as well. Put some thought into what you are saying and say it in a proper manner. Simply whispering “I love you” or “you look good” into your partner’s ears can be quite a turn on.

Fluidity

Your speech has to be fluid, and you cannot keep pausing in between sentences to say what you are thinking and what you want. When it comes to Tantric sex, each session can last as long as you want it to. Therefore, you need to be prepared both emotionally as well as mentally to say all that you want to. Make sure that you don’t tire yourself out by talking too much and channel your thoughts and emotions in a proper manner. Allow this energy to flow freely through your body, and this is the only way in which you can communicate fully with your partner.

Honesty

Don’t be afraid and speak honestly. Speak your mind out, and you don’t have to exaggerate or lie about something to make it sound nice. Keep it very simple and be truthful about it, if you really want to express yourself freely.

Breathing

Start and concentrate on your breathing and time your breaths so that you can sync them with that of your partner. You don’t have to speak constantly; this will simply slow down your breathing. Be aware of how you are breathing and have a good grip on it. Synchronized breathing can be quite a wonderful experience. Breathing can also help your movements while you are performing tantric sex because it makes you more powerful.

Spin your Chakras and Breathe to Ecstasy

Various practices will help you in understanding what Tantric sex is all about. These practices make use of different sounds, symbols and sights that will help you along your way to achieving ecstasy. You will need to put some time and effort into practicing these techniques and perfect them. One of the most important aspects of tantric sex is the one thing that you are doing right now, breathing. It is crucial that you are breathing properly to ensure that you can attain the deepest possible level of intimacy and the highest level of pleasure that you can experience.

Why is your breath important?

When you are breathing in a proper manner, you are supplying your body with the much-needed oxygen. While you are breathing this also allows for the free movement of sensuality as well as emotions in your body. This will help you in achieving multiple orgasms. Yes, you read it right. Multiple orgasms! Your breath is the major factor that helps in building your stamina and help you to last longer while having sex. It will also help in making sure that the love that exists between you and your partner stays intimate. This sounds too easy, doesn't it? Well, there's one problem that you need to be addressed in this respect. Now, you are holding your breath too much! Every human being tends to do this. Focus on your breathing pattern at this particular moment. You aren't expanding your chest, are you? Is your breathing shallow? Well, this isn't healthy. You will learn about three really simply breathing techniques that will help you breathe as you are supposed to.

Focus on the source of your breathing

Have you ever tried to identify the particular place in your body from where your breathing starts? Do you think it starts from your throat, chest or the area around your stomach? Well, it isn't supposed to start from any of these

areas. You will need to make a conscious effort to make sure that your breath starts from somewhere deeper in the body. To make sure that you are breathing deeply, take a deep breath and then slowly trace the path of your breath with the help of your hand. Relax, and then exhale. The time you are taking a deep breath, make sure that it is starting from somewhere as low as your genitals. This will help in making sure that you have got sufficient energy to keep you going while having sex.

Egg to Eagle Exercise

This is a really good technique to make use of, especially while you are sitting. You will need to curl up in a ball and while you are bending, you will have to exhale your breath swiftly. Now, bring your hands closer to your body, and then place them on the back of your head. Do you feel like your back is stretching? Inhale and then slowly move into a sitting position. Stretch your hands as far away from your body as you can and make sure that your elbows are bent behind your back. Arch your back slowly and push our chest out. This moment will make all the air come rushing back into your chest. Continue with this exercise. Your breathing will be more even after a few repetitions of this exercise.

The wells exercise

The main aim of this particular exercise is to take as much air as you can into your lungs. It is about filling your lungs up with oxygen. This can only be done if you start thinking of your lungs as wells that can be filled up. You will need to work towards increasing the virtual capacity of your lungs. For doing this, keep your arms by your side, and sit in a comfortable place. Once you have inhaled, fill your lungs with as much air as you can, then hold onto this for a few seconds and then exhale all this air from your lungs with some force. It should sound like a gust of wind rushing out of your body. Suck in more air, making as much noise as you can. This will help

you in controlling your breathing as well as regulating the sounds that you make while engaged in sex.

The importance of breathing in Tantric sex cannot be stressed enough. Every time you feel that you are inching closer to an impending orgasm, take a few deep breaths and refocus your attention on enjoying the moment, instead of thinking about the orgasm. Enjoy and savor every moment.

The Sensual Touch (How to Touch Your Partner)

Tantra is a blissful journey, and the bliss is not about sex alone. It is about the journey you undertake with your partner. The environment that you're in when you're having sex has an impact on your mindset. Set up the perfect environment, and the process will be a sublime encounter.

The Best Techniques to Create the Perfect Atmosphere

Setting up the perfect atmosphere is going to boil down to what you and your partner enjoy. These tips are merely here to serve as a guide to give you a starting point, but ideally, you should personalize your environment to what you and your partner feel constitute the “perfect” environment in your mind. Here are some examples of what you might do to make your environment as comfortable as possible:

- Ensure that the temperature is just right. You and your partner should be happy with the thermostat setting. Not too hot, not too cold, but just right. If it is cold, turn up the heat for approximately an hour or so before you start. If it's too hot, do the same thing except with air-conditioning. Let the room settle in a nice, comfortable temperature.
- Candles, fairy lights, or tinted light bulbs are great for setting up a romantic mood. If making love by candlelight is something you've always imagined doing with your partner, there's no better time than right now to start. For a more romantic, sensual feel, soft red lighting does the trick.

- You could even double duty on the candles by opting for scented candles (arousing the sense of smell again). Diffusing essential oils and burning incense also does the trick, depending on what your preference may be. Should you prefer the all-natural route instead, fresh flowers in the bedroom will help spruce things up. Pick a smell that both of you find sexy and a turn-on. Otherwise, it defeats the purpose. Oh, and you want to make sure that the scent is not too overwhelming either so it doesn't distract from the lovemaking.
- Making love on soft, satin sheets and comfortable pillows feel glorious, and it comes with the added benefit of stimulating your touch (skin) sensors too.

Understanding the Resilient Edge of Resistance

When it comes to sex, there is going to be a lot of touching involved. A lot. Touched is not reserved for tantric sex alone either; even regular sex involves a lot of touch during foreplay to stimulate both partners. With traditional sex, what we learn about is which body areas we should be touching, and these are usually the most sensitive areas of the man and woman's body. We learn when to touch, how to touch, how much we should touch, and that's about as far as it gets. Tantra, however, takes touching to an entirely new level. With tantra, you're going to learn how to become the touch. Becoming the touch means you're going to look for the narrow opening where the balance between too little and too much pressure resides. The aim here is to touch your partner so deeply that their body perfectly to your touch. You'll know when it is perfect because they'll vocalize their pleasure, and their body will relax into your touch. If their muscles become too stiff or rigid when you're touching them, you've gone too far, and if it feels a little too flaccid, you're not touching enough.

That brings us to the Edge of Resistance concept. Think about all those times you've been touched by your partner. If their touch has felt too tentative at times, what does that feel like to you? Make it felt ticklish. Or perhaps it felt more like poking. You might have even felt annoyed instead of aroused by it. Either way, the tentative touch is not good. On the other hand, if their touch was far too intense, it didn't feel all that good either. Has your partner ever tried to massage you, and they were too heavy-handed about it? Instead of relaxing into the massage, you wince and tense in pain, and your muscles contract even more as though your body was physically resisting their touch. Recall that episode of Friends when Monica was giving Chandler a massage. She thought it was going well, but poor Chandler was in pain from experience but too polite to say something about it because he didn't want to hurt her feelings. The more your partner tries to force you to relax with their touch, the worse your muscles seem to tense up.

The perfect touch, however, is simply heavenly. It's not painful, but neither is it too relaxing. Yet somehow, the touch just feels right, although it's hard for you to explain why exactly. The kind of touch that makes you feel safe, present, supported, and loved. A touch that can cocoon you so deeply in a state of peaceful, relaxed bliss that you never want it to stop. That's the Edge of Resistance touch.

Try this quick exercise. Take your hand and place it lightly on your lower arm. Don't apply pressure on it just yet, but notice what it feels like when you touch yourself there. Now, try applying a little bit of pressure to start, and then slowly increasing that pressure bit by bit. Once the pressure becomes too painful, stop. How does that feel like? Now touch your arm again. This time, search for the point where your arm yields to your touch. Yields, but does not shrink away. See the difference? If you need a more

visual representation of what the Edge of Resistance touch looks like, think of the Pillsbury doughboy and the way his body reacts to absorb touch when his tummy is poked. When his stomach is touched, the finger makes a little dimple as it sinks inwards to absorb the touch. Once the finger is released, his stomach bounces right back into shape the way it was before. That's the Edge of Resistance touch.

This form of touching applies to all parts of our bodies. Physical, emotional, and even our psychic level. When you're faced with a lot of stress, for example, you feel overwhelmed and start to shut down because you can't handle it any longer. Yet, when there's not enough stress, you're not motivated to act and become complacent. From a physics standpoint, the Edge of Resistance touch means being supported enough to be able to take risks. Without risks, there would be no positive growth. But risks without proper support becomes reckless. Only when the balance is achieved can we experience pleasure and thrive. This philosophy translates into the bedroom too. Tantric sex is going to be a new area of exploration for one or maybe both of you, and it is important to support each other during this process. Take supported risks, so neither one is acting with reckless abandon; you don't want to risk scaring your partner or putting them off the idea of tantric sex forever.

This Edge of Resistance touch is something that is constantly shifting and changing, never stagnant. When pressure is applied through touch, breath, or tension, your body expands and creates a new edge of resistance. Let's use the yoga example to help illustrate this point. Sitting on the floor the way yoga calls for, you bend over and attempt to touch your legs with your forehead. At first, if you've never attempted yoga before, this move is going to be challenging, maybe even hard, depending on how flexible you are. With each breath you take, you mindfully relax your body into the stretch a

little bit more with each breath. You don't force yourself; you just gently ease into the stretch until, at last, your forehead is touching your legs successfully. The Edge of Resistance touch works along the same lines. You start slow at first, but as you get deeper into the tantric poses once your body relaxes into it, your body starts adjusting. The Edge of Resistance touch is when you feel safe enough in your pose to surrender to your partner completely and get deeper into the movement together.

Why Does the Edge of Resistance Touch Matter?

Because that's where pleasure - real pleasure - awaits. Reaching that level of pleasure is extraordinary, and you'll wonder why you didn't begin this journey sooner as the gateway towards more a more profound connection is forged between you and your partner. The trouble with regular sex is that most people touch their partners the way they like to be touched, not the way their partners like it. Just because you like to be touched a certain way, it doesn't mean your partner feels the same. Your intentions may be good, and all you want to do is return the favor and make them feel the same touch that sends shivers up your spine, but that's not what they might be looking for. Maybe you find feathery light touches delightful, but your partner finds it annoying and ticklish.

With the Edge of Resistance touch, your hands are now going to intuitively guide you as you touch your partner. However, the best person to tell you when your touch is perfect is your partner. Communicate and listen to what your partner likes. Feel the way their body responds to your touch. Ask them to tell you what they like, and whether your touch is too hard or too soft. Adjust your pressure accordingly based on the feedback you get, and with several practice sessions, this will soon become instinctive to you. Soon your partner won't have to say anything, and you'll still know the perfect way to touch them anyway.

Tantra often describes the act of tantric sex as the exchanging of pleasure, where two people come together in lovemaking and awaken their senses. Tantric sex allows for couples to communicate with each other on deeper emotional and physical levels. It is during this time that the couple is able to form an intimate connection with each other, a connection which can be maintained and even brought to greater heights through sex. One of these ways is through the Edge of Resistance touch, where you get to connect physically, psychically, and emotionally. As you try to find the sweet spot way of touching your partner, it is important that you don't worry so much about "whether you're doing it right." it is not about right or wrong, but rather the pleasure that you and your partner are deriving from the act of being together with each other.

Again, with tantric sex, pleasure is what matters most at the end of the day. That, and deepening the connection that you share with your lover. The idea of tantric sex is for both you and your partner to remain in a sexual ecstasy state of mind for as long as you possibly can. That is what tantric sex wants you to achieve from experience, and it isn't about getting the technique 100% perfect all the time. There are no results to be achieved from it, only pleasure and a deep connection of intimacy between two souls. look into the eyes of your partner as much as you possibly can.

Importance Of Sexual Fantasies

Sexual fantasies tend to wander through our minds. The wonderful thing about sexual fantasies is when you need to, you can call them up. When you masturbate or have sex with your partner, you can conjure up a sexual fantasy, that will increase your sexual excitement. But sometimes your mind gets a sexual fantasy when you expect it least.

A fantasy is nothing more than an unbelievable desire, an image, or a story you think about. You can have dreams that are soothing, thrilling, or entertaining, everywhere and anywhere. There are many people who simply use their imagination to receive intensive sexual pleasure. And more people use their imaginations and fantasies to make their sex lives exciting.

It is completely normal to fantasize about anything. The choice of your fantasy is based on the use of good judgment to determine if it becomes a reality. Sexual fantasy is a good way to keep your mind (and maybe your body) motivated whether or not you have sexual fantasies for a whole day, or if you just think about the right individual in the right place and the right time to act.

The imagination or external stimuli like an attractive stranger, an erotic picture, a book, or a movie can activate fantasies. Whatever tips you give, it is good to imagine, as long as something gets you off. You can express your imagination in a sexual way through fantasies. You may think you want to do stuff, but you haven't. You can still fantasize about things you've done in the past. Or perhaps some stuff you know you're never going to want to do, but it's still fun to think about.

As often as you like you can revisit your fantasy. As if they are your own private sexual retreat, you could take refuge in them. AIDS, abortion, and sexually transmitted diseases will not occur. There are other advantages of sexual imagery. You do not need to use condoms or birth control in your imagination. In your fantasies, you can really feel liberated.

Fantasies and masturbation often go hand in hand, but for many people, fantasies also accompany sex. You can talk to your partner if you're slow to orgasm, to give the lovemaking a little kick via your favorite sexual fantasy. Fantasies help you concentrate on the erotic so that you can get to the no return point.

Fantasies may be good ideas when you dream of how you want to make love, but they will help you more if you decide to put your thoughts into action. Fantasy is also great if you think you want to try some kind of sex, but you are not completely certain. In your fantasy, you can see if it turns you on before you think it will take place.

Sex therapists have also found that imagination can allow people to overcome certain sexual issues. You can become less sexually inhibited if you put positive, sexually free-minded thoughts into your mind. You can deal with your perceptions of sex through imagination and learn to enjoy your own sexuality, so you can experience it with someone else.

People have all kinds of fantasies. And I have heard them all over all my years as a sex teacher. Nevertheless, some aspects are more amazing than others. I have compiled a list of the sexual fantasies I find the most common. This list of the best sexual fantasies is below. Check it out to see if one of these is your dream fantasy.

Top Sexual Fantasies

Threesomes or Group Sex - Just imagine a mouth on your mouth, a mouth on the genitals, a mouth on the nipple and six hands touching the body.

There's definitely a lot to visualize if you think of a threesome, also known as ménage à trois, or group sex. Perhaps you have done this before, and you are really excited to remember that time. Or maybe someday you hope to try it and fuel your fantasy with the thoughts of what you will do. If you do not believe that in real life, you can deal with the emotional complexities of group sex, the fantasy will still excite you. The only way that you can fit a couple of people into your double bed is, perhaps best of all, with a group sex fantasy.

Sex with a Famous Person - Perhaps one day you'll meet Jennifer Aniston or George Clooney, and with him or her, you'll have mad, passionate sex. But probably not, so you can at least have one whenever you want if you imagine Jennifer or George. Sometimes it is the fantasy of having sex with a powerful person. On other occasions, we all share a common pool of sexy celebrities whose pictures we can simply throw into our fantasies.

It is fun to imagine celebrities, whether it's Brad Pitt who loves you in a whirlpool or Drew Barrymore who fondles you when you hit her bed. Usually, these fantasies won't come true unless you run with the rich and famous. And that's good - otherwise, all the guys with whom Pamela Anderson had to be involved in real life would be mightily sorry.

Sex with a Friend or Someone You Have a Crush On - The scent of her perfume triggers an infinite flux of fantasies every morning as you approach her work station,. You don't actually think you really do need to ask her out because you're working next to each other. But it's probably refreshing to have her every night.

For almost a year you have him and, while you say you and he are "simply friends," it can sometimes be fun to get him in your fantasy even when you don't feel all sexually connected. When you're with him at work, the only drawback oftentimes is you look at him amusingly, when you know what

your fantasy was the night before. We so often fantasize about people in our lives. So you see them and you quite often genuinely have feelings for them; so why not just add them to the fantasies?

Sex with a Stranger - You are in the metro at an early hour and a tall red-haired beautiful woman is tightly pressed against you. You know that your bodies rock with the train's movement. And the desired object begins to move unexpectedly. Oh goodness, you both are not getting off at the same station. On the other end of the sliding doors, the beautiful woman looks back at you with a seductive eye and smiles.

But you're not disappointed and sad that you missed getting to know each other because you clearly understand that in your fantasies you can find each other pretty much at any time. Whether it's the good-looking bystander you found on the metro, the steakhouse waitress when you're out with your wife, the socially awkward woman living in the next apartment, or just someone you invite into your imagination, the prevalent fantasy of sex with a stranger makes you thrilled about casual sex without actually risking it.

Force Fantasies, Being Tied Up, and Being Spanked - Would you ever want someone that you barely know to rip off your shirt, take you by the hair, throw you down, and have sex with you? Many people don't want to be forced into sex or forced in real life to have sex, but force fantasies are very common. These are fantasies that should never be done for real unless you naturally have the full consent of your partner. But imagining force fantasies is perfectly fine.

It might mean you feel like you have no influence in your real life if you fantasize about pushing somebody to sleep with you so that you like to control your fantasies. Or you might be strong in real life, and you live to give up in your fantasies if you fantasize about relinquishing the control. Would you ever like your lover to tie his hands and put him on his knees for

a nice slew? People who imagine that they are bound are often looking for a sexual encounter "free of guilt."

We fantasize that because they are tied up, they can't resist sex. Those who daydream about being spanked in real life may be S/M. Or perhaps they like how it feels in their fantasies. It sometimes makes them feel bad and they need punishment, and it feels so good to them.

Sex While Someone Is Watching - You slowly and instinctively unbutton your jacket, but you experience some excitement because you know you look really good. You touch your chest, slide down your hand, and start to masturbate as you get more excited. Some people might be very exciting, at least in fantasy, as an exhibitionist.

You might pretend you are a sexual artist who shows up to the observer and also turns the observer on. You may imagine you have sex with a stranger and watch your partner or have sex with your partner and a neighbor. In actuality, it might be humiliating to have someone actually look at you, but it could work just fine for a fantasy.

Sex in Public - Could you imagine you have sex from the rear, bowed over your favorite club bar, or have sex on a crowded nightclub's dance floor, or during a walk on a crowded beach, or while sitting on the road divisions during rush hour? In real life, sex in public is dangerous. Yet, you don't have to worry about being arrested because of indecent exposure in a fantasy because it doesn't carry the same sense of risk. You can go for whatever thoughts turn you on. If it's only in your head, nobody can catch you in public.

Sex in an Exotic Location - Some people may go to the Grand Canyon to give their lover a blow job, while others just fantasize about it. Perhaps you could make love to a woman who sits near you at work on the top of your work desk, get a hand job at the top of the Empire State Building, or do it

with a UPS guy behind his truck, but all those are easy to imagine. Your sex fantasies can take you to exotic places you have never before been.

Otherwise, they can take you back to the locations that you were at or plan to visit already. You can fantasize about having sex in geraniums and you have sex in your backyard any time you like, without ever having to go out. You could fantasize about it before the plane takes off if you plan to make love at the beach during your holidays in Cancun. There is perhaps somewhere where, like in a roller coaster, you've never gotten the nerve to have sex. You can do it in your imagination, and you're not even going to have to wait on the first seat in line! It's safe and fun to place yourself in exotic places wherever your mind takes you.

CHAPTER 21:

Pre-sex

Seduction

Seduction is the act of persuading someone for sexual arousal and intercourse. It mostly happens through actions and words that tend to attract the attention of the victim. If you wish to become a great seducer, you must orchestrate surprise and avoid familiarity and boredom in your relationship. Notably, surprises influence seduction, and it decreases depending on the surprises you make to your partner. For that reason, you will find relationships fading as a result of the lack of surprises among couples. As too many of surprises could be counterproductive, you should create the best moments to make unexpected moves that please your partner. These surprises have power and take much of the victim's afterthought where they remain glued into it. They build up forms of crystalizing you as a better person. Unfortunately, seduction is gradually becoming a lost art for people who have become so self-centered that we are unable to analyze the outside perspective. The fact that seduction is a social activity it encourages you to pay attention to feedback and put yourself in other people's shoes. This way, you will learn more about your seductive energy and how to express it adequately.

As a result, you will refine your seduction based on the character that best fits you.

Identify your seduction character: Successful seduction depends on how well you understand yourself and the energy you exert toward the victim.

The following categories should guide you and create the best seducer out of you.

- Sirens: They are physically undeniable, highly sexual, and confident. They are perfect in creating sexual awareness which aids in luring their targets.

- Rakes: They are highly unrestrained and are ready to let go and become enslaved by the love of women.

- Ideal Lover: They make their targets feel elevated and deserving of success. The character makes the target fall in love by bringing the perfect quality out in them.

- Dandies: They demonstrate the freedom and limited roles in life. Their confident expression of their lifestyle makes their targets imitate and admire them.

- The Natural: They practice openness and innocence. The value of retaining the impeccable quality makes them admirable and worthy of life partners who would be a relief from the world's guilt.

- Coquettes: They exercise the power of love and desire where they portray themselves as self-sufficient. By denying full access, they increase excitement and value, thus more seduction power

- Charmers: They are socially friendly and are best in pleasing. The fact that they do not complain, or fight influences their seduction.

- Charismatic: Through their confidence, they create illusions and intense plans that portray them as organized and goal oriented.

- The Star: They are ethereal and aim to become an ideal reference when seducing those who are interested in fantasies and dreams. Their appearance makes them identifiable through imaginations.

After analyzing yourself and identifying your category, you will also need to understand your target and maneuvers that will make them surrender. It

would be advisable to target those who show a deficiency of your abundance and not try to seduce your type. You should look out for signals of what your target lacks and form the basis of your seduction.

The following are types of seduction targets.

- Patient Dreamers: They long for exploration and adventure but remain in their boring life.
- Reformists: They seek to escape custodian sexual life.
- Virtual Royals: They wish to be treated as special people and live a royal life.
- Prudes: They like to keep things undercover and would not want you to judge them for their actions.
- Dark Stars: They once attracted much attention and would like to regain popularity and adoration.
- Fresher: They consider themselves new to sex life but are ready to explore.
- Conquerors: They need to be met with plans and missions to overcome.
- Exotic Fetishist: They are obsessed with exotics and new experiences.
- Drama lovers: They like to remain fascinated by the happenings and wish to be involved in drama throughout their life.
- The intelligent: They think and analyze everything profoundly and wish to find help in relieving mental barriers.
- The appreciated: Used to be praised and needs someone to focus on other aspects that they can enjoy.
- Aging Toddlers: Portrays immature behavior and needs enabling of the desires and gradually reeling them in.

- Life Savers: They like to act as your savior by making them believe that you need them as a protector; you make them develop an obsession.
- Veterans: Their experience in love and sex life makes them desire to educate others.
- Idol seekers: You must act as an object to provide meaning in life and prompt them to worship you.
- Sensualists: They rely on what their senses command them. You must master and influence their smell, touch, taste, and sight to win them.

Phases of Seduction

Initially, understand and master your charming character and the perfect target. This way, you will be able to make the moves that will win you a sex partner and companion. Your active seduction should be phased to ensure that you make gradual progress and to allow time for synthesis. By following these phases, you should make an effective seduction that will not only win you the most preferred target but also test your charming character.

Phase 1: Making a Choice: You should choose a victim with voids that you can fill and one who shows notable signs of desperation. Making the right choice includes leaving those who seem inaccessible and hostile as you cannot seduce everyone. Besides, beware of falling prey to those who quickly like you as you may be mistaking insecurity for seduction. Introverts and shy people usually have still waters running deep and are better targeted as compared to extroverts. Your first move should be seeking attention and stirring desire. The step is easy if the target is your friend. In this case, care is not necessary. Develop a friendly conversation on what they like and dislike as a way of knowing them better. Moreover, finding quality time to spend with them is vital as it helps in understanding them and becoming part of their routine. Remember always to remain ambiguous to facilitate the urge of learning your ways and increased interest in you. Ensure that you understand every circumstance that makes your target that they are. Most importantly, understand their reasons for specific courses in life to avoid baseless judgment. In this phase, you must play by your target's rules and adapt to their attitude and moods to avoid strong defense.

Phase 2: Stir it up: This phase mostly involves your actions towards the victim. Ensure that your victim remains in suspense from your activities. Let them wonder what to get soon due to your routine innovations and

surprises. The feeling gives them the urge to know you better. Surprises make your victim view life as full of new things and places. Therefore, you become the connection between them and the wonderful world and people. Be sure to have the victim engrossed in you, especially if sweet words and promises to accompany the surprises. The victim's emotions become inflamed by your fantasies and would find it hard to resist you. Be yourself and restrict your actions based on the tastes of the victim. However, the flavors should not make you hold back your natural traits. Notably, inherent characteristics are the most seductive and could play a significant role in expressing who you are. You only need to create fantasies for your victim and appear to turn her dreams into reality. Most importantly, you will have to emotionally, mentally, and physically move the victim out of their natural environment. It will help break connections and establish your relationship through refreshment and adventure.

Phase 3: The Precipice: At this stage, you are in full gear, taking extreme measures, and deepening the effect. Therefore, you should be yourself and should be less worried about making mistakes. You should be ready to act as a rescuer for your victim even if it means leading them into a crisis. They must believe that you are there for them, and you mean it. You need more in-depth exploration and going beyond the victim's limits to test their submission and also influence their interest. In case your victim has insecurity and doubts about their conscience and sexuality, you could use spiritual lures. It would involve making them focus on the religious experience or other artistic expressions. Chiefly, when you mix pleasure with pain, it positively influences seduction which should not be unaffected anyway. Simple seduction leads to the fast climax and weak satisfaction which is contrary to what you need to achieve.

Phase 4: Capture: It is the perfect time where your victim falls on your hand. It happens through acting in a suggestive manner that makes the victim take actions to move closer to you. For Instance, you could act interested in someone else and see the victim sense it and react. It is about making the pursued become the pursuer. You should also observe sexual desires that you induce through your glances, voice, and gestures. Trembling of the sound, blushing, and a revealing slip of the tongue are indications that the victim is giving in. Note that you are solely responsible for going on the offensive, ensuring that you maintain your lightness and mystery.

Rules to Observe

Although all couples are different, and each partnership is unique, the following provisions of seduction are applicable in most cases.

- Avoid Manipulation - Men and women often feel that their partner is fooling them and brings a charged feeling against them. Learn to work with what your partner brings on the table.
- Demonstrate independence – Develop a dictated passive aggression that requires you to remain in your center, especially when on a first date. Sharing about your world and life makes you more exciting and exciting.
- Be natural – If you are the target of seduction, you will never know if he/she cares for the real you. Therefore, you need to deal with open people.
- Have Fun – The natural you should give out the playful part of you to remain attractive and adored.
- Be Humorous – It makes you sexy if you are able to take both teasers and critics. Also, finding humor indicates that you have a good and sober personality.
- Observe Good Hygiene – Your breath, appearance, and hygiene may cost you a date no matter how cute you might be. Similarly, you should develop self-esteem to remain proud and secure.
- Body Language – Your confidence and attitude are visible through your body language. Smile always and avoid flirting with everyone as they may never take you seriously.

You are required to observe patience and perseverance by giving your date a chance to respond. Note that seduction is only in your head and what matters is how others perceive you through your presentation.

Tantric techniques for addressing common mishaps in sex

Common problems in sex

Many of our struggles in enjoying our sex life and failures to achieve deep connectedness to our partner stem from our social conditioning and upbringing. Therefore, you may find it helpful to question your own beliefs about sex as much as trying the practical techniques of lovemaking. We will look at some sexual problems that are often brought up in our society and how tantra helps to address these. This will be useful for single men and women, as much as it will be for couples because it may be that your beliefs about yourself are precisely what's stopping love from knocking on the door to your heart.

Focus on your inner beauty

Women and men have long been assigned certain gender roles. Although the balance is beginning to shift extensively, and we see a variety of masculine and feminine types portrayed in the media, essentially the most prominent images are those of a well-shaped female body with large breasts, proportionate hips and disproportionate waists (just think of the Barbie doll which many kids still enjoy playing with), while for men the most dominant images are of a rich and successful man who somehow still finds time to go down to the gym and keep up his fit shape!

Whether you are a man or woman, and whether you have a mind that's resilient to these images, it is likely that some part of you will compare yourself to the idea of what your gender should look like. You may find yourself feeling unworthy or even ugly because you compare your external appearance to others. In tantra, everyone is uniquely beautiful, and once we remove the focus from external factors, such as pleasing your partner with your looks or performance, and focus on our own intimate experience instead, we can develop our own beautiful, subjective truth and be content in our body.

Instead of focusing on the things you don't like about your body or yourself, try instead to focus on what you find beautiful about it. As soon as you change your beliefs about yourself, your mind will look for evidence to back up the claim. If you perceive yourself as lovable, your mind will find plenty of examples to prove that it is so.

Develop healthy selfishness

The pressure to perform is very prominent in society, and often our desire to please the other person (whether this relates to sex life, relationships at work or other areas of life) keeps us from embracing our authentic self. We are so focused on whether our looks please our partner, whether our touch is arousing them that we forget to embrace our own feelings and develop real sensuality. Just picture it—if both of you are trying to please the other, you will forever be out of sync because none of us can read the mind of another person. The response they have to your touch may not even be authentic because they are trying to please you in turn! Without healthy selfishness, we are wrapped in layers and layers of lies. As in sex, so in the other areas of your life, start doing things that you enjoy, put your needs and happiness first and you will notice a significant change in how others treat you and perceive you. So long as it's not harmful to another person, there is nothing wrong with recognizing your needs and meeting them—on a daily basis.

Difficulties with erection and premature ejaculation in men

There is a tremendous pressure on men to perform well—the man has long been seen as the breadwinner and as someone who needs to be successful. The man is also the person on whom lies the responsibility of sexually satisfying not only himself but also his partner. It is no wonder then that so much focus on his sexual performance can lead the man to difficulties when erecting his penis. Because in our society so much focus is placed on achieving goals, the man may crumble under the pressure, and begin to question his manliness if he is not able to reach an erection. Tantra has an answer to this in the form of soft penetration. For men who struggle with an erection, this technique can be especially liberating—even if you can't achieve an erection due to medical reasons, it is comforting to know that you can still make love to your partner using the technique of soft penetration.

Another problem that can be common among men is premature ejaculation. Because we are so focused on orgasm, some women may even see premature ejaculation as offensive, believing that their partner decided to come before them as a show of power. For women, the first step towards understanding the cause of premature ejaculation is to change the meaning they assign to it. Although this isn't always easy, especially in a society that for so long has discouraged men from expressing their feelings, it can help a couple to have an honest discussion about what premature ejaculation really is. It can signal a release from tensions that a man feels in life in general, as a coping mechanism for the body. It can mean that he is under so much pressure that he cannot contain it inside for very long—it can be useful to ask him about that when premature ejaculation happens. As with most other problems encountered in sex, when the idea of orgasm is removed, and the focus is instead of being with each other rather than doing sex

together, a man may find that he is able to sustain himself for much longer than he thought to be possible.

Difficulties with orgasm in women

It is a widely held view that women when they pass a certain age, lose all interest in sex. Richardson proposes that women don't lose an interest in sex at all, but the interest in pretending they are enjoying sex when they are really not.

When we find ourselves in a loving relationship, we don't want to upset our partner by telling them that they are not able to please us. Instead of fully acknowledging what women are truly feeling and having an open discussion about it with their partner, many choose to spend their lives faking an orgasm or faking that they feel good, when actually penetration is causing them pain.

Although in this sense, society's ideas are changing and have come a long way, women still find themselves adopting a somewhat submissive role when it comes to sexual relationships— most do it unintentionally. If your partner truly cares about you, then he will be interested in making you feel good. Try proposing tantric techniques to your partner and when you engage in lovemaking, shift the focus of your actions from trying to please him to what feels good for yourself.

Although tantra discourages focusing on the orgasm, it is useful to mention that for women, perhaps more so than for men, the key to achieving an orgasm is relaxation. Ask yourself why you feel tense when you are making love; focus on what you feel in your genitals and breasts; guide your own body and your partner's hands lovingly to the places where it makes you feel good to be touched.

CHAPTER 23:

Emotional And Cultural Consent: What It Is And Why It Matters

Tantric sex does require you to have consent, just like all forms of sex. But, it's a little different this time around.

Consent: Why It's Sexy

For most people, consent is something that should always be there, but it's something that not only allows for sexual situations to be a mutually-beneficial activity, but it's also the difference in many cases between sex and of course, rape and abuse.

Consent is something that you should always work towards having. Most people don't understand the impact nonconsensual activities are on someone, whether it be sex or otherwise, and consent allows for you to subject yourself to this, so you're happier and healthier.

But consent isn't just in a physical consent. The whole "I'm okay with you touching me there" is impactful, but it's more than just a physical action.

It's also, an emotional, mental and cultural type of agreement.

Physical consent is usually given in most relationships. You say it's okay to have sex, and then you do it. But tantric sex requires emotional and cultural consent, and both of these are something that usually most sex doesn't have. Sex can be emotional, but usually, you don't need heavy emotional consent when you're having sex. But, with tantra, it is a very emotional activity, and you need to understand that, in order to have a successful tantra experience, you must give the consent to experience the emotions of yourself, and of other people.

What Is Emotional Consent

Emotional consent is where you consent to the emotions that someone else either gives to you, or you provide.

Have you ever talked to someone where, at first, it's just you talking about your problem, but your friend suddenly jumps forward, giving unsolicited advice on how to handle the situation? Have you ever done this? Oftentimes, emotional consent is just as important as physical consent. It isn't good to be on either side of those types of interactions, and for most people, jumping into that oftentimes means that your conversations will be disappointing, and it can oftentimes be very frustrating to deal with.

The problem is that we live in a world that's messy, and you need to understand that you have to build deeper connections with other people that you come into contact with. But the thing is, you need to give the okay to experience those types of emotions. To do otherwise allows you to build trust with the other person, and it leaves you both a place to share your thoughts.

Talking to others is tiring. Emotional labor is something that most of us don't sign up for, and emotional consent is very important because it honors the ability to give the other person the perspective that you have, and also, so that they're not being bombarded with these emotions and instead, you both set healthy, happy boundaries with others.

Emotional consent is as simple as you're both okay with feeling the effects of it, and also how you can benefit from this as well.

Emotional consent is more than just "I'm willing to listen to your problems" though. Lots of times, emotional consent in tantra is allowing yourself to be exposed to some of the harsher realities of the world.

When you experience tantra, you go through a lot of emotions, and oftentimes, you both have to be on the same page. Breathing together,

looking at one another, experiencing the flow of one another's energies can be tough, especially after a long day. That's why, if you practice tantric sex it's important to do this when you're not hung up on the distractions of life and instead, you're able to easily understand and utilize the information that you learn about your partner.

It's a very spiritual activity, and you need to consent to get into those kinds of emotions. Sometimes, when you do this too, you tackle traumatic points.

Tackling Trauma and Emotional Consent

The emotions you experience during tantric sex aren't just the emotions of yourself and the other person. Tantric sex is done to free yourself from the bindings of other people, and oftentimes, what people don't realize is, that with tantric sex it can be a very stimulating process for both parties.

Tantric sex involves looking at the traumatic associations with sex too. For many of us, we don't spend time enjoying the moment, and the emotions associated with this. But, with tantric sex, we can overcome the problems of the past, and from there, face the future. However, you need to understand that it is an emotionally-stimulating thing and it can be good for you, but also very heavy. Understand that you're also opening yourself up to the trauma and problems that your partner faces too, which is why many people don't realize the full power of tantric sex. For most of us tantric sex helps us understand our own personal wellness and ability to really explore the unknown.

Consenting to this is important, consent is something that you need to have emotionally and sexually during tantric sex, but you need to understand that you must freely give consent, are giving informed consent, are enthusiastic about it, and you communicate with the other person what's going on.

Communicating especially during the more traumatic elements might be good for you. It lets you explore these desires, and these feelings in a healthy way. Remember, you're also looking at sexual boundaries, eliminating them and being free, which will, in turn, help you with improving your own wellness and happiness. Consent is really good not just for looking at the emotional aspects of it, but also to handle trauma related to this subject, which is more common than you think.

Consent as a Culture

Tantric sex encourages you to fully consent to everything that you do. That's the culture of it. When you engage in tantra, the goal of it is liberation, and you need to agree to the idea that, with tantra, you're going to experience new things related to it, and it can be a big thing for most people.

You need to understand that you should speak up for yourself, and your own personal feelings. You shouldn't just blindly follow what the doctrines teach you, or if you're doing it with someone who knows tantra, also work to form your own conclusions as well. You should stay within your comfort zones in relation to tantra in order to minimize any changes of later regrets.

Always state your boundaries during tantric sex. If you like the massaging feeling of being touched in some areas, but not in other areas, you should always make sure you let the person know that you're with.

You should understand as well that you should never do group coercion either. Never just feel like you need to do something because it's said. Some people are definitely better by discussing things, and the culture of tantra encourages you to discuss this with the other person, so both of you are on the same page, and are honest with one another.

When doing tantra, always make sure to have honest feedback in place when doing this. If there are some things that you didn't like, let your partner know, and some things that you do like, again, let them know as well. You should always practice mutual consent with your partner, and make sure that you're both on the same page.

And as always, understand that tantra is a very personal thing. You don't need to scream to everyone about what happened during your five-hour tantric sex experience. That's something that should only be discussed

between both of you, and not something that you should just keep out in the open. Keep the confidentiality of it in place, because it'll help with improving the sexual experience, and the wellness you share as well.

Boundaries Still Matter in Tantra

Finally, remember your boundaries in tantric sex is still a big thing here. That's because, even though tantric sex involves going with the flow and doing things that stimulate your mind along with the body, you have to understand that there are still some boundaries that you shouldn't cross.

If that ever gets violated, that's not okay. That's assault, and that's something that you should never have happened. Instead, be honest with your partner, and you should also make sure that boundaries are discussed in a way that's fitting for everyone, and in a way that's safe.

As always, just like with any other type of sexual experience, it's very important you keep your consent in place, and you try to work on being consensual, and also willing to work together. You should try to as well, make sure that you understand the value of consent, and what happens when you consent with your partner. Discuss this early on, but always make sure that you do have these worked out, both physically and emotionally, and the type of cultural consent you'll have.

Cultural consent can be something as simple as tying a ritualistic experience with it or wearing similar clothing to signify it. Always talk with your partner before you begin with this, and make sure you're both on the same page regarding it, because that alone will help improve your experience.

Coming Together to Unleash Your Orgasmic Energy

Men are from Mars, and women are from Venus, but that doesn't mean they can't come together in a powerful union that unleashes phenomenal orgasmic energy. Tantra's teachings believe that men and women are two different beings and that they have opposing characteristics. This basic tantric principle is embodied in the Eastern philosophy of Yin and Yang. Yin represents feminism, and Yang represents masculinity. However, each partner can possess either characteristic. Women could have some Yang in them, and men could have some Yin. Instead of focusing on the aspects that separate men and women, tantra attempts to merge the energy of these two opposing forces.

Yin and Yang's Hindu representation is divine couple Lord Shiva and Goddess Shakti. Lord Shiva is the energy that is present in the universe, and Shakti is the source of all this energy. It is believed that the union of these two powerful deities is responsible for creating an innate longing within us to be treated like a God or Goddess. The balanced combination of these two energy forces is when enlightenment happens. In tantric sex, this is when you come together as a couple to unleash your orgasmic energy. Depictions of Shiva and Shakti always show them in various positions where they are entwined in one form or another. Dancing, embracing, or standing together closely, the common theme you'll observe in their images is that they are represented as a united being. Some positions see Shakti wrapped around Shiva with her legs propped up around his hips. Of all their positions, the

dancing one is considered by far to be the most sacred one since they are not only able to free their energies but are also able to attain enlightenment. “Goddess” is a term you will find used repetitively in Tantra, but a man is not referred to as God because God is a superior being in various religions. Goddess refers to a woman who is in touch with the feminine power that resides within her body. The initial meaning of this word was reserved for women who were nurturing and strong.

Tantra’s teachings state that there lies a God in every man and a Goddess in every woman. This implies that your body is the vessel for divinity. Tantra’s path is one way of connecting with God and divinity when you are making love to your partner. When you’re engaged in tantric sex, you are respecting as well as experiencing the divinity that resides within the human body. Every man and woman should be treated like God or a Goddess that they are. To be treated with nothing but love, honor, and respect. You must begin to think of yourself as a vessel for divinity and treat your partner with the same regard as well.

Two Souls, One Energy

Tantra is all about sacred love, something that extends beyond physical lust. It is about honoring and cherishing your partner while making love. You will have to shower your partner with the same unconditional love that you expect of your partner in return. The deeper you immerse yourself in the ways of tantra, the more you’ll realize that there are more ways to connect with your partner in ways that don’t involve sex. Three specific poses, in particular, are perfect for bringing you closer to your partner. To learn to trust each other enough, to find balance and harmony in equally giving and receiving so that this energy is then carried forward into the bedroom.

The Pose of Recognition with Hand Balancing

Coming together with your partner, you want to encourage them to be comfortable enough to be open with you, just like you would want to be open with them. Inviting another into our physical and emotional space is a sacred thing. To be comfortable enough to let our guard down and accept our partners completely and wholeheartedly, the Pose of Recognition with Hand Balancing is the ritual needed to help us harmonize our energy with that of our partner.

To be as comfortable as possible in this pose, it is recommended that you do it on the floor. You may use pillows to make yourself (and your partner) more comfortable. With this pose, what you need to do is sit directly across each other, but not close enough to be touching. Cross your legs, and then here's the tricky bit to remember: look into your partner's non-dominant eye. If you were right-handed, your left eye is the non-dominant eye and vice versa. Once you've determined which is your partner's non-dominant eye, put your right hand with your palm facing down onto your partner's left hand, which should be facing upwards to receive yours. Repeat the same motion with your left hand, except this time, the left hand would be facing palm down while your partner does the opposite to receive you. Tantra's teachings indicate that the non-dominant eye is the more receptive one, which makes it the gateway into a person's soul. This pose is wonderfully intimate and helps your attention remain focused on your partner. You recognize them for who they are in mind, body, and spirit as you balance each other's energy through the palms of your hands.

The Pose of Recognition with Hand Balancing is traditionally meant to unite the Yin and Yang energy by joining with your partner's opposite polarity. You, for example, join forces to become the Yin to their Yang. The palm that is facing up is meant to receive love, and the palm facing down is meant to project love.

The Pose of Giving and Receiving

This pose is another one that is meant to help bring balance to your relationship with your partner by giving and receiving. Giving pleasure can be just as pleasurable as receiving it, and the Pose of Giving and Receiving is meant to encourage that. To engage in this pose, you and your partner once again need to sit across from each other. In this pose, one partner sits while having their hands resting on their thighs. The palms of the hands should be facing upwards, and this makes the partner the receiver. During this time, they will not be giving out energy; they will be accepting it instead.

If your partner is the receiver, that makes you the giver. This pose will be carried out in three stages. In the first stage, begin by slowly and gently stroking your partner's head, neck, and shoulders. Be sure to use light strokes, so you're not applying too much pressure. Work your way down from their shoulders to their arms and wrists until you, at last, arrive at their hand. Perform these strokes once. In the second stage of the pose, you want to begin at the top of your partner's head again, but this time focus the strokes in the center of their forehead (where the third-eye chakra is positioned). Lightly touch and stroke their eyes, and then slowly move towards their ears before bringing your strokes forward again. Touch their nose with your thumb before you slowly slide your thumb down to their lips, chin, and throat center. Continue your gentle stroking down to their heart center, brushing their nipples, outer torso, and inner thighs as you move along. Move back to the wrists, hands, and fingertips.

In the third stage, you become the receiver, and it is your partner's turn to return the favor. They would repeat all the same strokes you did, and now it is your turn to experience the same pleasure of the sensual touch. Remember to regulate your breathing throughout this movement, both you

and your partner should be mindful of your breath throughout this pose. The purpose of engaging in this pose is so you and your partner can learn to be free and learn to let go when you're in either the giving or receiving role. As the giver, let your guard down and be free enough to give completely, and when you're the receiver, open-up and trust your partner enough to receive the love, they are channeling to you through their strokes. It is a way of uniting your souls without the element of sex involved, to find balance and can connect in more ways than just the bedroom.

The Garden of Sensual Delights

Yet another ritual that is focused on the act of giving and receiving between both partners is The Garden of Sensual Delights. This time, the opening of the senses is going to be the focal point, and this ritual can either be completed as part of another longer tantric ritual or done on its own. This ritual is perfect for new couples who are still getting to know each other, and when you're not quite ready for genital sex with this new partner yet. Long-term couples also stand to benefit from this ritual, and they can use this to rekindle that long-lost desire, which is common when sex has become too routine, boring, or repetitive.

The receiving partner is going to be the blindfolded one. The aim of this ritual is to only one sense blocked at a time, and this time, it is going to be your sense of sight. Both partners will also need to gather items that can be used to stimulate the senses. You want to gather your items separately, so your partner doesn't know what you've picked out (let it be a surprise!). You can choose items that stimulate any of your partner's remaining senses. Some examples of items that can be used to delight the taste senses include whipped cream, chocolate, fruits, beverages, or anything else you think would taste good to your partner. If you prefer to entice their sense of smell,

opt for essential oils, flowers, perhaps even your favorite fragrance. A scarf, warm cup of tea, silk, or satin fabrics, maybe even a warm stone, could be used to stimulate the touch sense. Whistles, wind chimes, and music could be used to stimulate their hearing.

The Garden of Sensual Delights is meant to be an exciting and pleasurable ritual. If you want to surprise your partner with something out of the ordinary that triggers their senses, by all means, go ahead as long as it's safe, and they'll be comfortable with it too. Avoid sensory triggers that you know your partner might dislike, but feel free to push the boundaries of creativity together. You want to then blindfold your partner as you sit in front of them. Once you're sure they're comfortable, it's time to stay silent. During this ritual, you and your partner may vocalize your pleasure if you wish but refrain from speaking unless necessary.

Tantric Meditation



L tantric meditation is an active and fundamental part of tantric thought, at the center of which is the manifest of the universe, created as a physical and sensorial expression of the un-manifest. It is through immersion in the former that full unity with the latter becomes possible. This however entails a rigid discipline, variable according to the practitioner's level of consciousness. However, each level has as its common denominator the work on the harmonization of male and female energy, Shiva and Shakty, which are also close to the Taoist concepts of Yin and Yang. The aim of this activity is to properly awaken and channel

Kundalini energy, the custodian of the secret of enlightenment. Tantric philosophy has roots both in archaic Buddhism and Hinduism, but it is believed that Hinduism inherited the tantra from Buddhism, and not vice versa, since the oldest Tantra (philosophical reference texts) are of Buddhist compilation and date back to 350 AD. Today, tantric meditation and more generally tantrism are known in the chronicles as techniques to improve sexual performance or to intervene in difficult situations as a couple. Most of what is said about it is limiting, if not completely wrong.

Basic tantric meditation helps the practitioner to find peace and balance, as it manages to connect each phase which, during everyday life, remains disconnected from the others. Integration occurs because, during tantra practice, emotions and different attitudes are combined together, with harmony. In addition to this, given the structuring and repetitiveness of tantra practice, this type of meditation can be effective as a stabilizing factor in a society that is characterized by being destabilizing. Meditation thus helps to make life flow in an interrupted flow of continuity. With regard to the sexual dimension of the practice, the tantric approach helps to alleviate the couple's tensions, bringing benefits in case of frigidity, premature ejaculation and even impotence, when this has psychological roots.

Methods of Tantric mediation

The different teachings of the masters, which have followed one another over the centuries, use very similar techniques, having a solid common basis. The extinction of the samskaras, the accumulated karmic seeds that prevent the expansion of consciousness. An example of a meditative process that is based on Tantric tradition is the one proposed below:

- Iiswara Pranidhana: the practitioner, through different stages, develops awareness of his own deep spiritual nature. In this first stage, the conditionings of the mind and the karma of past lives are slowly removed
- Madhu vidya: the practitioner introduces meditation into daily life
- Tattva dharana: through the use of meditative tools, such as mantra and yantra, the practitioner begins the deep purification of the subtle elements, dissolving the nodes in the nadis (channels through which, in traditional Indian medicine and spiritual knowledge, the energies such as prana of the physical body, the subtle body and the causal body are said to flow) and raising the level of the kundalini
- Pranayama: through a breathing technique typical of yoga, the yogi controls his own vital energy, placing it at the service of the development of consciousness
- Shodana: a system of deep purification and empowerment of the potentials of the subtle centers of the body is developed
- Dhyana: this phase of meditation leads the practitioner to abandon the meditative supports used to merge with his half.

You can also start meditating with simpler techniques, which can be learned during a course that is not limited to asanas only.

Tantric or tantra meditation can also be used in a couple's relationship, not necessarily with therapeutic intent, but also as a way of knowing the other. Unlike what can be expected, tantra is not a guide to sex, but a spiritual path that can also be done in a couple whose goal is awareness. There is no precise starting point, a precise arrival point is not described, but paths are identified that do not necessarily have to do with sexual intercourse, which aims to unlock the energies. Men and women are carriers of complementary and different energy flows that can "blossom" thanks to common meditation. These techniques can be used by sexologists to improve the couple's affinity and knowledge before tackling any problems immediately on a physical level.

Mantra meditation

For "formal" meditation with mantras, adopt a sitting posture. For casual practice, you can repeat the mantra in the back of your mind, with your eyes open, during other daily doings.

Singing the mantra energizes you quickly. Scanning it with a certain cadence calms the mind. If your repetition is too fast or too slow, it will become an automatic process and your mind will wander too much or fall prey to sleep.

The rapidity with which the mantra is spelled out also varies according to the length of the mantra: short ones (from one to three syllables) are often reiterated more slowly than long mantras.

Since the speed varies according to the technique you are adopting, the advice is to experiment with different repetition speeds and find out which one is the most effective. It is better to maintain a uniform repetition rate rather than changing it several times during practice.

If your mind is very active and full of thoughts, it may be useful to "increase the volume" in repeating the mantra, making it stronger and more incisive. If, on the other hand, your mind is quieter, the mantra can become more subtle and be recited in a low voice, like a high-frequency sound that can barely be heard. The word itself is almost gone and the mantra is perceived more as sound vibrations than as a punctuated phrase.

You may or may not be capable to synch the mantra with your breath. Some options to do it better are:

- Inhale and exhale as you say the mantra. If the mantra is very small, like om, you can repeat it one time while inhaling, and one more while exhaling. You can also increase your speed and repeat it three times for each inhalation and three times for exhalation. If the

mantra is lengthy, then you can recite half of it during inspiration and the second half while exhaling.

- Exhale. Inhale without reciting the mantra, and spell out the mantra only on exhalation.

Just focus on the mantra, paying attention to breathing. With time, the breath tends to synchronize naturally with the rhythm of the mantra.

Progressing on Mantra meditation

The more we reiterate our mantra, the more we give it energy. A one-syllable mantra, it is thought that after 125,000 reiterations "gets its own life". It is our repetitive attention that works with the mantra and loads it. The mantra then gets to be the strongest thought in your mind, and then you can really count on it to give you peace and concentration into your life.

Once the mantra gets this momentum, repetition becomes easier. It is as if once we manage to "start" or "access" the mantra then it goes on by itself, bringing us into a state of internal silence.

The following is the typical progress of the practice:

- Verbal acting - repeat it aloud. This simple mechanism involves your senses, facilitating in keeping your attention focused.
- The whisper: the mouths and the tongue move, but only produce a faint sound. This part is more subtle and profound than verbal acting.
- Mental recitation - reiterate the mantra only in your mind. In the beginning, of course, there will be some action in the tongue and throat, but over time they too will stop, and the exercise will be entirely in the mind. This stage is the most common in mantra meditation.
- Spontaneous listening - at this stage you are no longer reiterating the mantra, but the mantra continues naturally alone in your mind. No need to worry about the intensity and speed. Just pay attention to the Mantra repeating it as it naturally wants to be reiterated. This stage is referred as ajapa japa.

There is a slow but significant progression from the first to the last level. A very common mistake in beginners is to want to skip stages and go directly to the mental stage, or spontaneous repetition. Although it is not impossible

to get there immediately, it is much easier to follow this scale to master meditation with mantras.

Even if you dislike verbal acting and want to jump straight to the mental level, I recommend that you do at least a few cycles of acting whispered at the beginning. This will help you focus your brain on the mantra.

Wherever you are on this progression, if you find out that your mind is disengaging from the mantra, distracted by other thoughts or sleepy, stop for a few seconds and then employ a more conscious action in repeating the mantra, until you come to an effective result.

Yantra meditation

As explained earlier, Yantras are geometric designs conceived as containers of spiritual energies. In the Himalayan region of northern India, where traces of their use were found in 2000 BC, they are still used today to cultivate the universal properties of devotion and purification, for the spirit. The practice originates from the "mantras" (vibration of sounds) and the yantra are the visual representation of the vibrations, and are part of the philosophical practice of Tantra.

If you are interested in deepening meditation, but you are not comfortable with the traditional method of sitting in silence, or you want to experiment with a different technique, the creation of yantra can be for you. The yantra images are the symbol of your personal research. Studying the trait, the shape, the color, becoming aware of the time and the devotion that the realization requires, are the ingredients for realizing the inner beauty. You will be surprised by the power of the creative force that emanates. The power of work through the use of these symbols continues to manifest itself even after unconsciously creation within you. The yantra can be taken with you, at home, in the office and remain a foothold for a calm and positive energy recharge. Specific effects of the practice depend on the type of design you choose to work with.

Now you can choose a shape or shapes which to some extent are in greater resonance with you. Or even better, redesign them by comparing yourself with the process, patience, observation and attention required. Or make a color copy and internalize it by meditating on it. If you intend to color it, use pastels, start from the top and continue clockwise, from the outside until you get to the bindu, the point in the center. Working in this direction, you visualize the internalization process, which symbolically proceeds "from the outside of the chatter of the mind" towards a spiral movement that takes

you inside the immutable part of the self. Each color has been chosen to emit frequencies that resonate within the shape, so it is advisable to stay within the chosen color scheme. For example the passion yantra must always be red, but feel free to choose the red tone you like best. Coloring is an important part of the meditation process, live it with awareness.

Conclusion

One of the primary principles of Tantra is there is no form of energy in the Universe that does not exist in our body. Tantra also means technique and it is that which helps us leverage the different forms of energy available in our body in a conscious way so that there is increased productivity in your life.

Although the secrets of the Tantra tradition was kept a secret for hundreds of years for multiple reasons including the chances of them being misunderstood and misinterpreted today. Thanks to the internet and the world becoming a global village, more and more people are clearing their heads of misunderstandings and are given themselves to the magic of this system to lead a more fulfilled, happy, and healthy lifestyle than before.

Tantric traditions and their rituals are designed to draw out the subtle energies in our body and work with them to alleviate the practitioner both physically and spiritually. Tantric practices empower you to explore and leverage the power within you while eliminating physical and mental blocks that prevent you from achieving your best.

Remember that we are all born as Tantric lovers because we are all part of the ultimate divine. We are the pure presence if only we could find the power and wherewithal to tear away the layers that have been laid on this pure essence through years of mistaken conditioning. Again, sex is a part of tantric practices; but tantra sex is founded on pure love that is the basis of the pure essence drawn from the omnipresent divine.

Tantra practices are designed to help you connect with yourself, with your partner, and with the divine. Tantra is a potent combination of spirituality and sexuality to help us understand ourselves better thereby empowering us

to lead more fulfilling, contented, and lives, irrespective of our social standing, our gender, our caste, our race, our nationality, or anything else.

Living a life based on Tantric practices helps us achieve balance through the integration of feminine and masculine aspects of ourselves so that we feel a sense of wholesome that presently lacks in our lives. Tantric practices help us see the divine in everything around us. These practices (if done patiently and diligently) infuse our senses and bodies with copious amounts of unbridled and unconditional love and compassion for one and all.

Additionally, when we practice Tantra, we are rid of baseless shame, guilt, and embarrassment associated with our sexuality that are again built around the insensitive conditioning of our society. So, bringing in Tantra into your life translates to more love, compassion, and an increased sense or perception of the divine.

Tantric practices also help you use the preserved energy to find your true purpose. Of course, it is important to start small, begin with the simple individual and couple techniques mentioned in this book (which can be started immediately) and once you have mastered the simple ones and drawn the amazing benefits of even these simple tantric practices, you can move on and learn more advanced techniques from reputable teachers and take your life to an entirely new level of consciousness.

Part 2

Kamasutra positions

Introduction

This book provides an overview of the most popular practices and techniques surrounding Kama Sutra. Though many may disagree with certain aspects and beliefs surrounding Kama Sutra, it is intended only to educate one on the matters, not to convert you. Even if you decide that you do not agree with the beliefs around the Kama Sutra, you are sure to take something beneficial away from the book, also if it is just a new foreplay technique or poses you want to try with a lover. Although based on Hindu beliefs, people from all walks of life and all religions, to attain pleasure during foreplay, sexual intercourse, marriage, and relationships, can practice Kama Sutra.

This book will give you insight into the practices of Kama Sutra, what is expected from a couple in the relationship, and the bedroom. This book will also make you aware of the general guidelines which male and females follow when attempting to pursue one another. There is also a general overview of what practices are allowed or permitted after the wedding day. It is an exciting topic that is worthy of exploring more about, and I hope you will be able to put some things into practice.

Sex is an essential part of a romantic relationship for many reasons. While it is noted to have a variety of excellent health benefits (such as stimulating happiness, easing depression, headaches, and other ailments), it is also an essential part of developing the bond between you and your partner. Having sex with your partner helps increase the amount of intimacy, romance, and trust that you experience in your relationship. It encourages both partners to

feel close in a way that they don't share with anyone else. There are many reasons why sex is healthy in a relationship.

As you read this book, you will discover a variety of phenomenal advice for couples. From how to turn each other on, to different moves, and toys to try, there is something in store for every couple. This book is intended for any intensity of lovers, from modest to downright crazy, and even a special section for anal. You can be sure that you will find something that is going to please both you and your partner.

This book is geared towards couples and has advice on moves and techniques that can enhance the intimacy and deepen the romance between lovers. Every single step or tip in this book will either assist in developing the intimate bonds between you two or encourage you to have total trust in your partner while you are in a vulnerable state. Some moves are slow and relaxed, ones that will have you and your partner in a steamy face to face position and ones that will allow for you to let your wild side take over. Whichever you choose, you are guaranteed to make sparks fly and drive each other to unforgettable orgasms.

It is important to read this book together as a couple, as it can help encourage an open line of communication in the bedroom. This area of discussion is just as important as elsewhere, as it helps us convey what we want and what we don't want. Many people don't realize that we tend to evolve in our sexual desires the same way as we develop and grow elsewhere in life. Because of this, we may have different fetishes, curiosities, or desires as we grow. By communicating with your partner, you can help teach them how to pleasure you in the way you want.

Additionally, you should be sure that the communication includes discussing what you don't want or like. These things should be made very clear, and there should be no pressure on the denying party to change their minds. The key is to keep the trust and respect strong between the two of you, so the two of you can further enhance the romance and intimacy. If the other is not on board with something, do not pressure them to feel the need to be. Should they change their mind down the road, let them come to you: do not under any circumstances pressure or force your partner to engage in romance they don't want.

Through open lines of communication, you may discover new or unspoken desires that your spouse may have. These conversations are great, as they encourage you to try new things and bring the spark back to your bedroom.

It's time for you to become a fantastic partner who is not only well versed in the ancient and modern versions of the Kama Sutra techniques but a near expert on how to pleasure and treasure your partner!

CHAPTER 1:

What is Kama sutra

Kamasutra is actually a guide rather than a style of sex. Often, people will say “Kama Sutra Sex.” As if it is a type of sex, when they are instead referring to a text.

You could say that the Kama Sutra is a guide to love and a guide to enjoying a pleasant life with your partner. This book can be seen as a guide to a long-lasting marriage that will help you to keep sex interesting. It will do this by showing you how to benefit from new forms of intimacy.

Common Misconceptions

Most often, the Kama Sutra is discussed in terms of wild and crazy experimental sex positions. There are numerous articles, blogs, and magazines that talk about the Kama Sutra in this way. The truth is, however, the Kama Sutra is a book that contains much more than just this.

You may have heard of Kama Sutra in conversations about sex or in articles that you read online. The truth is, however, this is a sacred book that was written long, long ago, which contains a guide for anyone who is looking to get more out of their relationship and their sex life.

A History of Kama Sutra

The book The Kama Sutra was written in Northern India. It was originally written in the language of Sanskrit. Sanskrit is an ancient Indian language. The original texts that gave rise to Buddhism were written in this language, which shows you just how much history is involved in the Kama Sutra. This book was written sometime around the second century AD, though nobody can be exactly certain of when.

The Kama Sutra is said to have been written by a man named Vatsyayana—who was an ancient Indian philosopher. It cannot be confirmed for sure if he wrote the entire book singlehandedly, but according to researchers, he made a significant contribution to the text.

The word Kama loosely translates to mean affection, love, and desires. This is quite telling, as the book is aimed at teaching the reader about all three of these factors. Affection, love, and desire are all very important when it comes to a long-term relationship or a marriage.

The Kama Sutra includes seven different sections. Each of these sections is focused on a different aspect of pleasure. These aspects of pleasure include both physical pleasure and emotional pleasure. Vatsyayana recognized that in a marriage, both forms of pleasure are equally important.

Only one of those seven sections contain sex positions, and the other six sections talk about a variety of other topics. These six sections each touch on a different category of sexual act or situation in which a couple can achieve a deeper level of intimacy. For example, kissing, touching, massaging, and so on.

Since the book was written in a time and place where it was surrounded by Hindu culture, it is considered disrespectful to the culture if the Kama Sutra is taken out of context. What this means is that it should not be read one single section at a time, rather it should be seen and consumed as a whole.

This is because it was meant to be this way when it was written. The book is meant to be read all at once, from beginning to end. This allows a person to examine it in its entirety so that they can receive and benefit from the full scope of teachings that it contains.

What the Kama Sutra Contains

The Kama Sutra is a guidebook for love. Within the pages of this book are contained tips and tricks for everything involved in loving and caring for another person.

While the majority of times, the Kama Sutra is discussed in reference to the adventurousness of the sex positions it contains, this is only one small section of the book. The rest of the book contains a guide to many other forms of showing affection that does not include penetration. The Kama Sutra is said to be a guide to love, as it teaches its readers how to love and please their partner in a variety of ways.

The Kama Sutra was written with the intention that it would be read by men. This is likely because it was written so many years ago. The information that it contains pertains mostly to men who wish to attract and court a female partner. The book teaches men how to treat this woman whom he will eventually call his wife.

The Kama Sutra includes a guide to kissing, foreplay, loving touches, and other ways to achieve intimacy with your partner. These methods include bathing together and giving each other sensual massages- not necessarily the erotic kind.

The Kama Sutra also mentions same-sex relations in terms of one man having multiple women. It also touches on sexual encounters involving multiple men and one woman.

This book is full of information and tips for achieving a close emotional bond with your partner, which can be beneficial for any couple. As you can see, this book is much more than a book of wild sex positions.

When it comes to the section on sex positions, The Kama Sutra includes a variety of positions that range in difficulty level. It contains 64 sex positions in total. Later in this book, we will look at several of these sex positions in

detail, including how to perform them and what benefits come of them. After reading about these sex positions and how to perform them, you can try to liven up your sex life by trying some of them out for yourself.

The Benefits

This book is full of information that can be useful in learning more about how to treat your partner lovingly in ways other than during sex. It can be useful whether or not you wish to learn more about sex positions in particular, as it can also help you to connect with your partner on a deeper level emotionally.

As your relationship progresses, it is important to keep sex and lust alive. When you become more and more comfortable with someone, the mystery and desire can begin to fade. This is completely normal. This happens because of the excitement of getting to know a person is no longer there. At the beginning of your relationship, everything you did together was brand new. At the beginning of a relationship, you are so eager to have sex with each other because the other person is new and hot and sort of like a novelty.

As you get used to being with your partner, it can be easy to lose those feelings of excitement and settle into the comfortability of your life together. This is by no means a bad thing. Getting to this point in your relationship is fun and comforting in its own way. This stage of a relationship is different from and in some ways, better than the early stages.

From a sexual perspective though, we don't want this stage of your relationship to bring with it the end of exciting sex life. Introducing the concepts and lessons from the Kama Sutra can help you to maintain the lust and intimacy in your relationship. It can also provide you with new sexual adventures to take on together as an established couple.

The Kama Sutra contains a wealth of information about sex and different sex positions as well as including information about different positions from which to give massages, tips on kissing, and tips for men on courting

women. There are a wide variety of sex positions included in this book, so there is no shortage of new positions to inspire you if you are feeling that your sex life is becoming stale. Information from this book can still be found to this day, even though it was written so long ago, not even in English!

The Criticisms

Though the Kama Sutra remains quite relevant to this day, several criticisms have been voiced regarding this ancient text and its contents, especially in recent years.

The Male Gaze

The Kama Sutra has received criticism for the way that it was written since it comes from the perspective of a man and discusses how to please a woman. Though this book mentions same-sex relations between two men, this is only in the context of men sharing one single woman. This can be seen as sexist to some.

Male Pleasure

Another criticism that has been voiced is concerning the way that this book discusses a man's ability to benefit from having many female sexual partners, and even mentions how he can have them all at one time. The Kama Sutra mentions that a man can have one wife and several mistresses, which is not a popular opinion in the year 2020.

Controversy

There has been debate about whether the Kama Sutra is a book that should be praised for the way that it teaches men how to prioritize intimacy and female pleasure, or whether it should be criticized for how it puts men in control in terms of sex. Even when it talks about relationships and love, it is written for a man who wishes to court his woman. Whichever way you view this book, it contains many valuable lessons. After reading this book, you are free to make your judgment about whether or not you think this book is still relevant.

Inclusion

Many people also think that the Kama Sutra should not be relevant anymore as it is not inclusive of different levels of ability and strength, as well as not

including the potential for people with physical disabilities to try these positions.

Too Adventurous

For some, they may find that the Kama Sutra may seem like it is just a little too adventurous. Some people may think that this book full of positions that takes away from the deeper purposes of sex and simply wants to try to challenge the bodies of the couple during sex.

Realistic?

The Kama Sutra has been criticized for being a book that contains sex positions that are not realistic for the average human to try to recreate.

Sexism

This book has also been criticized for being sexist, as it is written for a man who wants to know how to please a woman physically and emotionally.

CHAPTER 2:

Sexual Compatibility

One of the most powerful features of a good relationship is sexual compatibility. At first, you could assume it is all about how much you and your partner want the same things in bed. Possibly, how your partner has body features like tits, backsides, dick or straight shoulders the way you have always wanted. This is not completely off the mark, but sexual compatibility goes way beyond such thinking.

Imagine a relationship where your partner has the exact things you want. The height, the eyeballs, the body fitness and the smile you always adore, but you cannot understand each other. You cannot tell if they are having a good or bad time. She doesn't know when to let things go with you. He couldn't tell when you are angry, tired, happy or feigning your emotions too, do you think you could be a good fit for such a person? Do you think you would relish having sex with him? It is applicable to both men and women. Sometimes, he wants to talk and not have sex, but you have no idea and you pressed for it. You both had sex, but it definitely won't be one she enjoyed. Women put on a show sometimes. A woman would frown and scream about everything in the house as if she hated you. But all she wants is you. She wants you to drag her into your arms and kiss her. She wants to melt in your arms and passionately make love with you. If you are sexually compatible, you would fully understand her when she falls into a mood like this, and you know exactly what to do. But if you are not sexually compatible, you might flare up at her weird behaviors. Label her all sorts and storm out of the house in anger.

Men have their styles of attracting you without saying a word too. Each person has a different style of communicating with their partner and they frantically hope you could understand without waiting for them to explain in words.

Unquestionably, sexual compatibility goes beyond having the same taste in bed. These additional factors can determine how well you would get along in the bedroom and beyond. So, you should recognize them all so you can tell whether if you are compatible with your partner or not yet.

Discover Compatibility:

What are the features that you should look out for when you need to determine whether you are compatible with your partner or not?

1.You both have the same urge for sex: The urge for sex should be considered paramount in sexual compatibility. Your partner has to have the same definition of sex as you. For instance, 'do I consider anal, oral and so on as sex?' Whatever your answer is, she should have the same answers too. 'Do I feel a mad drive for sex at least 5 times a week?' 'Can I go up to 5 rounds each time I have sex?' 'Is there a sex style, sex position that is so heavenly to me, and does my partner enjoy exploring that same style?' You can begin to relax if your partner has the same answer to these questions, your compatibility level is gaining some scale.

2.You know exactly what turns her on: If you and your partner can read each other, you edge closer to sexual compatibility than you can imagine. You can tell when your partner is turned on and all they need is a powerful fuck till they reach orgasm. You can also tell when you should just give a cuddle and ignore your sexual drive. Your partner can tell the same about you too. You both possess the trick to get your partner up and very hard, you also know things that would instantly turn your partner off. Having this ability is crucial to your sexual compatibility with your partner. If your skills are not convincing in this regard, you probably have a lot to work on. But not to worry, I will take you through how to do it in the coming lines.

3.Sex environment: Quite strange but certainly true. We all love to have sex in different conditions. Do you enjoy having sex in a completely dark place? Do you prefer a mildly lit or a very bright room? Or are you the type who loved getting laid in quick silent places and not even rooms? Is your partner the same? Some people love a man who could slide into the kitchen quietly and turn them off while quinoa or steaks are still on fire. They loved

having sex in a quick spot like that, the bathroom, the walkway, the table and not just the bedroom. You need to find out the position of sex that thrills you more, and then analyze how much your spouse dazzle at such sex styles. It is completely 'okay' to prefer having sex in a bedroom, as long as it is how your partners loves it too. Otherwise, your sexual compatibility is uncertain.

4.How much affection can you both display outside? No hard feelings, but some persons would not even want to hold your hand in public. It is not to say they cannot take your breath away in the bedroom, but the public display isn't just for them. If you are the contrary type, the person who loves to cuddle, hug, and even kiss in public, you might have a rough time getting along with a partner who doesn't fancy that, and it might affect your bedroom relationship. It doesn't get any better when you are both out in a garden or a cinema and you found couples doing exactly what your partner won't.

5.How about sex tech? Technology in Sex. Quite awkward, but it is another factor to consider. Your wife or husband might be electrified by the thoughts of recording your sex now and then. He might want you to share nudes, flirt on texts et cetera. Your love life would get a zillion times easier if you are the same type too. But if not, it's a complete breakdown that can lead you to marriage blank.

6.Is she your crush? If the sight of your lover is enough to stir something in your spine or your trousers, she is definitely your crush. You are likely going to enjoy every moment of exploration with your lover if you both attract like magnets. Some couples watch porn or bring up another person's memory in their head before they could garner the passion to copulate with their lover, this speaks nothing of sexual compatibility.

7.You communicate: Have you ever spoken with a husband who would flatly declare that 'my wife would never agree to that' or 'this is just what my wife wants?' How does it feel when the wife shows up and it turns out that the husband was right? Spot on! Couples are expected to be just that. If you are the type who communicate intensely, you can complete whatever your wife was saying. You can correctly guess what she thinks, and you read her eyebrows. You would naturally find it easier to tell when their eyeballs sparkle for sexual exploration. You can tell when they soften at your signs and you know when they blare green lights on anything. Being compatible in this regard aids sexual compatibility too.

If you can read between the lines and you give it some time, you would be able to establish the level of love and sexual compatibility that you share with your lover. Then, you can decide the areas you need to up your game with him or understand him more. When you seem different in a lot of regards. For instance, she wouldn't hug you in public and she would never have sex in the kitchen or bathroom. What can you do?

You need to ask yourself a couple of questions before taking a decision.

1.Is the difference a big deal? It is okay to get what you love from your lover. But you would naturally adjust to not getting some. Scroll up and list out the compatibility features your partner does not have and ask yourself if you can let go of them or you flatly can't. You may cross out those that don't seem 'a big deal'.

2.Can you adjust? No doubt, you have other reasons for staying in a relationship beyond sex. Though, sex is a crucial reason too. These other reasons may induce you to hang on in the relationship. They could be so strong that you would be willing to pay the price to keep it going, and that would include altering your sexual taste. If you are in a condition like this,

then you could alter as much as possible before calling your lover's attention to the areas you cannot adjust to.

3. Resolved the differences yet? If you still notice a few incompatibility problems that need to be ironed out after asking yourself questions and taking steps on your answers, then, proceed to the following.

Ways to Improve the couple's health and sexual compatibility.

1. Communicate: Communication is the key to understanding. You need to talk to each other as much as possible. Share your feelings, thoughts and ideas. When you decide to share your thoughts on your sexual relationship with your partner, ensure they are in the best mood so that they could listen. Perhaps right after sex, before sex or while at a flirty dinner. Watch their unspoken expression as they weigh your suggestions and be ready to guide them through.

2. Adjust and make efforts: You need to understand your partner's tastes too. They have their own ideas and sexual preferences. They probably don't like the styles you were presenting, or they hadn't given them much thought. Don't put a pressure on them. Also be willing to adjust and switch your taste with theirs. For instance, if your spouse loves sex in a dark place and you want a bright environment, be must be willing to adjust so you can both feel satisfaction of lovemaking the way you always wanted it. If sex times or the difference in sexual urge is the problem, you still need to talk to them and see how you can both compromises to strike a balance.

3. Be realistic: If your partner has a much lower sexual drive than you, or some differences that are so vast that they cannot be easily overlooked, you need to be realistic with yourself. Do not expect magic and recognize that we have differences that may never be bridged. This way, you can determine whether the circumstances are within what you can stand, or you would walk away.

4. Get professional help: if you flawlessly love each other and you realize that the differences are too vast than you can easily fill, it is highly recommended that you get professional help. Talk to a sex or marital counselor. There are always opinions you could use to strike a balance.

With all of these measures in place, you would definitely strike a satisfactory compatibility level with your lover, and you could lead a fulfilled sexual affair. Another entity that can spice your sexual compatibility is romance.

Flirting, Courtship And Seduction

Flirting and courtship are two very important aspects of any relationship, as without them we would never be able to woo our partner and attract them to us. We all have our own unique style of flirting, some of us being better at it than others, but thankfully the Kama Sutra lays out exactly what we should be doing in order to be the best flirter possible.

Before we dive into the art of courtship and the tricks to up your flirting game, we will break down exactly what flirting and courtship are and how they differ. Flirting is something that is done with a less serious intention in mind than when you court someone. Flirting can be both sexual as well as friendly, and people can engage in it for fun just as much as they can use it to attract a partner. Typically flirting involves using both verbal and non-verbal communication in order to let someone know that you are interested in them. It can involve a wink, touching someone's arm, laughing at their jokes, or any other of ways in which you showcase your interest.

Courting, on the other hand, is more serious in nature, and it is dating someone with the intention of marrying them. Some religious beliefs feel that the only acceptable form of dating is courting, while others engage in courting, not for religious reasons but because they are simply at a point in life where they are looking to get married. Courting can, and should, involve flirting, but it is used to win the other person over and entice them to want to marry you. It is never simply used to instigate a fling or sexual encounter, as that would be in direct contradiction to the point of courting.

Now that we have a basic understanding of the two terms, what exactly does the Kama Sutra say when it comes to courting and flirting?

Meeting the Person, You Want to Date

To begin with, the Kama Sutra starts by mentioning that anyone looking to court another should be realistic in their approach. What this means is that any quality that they are seeking in another, they should possess that quality themselves; otherwise, they have no right to expect it of their partner. For instance, if you want your partner to be extremely good looking, you should also be extremely good looking; otherwise, you should not put such a demand on someone else. Once you have your expectations in check, then you can begin the processes of searching for your partner.

So, how does one go about seeking out a woman in ancient times when there was no social media and no dating apps? Well, the Kama Sutra suggests the following ways:

- A woman who is ready to be married should be dressed up nicely by her family and placed in a location where she can be seen.
- Women seeking a husband should attend events such as sporting matches and marriage ceremonies.
- Men should throw parties in which games are played, causing everyone to interact with each other.
- Through friendships, two people can then meet and get to know each other.
- By asking their parents, a man can have a wife arranged for him.

Of course, we can add much more to this list for current times, so if you are at the point in your life where you are looking to meet someone and build towards marriage, or a future in general, you can try the following more common suggestions as well:

- Try going online and joining a dating site - Nowadays there are numerous different sites, all catering to different individuals and desires, so you are likely to find a site that is perfect for you and finding a partner that matches what you are after.
- Ask your friends to hook you up with someone - We know the idea of going on a blind date sounds terrifying, but your friends do know you well, so there is always the chance that they might know someone who fits in with what you are looking for.
- Participate in a sport or hobby – Take up a new activity that interests you in order to meet new people and also meet someone who shares similar interests with you. Not only will you already have something to talk about, but it gets you out of the house and on a mini-date right from day one.
- Take the bus to work – While your morning commute is never fun, why not turn it into an opportunity to meet someone? Public transportation puts you in close proximity to new people that you have never met before.

However, you choose to approach meeting someone, that is only the first step in courtship, as the real work is what comes afterward.

Beginning a Courtship

Once you have found an individual who interests you, who you would like to get closer with, and possibly start a relationship, how are you supposed to let them know that you are interested? In modern times, we have many ways of determining if someone is interested in us, and many of these various ways fall under the heading of flirting. When we are attracted to someone, either physically or mentally, or both, our bodies automatically respond to them in specific ways. Some of what we do is deliberate, while other actions are completely subconscious and are naturally done simply because we want to be near someone.

Some of the common ways of flirting that you may be more familiar with are:

- Making direct eye contact.
- Holding eye contact longer than normal.
- Smiling when you look at a person.
- Touching them on the arm when you talk.
- Winking from across a room.
- Complimenting the other person.
- Biting of the lip.
- Playing with your hair.
- Mirroring another person's movements.
- Laugh at their silly jokes.
- Stand closely.
- Stare at their lips.
- Keep your arms uncrossed and open.
- Tease them playfully.
- Drop a witty pick-up line.
- Send a flirtatious text message.

Sadly, you won't find any of these located within the Kama Sutra as back in ancient India, flirting and courting were done much differently. To compare with the above list, let's take a look at different ways in which the Kama Sutra suggests a man flirts with a woman to show her that he is interested and to engage her attention:

- Spend time with her and entertain her with games.
- Pick flowers and turn them into a garland.
- Cook meals together.
- Play with dice or cards.
- Playgroup games such as hide and seek.
- Do gymnastic exercises together.
- Show kindness to her friends.
- Partake in services for her maid's daughter to win her over.
- Get her gifts that no other girls have.
- Give her handmade dolls and wooden figures.
- Create temples for her dedicated to different goddesses.
- Make her see him as someone who can do everything for her.
- Meet her in private.
- Tell her exciting stories.
- Perform tricks and juggle.
- Sing for her and take her to festivals.
- Give her flowers and jewelry.

While many of these sound a bit strange in today's time, there is a lot we can take away from this list. Mainly, everything described above is meant to make the man stand out from other men that may have an interest in the same woman. This is exactly what modern-day flirting and courting involves as well, as you want to make the other person see what you have to offer and what they will find in you that they cannot find in someone else.

Flirting and courting are meant to entice another person, that is their sole purpose, and to let that person know that you would like to be in a relationship with them, or at the very least engage in some sort of romantic endeavor.

Many people get stressed out by the idea of flirting, and so often, you will hear individuals remark that they are unable to flirt or are the worst at doing so. This is simply a false idea that they have gotten into them hear, and they are making it into something much more complicated than it needs to be. Flirting does not need to be anything more than smiling at a person you like or going out of your way to do something nice for them. All you are aiming to do is make them feel special and noticed, and to hopefully get them to notice you in return. The best way to go about it if you lack confidence is to simply start off small. You don't need to perform a magic trick or juggle, and instead, you can simply compliment their outfit or send them a text asking about their day. The basic act of taking notice goes a very long way as it shows the person you are thinking of them and that you are interested in who they are. Don't overcomplicate things, and let it progress naturally as you feel more comfortable. Once you get outside of your own head, you will find flirting to be one of the most natural acts possible.

A Woman's State of Mind

Within the Kama Sutra, Vatsyayana goes into detail about a woman's state of mind during flirting and courtship and breaks down the different ways she may feel and react, as well as how many should respond to her. Some of the advice is practical and useful even in today's world, but other tips are much more non-consensual and should not ever be utilized. Here are the mindsets that are mentioned along with the details attributed to each one:

A Woman Who Listens but Does Not Show Any Interest

In this scenario, a man should attempt to persuade her by using a middle man instead of just doing it on his own. A good option would be her nurse's daughter or one of her friends.

If a Woman Meets a Man Once and Then the Next Time Is Better Dressed

This indicates that she is very interested, and thus the man will need to do little in order to win her over. If, however, after a long period of time she still does not consent to be with him, then he should be wary but still keep her as a close friend.

When a Woman Avoids A Man Out of Respect

In this scenario, it will be difficult to win her over, but the man can do so by keeping her as a close friend and also employing the assistance of a very crafty middle man.

If a Woman Turns a Man Down Harshly

When this happens, a man should abandon his attempts to win her over and move on to someone else, for she had no interest in anything he has to offer her.

When Meeting Privately, She Allows His Touch but Pretends Not to Notice

If this happens, then it means she is interested but playing coy, so he should continue on with his advances. It will require extra patience, but he can begin by putting his arm around her while she sleeps and seeing how she reacts. If it is a favorable reaction, then he can continue on by drawing her closer to him and continuing on from there.

CHAPTER 4:

Foreplay

When you think about foreplay, what goes through your mind? Probably oral sex and fingering. And you'd be right, this is foreplay, but there is a lot more than this that almost every man neglects. Here, we're going to go through all sorts of ways that can enhance your foreplay. It's worth remembering that it takes around 20 minutes to get a woman to an intense orgasm, so it's best not to go straight in for sex! Foreplay is a great way to get the both of you aroused and can make her orgasm so much better at the end of it all! If you're worried that you won't last long enough to get her there, one simple way of solving this is by focussing heavily on foreplay to begin with and then have sex. It's also great for raising the sexual tension until she's practically begging for you to be inside her. It's all about making her want you until she can't resist.

Set the mood

Remember a while back we were talking about a woman's need for trust and comfort. This comes in to play right now. If you want to commit to foreplay before sex, you need to make sure that she wants it too and the best way to do this, along with seduction, is to set the mood and the environment around you.

This all seems like such basic stuff which is why it is baffling that no one really bothers anymore! Dim the lights, put on some quiet music in the background to fill the gaps, make sure it isn't too hot. I'm sure you can probably handle this yourself so get to it. Just make sure she is comfortable where she is and ready for what's coming.

Keep it Clean!

Your personal hygiene is your responsibility. Now, I'm not your mother, but keep it clean! Shower before seeing a girl, cut your nails, do your hair and shave/ style your beard! Nothing is more off-putting to a woman than being smelly, dirty down-under and looking like you haven't bothered. Imagine if the tables were turned and you went down on a woman who smells down there and hasn't showered? If she never shaved or cleared the grime from her nails, how would you react? You might even have been there before and I'm sure that it can't have been a good experience for you. So, please take my advice here. Keep. It. Clean.

Tease Her

A woman has erogenous zones for a reason! Play with her breasts, tickle her feet and stroke her forearm. The breasts alone have lots of different zothathich can arouse a woman so don't just dive straight in to suck on her nipple. You might find it best to begin by feeling around the outsides of the breasts and build up the sensitivity and only then move on to stimulating the nipple. Start with your hands and then move on to licking around and sucking it. Do things in order when it comes to things like this because you need to build the stimulation; it's much more exciting that way.

Kissing

Believe it or not, kissing counts! And it's hands down the number one foreplay tool. Kissing shows a woman that you care about her and provides her with comfort, but the lips are one of the most sensitive parts of our body for a reason! Hopefully you can consider yourself to be a great kisser because it's probably one of the first things a girl notices once things get going.

What also great is that kissing can be on so many different levels. You can do frequent little pecks, playful and fun, or you can go really passionate and

romantic. Both are great depending on the situation. You need to make sure that you evaluate exactly what the goal at the time is and reflect this in your kissing – the speed, the intensity, whether you should bite a little or use a bit of tongue. If you want a general rule here, start slow and then increase the intensity when things get a bit hotter like when you're actually having sex. All these things are key parts of the build up to sex. I mean, imagine sex without any kissing what-so-ever. Weird, right?

You don't only need to limit yourself to her lips either! You can kiss and nibble her ear, you can gently kiss her shoulder, or when you go on to giving oral sex, you can start with kissing at the bottom of her legs and make your way up the inside of her thighs. Kiss her clitoris instead of just licking – it's a whole other sensation!

Biting and Nibbling

I mentioned briefly about biting the lips and nibbling around the nipples. There's something about biting that is really sexy and really raises the tension! When someone is biting you, they have to trust that you are being playful and aren't going to hurt them and it's this which makes it exciting. It makes a girl nervous, but in a good way. Her hair will stand on end and her sensitivity will sky rocket.

Try gently biting around the back of the ear because it's a very sensitive area. Gently breathe down the back of her neck whilst doing so. Nibble gently on her nipples or on her shoulders and she will want you more than ever. Just don't start with this, seduce her a little and get the ball rolling.

Getting a Little More Rough

This one might depend on the girl you're with because some women will simply hate it. But anyways, spanking. You can spank before sex, or during sex – it's an in-the-moment kind of thing.

Make sure that she wants to be spanked, she might even ask for it! But when you do, ensure that you actually spank her bum cheeks and not above or below because that can be painful in a bad way. Spanking can really get things going and is good when things are going a bit faster and harder. I'd recommend spanking when she's on top and riding hard.

Pulling Her Hair

This is another one for when things are getting a bit rougher and is great when the woman you're with wants to be dominated. She wants you to be forceful and take complete control. Submission is sexy here. Just be careful. Whenever you try to be rough in the bedroom you absolutely HAVE to make sure that she likes it that way. If this backfires it's going to blow the whole operation.

It might be worth trying it slowly i.e. gently grabbing a bit of her hair and using it to move her head. Build it up and get rougher so that you don't just go straight in and yank it. Respect her and she will let you do practically anything when the time comes. If she does let you go for it, grab as much hair as you comfortably can at the base of her skull to reduce the tension and make it hurt less. Hair grabbing is about showing dominance and control, not causing her pain. Keep this in mind.

Fingering

Fingering is probably one of the first sexual experience any guy has ever had, and yet, it's probably the one thing that most guys struggle to get right. There is so much power in the ability to finger a woman well. It's most people's go-to move before sex.

When it comes to fingering a girl well, like everything else we've spoken about, it requires a build-up – you can't just jam your fingers up there and expect her to enjoy it. You need to start slow. Begin by gently rubbing the area, not just the bean, but the whole area. The key word here is gentle.

Only when you see her behavior respond to what you're doing should you start getting a bit heavier and faster. She might even push your hand in closer or inside her. When the time comes to put your fingers inside her, do it slowly. Rub around the outside and spiral your way in. But timing really is everything here. You want to make sure she is wet, and I mean dripping wet. That's her body telling you that you've done a good job and she's ready for you. If you don't wait then you aren't going to make her feel good, you're actually going to hurt her which is a big turn off.

Once your hands have made their way inside, you still aren't done. For guys, it's easy to get please – you just go faster and harder, but women are different. You need to explore inside of her, and if you're lucky, find her G-spot.

The G-spot is on the upper wall of the vagina. Once you've got your finger inside her, and you only really need one and this point, point it up and pull back gently. You're trying to find a slightly rougher area that will cause her immense pleasure. But you might not even find it! So, make sure that you're still making her feel good – you don't want her to feel like she's being examined! You want her to feel good until you 'happen to stumble' upon the G-spot. Once you've found it, bump up the speed and intensity of your finger movements. She will begin to moan and move her hips when you're hitting it right. You should be able to induce a G-spot orgasm and make her come!

Oral Sex

When it comes to oral sex, it's best to think about orgasms. The orgasm is primarily a reaction to signals being sent to your mind. The orgasm itself occurs in the mind, which kind of comes as a shock to a lot of guys because they simply assume that, because it is their penis going into the girl's vagina that causes an orgasm, it must be purely biological. But I can't stress

enough the importance of female psychology here. You need to understand and appreciate this fact in order to ever have real success when it comes to oral sex. It's all about sending the right signals.

You're probably going to hate me here when I say you need to be patient. Again. But you simply can't dive in with your tongue and get to work, unless this is mid-sex and things are already really hot. Otherwise, you need to be gentle. She'll get a much better sensation that way and you can build up to something more intense. Remember, it takes about 20 minutes for a woman to reach an intense orgasm so make the most of the time early on and really focus on the foreplay! Build up to great sex! Once you realize this, your sex life will change forever.

Here's a tip, and I did kind of mention this earlier. Don't just go down on her. Start by kissing your way down to her tummy and pull down her panties. Then, make your way kissing back up the inside of her legs and focus on her thighs. Breathe. There's something so gentle and mood enhancing when a girl feels your breath on her sensitive areas.

CHAPTER 5:

Emotional and Physical Intimacy



Physical and Emotion Intimacy

Physical intimacy is the type that most people think of when they hear the term “intimacy,” and it is the kind that we will be most concerned within this book, as it is the type of intimacy that includes sex and all activities related to sex. It also involves other non-sexual types of physical contact such as hugging and kissing. Physical intimacy can be found in close friendships or familial relationships where hugging and kisses on the cheek are common, but it is most often found in romantic relationships.

Physical intimacy is the type of intimacy involved when people are trying to make each other orgasm. Physical intimacy is almost always required for orgasm. Physical intimacy doesn't necessarily mean that you are in love

with the person you are having sex with; it just means that you are doing something intimate with another person in a physical way.

It is also possible to be intimate with yourself, and while this begins with the emotional intimacy of self-awareness, it also involves the physical intimacy of masturbation and physical self-exploration. I define sexual, the physical intimacy of the self as being in touch with the parts of yourself physically that you would not normally be in touch with. If you are a woman, these parts include your breasts, your clitoris, your vagina, and your anus. If you are a man, these parts include your testicles, your penis, and your anus. Being able to be physically intimate with yourself allows you to have more fulfilling sex, more fulfilling orgasms and a more fulfilling overall relationship with your body. Allowing someone to be physically intimate with you in a sexual way is also an emotionally intimate experience, regardless of your relationship with the person. Being in charge of your own body while it is in the hands of another person is very important and this is why masturbation is such a key element to physical intimacy.

You can think of physical intimacy as something that breaks the barrier of personal space. By this definition, this includes touching of any sort, but especially sexual intercourse, kissing touching and anything else of a sexual nature. When you are having sex with anyone, regardless of whether you have romantic feelings for them or not, you are having a physically intimate relationship with them. The difference between a relationship that involves physical intimacy alone and no other forms of intimacy and a romantic relationship is that a romantic relationship will also involve emotional intimacy, shared activities and intellectual intimacy is that a deep and lasting romantic relationship will need to include all of these forms of intimacy at once. In this book, we are going to focus on how all of these

types of intimacy come together to create a successful and deep romantic relationship between two people in love.

How to Increase Intimacy

For a romantic relationship to be successful, there must be several forms of intimacy shared between the partners. Without a combination of all of the forms of intimacy, there is nothing that sets a romantic relationship apart from an everyday friendship.

It is important to communicate about your needs for intimacy with your partner so that they know what is important to you and what you need from them for the relationship to be successful. Further, on a recurring basis since people will grow and change over the course of their relationship and both partners must be aware of the changes in the needs of their romantic partner. This is especially important in a long-term relationship, as being aware of when a person's intimacy needs change is important to maintaining a good level of intimacy and a deep connection. This leads us to the next topic related to intimacy, which is communication.

Communication

Communication is the key in a relationship of any sort, but especially in a romantic relationship. Communicating is the only sure way to know where the other person stands in terms of their thoughts, feelings and needs. Being able to be vulnerable and open with your emotions is a requirement for any type of intimacy, and this involves being vulnerable and open about your needs for intimacy itself. It is necessary to share oneself with the other person in a relationship. This mutual sharing of yourselves is what will lead to intimacy in the first place as well as an increase in your level of intimacy.

Sometimes in a long-term relationship, you become so comfortable with each other that you begin to feel like you don't have to communicate with

your partner as much as you once did. You may begin to feel like they can read your thoughts and your feelings, since you know each other so well. While this is a great point to reach in a relationship, this can sometimes lead to a breakdown in communication. It is important to maintain communication in order to avoid miscommunications or misunderstandings that can happen when both parties think that the other person can read their mind. The key here is to continue communicating, even if you think the other person knows what you are thinking or feeling without you having to say it. By doing this, you keep the lines of communication open in your relationship at all times. It is better to over-communicate than to under-communicate in a romantic relationship. This avoids any chance of miscommunication or misunderstanding that would be perpetuated by a lack of communication. By having misunderstandings go unresolved, this could lead to resentment and an overall breakdown in communication, which can reduce levels of intimacy in the relationship.

So, what is tantric sex at its core? It's pretty in-depth, and here, we'll talk all about what tantric sex is, the concepts behind it, and why it matters.

An older Practice

The concept behind it is that it's the waving and expansion of different energies, bringing them together in a deep, intimate connection with another being.

It is very slow, and the goal of it is to create a connection between the body and mind. This connection is said to bring about powerful orgasms as a result of it.

It can be done by just about anyone who is physically able to do it. If you want to reboot your sex life, or even find a deeper meaning into the act of making love, this is how you do it.

For most people in this day and age, we all focus on just the action itself, getting it done so we can go about our business. But, does that really build a connection? Are you really focused on your partner? This is what you have to realize happens with tantric sex.

If you are looking for a good way to compare this, a quickie is literally like a takeout food, whereas tantric sex is a five-star meal that you eat in the restraint. With this type of sex, you're not spending as much time just getting it done just to get it done, but it's slow, savoring, and wonderful to experience, and in turn, is a delicious and mesmerizing experience.

This can also bring some space back into your love life. Do you sometimes think you're just having sex just to have sex? Do you sometimes feel like you're not really engaged in the act of sex? Well, that's the problem. For most people, sex is just a quick and dirty thing, rather than an intimate, wholesome action between two parties. That in turn, will cause your relationship to feel hollow, boring, and not worth it.

But, with tantric sex, you can change the way it all feels. Instead of just taking things like an activity and not really putting more emphasis on it than that, tantric sex involves the action of sex, the doingness of it, but also the connection shared between you and the other being you're with.

Why Try Tantric sex?

There is a reasoning behind trying tantric sex. Tantric sex for one, has been around for thousands of years. It must work pretty well if you're looking to do something different, and have a deeper, more thoughtful connection with another person.

But, if you want to extend the effort and time into sex, you'll start to get a much more intense ecstasy from it.

Which means a much more intense orgasm.

It does work, and there are even celebrities that will do this with their partners, and it's part of the reason why some people will stay together with one another.

And sometimes, it builds that deep, intimate connection with that person that you want. If you feel like your relationship with your partner is a little stale and boring, this is one of the easiest ways to spice things up.

If you're sick of doing the same old, same old in bed, then tantric sex is for you. If you want to become more intimate with the person you love, this is for you. If you would like to reconnect with the one that you love, especially after raising kids, or a stressful day, this is for you.

In the hustle and bustle of our world, we might not think that we have time for this type of sex, but it's a great form of sex, and it can change your life, and the lives of others too.

The concept behind this is where you start to realize that all experience that you have, including sexual intercourse, is a personal thing, and has the potential to transform your ability to understand yourself. Everything in life does this, not just having sex, but we're going to talk about the sexual aspects of this in there.

The idea behind this as well is to be aware and enlightened. You're more aware when you're experiencing tantric sex than you would be if you're just having a quickie with your partner. Perhaps you haven't really looked at your partner all that much recently, or maybe you haven't really thought about anything besides everything you want to do after sex.

Well, tantric sex lets you achieve that awareness of the other person, and it's pretty interesting.

While it does have roots in ancient tantra, it's wonderful for those who want to experience a deeper and more immersive sexual experience.

And what's more, is that tantric sex doesn't involve being spiritual at all. You don't have to be a Hindu to participate in tantric sex, but you can apply these principles in order to have a better life and learn about it as well.

Everything you do during tantric sex is a connection. Whether you both synchronize your breathing together, look at one another, or even touch one another while having intercourse. Unlike other types of sex, it isn't a quick and dirty activity, but instead helps prolong the experience with your partner, and deepen the connection with one another.

CHAPTER 6:

The Kamasutra Erotic Massage



The Kama Sutra talks about massages and the best places to give massages. Some massages will lead to sex and some will not. A massage can also be a relaxing gesture of love for your partner, who is spending time with you at the end of the day. If you have massage oil, this will be a great

addition, but if not, that's okay too. Use something like lotion to lubricate your hands and avoid skin to skin friction. Warm your hands before you start so that it makes them feel nice and doesn't send a chill down their spine when you first make contact.

When they are lying in a comfortable position, and you have lubricated your hands, begin to massage them gently. The touch of a massage gives a person a sense of being cared for, and it is even better from the person they love. A massage is a great way to show your partner that you care about making them feel good. After you have massaged their upper body or their feet, begin kissing their body where you just massaged it and then progress to kissing them on the lips. You can gradually move into touching each other's genitals or massaging them there. This is when it becomes an erotic massage. You can give a woman or a man to lead them to immense pleasure and enjoy a very sensual experience with them. An erotic massage is a way to show love to a partner, a way to be sexually intimate together and a way to make a person feel great without having a penis and vagina meet. Knowing these techniques is great for anyone who is looking to try new ways of pleasuring your partner in the bedroom.

Tips to Give an Erotic Massage to Him

A sort of erotic massage that you can try giving to a male partner is the prostate massage. As you know now, the prostate is a small gland located inside a man's body between the base of his penis and his anus. It is accessed through the anus. This type of massage is similar to anal play, but it is not the same, as the goals are different and so is the technique. The reason why it is better to give a man an erotic message here instead of on his penis is that he will be able to last much longer without reaching orgasm.

Performing this type of massage requires lots of lube for maximum comfortability. Once your fingers are well-lubricated, you can slide a finger or two inside of the man's anus very slowly. Once in, you will be able to find the prostate by feeling around on the upper (front) wall of the rectum for a small lump that is rough in texture a few inches deep. Once you have found it, you can begin to gently massage it. You can move your fingers in circles and apply light pressure to it. This massage has the potential to feel quite pleasurable for the man. Communicate while the massage is occurring in order to give him the most pleasure possible.

You can perform this type of massage in a number of different positions. The man could be lying down while you straddle his legs, he could be on his hands and knees while you sit or kneel behind him, he could lie across your lap while you sit on a bed, or you could do any position that is comfortable for you.

This massage does not need to lead to orgasm; at least that is not the goal. If it happens, that is fine; however the aim of this massage is just to provide a relaxing and pleasurable experience for him.

Tips to Give an Erotic Massage to Her

Next is the erotic massage for a woman. This massage involves the entire vaginal area, which is called the vulva. A Yoni Massage is a vaginal massage that is intended to open up the woman to her sexuality, her pleasure, and her sexual desires. As a partner, you can perform this type of massage for your woman to unlock her repressed sexual energy and help her to get in touch with it.

This can be done in a variety of ways, but the position we are going to discuss is a hot water Yoni Massage. Begin by setting the ambiance, either in the bathroom with a bathtub, or around your jacuzzi. Set up some candles, some flowers, or anything that will make the surroundings relaxing and calm. Begin by having her breathe deeply and focus on her body and its sensations. You can get into the water with her for added intimacy. Begin by slowly and gently massaging around her entire vulva and her clitoral area. The key to this type of massage is to do everything very slowly. Begin to massage her clitoris slowly and not with the intention of making her come. When ready, and with lots of waterproof lube, slide one finger inside of her vagina and gently begin massaging the upper wall. Here is where her G-spot is located. Encourage her to express and release any sounds she naturally makes. Move your finger in a circular motion slowly and with your other hand, massage her pelvic area and clitoris. This connects the inner with the outer. Continue to do this and let the experience unfold with no end goal in mind. If she reaches orgasm, she can do so, but if she doesn't, she can just enjoy the pleasures that she is getting from your massage.

After this massage, she will feel more in touch with her body, and if penetrative sex ensues, both of you will feel even more pleasure and

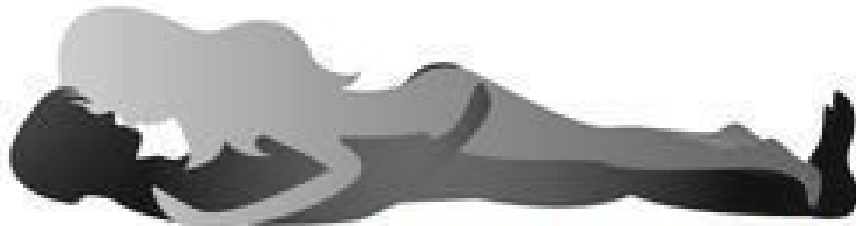
intensity of orgasms because of how engorged and activated her vagina and clitoris will be.

CHAPTER 7:

Woman Dominates Positions

This category of positions involves a little dominance of the woman if allowed by the male side. It fills both partners with joys and adventures due to its uniqueness, verities, and enthusiasm. It gives a real sight to the vaginal intercourse, anal gaping and licking or sucking with extreme instinct. No matter in what situation the woman remains, being on top of his penis, permits him to pet her breasts, kiss her lips, hug her tightly or hold her buttocks firmly. It also may allow slapping on her ass gently to turn sex into a rough one and increasing the delights with the harsh approach. It is up to the partners to opt for either of the two. These positions make her able to control the pace and deepness of entry into her holes and let him observe the female movement with beautiful sights of the penis going in and out of the vagina and anal gap.

Lying Cowgirl



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Being a marvelous sex position from the horizon of the woman on top, lying cowgirl is acknowledged by those who give equal voice to their lady. It allows both male and female partners to lie down with the woman face-down on the male partner who is lying on his back. The woman's legs are

right above the man's legs and provide less mobility for both partners as the man is beneath the woman and less able to deeply penetrate his penis in and out of the vagina. A higher degree of intimacy is guaranteed due to rubbing and extreme intercourse of the penis with the vagina. It also allows both partners to feel and enthusiast sex with unlimited kissing joys and licking adventures. The best pleasure could be gained with the woman positioned a little up from the male's body, allowing him more space to thrust upward with gentle pushes. It gives both partners full exposure with elegant kissing, feeling tightly joined bodies and sucking breasts, guaranteeing marvelous joys and adventures.

Closed Cowgirl



Anastasiia Frizen - © 123RF.com

A more joyous sex position with the man lying on his back, straightening his legs, and woman on top with legs closed inside the legs of the male partner. Bodies are bonded tightly with the woman hugging him strongly, providing a sensible and elegant experience with a full vaginal provision and strong clitoris stimulation. The male partner pushes her forward to give deep vaginal intercourse by hands lying on the female's ass. Whereas the female partner encircles her hands around the neck of the male, creating adventures of extreme kissing and licking. This provides a fairly shallow penetration with an edge of easy anal play if partners agree to go inside of the asshole. This position houses the potential to drive both partners crazy and wild by allowing speedy penetration with the sensible feel of vanilla

sex. Being crazy in this position will boost sexual pleasures and allow both partners to indulge deep in sexual intercourse which fairly resists in leaving out even after cumming.

Rodeo



Anastasiia Frizen - © 123RF.com

To realize the most depraved desires and enthusiast you, sex is a perfect way out to fulfill the desires that are hovering in your mind for a long time. The man lies on his back, with straight legs and straight body. The woman sits on top of the male partner with her body inclined backward, legs bent in knees and feet stretched out along the body of the male partner. The woman slightly bends her head backward, giving her breasts a full exposure of the air, or slightly bends her face backward, giving her breast's exposure to the male partner. The man puts his hands on the woman's waist or her buttocks while the woman puts her hands backward to support her body, in between the abdomen and arms of the man. This position allows the man to penetrate her holes deeply and give efficient vaginal intercourse as well as deeper anal intercourse since the anal hole is slightly nearer. This will spice up the intercourse, making sex way more exciting and giving a great experience for both male and female partners.

Folded Rodeo



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This position is similar to the previous one as the man is lying on his back with straight legs and face towards woman's butt and back. The woman, on the other hand, is on top of the man with back on his side, leaning her face and shoulders forward, hands on his legs to give him relaxation and full room to decide to penetrate deep into her vaginal hole or asshole with painful rubbing and clitoral stimulation. The man could watch every inch of him going inside of the woman, giving him joyous pleasures and unending delights. While, on the other hand, the woman can control the length of the penis going inside her, being able to move forward and backward to adjust her position and let him go deep or less inside of her. These position enthusiasts both partners with anal joys since anal play is easy in rodeos. Gentle pushes with hands over her buttocks will turn both partners into crazy beasts as the party goes on.

Kneeling Rodeo



Anastasiia Frizen - © 123RF.com

Another desirous sex position for those who love cowgirl sex and rodeo positions is kneeling rodeo, as it also enthusiasts the woman by being on top. The man lies on his back with straight body and legs folded on knees in an upward direction. Whereas, the woman sits on his abdomen with penis inclusion and relaxes on his knees by putting her hands. The woman is also on her knees, feet back aligned with his body, giving him full exposure and sight of her back, asshole, vagina and penis inclusion into her holes. This provides the best experience of penis inclusion into the anal mysteries as this enthusiasts both partners with easy access to the anal hole and doubles the joys of the man with sights of every inch going inside her. Whereas, the woman can feel every inch without any resistance and rubbing on the inner lips of the vagina and corners of the asshole will make her feel special and satisfied. Gentle pushes could turn both partners into wild beasts due to the joys involved.

CHAPTER 8:

Man Dominates Positions

This move requires some training. A woman needs to perform about 25-30 Kegel exercises a day. When she has worked her Pubococcygeus muscles to where she can isolate the inner, middle, and outer muscles, she is ready for the “milk-the-man” technique.

The man lies on his back. The woman mounts him and straddles him. She guides his penis inside of her. She then clenches her PC muscles in sequence, starting with the one that’s closest to the entrance of the vagina. This will be an experience that the man has not only experienced before but didn’t even know it was possible!

Multiple-Male!-Orgasms

Whenever a man has an orgasm, it’s followed by a refractory period, during which he can’t become erect again. Some men, this might last minutes, for others, it might last days. What most men don’t know is that the release of sperm and their orgasm can be separated. When a man is about to ejaculate, press your middle firmly on the perineum (the ridge between the testicles and the anus). This will cut off the flow of semen while he has his orgasm. After the orgasm, he will find that he is immediately ready to go again.

The P-Spot

While pleasuring a man, he can be easily stimulated by massaging his prostate. This can be done externally by rubbing the perineum (the ridge between the testicles and the anus) or internally but wetting a finger with

lube and slowly massaging the outer rectum. This area is rich with nerve ending and can create immense, please. Slowly insert the finger (short nails please) only a little bit, wait for the sphincter to relax before proceeding further.

The best way to massage the prostate is with the finger inside the anus, massaging what will feel like a walnut-sized sack (in the direction of the belly button). For the man with an adventurous spirit, a curved dildo can also be used to stimulate him. While this can be an incredibly gratifying experience for the man, it's important to know beforehand that he is comfortable with it.

Closed Door

This position is similar to the missionary in that both people are lying down face-to-face, and the man is on top. The difference, however, and what makes this an advanced position is that the woman will keep her legs shut the entire time tightly. The man's penis can be inserted while her legs are open, and then once it is in, she will close her legs. What this does is constrict her vagina and make the canal tighter for the man's penis. In addition to this, if she is aroused, her vagina will be engorged, and the canal will be tighter already. Because of this, the man's penis will be hugged tightly as it slides in and out of her, and this will make for extra pleasure for him.

Lap Dance

This next position is another that is best for male pleasure and the male orgasm. This position requires strength on the part of the man and the

woman and is quite an athletic position, but this is why it is called an advanced sex position. Be careful when trying this one.

To get into position, the man will sit upright in a comfortable chair or on the edge of a bed with his feet planted on the floor. The woman will climb onto his lap and wrap her legs around behind the man or stick them straight out past him. Then, the man can insert his penis into the woman's vagina. From here, the woman will lean back until she is lying straight back, and her body is flat. While she does this, the man will have to hold onto her at her hips or her lower back, depending on your height variations. The man in this position will perform a combination of thrusting his hips into the woman from a seated position and pulling her onto his penis repeatedly. A high amount of upper body strength is required on the part of the man in this position. Place some pillows on the floor underneath the woman when trying this position, just in case. The woman can hold onto the man's arms for support as well here.

This position is excellent for the male's pleasure because it allows him to control the speed and depth of thrusting, and it allows for deep penetration, which will feel amazing on his penis.

Splitting the Bamboo

This position is quintessentially Kama Sutra, and it is a great position for the male orgasm. To get into this position, the woman will lie on her back on the bed and stretch one of her legs straight out below her, lifting the other leg and resting it on the man's shoulder. The man will be on top of the woman, his hips between her legs.

In this position, the man can achieve deep penetration because of the positioning of the woman's legs, which will feel great for him. The deeper

he can penetrate, the more pleased he will be. If the woman is not flexible enough to do this position in this way, making it uncomfortable, the man can kneel instead of laying on top of her. This way, the position will still be accomplished, but it does not give the woman's leg as much of a stretch. This position is also great for the woman since the chances of G-Spot stimulation are very high.

Waterfall

The waterfall is a position in which the man has complete control. The man will begin by sitting in a chair with his feet on the floor. The woman will climb onto his lap and insert his penis into her. She can wrap her legs around his waist. Then, slowly, she will lean back until her head and arms are touching the floor (with pillows underneath). From here, the man will hold onto her hips and can move her body onto his penis at whatever speed and depth he wishes. He can also grab onto her breasts and massage her clitoris in this position if he wants. This position can be quite challenging for the woman, but the blood flow to her head will make it pleasurable for her. This position is excellent for the man since he is in control, and the tightness of the woman's vagina around his penis in this position will be hugely pleasurable for him.

Standing Suspended From Behind-Anal

This position is great for those who are experienced with anal sex as it allows for deep penetration and also requires strength from both partners. This one is a bit trickier to get into, so to begin, the man will be sitting down on the edge of the bed or in a chair, and the woman will sit on his lap, facing away from him. Then, the man will insert his penis into her anus. He will hold onto her under her knees or her buttocks, and once secure, he will stand up, still inside of her. Then, leaning his back against a wall for

support, he will thrust into and out of her while holding her up. This position can be very pleasurable for both people if fitness and strength are there, which is why this is such an advanced position. This position is good for the male orgasm because this position and the fact that it involves anal sex will make it feel great for him. The only thing is that it requires a lot of work from the woman as well.

Manhandle-her.

This excellent position allows him to enter her from behind while having the ability to stimulate her clitoris or breasts at the same time. You can do it anywhere you'd like, as it is a standing position. You can alter it to be a laying down position as well, however, by simply laying on your sides in a spooning position. It works by having the lady standing in front with her legs partially spread. Then, the gentleman comes up behind her and enters her, while using one hand to hold on (such as around her chest, while gently massaging or squeezing her breast) and using the other to stimulate her clitoris. This is an excellent position to help the lady reach orgasm, as it provides all of the stimulation necessary for her climax.

Sexy Spoons

This position is excellent for intense, slow, sensual penetration. It is another from-behind entry that is excellent for her pleasure and his. This is a relatively straight forward position that you can probably assume how it works. To start, have the lady lay on the bed on her preferred side. It is easiest if she has the top leg in front of the bottom leg. Then, have the gentleman come up behind and spoon her while penetrating her. He can use her hips as leverage to control the speed of his thrusts, or he can slowly thrust while stimulating her clitoris. She can use her free hand to massage his bum or play with her clitoris.

Pressing Position

The pressing position is one of the best and fulfilling positions you can try with your lover as it unfolds effortlessly from one embrace to a rhythm like lovemaking. This lovemaking is very sensual and can be used to connect with your partner deeply. And it is very easy to perform, and the best part is that both lovers would get to enjoy the lovemaking to the fullest.

To perform this lovemaking, lie your partner down on the bed after you must have had a series of foreplay. As she lies down on the bed, you can further go more in-depth with the foreplay by rubbing her breast and nipples to arouse her further. Then you could go lower and play around her belly, and you approach her vagina. You could also place a kiss on her vagina, and a little clitoris stimulation would also help as you go into position for this lovemaking. Remember, your lover is already lying flat on the bed back down.

Then spread both of her legs on either side of your waist and fix yourself in-between. Then move a bit forward and place your hands at her sides and lean softly on her. Then at this position, you can go for insertion. Upon entering her vagina, go easy, it would feel a bit tight at first, but after a couple of minutes, and with the right amount of vagina fluid from arousing her well, things should go a lot smoother. The man should use his feet to apply pressure when making love in this position.

The woman could also grip her partner's thigh with her own and press it inwards to tighten her vagina to thrust his penis more thigh for more friction and pleasure, which increases the sensation for both of you. Generally, this position is great because of the body contact around the limb, and belly

region as well. Moreover, the more the partners roll around together as they press their limb together, the greater the sexual charge would be.

CHAPTER 9:

Sex Positions To Overcome Anxiety And Insecurity



A great way to have your partner discover and appreciate your body if you are insecure is through a massage. Not just any, but a blindfolded massage. You can make this a sexy exploration with the blindfold being almost BDSM-like, or leading up to something bigger, or you can keep it cute and loving, whichever style best suits you both. After setting the mood and taking your partner's clothes off, get them to blindfold you. Have them lie down in a comfortable position and begin gently exploring their bodies with your hands. You can use massage oil if you want but focus on the exploration. exploring their body without your sight

will give you a new perspective of the body you thought you knew so well. You will be able to feel the details you overlooked for all these years, and once you discover them, you will have a new image in front of your eyes every time you look at them afterward. You can take turns doing this, having the partner that is being explored lying down and enjoying the sensations, or you can do it together at the same time if you wish. With both of you naked and blindfolded, get into a comfortable position that allows all of your arms to be free to move and leaves your body open. Lying down on your sides face-to-face is a good position for this, and you can switch sides partway through if you wish. To start out, focus on exploring each other with your hands and avoid focusing too heavily on any one part of their body, we want to discover it all. Take your time, though, and move gently. Once you have been doing this for a little, you can start to kiss each other, still blindfolded, and progress to wherever you want to go. All of these sensations will prove to be different when blindfolded. You will have a heightened physical sensation because your vision is not there. If you wish to have sex, try it blindfolded as well. Oral sex and penetrative sex with a blindfold will surely help you rediscover their body even further. As the woman, try giving your partner a handjob while blindfolded. You will feel all of the curves and nuances to his penis and see it in a new way, perhaps. As the man, give your partner a vulva massage and find her clitoris with your eyes covered. This will help you to find it ever after without even looking. Feel around gently and discover everything between her legs. Eventually, you can slip a finger inside of her and discover her spot and what it feels like. Even though you never actually see it, having a blindfold on will enhance your physical sensations in general, so touching inside of her will feel different than it does when you have your vision.

Best Sex Positions To Try If You Are Insecure

Hot Seat

This position is called The Hot Seat. This position is good for those who are insecure when it comes to sex or about their body since both people will be pressed together and will not have room to see each other. It is also great because the nature of this position only allows for grinding into each other, and not for vigorous humping.

The man sits upright on the edge of the bed with his legs hanging off and his feet on the floor. The woman sits down on his lap, facing away from him, and he slides his penis into her. The woman can shift her body around and see which angles feel the best for both of them. If the woman is comfortable, the man can reach around her and massage her nipples or play with her clitoris from this position as well, and he can kiss her neck and her back sensually. You can move as slow or as fast as you like in this position, and take it at the depth you like.

Best Sex Positions for Anxious Lovers

Tantric sex involves being in touch with one's feelings and breath- almost like a meditation of sorts. Tantric sex takes this idea and uses it in relation to sex. Sex with oneself or sex with a partner is done through a deep connection. You practice being connected to yourself and your deeper feelings in order to more easily feel your feelings and reach orgasm quicker and with more intensity. Tantric sex is so useful for couples, especially those who are more anxious. This practice allows you both to get in touch with your feelings and your bodies, as well as each other in a slow, quiet, and patient way. This is great for anxious lovers who need time to relax and connect before beginning sex. The position below is a staple of Tantric Sex and is ideal for beginners to Tantra.

The Yab-Yum Position

Get together in the Yab-Yum position. A staple position in Tantric sex and the position that everything begins from. The man sits down with his legs crossed. The woman sits on his lap, her legs wrapped around him. You can do this position at the headboard of your bed so that one of you can lean on it for support if need be. Getting together like this brings you close at every point of your body, from your eyes to your chest to your feet. From here, we can begin to connect deeper than ever before. Synchronize your breathing with each other. You can look into each other's eyes if you wish. Sync up the speed and depth of your breathing and make sure it's not too shallow or too quick. Relax into this with each other and let your feelings guide you. You can do this for some time and let the experience unfold. Try to get in tune with the feelings of your body and see if you are receiving anything from the other person in their energy or their breath.

How to Overcome Insecurities in the Bedroom

There are many reasons why a person may feel insecure in the bedroom. This can be because of their body image, their performance, or their ability to please their partner. Below are some ways to deal with these insecurities. Communication is the key to a fulfilling and pleasurable sex life. Knowing what you and your partner like and dislike allow you to focus on the things you enjoy and leave the things you don't behind. Knowing this will help to greatly reduce your anxiety surrounding performance or being able to please your partner adequately. With so many options for ways to pleasure each other, you don't want to waste time on the things that don't make you scream out in pleasure, and communication is the way!

During sex is an important time to check in with your partner to see how they are feeling, what they are liking, and what they want more of. While you are having sex, it is easiest to communicate using dirty talk so that you don't ruin the mood by coming off too serious or too concerned. In order to properly communicate while also playing into the mood of the moment, you can do so in a sexy way, using sexy language. You should tell each other what you like by saying, "oh yes, I like that" or "I like when you touch me like that" This lets the person know to do more of the same because this is what will get you to orgasm. By being aware of these things and being able to talk about them at the moment, it will help with your confidence in the bedroom and reduce your insecurities.

Cardiovascular exercise has been shown to increase blood flow, which in turn increases your positive feelings during sex as well as the sensations your partner will feel on his penis when he slides it into your engorged vagina. Improving your aerobic capacity makes it so that blood will have an easier time flowing to the genitals, as your body becomes more efficient at dispersing it. This means positive things for your orgasm as well as your

partner's! In terms of sex drive, doing weight training has been shown to increase your sex drive, which is another factor that will positively affect your ability to orgasm. Another one of the countless benefits of exercise on your sex life is that it will make you feel more confident and positive about your body. This, in turn, will make you feel more confident in the bedroom, which will improve your mood, reduce your stress and anxiety, and make it so that you are more likely to reach orgasm.

How to Overcome Anxiety in the Bedroom

It is very common for people to have anxiety in the bedroom, especially around things like orgasm and performance. There are some ways that you can reduce your orgasm and performance anxiety in the bedroom.

Your choice of environment can make a big difference when it comes to whether or not you can reach orgasm. If you tend to be someone who has trouble reaching orgasm for whatever reason, these details of the environment, the location, and the time will be important for your experience. They will determine whether or not you will be able to get concentrated enough to orgasm. We will discuss several factors that contribute to whether or not your environment is conducive to your pleasure and your orgasm. The reason why the environment, time and location are of such importance is that being comfortable with all of these factors will allow you to focus on yourself, your pleasure and your orgasm without distraction.

The ambiance, the mood, and the lighting must be selected so that they are simple enough to allow for sex to be the focus while being special enough to evoke a sense of sexy mystery. The environment can be based on your personal preference, but the main factor to keep in mind is that it is free of distractions and comfortable enough for you to feel relaxed. This leads us to the choice of location. The location choice is important for getting you in the mood and allowing you to stay in the mood. There are some things to keep in mind when selecting a location. You will want to select a location that allows both of you to relax, move around freely, and that will be free of concerns such as cleanliness, temperature, and physical comfortability.

Oral Sex For Him And For Her

Now everyone has their views and opinions when it comes to oral sex. What one needs to understand is that when you are looking to experiment with sex and do things differently, you should surely try and opt for oral sex.

Oral sex is a great way to create the right movement and to keep things mighty exciting and pump up the passion in the relationship as well. When you are really into it, you are not likely to think of things like how icky is this or is it even hygienic.

When done right, oral sex could trigger some of the most massive stimulations which are bound to help you feel elated and at the top of the world.

So, now that we have set the ground for what makes oral sex so exciting and why it needs to be a part of your bedroom life, we are going to get into the details of some of the best positions to practice oral sex.

However, just before we get down to the nitty-gritty, we are here with some of the finest tips which can help you with your game; no matter whether you are giving oral sex or getting it.

Be vocal

Don't just do it, let your partner feel every bit of it. A good sexy narration of what you are doing to the insides of their body with your magical tongue is a great way to keep the sex hormones surging higher and higher until the body may reach the climax.

So, when you are licking the insides of her vagina or even when you are giving your man the perfect blowjob, be all set to give a sexy narration of how it feels, when your moth touches their insides and don't forget to add in little moan here and there for all that extra glitz.

The background porn

Now, this depends on both the partners and how much they are willing to use this. However, a lot of couples have hinted that watching porn together acts like a great stimulant and helps them fall in the feel a lot more easily.

So, when you are administering oral sex to your partner, you could have an oral sex porn clip playing on your television. The music, the ambiance, and the video sometimes set the right tempo and get you both in the real mood.

The play of hot breath

Now, this seems to be a scientific fact. When you use your hot breath on the intimate openings of your partner, it is likely to create a wave of stimulation to the nerve endings. So, try to puff out a breath of hot air on the vagina and then let the tongue take her for a ride. Trust us, she is going to dig her nails all over you and moan and call out your name in a way you will never ever forget.

Mix and match

When we talk of oral sex, it doesn't really have to be limited to just the play of your mouth. For some of the best excitement and results, you could mix and match it up, Let your fingers go deep inside her and then pull them out sharply. Do not let her breathe get even and kiss the insides of her vagina and lick her as your whole world depends on it.

This in and out movement and the mix and match of fingers and tongue is sure to drive any woman crazy and she is going to ask for more and more.

Remember the idea is to keep teasing her until she wants nothing more but the whole of you inside her.

Similarly, for women looking to seduce their partner, feel free to play with the tip of his penis. Draw in a rhythmic circle, stroke him widely and then leave some gentle bites while gobbling the whole of his ejection. When you are gobbling his penis, let your fingers massage his balls and push them up and down. This joint movement is sure to drive him nuts and he won't be able to stop himself from penetrating inside you.

Use lube, if needed

Some of us tend to have it too dry, both men and women included. Feel free to make exciting use of lube. There are several sweet-smelling massage oils available too. Look for massage porn, if the need be. Try to lubricate the parts totally and then give a gentle massage. This often builds the whole tempo and then you can slowly tease your partner and let your mouth do the rest of the magic.

So, these are some of the best tips which you can use to get the most out of oral sex. If you haven't yet done it, this is the time to try it now. Tonight, show some of the sexiest oral sex moves to your partner and watch them moan on and on in pleasure.

Now that we had the basics underway, we are going to focus on the best oral sex positions to help you get the ultimate pleasure.

1. The Venus Flytrap

This is one of the most common positions for those who love oral sex. The woman needs to lie on her back while her head would be off the bed's edge. So, you are going to face the opposite wall and your man is going to stand right there.

He could stand or kneel based on what is the suitable/comfortable height. This allows him to have his penis right at the level of your mouth. You can now hold his firmness and lick his balls and play with it. As he is free, he can massage your breast or even kneel a little and try to finger you so you both could have a killer go at the oral sex game.

Remember, as we have always said, sex boils down to experimentation, and finding out what ticks you the most. What you like might not appeal to some other woman. So, leave plenty of room for experimentation and even in the best of sexual poses, feel free to add your flavors for the best results.

2. The Classic 69

An evergreen favorite among most couples, we have all loved the '69' position. This position allows you to have the genitals facing each other's mouths. This is a great way to ensure that both of you can participate in the right level of sexual pleasure while taking each other's body to the tip of the orgasm.

You can always place your legs on your partner's shoulder to give him/her more room and let the tongue devour the insides while taking you on an unforgettable ride.

Remember, when you are doing the '69' position, you can try to mimic each other's moves or one of you can take the lead and the other one can follow. These different ways and styles are sure to help you enjoy your oral sex time and it will help you discover each other's body most effectively.

If you want to have more room for experimentation, you can try to have the sideways 69 too, it is sure to improve your sexual sensations by leaps and bounds.

3. The Throne

In this position, one of the partners needs to sit on the chair and push their legs wide apart. The other one would kneel right in front of the other and then tease, squeeze, cuddle, and excite the genitals.

When your man is sitting on the chair, as a woman, know how to command lead and cup his balls and slowly trace the whole trajectory while moaning sexily. This creates an amazing environment, and at the same time, you can then suck, bite, and even lick his balls and the erection.

When the woman is sprawled on the chair with legs wide apart, the man could push his fingers in and out to create a pulsating rhythm. You could then play a tune with your tongue and explore her insides while she goes crazy with your sensuous and sexual movement and screams your name in desperate need.

4. The Cinema Blow Job Position

Imagine the two of you sitting side by side in a cinema. Now, you need to slowly caress your man, tease him at the edge of his erection while still keeping the buttons on his pants on.

After you have created quite a momentum, slowly unzip his fly and then take his penis in your hand and start a sensuous massage. You can then bend your body and slowly lean over him while taking his erection in your mouth. You can lick it and even rub it to make him hard enough to give both of you the pleasure of a perfect blowjob.

Remember, stroking the cock is a great way to build the right amount of pleasure and power inside the body. This creates the right level of sexual tension which in turn kick starts a great orgasm.

If you would like some extra action and would want to spice things up; you could ask your man to massage your breast or nuzzle your body while you are giving him a full-on blow job. The dual action tends to create an even elevated sense of sexual satisfaction in the couple.

So, these are some of the best positions and tips which can help you master the art of oral sex. Remember, there is nothing to be shy of or have inhibitions when it comes to oral sex. Whether or not you want to have your man cum inside your mouth or what you want to do with it is something you should both decide early on.

A lot of couples end up enjoying blowjobs while they make it a point not to cum inside the mouth. The decision should be mutually agreed upon, and this is no delimiter to not having oral sex. Some of the most erotic fantasies of people have a lot to do with oral sex.

A great blowjob or even a handjob is a prerequisite for an amazing sex story. Sex is something you should both enjoy and try and make it more

fun. This will keep you young and oral sex is one of the best ways to spice things up.

It is not mandatory that every oral sex should end with a penetration. Such is the far-reaching satisfaction level of oral sex that you may be thoroughly pleased after it and won't need to go the complete round.

The idea is to determine the level of pleasure you seek and how to achieve it. It is about both giving and enjoying it at the same time. From our research, we have found that it is synchronized oral sex which tends to deliver the most heightened sense of pleasure.

When you are licking his balls while his tongue is doing magic to your vagina, you are sure to feel like you have never felt anything better than this.

Anal Sex For Him And For Her

Anal sex can be enjoyed by everyone, any combination of genders and genitals. Anal sex is commonly associated with gay men and straight men may be intimidated by the thought of being penetrated, but many men in heterosexual relationships enjoy being pegged by their female partners with a dildo or strap-on. This can be for couples with vaginas using a strap-on, couples with penises or couples with a combination of both.

What Is It?

Anal sex is quite a broad term as it encompasses any type of stimulation (including penetration) of the anus and the areas surrounding it. By definition, anal sex is anything that is done to the anus in order to achieve sexual pleasure or gratification.

The Male Anus

The anus is a well-known erogenous area of the male body. Males can get intense pleasure and even orgasm from being anally penetrated. This is due to the prostate gland being positioned right at the spot where whatever is doing the stimulating would make contact with the anal wall. Right on the other side of this wall is the prostate which happens to be extremely sensitive and leads to intense pleasure when stimulated in the right way.

A man's anus can be stimulated on the outside only, where-like a woman's, it is very sensitive due to a great number of very sensitive nerve endings being located there. This can be done using a tongue, fingers, a vibrating toy or anything really. Beginning with this will lead the anus to relax and become receptive to being penetrated. Then, a sex toy or fingers can be

inserted and that's when the prostate will get its turn. When they prostate it pressed on over and over in a rhythmic pattern, it will cause a man to feel intense pleasure and eventually to reach orgasm. This is similar to the G-Spot in a woman where it needs to be continuously stimulated in order to eventually give her an orgasm.

Anal sex for a man is not just reserved for gay couples. Many heterosexual couples practice pegging, which is anal sex from a woman to a man using a sex toy. We will revisit this later, but this point is to say that the pleasure potential of a man's anus is not only reserved for gay couples and should be fully explored by any man or heterosexual couple wanting to unlock the full pleasure that a man's body is capable of.

The Female Anus

The anus is a very sensitive area for women, contrary to the beliefs of some people. While it is well-known that men have sensitive anuses and can receive pleasure here, it is a less well-known fact that so can women. Women have very sensitive anal openings because there are many nerve endings here, and a lot of surface area. This means that when stimulated, a woman can feel a lot of pleasure here. Because this is an area that rarely receives a stimulation, when it does it can be that much more enjoyable for a woman because she may not be used to the sensations.

The inside of the anus can give a woman lots of pleasure as well, when stimulated. When a woman has her anus stimulated, it actually is only separated from the vagina by a thin layer and similar to the clitoris and the G-Spot connection, she can actually orgasm from being anally stimulated because of the connection between her vagina and her anus. A woman can receive anal sex and the penis making contact with her anal wall, especially the one toward the front of her body can give her a very similar feeling to that of a vaginal orgasm.

The anus can also be stimulated with fingers, toys or orally. Any of these ways can be enjoyable for the woman if she is open to receiving anal pleasure, as they will each give her a slightly different sensation. Think of how a warm tongue would feel vs a smooth anal toy vs the rough hands of the man she loves.

How to Try It for The First Time

There are several things to keep in mind so that you can ensure that you are engaging in anal sex in the safest way possible, so that you and your sexual partner will have a positive experience.

The first point that you must be aware of when trying anal sex for the first time, is how the anus actually works. This part of the body is designed to protect itself by not allowing anything to enter. This does not mean that humans should refrain from anal sex, but it means that because of this automatic reaction, you must ensure that you do not force anything into it. Instead, you must take your time and be gradual with your movements.

The anus will open gradually as you start to play around the outside of it, and as you begin to move inside of it and slide something into it- if you do so slowly, so having the person in a relaxed and comfortable state is very important. Remember to go slowly and enjoy the process, giving your partner gradual anal pleasure without rushing into it.

Further, if you are going to remove something like a toy or a penis from the anus, it is important to make sure the person is relaxed and lubricated, and most importantly- that they are expecting you to remove your penis, your fingers or the sex toy. If you try to quickly remove it without the person expecting it, their body will reflexively tense up, the anus will close automatically, and it will lead to a painful experience for them and even possibly for you as well.

Anal Sex With Sex Toys for Female Pleasure

There are a variety of anal toys that you can use to give yourself pleasure actively or passively. The butt plug is a toy that is used passively to give you pleasure while you are busy doing other things. A butt plug is a small plug-type device that is inserted into the anus and is left there. This provides pleasure from the stretching of the anal opening which, as I mentioned is very sensitive. It also provides pleasure from the stretching of the anal canal in general, and as you move you will feel pleasure from the pressure it puts on the inside of your anus.

You can leave a butt plug inside of you while you massage your clitoris or use other sex toys vaginally. You can also leave a butt plug in place while you are having penetrative sex with a man. This will lead to great pleasure as the pressure the butt plug puts on the inside of the anal wall in combination with the pressure that the man's penis puts on the inside of your vaginal walls come together to stimulate both the anus and the vagina at the same time, and because both of these areas have something inserted into them, there is an increase in the general pressure of your entire vaginal area which will lead to high levels of pleasure for you. The thrusting in and out of the man's penis, while a butt plug is inserted, will give you varying pressure which will be quite pleasurable for you as well. You may be able to have both an anal and a vaginal orgasm in this way, and if you are looking for even more pleasure, you can also massage or use a vibrator on your clitoris to stimulate all three areas at once and have the potential of three different orgasms.

Another anal toy that can be used for great pleasure is anal beads. Anal beads are a series of beads, arranged in order of size starting from smallest to largest that are attached together with a ring at the end closest to the largest bead. These are inserted into the anus all the way with just the ring sticking out at the end. What this does is allow you to insert the bigger

beads after you first inserted smaller ones, which prepared your anus for the bigger ones. When they are inside of you, it will work similarly to a butt plug in that it will give you pressure, and it will work with other pressures that you may be feeling like a dildo or a penis inside of your vagina. Then, when you are ready and want even more pleasure, you or your partner will hold onto the ring and pull them out of you, which will stimulate your anal opening and all of the sensitive nerve endings in this area. These can be used either alone during masturbation or with a partner and when using them with a partner you can either do the insertion and the removal or they can, depending on which gives you more pleasure or makes you feel more comfortable.

Anal beads come in a wide variety of sizes, colors and materials. Some of them can even be put in the freezer before you want to use them or can be warmed in the microwave before you use them to give you the sensations of cold or warmth as you insert them and while they are inside of you.

Anal Sex With Sex Toys for Male Pleasure

Similar to the previous section concerning female pleasure, male pleasure can be achieved by using either a butt plug or anal beads in the same way. These can be used by the man alone or with a partner, and either he can insert them, or she can insert them into his anus, whichever is more arousing for both of them.

A dildo can be used to stimulate a man anally when his partner is holding it or wearing it as a strap-on. The woman can either hold onto it and penetrate the man anally or she can wear it as a strap on and penetrate him anally with the thrusting of her hips.

There is another kind of dildo that we haven't yet explored that is used for both male and female pleasure at the same time. This is the double-ended dildo. This one is not worn as a strap-on but is used by being inserted into

the man's anus as well as being inserted into either the woman's anus or her vagina. Then, both people can thrust towards each other to pleasure each other at the same time.

CHAPTER 12:

Sex Toys

Sex toys are devices or objects a person may use to cause sexual stimulation. The tools are made to replace the pleasure that human genitalia would provide. Although there are vibrating toys, other forms of toys may provide pleasure without having to vibrate. These toys are readily available in sex shops and are available in a variety of types and purposes. It would be advisable for you to incorporate sex toys if only your partner advocates for it. You could use them before, during, and after sexual intercourse to initiate, maintain, and prolong sexual stimulation.

Types of Sex Toys

- **Electro stimulators-** These toys are available for both men and women and use electricity for stimulation. They work when placed on nerve endings, where they send signals to the brain. As a result, the brain releases pleasure hormones which then may lead to orgasm.
- **Penetrative Toys-** These are sex toys that are meant to make a penetration for sexual pleasure. They include a dildo which is a vibrating object used to penetrate either the anus or the vagina. Although there are different shapes of dildos, most resemble the shape of the penis. The most common types of dildos include strap-on and double penetration. Similarly, a horseshoe toy penetrates both the vagina and the anus at the same time to provide maximum stimulation and pleasure. A sex machine combines penetration with a rotational movement while a kegel exerciser improves the muscle tone of the vagina. There are love balls commonly inserted and lodged in the vagina for prolonged stimulation and eventually orgasm. Anal beads work similarly with the butt plugs, which are also embedded in the anus and make a smooth rotation to cause stimulation. Men like a massage on the prostate and enhance orgasm. Glass sex toys are made of clear glass and may sometimes aid in medical purposes. The glasses act as perfect temperature regulators as they penetrate the anus or the vagina. Vibrators offer most of their stimulation through vibrating and come in different shapes and sizes. Some of them are customized to the client's preference, making them diverse and multipurpose. Anal vibrators are meant for anal insertion while bullet ones are inserted in the

vagina and may incorporate a finger or a cock ring. The curved G-spot vibrators are curved to access the woman's G-spot.

- Nipple Toys- These are toys meant to stimulate the nipples through their sensitive material and shape. Some may need a varying degree of pressure to be effective while others, such as suction devices, use glass or rubber. They apply to a woman or a man with the use of other toys in other body parts.
- Penile Toys- These toys are meant to cause stimulation to the penis. For example, the pocket pussies or the artificial vaginas are tubes made of soft tissues to make it feel like a real vagina. A variation of the device may incorporate a system similar to that of a milking machine. A cock harness is used to maintain erection and is worn around the penis. Similarly, cock rings are used to hold the blood in the penis to maintain an erection and may have a clitoris stimulator to perform its duty during sex. The cock rings may also vibrate to ensure that both partners get the best from the toy. A sleeve is a cylindrical device that is open on both ends and could be used to form mutual masturbation. There is also a penis extension that is hollow and shorter than a dildo. They are worn on the tip of the penis to achieve deep penetration. It is advisable to wear a condom to hold the toy from falling off.

Factors to Consider When Selecting Sex Toys

Sex toys are becoming popular, especially among the youth and couples. While there are different types of sex toys, some could be exciting and others intimidating. It would be very tricky trying out a toy that you have never used before. For that reason, you should make the following considerations to get the best toy for you and maximize enjoyment and pleasure.

- Start easy- When selecting your first sex toy, you should start with the simplest toys there is. This way, you can work up to more advanced toys in the future. Start steadily to avoid disappointments and intimidations.
- Cleanliness- It is essential to keep your body clean and hygienic, especially your genitals. Therefore, ensure you select sex toys that are cleaned easily and less likely to attract bacteria while in storage.
- Preference- It is common to find that what works for the service provider is not what will work for you. For that reason, you should ensure you acquire a sex toy depending on your likes and preference.
- Research- Finding reviewed products online has become simpler; hence, the importance of understanding a sex toy before purchasing or trying it.
- Storage- Extra care is needed when storing sex toys. They could react to materials placed near them. It is common to find silicone or latex toys looking melted.
- Consult with your partner- It is for your good to be upfront, open, and honest to your partner about the desires you have with sex toys. Similarly, let them know your preference and use their reaction to judge whether they are okay with it.
- Maintain Communication- It is the most crucial part of sex, especially when using sex toys. This way, your partner lets you know the part that is stimulated by the toy making it possible to discover additional erogenous zones.
- Maintain Safety- It is advisable to use these toys for the sole purpose for which they are meant. You should be cautious when

using these toys for good sex. Notably, problems occur whenever users fail to follow instructions.

Various Uses of Sex Toys

- **Normalize Sensitivity-** Partner may have difficulties having intercourse due to their bodies being hypersensitive. It is a common scenario among new couples. Their genitals may not be exposed to sex before and require preparations for the real act. Sex toys could be used slightly to stimulate the genitals, and they will be ready to have sex with time.
- **Foreplay-** Sex toys are best in causing stimulations, especially for couples, for they are multipurpose and continuous. Partners could use the different types of toys to stimulate each other before they engage in actual sex. It would work miracles for less physically fit couples. It also saves time that partners could take to achieve stimulation.
- **Maintain Stimulation-** Sex toys do not disappoint when incorporated in sex. They may be used to cause stimulation to both partners making sex more pleasurable. When using sex positions that have limited caressing and kissing, sex toys could be the ultimate solution.
- **Prolong Stimulation-** In this case, the partners wish to prolong the stimulation even after orgasm and sex. As they relax after sex, couples could continue using the toys to make the stimulation last longer. It could work for men with erectile dysfunction for it aids in a prolonged erection.
- **Third Partner-** Sex toys could be used in case one of the partners has passed out or cannot reach certain sensitive areas. For instance, a partner would prefer concurrent stimulation on both the anus and the vagina. The sex toys would take one responsibility as the partner handles the other.

With all these uses, you are sure to find the best sex toy that will work for you and your partner. There are few evitable cons of sex toys while the pros make them a must use.

Pros of Sex Toys

- **Enhances Body Knowledge-** The use of sex toys during sex helps partners explore each other bodies and understand the part with more sensory stimulation.
- **Enhances Sexual Pleasure-** The combination of these toys with sex provides additional pleasure.
- **Self Confidence-** While using sex toys, you are sure that sexual stimulation is guaranteed making you aim at attaining satisfaction.
- **Quick Orgasm-** The hyper intensive stimulation caused by sex toys reduces the time a partner would require to attain an orgasm. For that reason, sex starts at the right time with little effort applied.
- **Control Sexual Needs-** Sex toys could be used by either partner for sexual stimulation.
- **Fosters Love-** The exploration of your partner's genitals as well as communication as you try out sex toys removes barriers and enhances mutual connections.
- **Prevents STIs-** The use of sex toys means that genitals may not need to make contact thus preventing the spread of sexually transmitted Infections.
- **Improves Performance-** The sensitivity associated with sex toys boosts the partner's morale, making them perform above par.
- **Prevents Unwanted Pregnancy-** The fact that sex toys do not ejaculate makes it safe for the woman from impregnation.

Cons

- **Toxicity-** Materials used to make sex toys may be toxic to your body although few severe cases have come up.
- **Infections-** Untidy and contaminated devices may carry bacteria that may end up infecting your body. For that reason, you should

ensure that your sex toys are kept safely in a clean environment.

CHAPTER 13:

Sexual Fantasies And Fetish Sex



Sexual fantasies

They are the fire that starts the passion and fuel for perfect sex: they are called sexual fantasies and are exciting thoughts that give a boost to couple eroticism (and not only that: they make masturbation unique above all). They may be conscious desires - we know well what excites us and why - or unconscious - we feel a drive, but we still do not know how to identify it, but in any case they are the result of our imagination and are the proofs that we enjoy (in all senses) perfect mental health. Yes, because many of what were once considered sexual perversions are now and recognized as simple and very healthy erotic dreams, something that we must no longer hide, but that we must live with absolute normality regardless of our sexual tastes.

According to psychologists, in most cases erotic thoughts come to life from an unconscious desire that we have removed, they make themselves felt especially during adolescence. From the first experiences of autoeroticism onwards, even if there are those who develop the first sexual fantasies already at around 6 years of age - and they are a real relief valve that helps us not only to escape from everyday boredom, but also from the moral and to social pressures related to sex. Erotic fantasies are our natural aphrodisiac: they help to say adieu to banality and push us to experience always new sensations (positions, experiences and emotions). There is no time for boredom if fantasy exists in sex! And statistics show it: 90% of men and 80% of women indulge in fantasies in bed.

Female and male fantasies have some small basic differences, as experts explain: male eroticism is stimulated by thoughts related to sexual performance - such as games related to oral sex, the desire for anal sex, imagining specific positions. There is no lack of the most driven dreams of sex such as the exchange of couples, sadomasochism or voyeurism (yes, we

are talking about those who love to watch secretly or be seen while undressing and unleashing in hot moments). Among the exciting things that freak out a man, usually, there are also fantasies related to women's shoes, the idea of being submissive to women's feet, imagining sex between women and the golden rain - or the desire to pee or be peed on.

But what are women's sexual fantasies? In addition to those shared with male partners, they focus more on particular situations such as sex with objects and in less classic places such as in the elevator, in the tub, in a store dressing room, in front of the fireplace or at sunset on the beach. Some erotic female desires they are much stronger and linked to sexual submission: for example, being taken by force or against one's will. The idea of eroticism between women is not a male only classic: it is also a widespread female fantasy.

Most common sexual fantasies

All couples, even the hottest ones, need a little imagination in sex, aliases: a little pepper to keep the passion alive without getting caught up in the habit. What are the most popular couple fantasies? According to a survey conducted by the US Huffington Post and confirmed by the testimony of sexual therapists, experts and psychologists, there are three common fantasies among the couple. But which ones are they? Let's go and look at them.

1) The ménage à trois - aka threesome: a real sensual overload for both men and women, is different from swapping. In this case, a third person - man or woman - comes into play which changes the balance of sex. It doesn't matter if it comes true: just imagine it to give a twist to intimacy.

2) Domination and submission - power and feeling of control collide with the desire for submission. One partner guides and decides, the other satisfies his requests – a la 50 shades of gray

3) Imagine the partner having sex with another - challenge the forbidden and go beyond the box. This is not a ménage à trois because in this case it is simply observed and the reason is very clear according to psychologists: looking at another who touches the body of the partner makes us want our loved one even more and brings us back to the first days in that we wished for.

But those are just the most common three but there are many more:

Completely smooth - The password is one, total hair removal! The completely depilated genitals excite and allow you to feel more intense sensations both during penetration and oral sex because the pleasure receptors are more close at hand (and tongue).

Erotic games for women (and not only) - the best idea to put a little pepper in the (usual) couple sex is to use some object. A remotely controlled

vibrator, handcuffs, clitoral massagers, the limit is the fantasy!

Mirror - doing it in front of the mirror is the definitive solution to awaken libido, the word of experts.

Fresh and free - she should forget her underwear at home and amaze him by letting him discover it in unusual moments (at the restaurant, at the cinema ...)

A little bondage - zero complications! A scarf - maybe silk - is enough for toys based on control and desire.

Look at the goal - aim a camera to shoot during sex and the pleasure will skyrocket. It doesn't matter if you watch the video again, but the idea of shooting it turns on all the circuits.

Role play - is the best way to let sexual fantasies come to life. Patient and doctor, chief and secretary, guard and thief: letting go of the imagination helps to overcome moral limits and to ask for what we really want.

The thrill of danger - doing it outdoors, in the car and in a situation at risk of possible release makes libido take off. Of course, there is some danger, but perhaps this is the most exciting part of the thing ...

A hot background - watching a porn movie together, letting both excite and inspire some new practice is the top of the couple's sexual fantasies.

As smooth as oil - a nice collection of stimulating, fragrant, silky lubricants is the must for a little rough sex, but also to make an attempt with anal sex (another super fantasy of many).

What is fetishism

Fetishism is a sexual fantasy that some people develop towards a fetish, which can be an inanimate object such as an undergarment, glasses or a certain hair or a part of the body such as feet, legs and buttocks.

The term derives from the Portuguese "feitiço", that is "artificial", it was used for the first time in 1760. Initially it was associated with a religious practice that aimed at the worship of a cult object, a fetish, while today it is instead associated with the sexual sphere.

The fetishist gets excited by holding in his hands, sniffing, rubbing, licking or sucking the object of his desires, which he puts on a par with traditional erogenous zones, so much so that he can reach orgasm even without real sexual intercourse.

However, it is necessary to distinguish fetishism from paraphilia since in the latter case such an obsessive-compulsive attraction develops for an object that excitement and sex prove impossible. Until some time ago, fetishism was considered an unhealthy perversion but today it has entered the sphere of traditional sexual habits.

Types of fetishism

The objects of desire of fetishists can be the most varied, the important thing is that they manage to generate incredible sexual arousal. You can be attracted to fabrics such as velvet, satin, silk, in these cases we speak of ephephilia, but also from materials such as leather, latex, lace or from clothing such as skirts, socks, thongs, garters.

The most common form of fetishism is that which develops towards certain parts of the body. Podophilia, or foot fetishism, for example, is very popular and often occurs in people who like to be submissive during sexual intercourse. It is no coincidence, in fact, that this practice is combined with sadomasochism and BDSM.

Similar to that of the feet is the fetishism towards the shoes or boots with other heels, which generate real practices of veneration. To provoke excitement can also be certain physical characteristics, such as hair color, hairdo or the use of glasses, or even precise situations such as having relationships with pregnant, disabled, dwarf, obese or elderly people.

Instead, we talk about Hematolagnia when blood causes erotic thoughts. In the most extreme cases, using and drinking it during intercourse generates incredible sexual arousal.

A last particular form of fetishism is called amalgamation and consists of the attraction towards mannequins, statues, dolls, with which one wants to conclude a sexual act.

Foot fetishism

Many believe that fetishism is a passion for the feet. As you have already begun to understand things are not exactly like that. In fact, although there is no doubt that foot fetishists exist, foot fetishism is only a part of this world and to think that fetishism runs out here would be only an extreme simplification of what is reality.

Foot fetishism is a bit of a border area in reality, since there is also a factor of submission and humiliation, it can also be part of masochism or sadomasochism.

The foot fetishist loves to touch, smell, lick and kiss the partner's feet. In addition, this form of fetishism is composed of various practices including:

- tickling: tickling the feet of the partner
- footjob: getting masturbated with the feet
- sniffing: sniffing the feet
- licking: licking the feet
- trampling: the woman tramples the man in heels
- eating: dirt or mud lying on his/her feet.

If you want to try any of this do not wait any longer; just try it out!

Other forms of fetishism

Fetishism can really take many forms. Some may be considered more "normal" and socially acceptable, others less so. Let's go see them:

- Smelling of the anus
- Watch another person urinate, defecate or sneeze
- Love for a specific part of the body (feet, hands, legs, breasts, nose, navel, armpits, hairs)
- Love for saliva and sweat
- Love for shoes, underwear socks and tights, boots and gloves
- Love for fetish clothing (latex or PVC)
- Love for pregnant women
- Love for overweight women
- Love for women with tattoos and / or piercings
- Love for animal costumes
- Love for riding or being ridden by a partner in a horse disguise
- Love for food (especially phallic during sex)
- Love for objects that have nothing to do with real sex.

Degrees of fetishism

We have seen so far that fetishes concern:

- parts of the body not "explicitly" sexual
- particular clothing
- objects that have nothing to do with the sexual act.

There are various degrees of fetishism. Let's go and see them together. At the first degree there is a slight preference for some types of sexual partners, stimuli and activities and in this case it is not correct to use the word fetishism. At the second degree there is an exaggeration of what has just been said in the first degree and in this case we have a form of mild fetishism. In third grade, the fetishist needs the fetish's stimulus to get excited. In the fourth degree, the fetish replaces the partner in causing sexual arousal.

Kamasutra Sex Positions For The Orgasm

There are hundreds of different sex positions out there. Finding the ones that are going to work best for you and your partner is simply a game of trial and error. However, there are definitely some consistent positions that can help bring on powerful orgasms.

. Some of them will allow both of you to reach a powerful orgasm while others will be better suited toward one or the other. We will break it down into the best positions to help a female have a powerful orgasm and the best positions so that a man can.

It is important to remember that to reach a powerful orgasm does not mean that you need to pull off crazy sex positions. Some of the most basic positions can be the very best in helping both parties reach climax. You should also keep in mind that if a basic position isn't quite right, you can certainly make adjustments so that everything is hitting you in just the right way.

We are going to start by looking at sex positions that are going to drive the ladies wild. As mentioned, the female orgasm can be a bit more elusive than the male's, so getting her figured out is part of the key to successful sex life. Both parties need to be satisfied and trying a few different positions and then talking about them with your female counterpart is a great way to ensure that you stay connected and that both of you are getting what you need out of your sex life.

The first position we are going to look at is actually an oral sex position. Oral sex can be the perfect thing to give your lady a powerful orgasm. As noted, clitoral orgasms are much easier for a female to achieve than vaginal orgasms. So, having a few oral sex tricks up your sleeve can be just what is needed to make her head spin.

There is no real name for this position, but let's talk about the tactics you will use. Have your woman sit in a chair and spread her legs. You will then kneel in front of her. Place one finger on each side of her clitoris and then move them in a scissoring motion. While you do this, start to gently lick and suck her clitoris. The stimulation and sensation for her will be out of this world. As you continue to do this, change your speed and the movement of your tongue. Pay attention to her reactions as they can clue you into what movements are working the best.

You can kick this up a notch by having your lady take one leg and wrap it over your shoulder, allowing her foot to rest on your back. It will provide a better angle and allow her to move a bit more when things start to feel really good. You will also have a free hand that can wander about her body. This can provide added stimulation that will lead to a mind-blowing orgasm for her.

The altered spoon is a great sex position to ensure your woman has an amazing orgasm. So, you will do this on the couch rather than in a bed. You will start off in the normal spoon position, and then the alteration happens. Once penetration has occurred, and you are in the spoon position, have your female counterpart throw her top leg up and over the cushions on the back of the couch. This will change the angle and make deeper penetration possible. Not only that, but her clitoris will be exposed so that you can double her pleasure. With the sensation of penetration added to the

stimulation of her clit, you will be blowing her mind more quickly than you might imagine. She is sure to love this position.

Another thing about the altered spoon position that is great is the fact that it is really quite intimate. A large amount of skin contact will be happening. Additionally, you will both have free hands so that you can caress and touch each other. Depending on flexibility levels, you may even be able to kiss while you are in this position.

Next, we are going to discuss a position that is very similar to the cowgirl position, but the movement of it is quite a bit different. Sometimes people refer to it as the in and out position. It is easy to accomplish and actually ends up being truly awesome for both people involved. It can lead to profound orgasms for both of you.

To do the in and out, start in a regular cowgirl position. From there, it really is about how the movement change. Instead of having the man penetrate the woman, she will instead slide herself up and down the underside of his penis. This is going to stimulate her clitoris and the outside area of her vagina. Her level of wetness is going to go through the roof. You can alternate so that there is some penetration followed by the slippery sliding that was described above. While alternating this, you will find that both party's levels of ecstasy soar through the roof.

She will be able to move in a forward and backward or a side to side motion. By playing around with this position, you can find the level of stimulation that you are looking for and get it exactly where you want it. You can easily switch it up from internal penetration to external grinding to keep things interesting. Additionally, both parties will have free hands to use as they please throughout your sexual session in this position.

The steam room is the next sex position that is going to drive your woman wild. To accomplish this position, you will absolutely need to be showering

together. It is also necessary to have a shower head that is removable. Obviously, everyone does not have a showerhead that is like this, so it may be a necessary purchase if you want to give it a try. We are certain that if you do, you will not be disappointed, and neither will your female counterpart.

To get into this position, you will be standing in the shower. The man will be behind the woman as he penetrates her. The female will be in control of the showerhead and will be stimulating her clitoris with the water that it is expelling. There is simply something about shower sex that is different and special. It can truly help to keep things more interesting and exciting. Additionally, it can help her reach climax and have a mind-blowing orgasm like she is never had before. This is due to the fact that the sensation she is going to experience is completely different than the others she has experienced in the past.

The next position we are going to look at that can really drive women wild, will require a few extras. You will need a throw pillow that is rather sturdy and a vibrator. A wand vibrator works very well. This position doesn't have an exact name, but that doesn't really matter, what it is going to do is what matters. For ease of reading, let's call it the cushion position.

To get into the cushion position, the female will kneel in front of the couch and bend at the torso, so her upper half is on the couch. The throw pillow should be placed between her legs so that it can hold the vibrator against her clitoris. The man will then penetrate her from behind. As a side note, this can also be a great position for anal sex.

This position is going to allow for a variety of stimulation. Both parties will be able to feel some of the vibration, but the majority of it will be felt by the female. Obviously, when you can provide her with clitoral stimulation while penetration is happening, it is going to work out very well. The

cushion will hold the vibrator firmly in place and help her achieve orgasm fairly easily. It is important to note that the man shouldn't get too wild with his motion, or it will make keeping the vibrator in place quite difficult. Take things slow in this position so that she continues to have stimulation from both places without worrying about repositioning the pillow and the vibrator every few seconds.

Before we move on to sex positions that are meant to drive him wild, we want to point something out. You will notice a trend to the positions that we listed for the ladies. They pretty much all give the two of you the ability to stimulate her clitoris. Clitoral stimulation, when paired with penetration, will provide some of the most mind-blowing orgasms that she has ever achieved. It is certainly something to keep in mind. Most positions will allow for one or both of you to stimulate her clitoris so, don't ever be shy. You should always pay attention to this area, if for some off reason she doesn't want you to, rest assured she will let you know.

Sure, it is true that men typically reach orgasm easier than women, but that doesn't mean there aren't positions that feel better for them than others. Knowing those positions that are going to lead him to the highest levels of ecstasy is certainly not a bad thing. Let's take a look at a variety of different positions that will be great when you are focused on your man and his pleasure.

The side lotus position is fantastic for your male counterpart, and typically women truly love it too. It offers a deep level of penetration and can be quite intense. It is also a very intimate position that can help deepen the connection between the two of you.

The side lotus is accomplished by starting in a missionary position. From there, the male will lower his body down so that he is laying on top of the female. She will wrap her legs around his waist. From there, you will

simply need to roll over onto your sides. If the female can lock her ankles, it is advantageous.

The man will be able to control the female's hips and legs so that once settled. They can work together for a rocking motion. This deep penetration, combined with a rocking motion, is going to stimulate the most sensitive areas of a man's penis. Women love this one too because it typically offers a decent amount of clitoral stimulation due to the closeness of the two bodies.

Reverse cowgirl is also a fantastic position for men. It will give you a lot of stimulation on the backside of the penis. One of the most sensitive areas of a man's penis is where the scar from circumcision is located if you are not circumcised it would be the area where your foreskin attaches to your penis. The reverse cowgirl position stimulates this area quite nicely.

How To Take Your Sex Life To The Next Level



There is more to tantra than meets the eye. Tantric sex is just but a single aspect of tantra, and if you're wondering why you should begin adopting this approach to sex, you'll be pleased to discover there are many reasons why. Whether you're looking to make a better connection, improve your sex life or just trying to shake up your relationship, once you set foot down this powerful sacred sexual pathway, you won't want to go back to the way it used to be.

Once you've decided to embrace tantric sex in your life, the old routines and habits need to be tossed out the window. You're beginning anew with a fresh mindset, with a focus on not just enjoying sex, but also enjoying the freedom of being able to express your pleasure. Powerful orgasms (although that isn't the main goal, mind you), orgasms that last longer,

multiple orgasms, enhanced intimacy levels, and better sex life overall are some of the many wonderful benefits that await you.

- It Makes You Feel More Spiritual - Spirituality is not about being religious; it is about getting in touch with your soul and what truly matters in your life. Tantra opens you to a higher connection between you and your spiritual side. Being spiritual shifts your perspective to focus on the things that should matter most to you, leads you away from being too focused or consumed about the materialistic aspects of this world we are so often caught up with.
- It gets rid of the Pressure to “Perform” - Porn has led to a lot of misconceptions about what sex should be. Porn is not bad per se, but it can make you feel pressured to live up to those unrealistic expectations that you see on screen. We fail to remember that at the end of the day, what you see on screen is nothing more than performance. Purely for entertainment purposes. Tantra helps you eliminate some of that pressure by acting as the “anti-porn.” Instead of focusing on living up to expectations, tantra slows things down with movements that teach you to appreciate being in the moment with your partner. This is someone you love, and you should take the time to show them that love. Think about this moment when it is just the two of you and no one else. Gaze lovingly into their eyes and think about all the reasons why you love them for who they are.
- It Teaches You to Accept Yourself for Who You Are - The person you are right at this moment is the person you are bringing to the tantric experience you have with your partner.

Embracing yourself for you who see yourself for who you are. We may not admit it out loud; many of us are afraid of letting someone else see our true selves in case they don't like what they see. Tantra teaches you to look deep into your soul and into your heart, and because tantra is about focusing on your energy, it makes it impossible for you to hide from the truth any longer.

- It Encourages Communication - Do you listen to your partner during sex? Do they listen to you? You both will once you begin the art of tantric sex since mindfulness is a big part of making this work. It encourages you to communicate when you slow it down and talk to each other and focus on what feels good as you touch each other. Couples are encouraged to be honest and as specific as possible. As your partner touches you, think about what that sensation feels like. Does it feel good? Let them know. Would you prefer something else? Let them know. Tantric sex is about getting out of your own head and turning your attention towards your body instead.
- It Teaches You to Explore Your Limits - Self-pleasuring techniques and quickies have taken away the meaning of what a sexual experience filled with love can do for you. When you miss out on that, it hinders you from exploring your sexual limits. Tantric sex, of course, aims to turn that around by helping you understand your true sexuality. Couples who engage in tantric sex form a deep, meaningful bond, and it is this bond that allows both parties to experience sexual bliss. You work together as a team to see how far you can push your limits, how much more pleasure you can attain, and earth-

shattering orgasms that follow will make your body sing like never before.

- It Promotes Monogamy - A deep bond that is formed with another is a bond that is not severed quite so easily. The kind of bond that you form with your partner during tantric sex is going to transcend the connection you had previously before you began this journey. The closer you grow, the deeper your feelings become, and when you feel such love and affection for another, the desire to look elsewhere for pleasure gradually fades away.
- Tantric sex is something that both men and women can benefit from. The rejuvenating effects that it has claims to bring with it several health benefits because of the way that it changes the body's chemistry. Aside from the benefits that were talked about above, tantric sex is even better than the sex you're having right now because of the individual benefits it has for men and women. There are unique ways in which men and women benefit from the art of tantric sex.
- For women, tantric sex is going to nourish the body, infuse the woman with energy and touch her heart and soul completely. For women, these are the reasons why tantric sex is better sex:
- The Health Benefits - It empowers a woman's endocrine glands, stimulating it to produce more of the HGH hormone, more serotonin, testosterone, and even the DHEA hormone. The energy that flows throughout the woman's body during sex can help to detoxify her through each breath that she takes,

even improving her cardiovascular and immune system. Breathing techniques and learning how to regulate breath alone, for example, is a way of improving your health by allowing more air into the body, which then helps to nourish all the muscles and tissue within the body.

- Unlocks the Elusive G-Spot - In tantra, it is referred to as the sacred spot, the woman's most mysterious erogenous zone, which also happens to be the most potent. The G-spot is located approximately two to three inches up along the front wall of her vagina. In tantric philosophy, a lover who practices these ancient secret techniques can discover the body's direct sexual energy through its chakras.
- It Promotes Feelings of Empowerment - Images of perfection perpetuated by the media have made it easy for women to forget that they are beautiful just the way that they are. Tantric sex seeks to change that by helping women feel empowered by using their bodies to celebrate their desires. Women in tantric sex are treated with and given the respect and honor that they deserve. Their partners treat them with love and desire, worshipping their bodies like a goddess. This is beneficial for a woman's confidence and self-esteem.
- It Promotes Healing - Women, in general, are a lot more emotional than men. They wear their hearts on their sleeves, and past hurts, painful wounds or traumatic experiences have a way of leaving behind a scar that never really fades away. Tantra opens the door for a woman to heal from within, rooted in the teachings that call for a woman to be loved, honored, and respected not just in sex but in life too.

- As for men, tantric sex is the better sex for the following reasons:
- It Encourages Men to Understand Their Bodies Better - Through tantra, men develop a greater understanding of their sexual energy and their bodies' response to pleasure. A lot of men do not pay enough attention to their bodies and their bodies' needs. With the focus so heavily concentrated on ejaculation, not enough attention is given towards what makes them feel good. Tantra's practices will change all of that through mindfulness. This, in turn, encourages better communicative skills while in bed with their partner and can help derive more pleasure when they can translate what they need.
- Sex Becomes More Than Just What Porn Promotes - Tantric sex teaches both men and women that the act of sex is more than just two people having intercourse. That sex is something to be treated as a sacred act, something which has deep meaning and lasting effects, even long after the sex part is over. From a very early age, men and boys are conditioned away from prolonged pleasure. They are also led to believe that their sexuality is to be reserved and at times, emotionless. This is exasperated by pornography that puts a false emphasis on ejaculation as the highest peak of pleasure and the primary goal. It is through tantric sex that men are awakened to the realization that sex should be treated with respect, cherished, and loved. It is one of the many reasons why it is so effective at deepening the bond between two people.

- **Achieving Multiple Orgasms** - It's no secret that most (if not all men) long to last longer and achieve multiple orgasms. A man can have whole-body, multiple orgasms, and can last for several minutes when tantric sex is involved. Part of tantra's teachings involve semen retention practices and learning how to transfer that ejaculation intensity into orgasmic energy; a man can have just as many orgasms as a woman. Semen is the life-force of a man; it must be kept in the body for a man to maintain his health. The act of ejaculation greatly reduces the life-force running through a male organism and is immediately followed by drop-in energy, creating a depressive nature. When semen is retained in the body, it directly supports the brain and central nervous system. It improves function, reinstating energy and confidence, and eventually leads to multiple orgasms for the men too.
- **Minimizes the Risk of Depression** - Men and women are both susceptible to depression. Especially with the pressures we face today. Tantra is one approach to minimizing the risk of depression because it encourages the elimination of negative energy and infuses both the mind and body with positive ones. The flow of energy movement and a heightened state of pleasure and bliss expels negative energy from the body

Kama Sutra Positions

For Anal Sex

The following positions are great for people who are new to anal sex and would like to try some of the simpler positions in order to get used to the feeling of anal sex. These positions are straight from the Kama Sutra, or slight variations of Kama Sutra positions in order to make the optimized for anal sex.

Oral with Anal Stimulation

This first position is not involving anal penetration with a penis but is a great introduction to anal play. This position is done when a woman is giving a man oral sex. The man stands up and the woman is on her knees in front of him, giving him oral sex. She will then reach around behind the man's buttocks and stimulate his anus with her finger. She can move her finger around the outside of his anus, stimulating the sensitive skin there which will make him feel immense amounts of pleasure. Giving oral sex and stimulating his anus at the same time will make it virtually impossible for him not to orgasm very quickly.

The Curled Angel

This is a Kama Sutra position that is written as a position to be performed with vaginal sex, but it can also be done as an anal sex position. This position involves the man and woman lying down on their sides, the man behind the woman. Both of them are facing the same direction, so the curve of their hips places the man's penis at the perfect point for anal penetration. In this position, the man and woman can grind their hips into each other, and it is a team effort in terms of control.

The Clip

In this position, the man lies back on the bed with his knees bent and his feet planted on the bed. The woman straddles the man and inserts his penis into her anus. In this position, she can lean forward onto the man's bent knees for support, and she is able to control the depth and speed of penetration. The man can hold onto the woman's buttocks and guide her movements as well.

The Snake

This position is a good one to try when you have a little bit of experience with anal sex but are not ready to try anything too extreme just yet, the person receiving anal penetration in this position takes a passive role and can just focus on relaxing and enjoying the pleasure rather than having to contort into some type of acrobatic formation.

To begin, the woman will lie face down on the bed, and her partner will lie on top of her, supporting himself with his arms. From here, the woman will arch her back a bit to make her pleasure zones as accessible as possible for penetration. Now, the man will slowly slide his penis into her anus. Here, the woman can enjoy the pleasure ride her partner takes her on, without having to do anything herself. She is able to enjoy these moments where the focus is all on her!

Pegging

There is another type of anal sex that can be had, which involves sex toys. It is quite common that a woman will penetrate her male partner anally while wearing a strap-on. This practice is called Pegging. Now that you know a little more about sex toys and anal sex, and how to ensure you are combining these two in a safe and sanitary way, you are ready to try Pegging. This can be done either by using a dildo placed in a strap-on that a woman is wearing or by using a double-ended dildo. Using a double-ended dildo will allow the woman to be pleased at the same time as she is penetrating the man, as she will also be penetrated either vaginally or anally with the other end of the dildo. This type of dildo looks like any other, except that it has two identical ends.

Now that you are aware of the possibility of this type of practice, you can understand how any of these anal sex positions can be performed by either the man penetrating the woman anally with his penis or by the woman penetrating her partner anally using a dildo.

For men, anal sex is extremely pleasurable since their prostate is stimulated through anal penetration. The prostate is what has been referred to as the “male G-Spot.”

The Closed Door

This position is similar to the missionary in that both people are lying down face-to-face, and the man is on top. The difference, however and what makes this an advanced position is that the woman will keep her legs shut tightly the entire time. The man's penis can be inserted while her legs are open and then once it is in, she will close her legs. What this does is constrict her vagina and make the canal tighter for the man's penis. In addition to this, if she is aroused her vagina will be engorged and the canal will be tighter already. Because of this, the man's penis will be hugged closely as it slides in and out of her and this will make for extra pleasure for him.

The Lap Dance

This next position is another that is best for male pleasure and the male orgasm. This position requires strength on the part of the man and the woman and is quite an athletic position, but this is why it is called an advanced sex position. Be careful when trying this one.

To get into position, the man will sit upright in a comfortable chair or on the edge of a bed with his feet planted on the floor. The woman will climb onto his lap and wrap her legs around behind the man or stick them straight out past him. Then, the man can insert his penis into the woman's vagina. From here, the woman will lean back until she is lying straight back, and her body is flat. While she does this, the man will have to hold onto her at her hips or her lower back, depending on your height variations. The man in this position will perform a combination of thrusting his hips into the woman from a seated position and pulling her onto his penis repeatedly. A high amount of upper body strength is required on the part of the man in this position. Place some pillows on the floor underneath the woman when trying this position, just in case. The woman can hold onto the man's arms for support as well here.

This position is great for the male's pleasure because it allows him to control the speed and depth of thrusting, and it allows for deep penetration, which will feel amazing on his penis.

Splitting the Bamboo

This position is quintessentially Kama Sutra, and it is a great position for the male orgasm. To get into this position, the woman will lie on her back on the bed and stretch one of her legs straight out below her, lifting the other leg up and resting it on the man's shoulder. The man will be on top of the woman, his hips between her legs.

In this position, the man is able to achieve deep penetration because of the positioning of the woman's legs, which will feel great for him. The deeper he can penetrate, the more pleased he will be. If the woman is not flexible enough to do this position in this way, making it uncomfortable, the man can kneel instead of laying on top of her. This way, the position will still be accomplished but it does not give the woman's leg as much of a stretch. This position is also great for the woman since the chances of G-Spot stimulation are very high.

The Waterfall

The waterfall is a position in which the man has complete control. The man will begin by sitting in a chair with his feet on the floor. The woman will climb onto his lap and insert his penis into her. She can wrap her legs around his waist. Then, slowly, she will lean all the way back until her head and arms are touching the floor (with pillows underneath). From here, the man will hold onto her hips and can move her body onto his penis at whatever speed and depth he wishes. He can also grab onto her breasts and massage her clitoris in this position if he wishes. This position can be quite challenging for the woman, but the blood flow to her head will make it pleasurable for her. This position is great for the man since he is in control, and the tightness of the woman's vagina around his penis in this position will be greatly pleasurable for him.

Standing Suspended from Behind-Anal

This position is great for those who are experienced with anal sex as it allows for deep penetration and also requires strength from both partners. This one is a bit trickier to get into, so to begin, the man will be sitting down on the edge of the bed or in a chair and the woman will sit on his lap, facing away from him. Then, the man will insert his penis into her anus. He will hold onto her under her knees or under her buttocks, and once secure, he will stand up, still inside of her. Then, leaning his back against a wall for support, he will thrust into and out of her while holding her up. This position can be very pleasurable for both people if fitness and strength are there, which is why this is such an advanced position. This position is great for the male orgasm because this position and the fact that it involves anal sex will make it feel great for him. The only thing is that it requires a lot of work from the woman as well.

Standing Positions

Most people are usually not fond of having sex while standing, but you'll be interested to know that, just like the horizontal position, it is also associated with a range of positive feelings. Standing positions are somewhat forbidden, so when you are not lying in bed respectably and violating common decency, the pleasure is intensified. Doorways come in handy for standing sex, particularly if a step is available. If you and your partner have a significant discrepancy in growth, you will find the step to be very handy. On the other hand, if your partner is significantly taller, you can offer your friend extra pleasure by putting on high-heeled shoes to grow a few inches taller. You can entwine either one or both of your legs around your partner's waist, as long as your legs and his back are strong enough to counter it, and you have enough mobility to hold on to his legs when sliding through his crotch. You may also use deception by sitting on the window or on the edge of the table to achieve a similar effect. If you turn your face aside, you can make this position more assertive and lead to a rapid orgasm. Here are a few variations:

The Mermaid

Lie with your face up at the end of a countertop, desk, or bed, and prop your butt by placing a pillow below your butt. Stretch out your legs and keep them close together. Placing your hands below the pillow can lift your pelvis even farther, and you can use them to support yourself on the desk or counter, or simply keep them free. Let your man penetrate you while standing, or while kneeling on the floor if the desk or bed is low. He can support himself by holding on to your feet, which will provide more stability for deeper thrusts.

When you keep your legs together, it enables your man to feel fuller while inside you, which ultimately creates plenty of sensual friction and a remarkably tight fit. Drive yourself crazy and give him a wild show by rubbing on your clitoris as he rocks away.

Separate and bring your legs back together occasionally to achieve that initial tight feeling over and over again. As the sensation varies from tight to tightest, it will drive your man wild, and you will experience increased pleasure from the rush of calling all the shots.

Head over heels

Lower yourself to the knees first, and then cross your arms to the ground, with a pillow acting as a cushion for your elbows. Throw your booty into the air, and use your arms to support your head. Your man should be standing behind you and lifting your legs by the ankles to bring your body almost perpendicularly to the floor. Your knees should stay bent as he penetrates you from behind.

Only two words can describe this position: deep impact. You'll be able to reap all the benefits of rear entry positions, with the addition of gravity being on your side. Tell him exactly how his crotch feels inside you to encourage him to plunge in deeply. In addition, your literal upside down position will bring a whole new experience to your pleasure.

Have your man spin his hips while inside you. Combining the new angle with the extra movement will stimulate some hot spots that'll blow your mind away. His penis will also be stimulated from various angles, ensuring a stupefying climax for the two of you, and perhaps even simultaneously.

Standing Tiger/Crouching Dragon

Crouch on all fours, and place your knees at the end of the bed as your “tiger” widens his feet hips apart from behind. Constrict your vaginal canal by keeping your knees close together, making it feel a lot cozier around his penis as he rocks in and out. Remember to produce a fiery dragon’s roar, letting him know exactly how you are feeling.

The best thing about this position is that it allows you to concentrate on your own peak. You use one of your hands to stimulate your clit, and since his penis is angled to reach your tight vagina’s frontal wall, you are in an excellent position for liberal G-spot stimulation. In addition, your guy’s hands will be settled on your hips, giving him the pleasure of controlling the pace and angle of penetration. It’s basically a win-win sensual situation. This is a perfect position for exercising your PC muscles, with the bonus of adding imaginary inches to your man’s penis. In addition, the tightening and releasing movements will gradually build up to one breathtaking finale.

The Sofa Spread Eagle

Spread your legs while standing on the edge of a bed, two chairs, or a couch. Your man should be positioned in such an angle that he is facing you while standing on the floor. Tweak the width of your posture to enable your man to penetrate and connect your pelvises, and then merge your bodies together.

Nothing can compare to that feeling of impulsive sex drive while standing up. This position locks out the royal pain of rubbing up against your genitals, while your steady posture enables you to match his rhythm and your spread legs provide that super sexy open feeling. Your hot spot will be stimulated by all that friction at the front and bring you to a hands-free climax.

Since the two of you are standing, there should be nothing to hold you back. Incorporate some hand action, whether it's teasing his testicles or stroking his neck. He will enjoy the attention. Let his lips rub against your breasts and guide his fingers to where you want to ensure maximum satisfaction.

Hang Ten

Bend forward while standing up, with your back straight and your legs opened slightly. Rest your hands on your knees for support. Your man should penetrate you from behind, with his body closely in contact with yours as possible as he holds onto your torso for support. He should then bring you closer until you make full contact with his body, and then lean over you slightly to achieve thrusting power.

This is an excellent pose for that desire for fast and frenzied sex. Bending forward gives your man full control and depth, with the angle providing incredible pleasure. His hands will be wrapped around you, giving him the urge to wander over your thighs, tummy, hips, and breasts. In addition, unlike the typical rear entry positions that can make you feel disconnected from your man, the Hang Ten ensures that your legs and lower torsos are always in contact, resulting in an intimate and secure feeling.

Encourage him to maintain as you grind your back in circular motions. Your mind will be blown away by the unexpected sensation alteration. Slow down for a while when he restarts again - with the two of you in motion, things could easily become too hot to manage. But then again, this could as well be the goal.

The Lusty Leg Lift

Stand with your legs wide apart and face your partner. Turn your left foot out, and leave the right one pointing forward. Your man should then widen his posture to leave his legs approximately 3ft apart, and his knees bent slightly. With your arms wrapped around his neck and his arms placed comfortably around your lower behind, lift up your right leg and place it on his left shoulder, with your foot resting on his shoulder blade and your right knee arched. As he penetrates you slowly, slide your calf up your man's left shoulder as far as possible to ease into the erect split.

There is a reason why men are attracted to a line of cheerleaders: because of flexibility. Since most men are generally stiff, simply bending your knee will make you seem like a sex goddess. You can maintain your balance and incline your man to relay all control over to you by pressing him against a wall. There is nothing more sensual to a man than a hot lady who is not afraid of taking charge and telling him what to do.

Sensual Positions

Sensual positions are extremely emotional and generally come from a more loving place in the heart. Emotional romantics tend to love sensual positions as they allow them to get physical stimulation as well as emotional stimulation which heightens the experience and makes it even easier for them to have a mind-blowing orgasm. If your partner is an emotional romantic, you will want to include sensual sex in your experience. Remember, not every experience needs to be sensual and not every experience needs to be only sensual. It is perfectly okay and even normal to mix it up.

Many people feel as though sensual sex is only the missionary position, but this is not true. There are actually many different positions that can be sensual for you and your partner to enjoy together. While missionary is one of them, there are many others you can consider. The following 20 positions will add a sensual element to your sexual experience.

The Rocking Horse

This position is an elaborated version of the missionary style. It is a female-on-top position that allows the female partner to have near total control over the movements. This position allows both partners to lovingly gaze at each other or cuddle each other as they make love. Because of the set-up of the position, the man can also take over and have control over the movements as well. Please click the link below to see the Rocking Horse Position.

Him: Put your arms out behind you and lean back on them as you sit up. Your legs can either be straight out in front of you, knees up, or crossed. If

you are controlling the movement, you may want to have your knees bent for leverage, but otherwise sit however feels comfortable for you.

Her: Sit on top of your man with a leg on either side of his hips. You should be on your knees, using your shins as leverage to help you with movements. However, you can sit in any way that feels comfortable for you and your partner. From this position, you can cradle your man's head, look into his eyes, or even put his face on your chest if that feels comfortable.

The Slide

This is another girl-on-top position, but both partners are able to have more control over the movements in this one. Still, because of the position, the female will have slightly more control than the male when it comes to thrusting. This position is very close to missionary but has a slight twist on it which makes it have a unique feeling.

Him: You want to lie on your back with your legs out straight. Once your partner is on top of you, you can use your hands to caress her back or bum, or you can even hold her face and kiss her as she rides you.

Her: You want to lay down on top of your man, keeping your legs straight out as well. While you can sit in whatever position you like, the straighter you keep your legs, the more your g-spot will be stimulated with this position.

The Nirvana

This is a man-on-top variation of missionary that gives him a greater opportunity to reach the g-spot and bring her to climax. It also allows the partners to look into each other's eyes and have an emotional experience brought into the bedroom. Please click the link below to see the Nirvana Position.

Her: You want to lay down on your back with your legs straight out. For the best g-spot action make sure that your thighs are pressed together, and you do not spread your legs.

Him: You should get on top of your partner now and put one knee on either side of her thighs, helping her keep her legs together. Then, enter her from the front. You can prop yourself up on your hands or elbows to help you from crushing her. From here you can look into her eyes, kiss her, or even cuddle your face into her neck.

The Padlock

This is a saucier position that is still easy for average couples to experience. It involves the use of a surface that is roughly waist-high for the male partner, so you can use your bed, a table, a countertop, or anything else that provides the right height for the male in the relationship.

Her: You want to sit on top of the waist-height surface and lean back on your arms. Once he has entered you, you can adjust your lean to find where it feels the best for you. If you want, you may wish to use a cushion or blanket underneath you so that it is less pressure on your tailbone and spine during this position. Once he enters you, you want to wrap your legs around him and lock your heels between his thighs.

Him: Once your partner has gotten comfortable on the surface, you want to lean in and enter her. You can use your hands behind her hips to help you get leverage for thrusting. She will then lock her feet between your thighs, so be sure to stand with your feet spread so she can create the "padlock."

The Ascent to Desire

While this may not be effective for all couples, it will be a wonderful position for couples where the male partner can easily lift the female partner. This position allows the female to develop a sense of trust in the

male as he is holding her up and she must rely on him not to drop her. It is also an excellent position for maximizing g-spot and clitoral stimulation. Please click the link below to see the Ascent to Desire Position.

Him: You are simply going to stand and lift your partner up. You can use her thighs or bum to hold her so that you do not drop her. It may be easier to have her sitting on the bed or another waist-high surface at first so that you can enter her and lift her easier. Once she is lifted, you can begin thrusting.

Her: As he lifts you, use your arms to hold onto his shoulders. You can lean back slightly to maximize the pleasure you experience. Be sure to lean slowly so that you do not throw your man off balance! Let your legs swing freely with this one; it is all about relaxing into the pose for it to work.

The Suspender

This is another standing position where the man holds the female. This time, the position is slightly different, and the female is more responsible for holding herself up. Based on the structure of the position, it makes it easier for the female to orgasm from g-spot stimulation. It is also easier for the male to keep his balance and maximize the pleasure from the position.

Him: You are going to pick your lady up, rest her over you and then lean back against a wall. The support of the wall will help you keep your balance and will make thrusting significantly easier. You can hold your hands under her bum to help her keep her balance as you are thrusting.

Her: When he lifts you up, you are going to want to hold his shoulders or neck for support. If you want to get more energy out of the movement, you can put your feet on the wall behind him and push off of it for momentum. This will help build up the sensation of the position and make it more pleasurable for both of you. It will also take some of the work off of him.

The Sexy Spoon

Simple spooning can be turned into passionate, romantic sex with the sexy spoon. This position allows you to cuddle while having sex. Because of the nature of this position, your bodies meld together perfectly making it a highly sensual position that can have an increased pleasure for both parties. Please click the link below to see the Sexy Spoon Position.

Her: This position is easiest for you. You simply want to lay on your side with your knees bent, so that your man can access you from behind. In essence, you are the “little spoon” in this position.

Him: You are going to be the big spoon, coming up with your girl from behind. You can cuddle her, just as you would in regular spooning, and then enter her from behind. If you want to increase her pleasure, put your knees together between her legs so that hers are spread apart. You can then hug her or cup her breasts while you thrust.

The Reverse Spoon

This reverse spoon position has both partners facing one another as you have sex. It is almost like a missionary on the side, only a little different. Both lovers will need to put in the effort for the thrusting to work. It is a very sensual position that has you very close to one another, touching with virtually every part of your body. Please click the link below to see the Reverse Spoon Position.

Him: You are going to lay on your side facing your partner. You want to be leaning back slightly so that you can get leverage to thrust her. You can put a pillow behind your back for added support if the lean is too uncomfortable for you. Alternatively, your woman can put her leg behind your back and hold you up with her leg.

Her: You are going to mount your man from the side, putting your leg over his hip and behind his back. To help him out, you can put your knee down

behind his back and use your leg to support him in the position. From there, you can cuddle him while you both move to thrust.

The Glowing Juniper

This position requires a little more flexibility, but it is still an incredibly comfortable position to enter. It is also highly enjoyable for many women as it helps the man hit directly on the g-spot, making penetration much more enjoyable. It also allows the man to enter deeper than other positions, meaning he will get maximum pleasure from this position, too. Please click the link below to see the Glowing Juniper Position.

Him: You are going to sit with your legs straight out in front of you, spread open so that your woman can lay between them. You are not in charge of the thrusting in this position, so this will be more of a pleasure pose for you.

Her: You are going to lay down with your back between your man's legs and your legs wrapped around either side of his chest. Your feet should be on the floor or bed behind your partner. Then, you can use your legs as leverage to push off of your man. This gives you full control over penetration depth and speed.

Erogenous Zones



An erogenous zone is a region of the human anatomy that bears heightened sensitivity, and upon stimulation, may trigger a sexual response like sexual fantasies, and arousal. There are various erogenous zones that you want to focus on for maximum pleasure, but in as much as these parts are widely considered erogenous, you might want to first talk to your partner to see whether it applies to them.

The nape; no one understands this better than movie villains, as it is common to see them kiss girls on the nape of their necks and have them grow weak-kneed. The nape of the neck ranks high as an erogenous zone for most women. When you caress the nape of her neck, ensure she feels secure, as it makes most women feel vulnerable.

The inner wrist; when properly massaged, the inner wrist can awaken some delicious sensations you never imagined possible. Ideally, you should stroke the inner wrist gently, and then build up into a firm massage. As you explore the supple inner wrist, also pay attention to other parts of their body, such as eyes.

The good old buttocks; a nice pair of buttocks will attract attention, but did you know that buttocks also make for an erogenous zone? When properly touched and squeezed, it could make your partner writhe in glee. For best results, you may want to ask your partner exactly how they love to be fondled.

The scalp; who would have thought? But most women have answered in the affirmative when asked whether the scalp is one of their erogenous zones. Women especially like to have their hair gently stroked, and they like it more when some pressure is applied to their scalp.

Behind the knee; touching the back of her knees and working your way up her thighs can create insane sensations. This is because there's a field of nerves around this region, and with just slight stimulation, the woman gets aroused. When you give them a massage, reach your hand behind her knees and alternate between deep pressure and a tickle.

Ear; when you nibble on a woman's ears, it sends them into ecstasy. The most sensitive part of the ear is the lobe. Using your forefinger, you may tickle your partner's earlobe, and alternate between light kisses and gentle strokes, for your partner to experience heightened pleasure.

Feet; most men have a foot fetish, and that demon comes out when they see the cute, small toes, of a woman. Guess what, the feet are one of the erogenous zones of women. You may give your partner a tender massage, alternating between deep pressure massage and tickling. Well, some women

happen not to be okay with the act of massaging or worshipping their feet, so you might want to understand where she stands before you try anything.

Inner thighs; thighs harbor an ocean of nerves, which makes them ultra-sensitive. Stroking gently and nibbling on your partner's thighs will send them to heightened plains of pleasure. Also, you may want to experiment with various materials just to see their response. For instance, keep changing between rough and soft materials, and vary the intensity. For the best sensations, always begin with small deeds and work up your way into intense, purposeful actions.

Mons pubis; the mons pubis is a mound of tissues around the pubic area of women. When this anatomical part is given a sensual massage, the woman can feel the equivalent of having electricity pass through her, well in a good way. The mons pubis is laden with nerves and it is very receptive to touch. Aside from the aesthetics of the mons pubis, it plays a key role in putting the lady into the frame of mind of having sex.

Armpits; using the tips of your fingers, gently rub your partner beneath her arms. They will squirm and try to shield themselves. The armpits have a concentration of nerves that make them receptive to touch. Don't start right away on the armpits, but rather work slowly toward them, starting with their hands, proceeding to their shoulders, and then coming down to their armpits. To improve on the armpits massage, or rather to make it easier for you, you might want to ask your partner to shave on the regular.

The tummy; the lower stomach, especially to the sides, is the most sensitive area. With careful practice, you can stimulate the G-spot from this region. Have your partner lie on their back, and run your hands over their tummy, applying pressure and easing your hand in an alternate sequence. This will cause their stomach muscles to grow taut and become sensitive to touch. Women are sensitive about what their stomach looks like, but you should

convince them for a tummy massage as the benefits include: slimming down their stomach and increasing their sexual sensitivity.

Hands; yes, some women get a heightened sense of stimulation from just having their hands massaged. For instance, the mere act of sucking on their fingers can create a very pleasant feeling in a woman. But before you go around sucking on the fingers of a woman, regardless whether she's your lover, understand whether she's comfortable with that or not. But more importantly, you should be concerned about the hygiene status of those hands, as shoving germ-ridden hands in your mouth is the last thing you want.

Lips; perhaps it's the reason why kisses are emotion-packed, particularly for women. There are a lot of nerves around the lips, and this makes the lips very sensitive. Even a slight stroke to the lips triggers the production of feel-good hormones. To spice your sex life, you may use both your lip and tongue to caress and suck on your partner's lower and upper lip. Knowing that lips harbor so many nerve endings and are an erogenous zone, you might want to indulge in deep kissing with your partner.

Breasts; yes women savor the pleasure of their breasts being gently stroked and pressed together. The breasts, and particularly the nipples, have a field of nerves that makes them sensitive to touch. When giving your girl a massage, you might want to pay attention to her breasts and give her a sensual massage that includes playing with her nipples. Study her reactions and find out what she enjoys most. Knowing how to cup your woman's breasts and apply the right kind of texture and pressure is the key to blowing her mind away.

Clitoris; the clitoris is a small projection in the vulva that has thousands of nerve endings. The work of the clitoris is to detect various stimulations. The clitoris is about the most sensitive area in a woman's anatomy, and thus the

most receptive to touch. When massaging your girl's vagina, you may want to pay more attention to the clitoris by being creative and applying the right amount of pressure because clitoral stimulation is the fastest route to the big "O." Knowing the abilities of the clitoris, it is no wonder that it is the subject of so many discussions in both online and offline worlds.

The lower back; when you have had a long day, you wouldn't mind receiving a lower back massage, but did you know that the lower back is a great erogenous zone? The lower back contains nerves and muscles entwined together that upon stimulation produce feelings of ecstasy. When you caress and massage your partner's lower back, you might want to focus a little more on the sacrum, which is the spot above the tailbone that contains nerve endings. Stimulating this area will awaken intense sexual arousal in your partner due to the nerve endings. For purposes of improving the quality of the massage, you might want to use essential oils. This massage will improve their moods, and increase the blood flow to their pelvic region, thus making them sexually attentive. When you give your partner a lower back massage, they will find you irresistible as the massage will trigger sexual passions in them.

The brain; when someone talks about an erogenous zone, the image that first comes to mind may be breasts, neck, buttocks, ears, nipples, G-spot etc. However, there are many areas of the human body that lack sexual connotation yet they are extremely erogenous. For instance, the brain is one of the largest organs in the human body, responsible for creating harmony in all bodily functions. Still, the brain is a massive erogenous zone because it responds to information that awakens sexual desire. For instance, if you read an erotic story, you would become aroused, thanks to the brain. If you saw another person having sex, you would also become aroused, thanks to the brain. The brain has been said to be the most sexual organ actually.

What does this mean? Before a potential partner is aroused, you have to stimulate their mental powers.

Learning to Make Love

When you are beginning to make love for the first number of times, you may feel awkward, wondering what positions you should try or what the other person may prefer. You may feel pressure to perform or to please your partner better than they've ever been pleased before. All of these thoughts are normal, but it is rare that a person will be an expert the first time or even the first ten times they do something new.

The great thing about sex, though, is that it is a natural act for humans to engage in, which means there will be some amount of innate knowledge you will have about how to conduct yourself in a sexual encounter. Keeping that in mind, you will need to be able to trust yourself and your body in order to make the most of your first several sexual experiences.

Things to Know for Your First Time

There are some things you must be aware of when it comes time for your first sexual encounter. Following the point that was just made above, the first thing to know is to trust yourself! At the most basic level, humans are animals. Just like any other animal, we are meant to have sex. This means that sex comes wired into our DNA and that we all have some knowledge of how to conduct ourselves during sexual intercourse.

This is because our body is able to take over and follow its pleasure, its arousal and its instincts. While you don't want to act like a complete animal in bed (unless you and your partner are into it), this is simply useful to keep in mind so you can keep your nerves at bay. If you let your mind take

control, it will get in the way of and inhibit this natural instinct that you came built with.

This leads us to the next things to know, which is that relaxation and being at ease will make the encounter much more enjoyable for both of you. If you are able to relax and enjoy the experience, your body will flow much smoother, and pleasure will come much easier to both you and your partner. The next thing to note is the importance of foreplay. In case you are unsure, foreplay is any and all of the sexual activities that come before the actual act of sexual intercourse. This can include making out and groping, a hand-job or fingering, as well as oral sex or anything else you engage in before penetration occurs. This part of sex is just as important as the rest of sex because this is when you become aroused and let your arousal build before beginning penetration. It is during this time that you can explore each other's bodies and figure out where the other person likes to be touched the most.

Communication is the final thing to note for the first time. It may seem like there is an expectation to pretend like you know exactly what you are doing and that you have done it a thousand times before, but this is untrue. No matter who your partner is, they will be happy that you communicated and made sure they were comfortable all along the way instead of pretending like you knew exactly what they wanted. Being able to communicate in bed is more impressive than not saying anything and guessing the entire time.

Best Positions for Your First Time

We will now look at the best sex positions for your first time. With so many possible sex positions to try, it can be overwhelming trying to decide which ones to try first. Keep in mind as well, that many people continue to have sex in these positions well after their first time, simply because they find the most pleasure from these positions. These are by no means reserved for

your first couple of sexual encounters, especially if you thoroughly enjoy them.

Missionary

The Missionary position is that classic position you have likely heard of a thousand times. It can sometimes be referred to as the basic or the starter position. It gets a bad reputation as the most vanilla of all positions. The missionary position, however, can actually be very, very hot, and quite intense if you make it so! Here, I will explain how to perform this position and how it can give you and your partner a world of pleasure.

To start, we are going to discuss what the Missionary Position looks like. This position is achieved when the woman lies down on her back on the bed. Then, the man lies on top of her, his face in front of hers. The man lies with his legs between the woman's, and he inserts his penis into her from the front. Lying on top of the woman, and holding his weight up with his arms, he controls the movement in and out with his hips.

Now, as I said, this position can actually be very intense if you want it to be. Because the man and woman are face-to-face, this position is actually quite intimate. The intimacy of your faces being so close together as you are in a vulnerable position and this leads to a great connection and a great amount of pleasure. You can make out with your partner during penetration in this position to make it extra sensual. If you are in a relationship and you are making love, you can look deeply into each other's eyes, wink at them every now and then or give a slight flirty smile.

When it feels good, let your partner know by breathing the words "oh yes" into their ear, whispering dirty talk to them, or bringing your mouth close to their ear so they can hear your moaning up close. You can even nibble on their earlobe and gently kiss their sensitive neck skin or go in for a deep and emotional kiss. Missionary can be as interesting and varied as you make it.

If you are bound to missionary because of mobility or flexibility or anything of the sort, you can use these techniques to keep it fresh for you and your partner. If you are in a new relationship or having casual sex, you can penetrate in this position with your faces farther from each other, maybe kissing every now and then, and as you get more comfortable with each other, you can gradually increase the level of intimacy and emotional connection by trying some of these ways of spicing it up and watch your relationship blossom.

Doggy

The doggy style position is a favorite among men and women alike. Both women and men can get intense pleasure from this position because the angles at which their genitals come together creates harmonic pleasure.

To get into this position, the woman gets on her hands and knees on the bed (or couch or floor, this position works anywhere), and the man gets on his knees behind her, both of them facing the same direction. He will then enter her from behind. The man can control the depth and speed of penetration in this position. He thrusts his hips and can control the pace in this way. He grabs onto her hips for a stronger thrust and pulls her body towards his if she wants him to thrust deeper.

Doggy style is a position that women can get a lot of pleasure from. It is no surprise it is most often the favorite position among young people of both genders. Because of the curve of the man's erect penis and the angle at which it enters into the woman's vagina, it is very likely that her G-spot will be stimulated with each thrust.

This G-spot stimulation means it will be very likely she will reach an orgasm from penetration. G spot stimulation can make a woman feel such intense full-body pleasure for quite a long time before she actually reaches an orgasm. Hitting her G-spot will continue to feel amazing for both the

woman and man until finally, one or both of them cannot wait any longer and ultimate pleasure is reached.

Cowgirl

The next position that we will look at is the Cowgirl position. As you probably already know, it is quite a bit harder for a woman to reach an orgasm from penetration than it is for a man. Therefore, it is important to be aware of which positions are able to optimize female pleasure. If your female partner has trouble reaching orgasm from penetrative sex alone, this position is one that can lead her to feel great pleasure and reach orgasm more easily than many other positions. The Cowgirl position is similar to The Missionary Position, in that both people are lying down with their faces just inches from each other. With Cowgirl, however, the woman is on top, and she is straddling the man.

To get into this position, the man will lie on the bed on his back, and the woman will straddle his waist. He can insert his penis into her from here. With the woman on top, she can control the angle of the man's penis inside of her by gliding and moving her hips in the direction and motion that feels the best for her. She can continue to move in the direction and spot that feels the best in order to reach orgasm.

If she wishes, she can sit her body upright and move up and down on the man in this position instead of lying her upper body onto her partner. In this way, this position can be as intimate or not as you wish.

Tips To Help Both Of You Out

While techniques and positions are great, remember that a woman orgasms as much from her mind as she does from her body. To help her get there, you need to ensure that her brain enjoys the experience as much as her body does. Here are some additional tips to help you get brain and body in sync and take her to the ultimate explosion.

Stop Worrying About Time

Your worry is about how long you may last. For her, the worry is about whether she's taking too long. As I've mentioned earlier, women do take longer to achieve an orgasm than do men. Having said that, it is very possible that she feels self-conscious about how long she's taking to get there and therefore ends up faking an orgasm rather than making it to the finish line.

To help her out with this one, take the pressure off her and yourself. Tell her that she and you have the whole night to get where both of you need to go. She needs to relax to be able to have an orgasm at all. So, let her do that and focus on the journey. Show her that not only are you in it for the long haul and that you like (as in really like) her sexual responses. The better she feels about this, the more likely she is to achieve climax.

Use Your Talent

Whatever it may be, it'll turn her on. Croon 'Careless Whisper' or show her your etchings (before you show her your 'etchings'). Studies at the Kinsey

Institute show that talent is actually a greater turn on for women than chiseled abs or film-star good looks. If humor is your forte, use it. Connect with her on this level and she'll feel more comfortable with you and more attracted to you.

Tell Her What You Like About Her Body

Again, as I've mentioned earlier, body issues can become a great big roadblock on the way to orgasmic bliss for her. To reassure her and remove this roadblock, tell her what you like about her body. You don't have to make stuff up – after all, you do like her naked, right? Just tell her.

Be Gentle Up Top

More than the areola and the nipples, the top, bottom and sides of her breasts are sensitive. Gently brush your fingers, hands and lips on these areas. Pay close attention to her responses. Slowly build up to the nipples. Once the arousal builds, her nipples are ready for your attention and so is she.

Learn What Strokes Play Her Just Right

Remember, we women like a slow buildup. Hard and fast doesn't always work out so well for us. Here's a way you can build up the stimulation. Lying next to her, place the heel of one hand just above her clitoris. Next, you need to run your middle finger and your ring finger along her outer lips. Start with a feather touch and then build the pressure up. Use your palm to cup the area around her clitoris so that the sensation builds up. Don't try to touch the clitoris directly in the beginning. It's a sensitive bundle, and most women won't be ready for the sensation of direct stimulation. As her arousal builds up, you can brace your hand on her pubic mound or her mons and use the tips of your fingers to tease her clitoris while moving your hand.

Try a Different Angle

Tried and tested is fine for a while but make sure that you keep things fresh and interesting. Try different positions and different angles of penetration to see what works for her and you. Remember to use positions and angles that hit her G-spot every time. You can even use your fingers to massage the area. If a particular position or angle doesn't work for her, don't sweat it; just move on.

Multitasking is Hot

To ensure maximum pleasure for her, try out moves that bring you in contact with several of her sensitive zones at the same time. For example, you can have her lie on her back. She should stretch out her legs. Get on top and curl your arms around her shoulders. Use your elbows to support yourself and bring your chest level with her chin. This is another way you can achieve the oft-mentioned and very successful coital alignment technique.

Watch Out for Signs of Her Orgasm

When you start oral sex, don't go hell for leather right from the outset. Remember, gentle and slow build up is the key here. Don't even start with her vagina. Try her hips and then move to her thighs and then her inner thighs. Different women are sensitive in different parts so figure that out. Then move to her outer and inner lips and kiss them. Finally, move inside using broad and firm strokes of your tongue.

Throughout all of this, watch and listen to determine what she likes and what she loves. Listen to her moans and cries. See how her hips move. You can tell when she's close to orgasm by the changing color of her labia, which happens because of increased blood flow. You can also put your hand

on her stomach to check for the contractions that happen immediately before her orgasm.

Follow Her Lead

This is where things are different for men and women. When you start on the road to your climax, nothing and I mean nothing will derail you (short of the possibility of Lorena Bobbitt appearing in your bedroom). Unfortunately, the same is not true for your lady. While changing positions midway to the big O might not affect your arousal, it could ring the death knell for hers. Try new things; just not when she's about to explode. The whole thing will end up a complete anti-climax for her (pun definitely intended).

Let the Lady Go First

Be a gentleman here and let her hit her orgasm first. While it's great that you want both of you to come together, let's face it, that doesn't always work out. Chances are you'll hit the goal first, and she'll be left far behind in your wake. Too much rubbing of the clitoris can even desensitize it, killing any chance of her achieving an orgasm. So, ensure she has come at least once before intercourse.

An added bonus here is that once she's come for the first time, her orgasm threshold will drop. This means that it's easier for you to bring her to climax a second or third time.

Make Her Scream and Leave Him Breathless

The Big O is a concept that still seems to elude a lot of couples, especially the young novices who are only just beginning their foray into the world of sex for the first time. Some couples are not even sure whether they have had an orgasm or not, which only goes to show how little they know about the subject. Luckily, there's always room for improvement in all things in sex. Men orgasm quickly while women need a bit more time is the general understanding most couples have, so it is no surprise that some are completely blown away by the fact that there are several types of orgasm a woman can experience. That is right. Several. There is even something called a nipple orgasm, something completely unheard of by most couples unless you have done your thorough research, or you are an expert on the subject.

Before you experiment with any of the different techniques below, be sure that your lover is aroused enough and in the mood for sex before you begin. Another important point to be mindful of is not to focus on the orgasm or trying too hard to get her to come. Enjoy the moment, take your time, explore, learn, and above all else, cherish the intimate moment you are sharing, and the experience will be that much more pleasurable.

- The Nipple Orgasm - It is no secret by now that the woman's nipples are among the most sensitive erogenous zones in her body. Stimulating her breasts enough will send the energy flowing throughout her body and down to her clitoris,

awakening the genital area. Regardless of the size of her breasts, the nipples are the most sensitive point and since men love already to love playing with a woman's breasts anyway, the trick is to now do it long enough until she can climax. Take your time figuring out what triggers her arousal the most and listen to the way she responds for clues on what to do next. If you notice her breath start to quicken and she starts to pant and dig her fingers into your shoulders when you are teasing her nipples with your tongue, that's a cue to keep doing what you're doing.

- The Clitoral Orgasm - Most people would refer to this as a regular orgasm. When a woman's clitoris is well and truly stimulated intensely enough, it can lead to a short orgasmic peak. This usually lasts no more than 30-seconds or so. The woman's clit needs to be stimulated either directly or indirectly for her to achieve this, and a man can use his fingers, mouth, or a vibrator to do it. Once she has peaked through this technique, her clit becomes hypersensitive. Some women might even experience a little pain. The clitoris area can be stimulated either orally or through a couple of sex positions. While a clitoral orgasm does feel good, the pleasure felt here cannot compare with what she experiences through vaginal orgasms.
- The Vaginal Orgasm - The bundle of nerves at the entrance of a woman's vagina makes it one of the more sensitive erogenous zones. Besides the clitoris, this is where most women experience the greatest pleasure that is soon followed by an orgasm although not always. The entrance of the vagina

is sharp and shallow, and the orgasm experience in this area might be sharp and explosive, like the kind experienced through clitoral orgasm too. It can feel extremely pleasurable to her when the man is penetrating the entrance of the vagina in shallow strokes, and as he moves deeper, the pleasure becomes even more intense.

- The G-Spot Orgasm - One of the most elusive areas for many couples is the G-spot of the woman's body. Most men have trouble even locating the G-spot, let alone attempting to give her an orgasm with it. The area is located inside the vagina on the upper wall under the pubic bone near the entrance. Inserting an index or middle finger into the vagina, curling, or hooking the finger towards her clitoris will lead you right to this spot. You will know when you have arrived because this area is going to feel different from the other areas of her vaginal walls. It is a soft, ridged, and fleshy hill that feels almost like a combination of a soft palate and a hard tongue. The area is also going to be swollen and engorged when she is aroused. Some women have their G-spot located near the entrance to the vagina while others have it further inside. All women have them and when stimulated enough, she will feel an overwhelming, intense pleasure unlike any of the other orgasms she experiences. It will be overwhelming, intense, and with the right partner, meaningful and she will be deeply satisfied and relaxed afterward.
- The Anal Orgasm - Despite their trepidation in the beginning, once a woman experiences an anal orgasm, there is no going back. Another little-known erogenous zone of her body that is

filled with sensitive nerves is the anus, and an orgasm in this area is rough, raw, physical, and earthy. Not all women are going to be open to the idea of anal stimulation at first, so listen to your partner and respect her wishes. The orgasmic experience can be explosive when it happens, and anal sex becomes easier when she is well and truly aroused. The Cervical-Uterine Orgasm - Tantric sex practitioners believe this to be probably the most meaningful, special, and profound type of orgasm that a woman can experience on a physical level. For a woman, her cervix is tied to her feminine core, where her heart, creativity, sense of self and entire wellbeing resides within this core. When she orgasms through this approach, it will be deeper and more intense than anything she has ever felt, even compared to the G-spot orgasm. With the right lover, it will be accompanied by intense feelings of love and a connection so deep that some women might cry because they feel so satisfied in every way. The experience of pleasure is so profound that it is indescribable. This is considered a whole-body orgasm, and when a woman experiences this, it is a day that she will never forget.

- The Throat Orgasm - Believe it or not, she is capable of achieving her orgasm while she is giving you a blowjob, especially when she is deep-throating you. This happens when her pituitary gland, located right at the back of the throat, is aroused enough, although the experience might also be due to the physiological side effect of holding her breath to suppress her gag reflex as she is taking you in. When she is giving you and oral and she is stimulated, large quantities of saliva and

mucus are produced. These can be rather viscous and when the fluids are released, it is what some might consider an ejaculation of the throat. It can be a pleasant surprise for the woman to experience this while she is going down on you. Some women might have such a strong orgasm in this position that she has to stop giving you head for a while until she can catch her breath again. A common misconception is that women do not enjoy giving head or that they are merely doing it because their partner expects it. The truth is, women stand to benefit from this as much as men do, although she needs to be aroused quite a bit before this can happen.

How To Make Her Scream While You Are Inside Her

Give your woman an explosive lovemaking session she will never forget the next time you are in bed together after reading this. It may be difficult for a lot of women to achieve the Big O through penetration, but it is not impossible, and here is how you do it:

- Kiss her. Kiss her softly, kiss her hard. Kiss her with deep passion because it is all about the intimate connection for her woman. Connect with her and her body will succumb to you.
- Cuddle her instead of straddling her right away. When you are spooning while you are thrusting, it is easier to stimulate the rest of her body and increase her arousal. Gently tug her hair if she likes to feel dominated, massage her breasts and use your fingers to tease her nipples until she is gripping her fingers into your back and shoulders, crying out with pleasure.
- Focus on every aspect of her body. Run your hands all over her body when you are on top of her and thrusting into her. Glide your hands from her neck, over her breasts and all over the beautiful, soft curves of her body. Spank her on her butt, lift her up, turn her over, change positions when she least expects it. Once your hand reaches her clit, rub it while you are still thrusting in and out of her. Start with light pressure at first and then increase it as she gets closer to her orgasm.

How To Make Him Breathless And Wanting You More

A man is happy anytime he gets to be in bed with a woman naked and having sex with her, but his pleasure can be intensified with the right lover who will give him an orgasm he is not going to forget anytime soon. The techniques below will be sure to leave him breathless and wanting more of you he cannot wait to go again:

- **Do The 'Pop'** - Make your man's eyes roll back in his head when you are giving him fellatio by sliding your mouth wall the way down to the base of his penis. If you need to, use your hand as an extension, placing it at the base of his shaft. Once you reach the bottom, turn your mouth into a vacuum as you suck him hard and ever so slowly drag your mouth and lips all the way back up to the top again. Remember to go very, very, very slow, be deliberate about it. Once you reach the head, release the suction with a popping noise, look him cheekily in the eye, and then repeat from the beginning.
- **Right on Point** - The perineum is the most sensitive area for a man and is packed full of nerves just waiting to be stimulated. The perineum is the area that lies between his balls and his butt. Pleasure him here and you will send him straight to orgasmic heaven. Get into the reverse cowgirl position so he gets a glorious view of your behind too and keep an eye on his balls. Once you see his testicles begin to rise which means he is about to reach his climax, lick your fingers and then press his perineum and watch him cry out with pleasure.
- **Stimulate the Frenulum Too** - There is a small bump that can be found on the underside of the penis. It is easier to spot on a

circumcised penis and this bump happens to be incredibly sensitive. If he has one, suck on his frenulum while you are stroking your penis with his hand during a blowjob and leave him panting for more.

Masturbation Tricks

Sometimes, the most incredible, mind-blowing orgasms happen without the presence of your partner. When you are alone, and with your own body, there's a certain sense of freedom, an inhibition that goes along with it. Knowing that no one else is watching, you know that you are free to do anything you want. To tap into your deepest feelings of pleasure in a way you might not be comfortable doing yet with your partner. Your imagination is free to wander and to experiment with anything you may have been curious about. We don't worry about how we look like naked, we're not concerned about being embarrassed should our bodies make strange noises, and we don't worry about what our partners may be thinking about us. We don't fear being judged or teased. We are completely, utterly, free.

Masturbations help us learn what triggers our pleasure, and once we've discovered this, it's easier for us to guide someone else how to touch us and how to turn us on. Sex is a mutual exchange, and when we share our pleasures and kinks with the other person, we can get them to do this for us.

A Man's Secret Pleasure Point

Male masturbation is described as the act of a man pleasuring himself by either touching or stimulating his penis, nipples, testicles, and other erogenous zones in his body. These self-pleasuring techniques usually carry on to the point of ejaculation or orgasm, and it is done purely to satisfy his sexual pleasure. This can be done either solo or when you're in private or as part of the foreplay leading up to sex with their partner, although most of the time, masturbation typically happens when the man is alone. As a man, masturbation can help you deal with anxieties, understand your sexual preferences, your body, improve your endurance during sex and generally keeps you happy.

One of the most self-pleasuring techniques for a man is to massage your prostate. The prostate is a secret weapon of such intense pleasure that you would be doing yourself a disservice if you did not explore it. Exploring your prostate may be a new experience for you, and you may be a little bit skeptical, especially if you are a straight man. For men, the prostate location is extremely sensitive, which means it is full of potential pleasure. To access the prostate, you would have to go through the anus, and many men find this pleasurable, even if you are straight. All you need to do is try it once, and you'll see why! If you're nervous about this in the beginning, go slow during your next masturbation session and spend a little extra time giving yourself some love. Allow your body to relax and feel comfortable, be open to this new channel of pleasure. Once you've discovered what you like, you could guide your partner during your next sexual encounter and show them how to make you feel intense pleasure during the foreplay stage.

To begin this self-pleasuring technique, set the mood right. Give yourself enough time to spend as long as you need until you're satisfied, forget your worries and distractions temporarily. Ideally, you want to be completely

relaxed during this stage. Start touching yourself as the arousal slowly starts to build. Once you've reached the point where you're feeling horny but not ready to reach sexual release just yet, begin exploring your prostate. The secret to making this exploration more enjoyable is lube. Lots of lube and be sure to breathe deeply, allowing yourself to relax as you explore your anus. Start by teasing the area around your hole, staying mindful of the way your body feels, and respond to the sensation. Close your eyes and let your other senses take over as your fingers guide you through this stage. Move your finger around the hole gently and slowly.

As your arousal builds, your anus will expand, and when you're ready, slide your finger into your anus in slow, rhythmic movements. Don't forget to breathe deeply throughout the movement and give yourself over to the pleasure. To locate your prostate, curve your finger towards the front of your body, and you will feel a soft, bumpy surface. That's the spot. Gently begin to massage this area and let the sensations build. Keep going until you discover which movements and sensations feel best, and once you've established your rhythm, use your other hand to stroke your penis. The combination of both pleasure points is going to cause you to orgasm like never before.

A Woman's Secret Pleasure Maneuver

Masturbation can be just as life-changing for a woman's sex life as it can be for a man. Many women struggle with body issues and poor self-image, but masturbation is a way of overcoming that and learning to love your body as it is. When you know how to pleasure yourself, it makes it easier to guide your partner about what they need to go to take your orgasms to the next level. Self-love is important for a woman because it can deeply affect your intimacy with your partner when you're not comfortable in your own skin. If you haven't spent a lot of time pleasuring yourself before this, it's never too late to start.

First, get to know your body better by holding a mirror between your legs to see what your partner sees when they are touching you or giving you oral sex. Take a good look at what you look like down there. This is you. This is your body. Now, start to feel around a little bit, massaging your vulva and locating your clitoris. Play around the area and observe the way your body responds to the touch. Some areas will feel oh so good while others will feel very, VERY good. You want to keep the sensation going on the "very good" areas.

For a woman, the easiest way to pleasure yourself is by lying down on your back with your legs spread as you gently massage your clitoris. This is the usual way a woman would treat herself to an orgasm. However, did you know that there is another point of pleasure that exists by flipping over onto your stomach? When you do, you want to keep your knees bent under you, so your hips are elevated off the bed as you continue massaging your clitoris. Lying on your stomach will allow you to grind your hips into the bed, controlling the pressure of your fingers on your clitoris with your hips. As your arousal builds, your body is going to take over. To take your pleasure to the next level, wait until you reach a point you are so aroused

and wet. Then slide a finger into your vagina and massage your G-spot from this same position (lying on your stomach). You might need to shift your hip position a little to achieve the perfect angle for deeper penetration. Give it a try and see what it feels like

Masturbation Tricks to Excite Your Partner Using Only Your Hands

Masturbation is often thought of as a solo act, but it could be surprisingly pleasurable to do this with your partner. Masturbation is an intimate thing and sharing this moment with someone you care about can bring you closer together as a couple. Mutual masturbation can be an incredible moment shared between you and your partner. For the man, watching his partner masturbate is probably high on his sexual wish list. It may not be as high on the list for the woman, but you may be surprised at how arousing it could be. As a bonus, you may each learn something new about your partner's arousal process. Some women may never even have seen a man ejaculate in real life other than is watched in porn films. Men, ejaculating in front of your partner is a very intimate act, and surprisingly enough, many women find it arousing not only physically but mentally and emotionally.

These masturbation tricks can be used to excite your partner and take your sexual foreplay to a new level. It might even become your new favorite thing to do in the bedroom as you get each other excited and aroused as it leads up to a climactic finish:

- **Face-to-Face** – This position can be pulled off in a few ways, depending on how you and your partner like to do it. Begin by lying down on your side, facing your partner, and gazing into their eyes. The closer you are, the greater the intimacy and intensity of the moment. Touch yourself the way you would if you were masturbating alone and watch your partner's face start to change as they pleasure themselves too. It's a great time to throw in some dirty talk here. Keep this going until you

both climaxes, perhaps even try attempting to orgasm at the same time.

- Don't Ask – Instead of asking for sex, show your partner that you're in the mood instead. This tip works best for women, and without saying a word, position yourself provocatively comfortably and make sure he's got a good view. Place two fingers in an inverted V straddling your clitoris. This hand position is good for encouraging your orgasm. Throw yourself into your masturbation session with abandon and watch his face start to change as continues watching you pleasure yourself.
- Stimulating His Testicles – This secret is key to giving your man some of the best orgasms of his life. This secret is in the testicles and knowing how to use them as a secret weapon of pleasure. Cup your partner's testicles gently and begin stroking them softly. Hold them and very lightly pull them towards you (be gentle here because his testicles will be sensitive to your touch). To double the pleasure, give him fellatio while you do this, it's going to drive him crazy as the stimulation of both his penis and his balls at the same time will make it hard for him not to finish right then and there. The warmth and moisture of your mouth around his penis, along with his testicles being gently rubbed will lead straight to orgasmic bliss.
- Sex Toys to Set the Mood – Normally, you would be in control of your sex toys, dictating how much pleasure or pressure you feel and for how long. Switch it up this time and let your partner be the one who is in control. Bring the dildo into play, allowing your partner to stimulate your erogenous zones while

you use your fingers to pleasure yourself at the same time. Return the favor for your partner by using what's known as a Stroker or masturbation sleeve. Hold this sex toy in your hand and put it over his penis, turning it into an artificial vagina.

- Using the Secret Spots – Remember those secret pleasure techniques talked about above? Massaging the prostate and masturbating on your stomach? Well, this time, instead of you pleasuring yourself, hand the reigns over to your partner as you walk them through just how you like it done.

Tips for Stronger Erections

The penis is a temperamental thing. Sometimes it gets far too excited in less than appropriate situations. Other times, it can retreat and refuse to cooperate when you need it the most. That can be extremely frustrating for a man, especially when it comes to the bedroom. Nothing kills the mood quicker than a penis that refuses to spring into action when you need it to. The American Journal of Medicine says 85% of men between the ages of 20 to 39 claim they can “always” get an erection and maintain it. If it’s not always, its “almost always”. As for the other 15%? Well, they have a hard time getting hard. Maybe not always, but often enough for it to be frustrating. No man likes to feel like they can’t step up to the plate and perform when it’s showtime.

What’s even more frustrating for a lot of men is that firm erections seem to come easy when they’re masturbating alone but not when they are with their partner. This is a lot more common than most men realize. That is because when you’re masturbating, you’re doing it alone. You’re horny, your hormones are running wild, there’s no one else around, and the focus is entirely on immersing yourself in the pleasure you feel. It’s easier to maintain harder erections when you have little to no worries on your mind. When you’re with your partner, you might not be actively thinking about it, but at the back of your mind that little, niggling worry is there. Are you doing great? Does she like it? Is she faking it? Is she enjoying it as much as you are? All those thoughts are a distraction, and when you’re distracted,

you're not entirely immersed in the heat of the moment the way you are when you're masturbating.

Not being able to maintain a hard erection for long is nothing to be embarrassed about. It can easily be fixed, and it's not the end of the world if your member is less than excited occasionally. It happens to everyone. Even women have their moments when they're not entirely in the mood. You may not always be able to anticipate how the penis is going to behave all the time, but there are certain steps that can be taken to ensure that when it is show time, your erections are as strong and as healthy as it can be.

Consider This Before You Begin

Before you begin, remember you're not the only one who isn't entirely happy about the kind of erections you get. That's okay, and before you begin doing what you can to fix it, you need to figure out if this is a one-off problem that you're dealing with, or difficulty maintaining an erection is becoming a regular thing. If it is the latter, you might need to consider consulting a professional if it's happening more often than it should.

Either way, there are several steps that need to be considered and taken:

- **Talk About It** – Communication is the key to a stronger relationship. You may be embarrassed about it, but don't leave your partner in the dark. Talk to them about what you feel, your worries, discontent, and explain that the problem is not them. Reassure them that this doesn't mean you are dissatisfied with your sex life and that you're doing what you can to work on it. Talk about solutions together as a team and try to work through the problem. Your partner is going to be more understanding than you realize, so trust them and communicate.
- **Avoid Blame** – Don't be so hard on yourself. Difficulty maintaining an erection is not your fault, and it is important that your partner understands this too. There is no need to apologize because there is no one to blame. It is not because you're not turned on enough or that you're not trying enough. These things happen, and beating yourself up over it is not going to help matters. It's only going to make things worse, and you'll be so caught up in the worries about how your penis is going to perform next time that it will keep happening again. The more it happens, the worse you feel, which only makes it

perform poorly next time. Blame is a vicious cycle, so don't engage in it from the beginning.

- **Understand It's Not A Crisis** – Erectile dysfunction or difficulty maintaining a hard penis for a long time is a treatable condition. Men have varying degrees of erectile troubles, but remember that this is not a crisis. It's only a speed bump in the road, and you can do something about it, that's the most important part.
- **No Expectations, No Pressure** – Putting too much pressure or expectation on yourself to perform in the bedroom is only going to add to your penile troubles. Expectations and pressure make it difficult for you to enjoy the moment, which means you're not entirely focused on what you're doing. Relax and take a deep breath because sex is not supposed to be about pressure and expectation. It's about two people who love and care for each other, coming together to share a very private, intimate moment that strengthens the bond and love they feel for each other. Instead of expectations, just allow yourself to relax and go along with what happens at that moment.

Healthy Habits for Stronger Erections

- **Get To The Gym – Cardio** is going to be your new favorite word if you want to keep your penis healthy and strong enough to maintain its rock-hard erection. Aerobic workouts encourage blood flow in the body. There's a lot of benefits that come with exercise. It keeps you strong. It keeps you in shape. It builds the nitric oxide in your body, the one you need to maintain your strong erections. Just scale back on the cycling, those tight shorts don't do your penis and testicles any favors either.
- **Watch Your Time On Your Bike –** If you're an avid cyclist, you might want to watch how much you spend on your bike, as some research suggests erectile dysfunction could be caused by the pressure that is put on your blood vessels and pelvic area. Consider investing in a better bike seat that doesn't place too much pressure on your perineum.
- **Get Enough Sleep at Night –** Never underestimate the importance of what getting enough sleep can do for your overall health and sex life. Inadequate sleep has been linked to an increase in experiencing erectile dysfunction. A lack of sleep is also likely to lead to plaque developing in your arteries, affecting your blood circulation. When the circulation is affected, maintaining an erection becomes increasingly more challenging. Get the recommended seven to eight hours of sleep at night and watch what a difference it makes to your sex life.
- **Tone Down the Stress –** It's a difficult request, but for the sake of your erections, you need to try. Either minimize or manage

the stress as best you can, so it doesn't affect you as much as it otherwise would. Research links erectile dysfunction to psychological conditions like anxiety and stress. Of course, stress could lead to other conditions, too, including high blood pressure, higher cholesterol levels, heart disease, and obesity, none of which are good for your erections.

- **Scale Back on The Nicotine –** Or better yet, don't use it at all. Cigarettes, vaporizers, cigars, none of that is doing your erections or your body any favors. Nicotine damages your blood vessels, which makes it difficult to maintain an erection. The sooner you quit cold turkey, the happier your sex life will be.
- **Pour That Cup of Coffee –** Cigarettes and alcohol may be bad for your penis health, but coffee is not. As it turns out, the University of Texas' Health Science Center found that men who consumed two to three cups of coffee in a day were less likely to experience erectile dysfunction. Scale back on the sugar and try to keep it to black coffee, so you're not overdoing it with the sugar intake.
- **Cock Rings –** Sex toys come in handy once again, and this time, it's the cock ring to the rescue to help you maintain your erections for longer. Slipping the ring around your penis helps to keep the blood in your shaft, which is exactly where you want it to be. Cock rings are also helpful for preventing venous leakage, a condition where the blood has no trouble flowing to the penis, but it has trouble staying there. A venous leakage is a form of erectile dysfunction too. With the cock ring putting a stop to that, your blood stays where you want it and keeps your

erections stronger for longer. Try adjustable, solid, stretchy, or vibrating rings, depending on what you and your partner prefer.

- Easy Does It with the Thrusting – Again, forget what you see in porn movies. Those are actors putting on a show. You don't need to thrust the way they do to make your partner giddy with pleasure. You might even want to consider taking it easy with the thrusting. One wrong, vigorous thrust is all it takes to put the brakes on your love life when you rupture your corpora cavernosa. That is the elongated “erectile chamber” that runs through the length of the penis. A rupture is going to cost you some surgery time, and it must be done within the span of 24-hours to minimize the possibility of permanent damage. Yikes. Scale back on the thrusting. Your penis will thank you for it. Be extra careful in the positions where the woman is on top.
- Yawn More – No, seriously. It's good for your penis. As it turns out, yawning and erections are more or less the same things since they are both controlled by nitric oxide. Triggering, the release of nitric oxide in the brain, is going to do two things. It will either travel to the neurons that control your mouth when you're yawning. Or it is going to do further down south towards your penis. Instead of stifling that yawn, let it happen naturally throughout the day. It could lead to good, strong, sturdy erections later in the bedroom.

Experimental Sex Positions



You need to make sure that you are not afraid to experiment. This not only goes for foreplay but also for your actual sexual encounters. Experimentation is the key to keeping things spicy in a long-term relationship. For some people, experimentation can be quite daunting. It really doesn't need to be.

To ensure that you are open to experimentation you need to have excellent communication. This has been stated several times because it is a key element in successful sexual relationships. Keep an open mind and understand that people want to try all different kinds of things. So, regardless of what it is, you should be open to giving it a try.

Starting off slow is always key. If one of you is more experienced than the other, they should have the understanding that you may not be as comfortable as they are. Their level of expertise may not match yours which

can make experimentation extremely nerve-wracking. Some people have never experienced the sensation of being spanked while others may have participated in ideas that are much more taboo. Starting at the lowest level that the more inexperienced partner is comfortable with will ensure that your experimentation does not go awry.

It is common for people to try a variety of different things when they're in a committed relationship. It is less likely for an uncommitted couple to try any true experimentation. This has to do with comfort levels. When you are in a committed relationship, you're more likely trusting of your partner. In addition, the communication that you have is typically better. With good communication and high levels of trust, experimentation can become natural and easy to handle.

While you should never be afraid to try things there should be an understanding in your partnership. Some things are simply off-limits for some people. This is completely OK. Spending the time to talk about your sexual interest, as well as there's, can help give you both insights as to what type of experimenting you should delve into.

If you want to become a sex master, having knowledge of many different aspects of sex including sex positions is quite helpful because when you examine your desires, you will have a wealth of knowledge to draw from. You do not have to have done every position under the sun in order to be a sex master. Having these in the back of your mind as you continue on in your sexual journey will allow you to take what you need from this when you are looking to change things up in your sex life. We will look at advanced sex positions for penetrative vaginal sex, anal sex, oral sex, massages, and hand stimulation. These will give you many new things to try when you are looking for new positions for any occasion.

The Advantages of Using Different Sex Positions

When it comes to sex, changing the positions you use is the key to keeping it interesting and different. After a short time, a sexual routine can become boring and old, because you know what to expect at every turn and what to do next without thinking at all. Your brain, heart, and body do not need to be engaged like they are when you are doing something new and exciting that is really turning you on. When you are performing a sex position that you have never tried before, your entire body is engaged, thinking about what is next, feeling new sensations, or looking to the other person to see if they are feeling pleasure as well. This is very different from performing a position you have done many times over. This is why changing your sex positions is beneficial; it engages every part of you.

Another advantage of using different sex positions is that they allow you to change and adjust according to what you are feeling and desiring on any given day. For some people, their desires may change quite often, and if they can recognize this, they will be able to choose the positions that feel right for them and meet their needs and desires every time they have sex.

Another advantage is that when having sex, certain positions are best for certain things such as there were positions that are best for female orgasm, for clitoral stimulation, at the same time, as vaginal penetration, for anal orgasm, for nipple stimulation during vaginal penetration, and so on. Depending on what you and your partner are looking for, you can choose the most appropriate position. Some are better for using sex toys and some are more intimate than others, it all depends on what you desire. Having a conversation with your sexual partner or romantic partner and discussing what you like, what you want, and what you need before a sex session will allow you to choose a position that will suit you both on that day. If you turned automatically to your old routine, it might not be best if you were

feeling like you wanted a more intimate position that day, or if you felt like having anal sex for a change.

Having a fulfilling and engaging sex life requires you to be flexible, open-minded, and responsive to your own body and the body of your partner. What this looks like is using different sex positions, having open conversations, and trying new things.

Focus: standing sex in the kitchen

Do you want to experience the thrill of the most fun and exciting home sex ever: did you ever make it in the kitchen? A high erotic venue that will turn your rendezvous into a real fiery success

Sex is made up of emotions that tempt us and sexual situations or positions that we tend to avoid instead for a wide variety of reasons. Perhaps out of shame, pride, or simply for a routine that has lasted too long and that now turns out to be a true extinguisher of the most unforgettable flame. Until now.

How about discovering the thrill of the most fun and exciting home sex you can experience? For example, have you ever thought of trying to do it in the kitchen?

Well, this high-erotic venue will turn your rendezvous into a real success: nothing but a routine act!

Sex in the kitchen is on fire exactly like all the ingredients you can mix in the spiciest dish: put the right 'dishes' on the stove and you'll see that the result will be shocking.

Don't worry, you won't need anything new, and nothing strange, if not a little imagination to turn your kitchen into the sexiest place in the house. Do you want to know some positions to put into practice immediately?

On the chair

Let's start with the most classic: you can make much better use of that 'old' chair you sat on many times.

Let your partner sit with the back straight against the back of the chair, legs slightly closed and feet firmly planted on the ground (if you want you can also use a cloth to tie his hands behind the chair or to bandage his eyes). Stand on top of him and sit down letting yourself gently penetrate...

This position is very sweet and romantic because it allows you to look into the eyes. And then you can choose to accelerate or slow down the penetration rhythm and depth.

On the dishwasher

Sit on the edge of the dishwasher (or on the furniture in which it is built-in) and wrap your legs around his thighs and position your feet at the height of his lower back to get a good grip: they will help you guide his movements inside you.

You can put your hands on the dishwasher or wrap them around his neck but don't forget to turn on the dishwasher on the longest wash cycle, because its slight vibration will help you stimulate your erogenous zones.

On the table

The kitchen table can become a real substitute for the bed in your erotic experiments! It can turn out to be excellent support for oral sex.

If you are the one lying on it, your partner can turn around you and let you experience unique sensations, reaching every part of your body gently or in a deeper and more exciting way.

Otherwise, you can ask your partner to kneel on the table with the lower back firmly on his heels. Now it's up to you to find the right rhythm to make him enjoy. And the best part is that you can do it even while sitting.

On the kitchen island

Make the most of your kitchen island, perhaps taking advantage of the preparation of an aphrodisiac recipe to add spicy notes to your dinner.

Lie down on the island and ask your lover to come closer and stand in front of you. Raise your legs and place your feet on his shoulders and then raise your pelvis to the height of his. We leave the rest to your imagination.

Against the fridge

Sex standing up against the fridge is always very exciting: let him carry you and lean against the fridge, spreading your legs slightly and letting your partner keep you up and be wrapped by your legs so as to maintain balance. And now let yourself be carried away...

And remember that, the one in the kitchen, remains one of the “tastiest” erotic experiences to be experienced!

Sex in Overweight

There are various ways that you could make your sex life enjoyable if you or your partner is overweight. Nothing should stop you from getting the best out of your partner through positivity and exploration. The first step about enjoying intimacy in your relationship should be disregarding the misconception associated with being overweight. Notably, issues arise in case one or all partners are overweight. You should find the best way to overcome those acts not only as a motivation but also a strong bond in the relationship. The following are considerations that you should make if you want to enjoy sex with an overweight partner.

1.be positive: With the acceptance that there is little you could do to change the situation; you are sure to find better ways to make your sex life more intimate. In addition, there should be no misconceptions to hinder you from making love to your partner as long as you are sure that they would enjoy it. Living positively and developing attitudes to support your life will make you most romantic to your partner.

2.Own your Body Size: You should not live in denial over the size of your body, thinking that it would prove unromantic to your partner. Note that being overweight does not make you ugly but makes you beautiful, depending on your partner's perception. For that reason, you should accept that you are overweight and be proud of it in order to make others find the beauty in you. Similarly, you should make your partner feel the same as

they are overweight to alter their perception and eventually improve self-esteem.

3.Take Time: The fact that your partner is overweight does not mean that they are different in their sex life. You should serve them in the same manner as you would treat a slim partner. In this case, you should take time when having sex with your partner, involving all the steps that are usually engaged in sex. Do not focus only on penetration, but you should take time for foreplay, and other forms of stimulation to turn them on.

4.Handle with Pride: It is common to find sagging and loose body parts in overweight people, making you confused about how to react. It should not turn you off as it is the sole reason they are classified as overweight. You should treat the body parts as sensitive and needing a stimulating touch for sexual arousal. These parts include the buttocks, thighs, and the pubis. They are the most sensitive parts of obese people and may be the source of sexual stimulation and orgasm if caressed or rubbed.

5.No Desperation: As an overweight partner, you should not show desperation due to your body size for it may hinder you from achieving sexual satisfaction. Instead, you should be content with yourself and make the best out of the activity. Expect to be treated as any other partner and believe that you deserve the best for you. Therefore, live within your means and find happiness and pleasure whenever your partner means to introduce them to you.

6.Position: There are positions that might be difficult to try out for overweight couples. However, you could also explore additional positions that would help you attain orgasm and experience great intimacy. For example, the

reverse cowgirl is perfect for it puts the bellies at different positions, making it easy for the woman on top to control the movement and penetration.

7. Additional Requirements: Overweight people require platforms that would support their total weight, especially when making angles and moves involved in intimacy. For that reason, you should outsource better equipment to enhance your sex life and feel relaxed whenever you jump into action. You require pillows to position your partner to make little efforts in the attempt to make sexual advances and stimulation. Similarly, you may need spring surfaced to balance your weights and reduce bodily friction.

8. Maintain Intimacy: There is no reason to leave your partner due to overweight or obesity. Various factors may have contributed to the condition, and it would be for your own good. Therefore, it is advisable to keep the love and intensify intimacy to make them feel appreciated and cherished. With the realization that sex is enjoyable in overweight, you would need to keep on having sex with your partner.

Pros of Sex in Overweight

- Exercise: Sexual activity is part of an exercise, for it involves body movements and the application of pressure. Overweight partners can regulate their body mass index when they engage in sex, thus improving body performance.

- Boosts Moods: Overweight people have difficulties managing their moods primarily due to the isolation and stigmatization they may face from

society. Therefore, they require attention and cuddling to rejuvenate affection. Sex offers these advantages and helps them rethink their negativity.

- Aids the Immune System: Sexual engagement among the overweight plays a significant role in enhancing their immune system. Orgasm helps release hormones used by the immune system to fight conditions in the body.

- Regulates Blood Pressure: Sexual activities and orgasm involve a robust circulation of blood throughout the body. As a result, the body maintains a healthy blood pressure preventing you from blood pressure-related conditions.

- Boosts Self-Esteem: The act of caressing, cuddling, and penetrating an overweight partner may prove to be a great feeling for them, especially if they had faced isolation or stigmatization. They feel adored and find their value when they satisfy their partners sexually.

- Long-Lasting: Being overweight is known to cause long term reaction among men. It might result in total satisfaction of the partner contrary to other men who last for seconds, leaving their partners hanging in sexual desperation.

- Bonding: Intimate relationship among the overweight enhances the mutual bond and creates a loving environment for the partners. As a result, the partners remain connected, promising an enjoyable sex life ahead.

Cons

- Positioning: Overweight partners may experience difficulties trying out various positions that may help them attain the utmost intimacy. The limited flexibility hinders the performance of positions such as 69. However, there are positions to try out as you advance to more complex ones.

- Low Performance: Being overweight may hinder stamina development. It makes it impossible for partners to acquire physical strength that is vital in maintaining positions and keeping the orgasm longer. As a result, the partner may feel dissatisfied in sexual intercourse, leaving them in desperation.

Best Positions for Sex in Overweight

- Reverse Cowgirl: In this position, the man lies flat on a bed as the woman turns while facing the same direction as the man. It helps the man make great stimulation on the G-spot while minimizing the contact between the bellies. Similarly, it allows the woman to take full control of the depth and pace of penetration.

- Doggy: It is also a reverse version where the man penetrates from behind. The woman may bend and lean on a wall or any other platform for support. The position exposes the anus and the vagina to the man making it easy for him to access the clitoris and holding on her.

- Missionary: The numerous variants of this position make it easy to have sex with an overweight partner. The woman may lift her legs to place them on the shoulders of the man correctly placing the clitoris for stimulation from the pelvis of the man. You could also try by placing the woman on the edge of a bed as the man stands supporting her legs and making thrusts.

- Anal: It is a more straightforward position for the man who only needs to locate the anus. The nerve endings found in the anus play a significant role in stimulating the woman relieving her duties in controlling their bodies.

CHAPTER 27:

The Charm Of Public Sex

Have you ever had the chance to have sex in public? Public sex can be most thrilling and entertaining but there are several things you will have to bear in mind to make sure that you are not violating any rules and laws.

The Rules Check

When it comes to state rules and laws, you have to understand that not every state permits people to have sex in public. If the state has imposed laws against public sex and yet you are found guilty of it, the punishment inflicted might be very severe based on the norms and regulations of that specific state.

There are parts of Mexico City wherein couples are allowed to have sex in public. Although, the laws do not specifically allow such a large number of people in the United Kingdom either engage in the public display of sex. Even when it comes to the city of big dreams which is New York City, you are sure to find plenty of couples who freely engage in sex.

So, despite the rules and regulations which exist, there is no denying the fact that couples have always engaged in public sex. The key simply is to not get caught. As long as you don't get caught, you won't have any punishment inflicted upon you.

What Do You Mean by Public Sex?

Now let us discuss the real dynamics of the term, 'public sex'. Public sex would refer to the act of having sex in the open. When you take action outside the bedroom, you may do it in your car, the mall, parking lot, office cubicle, washroom and what not. The choice is really yours to make and you are free to choose the right spot wherein you could engage in a passionate play and have a steamy session of sex.

Ideally, any form of sexual activity which can be viewed by the general public will be rendered as public sex. This is why you should pay heed to the kind of audience you will be attracting. If you feel that you will be attracting the wrong crowd, you should definitely not consider having sex there. The last thing you want is someone taking a video of your sexual movement and uploading it on sites like YouTube. So, while it is okay to have sex in public, it is your duty to safeguard your privacy and avoid it from being accessed for viewing by people at large.

Is Flashing Considered Public Sex?

It is hard to put labels on what is okay and what is not. Roaming around in public while flashing your genitals at random is not the right thing to do. There are cities wherein you can also be put behind bars for doing so. While you can reserve a corner and have sex with your partner, we do not recommend flashing your penis to random people or even doing a nude dance on the streets.

Can Public Sex Be A Turn On?

Of course, there is no denying the fact that public sex can be a massive turn on. When you and your partner are so much into each other that you can't keep your hands to yourself; even when you are at a public place or say waiting outside a concert, you might end up engaging in public sex.

It is mostly a display of the passion which has engulfed your mind and body and gives you the impetus to do your partner regardless of where you are standing. The idea behind cupping her breast or maybe stroking his penis could make you downright horny. There are couples who are known to skip their plans and head to a hotel so that they could satiate their lust and desire and thereby enjoy the kind of sexual desire that may have built inside them.

Those couples who are known to engage in something steamy and thrilling and are adventurous enough to always be on the lookout for something different are always going to have a thing for public sex.

You could do it while you are riding a bike or inside the confines of your car (which is perhaps the most common form of public sex). The insides of a movie theatre or a music concert seem to be a great place. A lot of young college couples tend to have hot steamy sex when they are out camping in the wild as well. You have to be careful that you are not being watched or filmed as this may quickly take away all the fun of having public sex.

Even if you can't go the full length and enjoy penetrative sex, there is no harm in cuddling, nuzzling, stroking and making out. A lot of couples in Paris are always seen making out as it is rightly hailed as the city of love. So, don't be apprehensive about showing your emotions and enjoying passionate and steamy moments.

Public Sex Precautions

When you are enjoying public sex, all you have to do is make sure you are adhering to the precautions and thereby you safeguard your privacy.

- ☐ To avoid being punished by law, we want you to be mindful of the state rules and laws governing public sex
- ☐ Do not strip completely if there are too many people near you as this will create the wrong kind of impression and make you vulnerable to being filmed and having your sex videos circulated on the internet.
- ☐ Make sure you are not directly under the public eye
- ☐ Govern how much of sexual activity you want to engage in
- ☐ Explore the spot properly as you don't want to do it in dark dusty corners so as to contract any kind of unwanted infection.

When you are keeping all these points in mind, you should be able to make the most out of public sex. It is not a compulsion, but it is sure to add the much-needed thrill to your sex life. Of course, it has to be done only if there is consent from both the partners. Never force public sex on anyone.

Every time you see a couple making out in public and you are with your partner as well, it might make you horny too. So, always have the discussion beforehand as this ensures that as soon as you get the pretext and the premise, you will be able to jump on the opportunity and make the most of public sex.

Once you do it, make sure to jot down how it felt in your diary and also note the reaction of your partner as well. These snippets of information will always come in handy when you are looking to improve your sex game. We are sure that this is going to help you in ways more than one.

Frequently Asked Questions About Sex, Sex Positions, the Kama Sutra, Tantric Sex and Libido

Question 1: What Sex Position Is The Most Intimate?

Answer: The Lotus

Arguably the most intimate position of them all is The Lotus. The Lotus position is most intimate because of the closeness of your entire bodies, infinitely pressed against each other at all points from head to toe while being face to face.

The man sits on the bed cross-legged, his torso upright. His penis is erect and ready to get it on. The woman climbs on top of him and sits in his lap, wrapping her arms and legs around him. He holds her by wrapping his arms around her as well. With some shifting, they slide his penis inside of her. In this position, both people will be grinding more than they will be thrusting or humping. This is also what makes it so intimate. Grinding face to face while she is sitting on his lap with him inside of her, that is about as intimate as it gets.

In this position, you will not be doing any crazy thrusting, so it is ideal for a steamy make-out session, as your mouths will be so close that you can feel each other's breath the entire time. You can look into each other's eyes and whisper sweet nothings to them as you share this intimate experience.

Question 2: What Is a Fun and Sexy Game I Can Play With My Partner to Get Us in the Mood?

Answer: Sexy Truth or Dare

Play sexy Truth or Dare with your partner. Just like when you were young, a game of Truth or Dare helps you get to know people in a funny and sometimes daring way. If you don't know how to play, I will explain the rules first! Each partner takes a turn asking the other person, "Truth or Dare?" The person responds with their answer, and depending on which they choose, a truth- a question that they have to answer truthfully, or a dare- a challenge that they have to complete, is given to them. If they do not complete the dare or will not answer the truth question, they have to accept a pre-determined punishment. This punishment can be to take a shot (If you are playing a drinking version) or to give you a massage, anything you wish. Decide this punishment at the beginning of the game. As you play, you will make up truths or dares for your partner that get them to tell you or do things to you that are fun and sexy!

Below are some examples of truths or dares that you can give them:

Truths:

Tell me your wildest sexual fantasy

What did you think about/imagine/ watch last time you masturbated

What is your favorite sexual memory

What is something you have always wanted to try during sex?

What is the naughtiest thing you have ever done?

Dares:

Lick peanut butter off of somewhere on your body of your choosing ex. finger, chest

Turn the lights off and try to turn the other person on using only sounds

Do a striptease to a song of your choosing

Make out with their belly button

Demonstrate their favorite sex position with a pillow

Give them a lap dance

Give them a hickey

Question 3: How Can I (A Man) Last Longer During Sex?

Answer: Edging and Exercising

In order for both men and women to get the most out of sex and the most enjoyable orgasms, it comes down to the man's ability to last during sex. If the time it takes a man to orgasm is quite short, then the pair will have to wait until his refractory period is over before he will be able to have an erection again. During this time, the woman will still be able to be aroused and have an orgasm, but penetrative sex will not be possible. Thus, in order to have the most pleasurable and (and also more intense) orgasms and sexual encounters, I will now present some tips and tricks that the man can use to last longer in bed.

- Edging

Edging is a technique that a man can use to hold off an orgasm to make himself last longer and therefore keep his erection for longer. In order to do this, he must be aware of his body and be in touch with the different feelings it has.

When the man reaches a point where he is getting very close to orgasm, he will stop, or the woman will stop whatever they are doing, and he will have to take a deep breath, compose himself and hold off his orgasm. Holding back will give him time to cool down a little and come back from the edge of orgasm. During this time, while he is cooling off, he can continue to touch the woman, or the woman can touch him in other places, as long as it doesn't make him orgasm. When he is ready and has successfully held off his orgasm, they can then continue with whatever sexual acts they were doing before. Then, when he reaches the point where he is about to orgasm again, he will have to hold off once again. This can continue as many times

as he can until finally, one time, he will let himself reach orgasm, and it will be much stronger and much more intense than if he had just let himself reach orgasm the first time.

This may be difficult to accomplish the first number of times because it can be hard to hold off an orgasm when you are very close. It will take practice to be able to do this technique, and especially to be able to do it multiple times over in one session. The man will have to communicate with his partner so that she knows not to keep stimulating him to the point of orgasm, especially if she was giving him oral or something of the sort.

- Going to the Gym

Another way that a man can increase his endurance sexually is by going to the gym. Physical fitness is strongly related to sexual performance and endurance, so getting to the gym at least a few times a week will help him to last longer in bed, keep his erection longer and even to be able to thrust for longer because of the cardiovascular aspect that penetrative sex comes with. This will be beneficial for both of you.



Question 4: What Is the Best Sex Toy for Beginners?

Answer: A Vibrator

Sex toys may be something you are unfamiliar with, but they can bring fun excitement and new forms of pleasure to anybody's sex life. Becoming a sex master wouldn't happen without being aware of the sex toy options available to you and how they can be used to maximize both male and female pleasure. Sex toys allow you to have more pleasurable masturbation because they allow you to reach places and stimulate parts that you would not be able to while you were stroking your penis or rubbing your clitoris, as you only have so many hands and fingers. Sex toys allow you to have more pleasurable partner sex because they allow a part of a person's body to be taken care of while you both focus on other body parts. They also can give you new sensations because they can use things like warmth or vibration to give you new types of pleasure that you would not otherwise be able to receive without using something like a washing machine or a hot water bottle. These toys are designed specifically for sex, so they are able to give you the pleasure you want in the places you want by being designed ergonomically for those specific parts of your body. They are also made of materials that will be safe and comfortable for the most sensitive parts of your body.

A vibrator is probably the most common sex toy available for female pleasure. Vibrators are the best choice for women who are new to sex toys and are unsure of what they may be looking for. A vibrator is a nice and easy place to start, and they can be used in a variety of ways and by you alone, by you with a partner or by a partner on you both during penetration and during foreplay.

Vibrators are such a versatile sex toy, and they come in so many different shapes, sizes, and forms. There are clitoral vibrators that are small and

compact, portable, and easy to use. These you turn on with the push of a button, and then you can hold it to your clitoris for quick and intense clitoral pleasure in a way like nothing else. Having something that is designed to be used on your clitoris that is also vibrating at speeds much higher than your hands could ever get to will be quite a new sensation, but one that you won't soon forget and will be quite eager to have again.

There are vibrators that are a little bigger than clitoral vibrators, and that also has a piece on them which can be inserted into the vagina so that you can have both vaginal penetration (so that you can stimulate your G-Spot) as well as vibrating clitoral stimulation so that you can feel both of these types of pleasure at exactly the same time! This will be a new world of pleasure for you as you may never have had both your clitoris and your G-Spot stimulated at the same time. These vibrators look like a phallic-shaped object usually made of silicone that has a section partway down that juts out in a small bump-like shape that is the part that touches your clitoris. The entire vibrator will vibrate so that you will also feel some of this vibration on your G-Spot for maximum pleasure.

The next type of vibrator we will look at is a vibrating dildo. A dildo is a penis-like object made of silicone that is to be inserted somewhere like the vagina or the anus. There are dildos that have a small bullet-shaped vibrator inserted into them so that you have the penetration with the vibration so that the G-Spot can be stimulated and vibrated on at the same time. This type is good for someone who wants a bit of a longer and more penis-like shape without the clitoral stimulation. These can also be worn as a strap-on.

Question 4: Should I Get Silicone-Based Or Water-Based Lube?

Answer: It Depends

- Silicone-Based Lube

Silicone-based lube is the type of lube you would want to use if you want to have sex in the bathtub, shower, or any environment involving water since it won't rinse off when it becomes wet. If you are not using it to have sex in a wet environment, the other benefit about it is that it will usually only need to be applied once and will stay thick and doing its job for the duration of your session.

Conclusion

The Kama Sutra is the epitome of an intimate sexual relationship. This book has covered all of the basics, especially about how the Kama Sutra is about more than just sex. It is about the connection with your partner on an emotional and spiritual level. This book is written to teach a novice about how to set the mood, and how to hold your partner, with a few positions to try out.

The Kama Sutra is about loving your partner and showing them by exploring every inch of their body. It is not about being considered a "sex god," but about being an attentive lover.

Remember, sex is an incredibly important part of romantic relationships. There are a ton of health benefits related to having sex regularly, including improved immunity, increased heart health, lower blood pressure, pain relief, decreased stress and improved sleep, better libido, and so much more. After reading this book, I hope you were able to gain a fantastic understanding of past and current sexual activities along with a variety of different ways to spice up your own sex life and enjoy yourself and your lover on a more intimate and sensual level. Sex can be as intimate or as shallow as you make it; however, meaningful and passionate sex is almost always preferred. With this book, you should be able to understand the initial purpose of the Kama Sutra and the principles that surrounded it.

One of the most significant issues in today's relationships is that people aren't exploring each other's bodies the way they used to. With this book, I hope you can enter the bedroom with confidence to please your loved one and the willingness to do whatever it takes; and I hope they feel the same

way. The Kama Sutra was right when it spoke of finding someone compatible with you anatomically and attitude-wise. Someone who has a high sex drive isn't going to mesh well with someone who has a low sex drive. You may be able to make it work on an emotional level, but on a physical and sexual level, your relationship may fall short.

Granted, sex isn't everything in a relationship, but it means more to some people in a relationship than it does to others, so choose your lover wisely. This book should have also shown you different ways in which women may have seen you in the past and the future; the same goes for women and how men view them. In modern times, we don't care much about the way people see us, but in ancient times, your reputation was everything. This book can be an eye-opener to how some of your current behaviors may have been seen in ancient times – whether that affects you or not is your own accord.

Aside from many asinine doings involved in recipes, spells, and charms, there was also a lot of educational and exciting information on aphrodisiac foods and which ones work the best. Some people might not even realize the large number of foods that can be arousing to specific individuals. We all have the things that arouse us – scribble that in on the aphrodisiac p.

It is very easy to slip into a life of routine, which isn't necessarily a bad thing unless it has to do with your sex life and learning. Two things you should never stop doing: learning and experimenting in the bedroom. Take the knowledge you have received from this book as either a grain of salt or as your new sexual bible. I hope you enjoyed it!

So, to keep on reading this passage if you have some importance of your partner and want to cope with a problem like premature ejaculation and not satisfying your partner in bed.

The connection of the bodies should not end with orgasm but should continue long after both are replete. A man and woman should come together in mind, body, and spirit. Such is the essence of the Kama Sutra; such is the Art of Love.