# Tantric SEX POSITIONS FOR COUPLES

A GUIDE TO SEXUAL HEALING AND DISCOVERING PRINCIPLES ON HOW TO TALK DIRTY TO YOUR PARTNER. THIS BOOK INCLUDES TANTRIC MASSAGE TECHNIQUES FOR BEGINNERS AND ADVANCED

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A Guide To Sexual Healing And Discovering Principles On How To Talk Dirty To Your Partner. This Book Includes Tantric Massage Techniques For Beginners And Advanced

**By**

**Anita Lecher**

**&**

**Dom Lothario**

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# Part I

Tantric Sex:

# Introduction

Tantra is nowhere near only about sex. Practicing tantric sex and tantric living means embracing a concentration on one's own breath, thoughts, and alignment with the ultimate self. Truly, only after aligning with your own self, can you achieve ultimate alignment with another. A tantric master is acutely attentive to his or her own physical movements, both within the external world and within one's own internal body. Our understanding of tantric sex, and tantra as a philosophy and way of life, in general, has been warped, skewed, and watered down so that most of us are left with the layman's understanding that tantric sex is about wild, tawdry, love-making. That's not to say it can't be, but it isn't necessarily.

First and foremost, tantra was a spiritual practice and a habit of breathing. Tantric observance is also about exploring other intimate parts of the relationship that are not just sex. It's about finding intimate pleasure in those places. Tantra is a commitment of thoughts, beliefs, behaviors, and the awareness of these when interacting with others, both platonically and sexually. If your connection with your partner is suffering from a weak signal, the implementation of tantric sex, alone or together, can transform and reignite the intimate and sexual experiences you have with your partner.

With a tantric perspective, the experience becomes about identifying pleasures and desires and giving them proper recognition. Then, using that power for leverage in experiencing extreme indulgence in those desires. This can be achieved on your own, and probably should be, before sharing the experience with another. In many practices of tantric sex, there is no contact with genitals at all, but the same, and better, enhancement of the sexual experience comes to fruition. Instead of reaching climax, the goal is to see how much pleasure you can experience and where you can follow

your own sexual energy, and then the sexual energy created between you and another. Until now, perhaps you've struggled with a truly intimate connection with someone. Perhaps the sexual connection that you once had has become dull and stagnant. If you've only fantasized about rekindling your own sexual power and deep sexual chemistry, you're done searching. Tantric sex will deliver these to you.

When you experience alignment and union with yourself, there is a distinct and enlightened satisfaction. But as you grow and expand that understanding of yourself, this can be explored together with your partner in a very spiritually fulfilling way that will bring your union into a tighter link, undoubtedly. Tantric sex is a way to bring two individuals together to congregate in each other's being fully, dually. Then, taking that energy into dissolving that duality and becoming one being experiencing ultimate pleasure. BY embracing this new way of experience together, partners stand by each other in support and help each other to reach new heights of enlightenment. Whether with yourself or with another, it's common to experience a lack of sexual awareness and pleasure. Our lives are so dictated by routine that we cannot help but start to apply that way of thinking and behaving in other parts of our lives.

Our brains do this in order to organize and protect us or mitigate damage, but after a while, it becomes evident that these practices once put in place are now the problem and not the solution. We become largely driven by the routine rather than the inspiration. Tantric sex will take you from the hum-drum automatic routine to a deeply satisfying gift to yourself, and perhaps others. If you're reading this, your alarm is going off, and it's time to answer the bell and wake up your body and your ultimate self. When practicing with another, tantric sex especially focuses on the giving of pleasure to the other, rather than the taking of it for oneself. We are

worshipping each other's bodies and want to show the utmost service and gratitude by delivering pleasure in the most powerful ways we know how.

These ways may have eluded you before, but not now. You are on the journey to self-discovery and liberation. The ego takes a back seat as you seek to satisfy your partner. You want to deliver the ultimate experience for them. Connect with them in all the ways you can. This is tantra. Think about love. Act with love. Touch with love. Practice patience and compassion and you're easily on your way to awakening your senses together. At the roots of a tantric bond with another is a relationship that honors the spiritual being, the body, the mind, the heart, and the soul. You will both be very present in the moment, oblivious to the rest of the world, sharing energy and consciousness through the conduit of love and appreciation for one another. This moment and this energy become sacred and bonding. You are open, unlimited, and highly attentive to each other's emotions and desires.

# Chapter 1. Basic Aspects of Tantric Sex

## Different Steps For Lovemaking

In the foreplay, as well as during the sexual act, one uses a variety of actions. According to tantric sex, the various actions involved would consist of the following:

- Bites – When done correctly, biting can really be pleasurable! Obviously, this isn't the painful kind of biting; make sure your partner is well-aroused and start with little nibbles around erogenous and sensitive zones before working your way up to hard bites that can leave marks.

- Scratches – The tips of your fingers and blunt nails can be quite sensuous. Ladies be careful of long nails, so you don't cause too much pain! Again, go slowly and make sure you're well aroused so that it adds to the experience instead of being painful.

- Kissing – This requires no explanation, but kissing is a must for any sexual activity! The lips contain a huge number of nerve endings, which is why they're so sensitive. So, make sure to pepper your partner's body with kisses!

- Embraces – Rubbing skin against skin is one of the most erotic things you will ever feel. Sex isn't just about rubbing your genitals together; it's a way of experiencing a human connection, even if it's just a one-night stand. An embrace between partners will heighten the emotional as well as physical experience, so don't be afraid to have naked cuddle time!

- Rubbing – Just dragging your fingers over your partner's erogenous zones and softly rubbing against them is more arousing than you can

imagine. Use your fingers, the flat of your palms, the tips of your toes and even your tongue!

- Grips – Gripping your partner tight is usually quite arousing, but make sure it's safe and consensual! Rough sex gets a lot of people going, after all.

- Different sex positions – Trying out different sexual positions will help you explore your dynamic as a couple. Who likes being on top, who enjoys giving up control, etc., and all those ideas that define you as a couple can take place only if you experiment!

- Combination of poses – Try out different poses and work your own style of sex that is individualistic to you! There's no right way to have sex, just find what works for you and your partner!

- Actions Involving the Side Of The Woman

- Actions Involving the Male Penis

- Locating and caressing sexually sensitive areas of the body – Find the erogenous zones; the misconception is that it's only the genital and sexual organs that bring pleasure. That's not true; each person has different spots on their body that are sensitive and rubbing/kissing/licking/sucking these areas will help.

- Sucking – The action of sucking on skin can be quite arousing, if you do it right. It provides friction and arouses; start small with licking around the sensitive skin and slowly press your whole mouth and suck gently.

- Slapping – An aspect of rough sex, you must be certain your partner enjoys it! Some people are put off by too much roughness in their sex lives, so be careful. Spanking, for instance, is something that a lot of people

enjoy; the adrenalin rush brings with its endorphins that gives you a high like nothing else! But be careful – make sure you both want it before you jump into it.

- Hair movements – Using your hair is a very arousing thing. It's ticklish, it's feather-like and it can arouse; men's stubble and beard can be very exciting when rubbed against sensitive areas. And a woman's long hair can feel very sensuous.
- Exciting the Nerves
- Using the tongue – In sex, your tongue is your greatest weapon, along with your fingers. Its soft, yet rough texture arouses better than anything else, so lick and play with tongue as much as you can!

## Eroticism Of The Embrace

The Kama Sutra categorizes embraces as one of the eight types. It is a part of the foreplay. Depending on the approach and intention, we have different classes of embraces.

a. First, we will examine two kinds of embraces that take place between people who do not talk often to each other. In the touching embrace, the man will approach the woman citing some reason or the other and then touches her body with his own.

b. If the woman turns or bends towards a man as if to complete some other action and "pierces" the man with her breasts, and the man in return takes them with his own hands, it becomes a piercing embrace. This they can do with ease in some lonely place.

c. Once the lovers have become familiar with one another and move and talk freely, then

there is the possibility of the rubbing embrace to occur. While walking side by side, the lovers rub their bodies against each other. This is the rubbing embrace.

d. The pressing embrace has similarity to this. In the pressing embrace, one of the lovers will press against the body of the other and then lean their bodies into a wall or a pillar. The intentions of these two types of embraces are apparent to the lovers since they are lovers for a long time.

e. Next, depending on the type of hold and stance we have another four embraces. This classification is into two physical and two mental analogies. First, two are the twining creeper and the tree climber. The second two refer to food and tastes. One refers to the combining of sesame seeds with rice while the second refers to joining of milk and water.

f. The first two embraces described here take place when the man is standing. In practice, the woman pulls the head of the man down to hers and entwines her body around his and with a longing look in her eyes she looks up eagerly for the kiss. Her mouth begins to suck in air and an audible sound escapes from her lips. This is the twining creeper. If she grips his shoulder with an arm while gripping his back with the other arm and places her foot over his she is doing the climbing the tree embrace. Her mouth longs for his kiss and she places her other leg over his thigh.

g. The next embrace takes place between lovers who like each other so much that they do not think of love or hurt. This embrace will occur when she is sitting on his lap or in front of him. They seem to enter each other's body and pass into one being.

h. The last embrace occurs when they are sleeping on the bed. They hold each other so tightly that their arms seem to rub against the other all the while.

## Premature Ejaculation

In some of the sex fantasies of men, we see that they desire a beautiful woman to approach him and give him a blowjob. Just like that, she unzips his trousers and gives him oral sex. She sucks on his penis until he ejaculates and then walks away. These places an enormous amount of stress on women who like to proceed slowly or do not like to take it in the mouth. It also makes men ejaculate prematurely. Another reason for premature ejaculation is the lack of exercise. A regular 9-5 job with set routines makes the man a machine. He does things without any real thinking. When he climbs into bed, his mind is still lethargic. His movements lack coordination with his emotions. His emotions once copulation begins run haywire and soon, he has a premature ejaculation. The reason is because he feels too much excitement too quickly; there is not enough time for a slow, steady buildup of sexual energy. One more reason for this failure on the part of men during intercourse is due to improper nutrition. When you take food containing fried stuff like fried chicken or meat and sugary things like carbonated water and pastries, the metabolism becomes hyperactive. It recognizes only this glucose containing items and the saturated fat items as real food. The rate of your metabolism gets set to this frequency. What happens is that the cholesterol content of the body increases. The flow of blood becomes sluggish. The rate at which oxygen goes to different parts of the body slows down. The overall functioning of the body slows down. When you ingest a lot of glucose too soon, the blood leaps on this energy source and being a simple sugar consumes it at once. The energy level spikes. But then, being simple sugars, all of it soon disappears. The energy level plummets. This leads to craving and you begin to eat more fried and sugary stuff. A little intake of high-calorie foods like jaggery, (Cane sugar) banana and papaya along with milk will help hugely before (and after) sex.

Overdoing it kills. Added to this, people with medical conditions like urethritis, elevated blood pressure, under-active thyroids, and diabetes will suffer from the problem of premature ejaculation. Problems with erection are common when your metabolism is not in peak condition. Any condition that slows down the flow of blood or semen will result in problems like premature ejaculation or imperfect erection. Use the chakra method to raise your consciousness to a higher plane of interaction. Be aware of the various reasons however and take the proper steps. For instance, if you are diabetic, be sure to take your diabetic medicines. Meditation will help you become mentally strong. You can control your emotions and the flow of energy since you realize what it is and what it does.

## Oral Sex

Cunnilingus is what you do with your mouth, lips, and tongue to excite your partner during lovemaking. This act when the female undergoes oral excitation by her partner is what we call cunnilingus. The male uses his tongue and lips to excite the G-spot (clitoris) of his

sex partner.

Begin by using small sucking motions with the lips to open the vagina to the delicate sensations. At first, you will see that her vagina is not responsive. Use your nose and lips to pull at the parting. Keep sucking and licking the edges. Use your arms to grip her buttocks. You can also choose to gently and slowly send one finger up and down her anus. This optional step may take a long time and lubrication such as saliva or sexual lubrication products may be needed. This may not work for all people. However, it begins to excite her once you get your finger deep in her anus. Do anything that pleases you both, go wherever your sexual fantasy takes you.

When her vagina begins to open to you, you will see her legs opening and widening. Now use longer and deeper licks with your tongue. Get inside her vagina and suck up her upper portion. This will begin to stimulate her clitoris. The clitoris is a flap of skin that is present on the top of the vagina. If you rub this, she will get super excited.

Once she begins to sigh and moan then you can begin sucking vigorously. Send the tongue once in a while deep into her vagina to excite her further. Once the Shakti (feminine energy) begins to increase, then you have an easy ride. Believe me, this first portion is

difficult work.

This cunnilingus makes the woman open up as it stirs her nerves and makes her eager to participate in the copulation. This alternative to full body caressing is more intimate and direct and it helps you establish a close connection with her. The copulation becomes more intense. Just like a man, the woman also comes prematurely sometimes if you do not give her a good vaginal licking. Lick it and suck on it until she ejaculates. Once this occurs, she becomes prepared for the next stage of sexual intercourse.

Fellatio

This is the oral sex equivalent that a woman gives to a man. This has significance in helping the man avoid premature ejaculation. Once the man comes when the woman gives him a blowjob, it removes the top chakra (Muladhara). It opens and begins to rise up to the top to meet Shiva, (masculine energy) the final state of existence. The man has no more urge to come and so reaches his full orgasm without any premature ejaculation. This is possible between a man and man too. The method of giving a blowjob will consist of the following steps: First, take the limp penis in the mouth.

Then she sucks on it. She uses alternate licking of the tip of the penis with her tongue. This makes the man super excited. In fact, the more she licks the tip of the penis, the harder the penis becomes. When she does this, the chakra passes from the pubic zone to the next higher zone, which is the void. Here he caresses her hair and her breasts so that she moves out her zone to the next chakra. The energy level interacts, and the external world closes out. Since the man begins from the lower Muladhara, (chakra) he ejaculates releasing his pent-up energy without any transition. Now, his chakra moves up, he no longer has any need to ejaculate. Depending on the stimulation that the girl gives him, his energy transition takes him to a

higher level of interaction. Sucking on the penis, the woman begins to get the energy vibes from the man. He is eager to transcend to the higher plane from where he can descend on the woman. She uses her fingers to gently scratch or pinch his scrotum or balls and thighs. This makes his senses deviate and he begins to moan and sigh. When she hears this, she renews her efforts on sucking his penis with renewed energy. She moves her head up and down the shaft and uses her tongue to caress it. Every now and then she licks the end of the penis so that he gets a shiver of excitement running up his spine. His energy levels ascend. Then he comes and is ready for the next step of lovemaking. He is now removed from premature ejaculation worries.

# Chapter 2. Tantra and Its Principles

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 there are some core pieces that ring true regardless of what you are reading or studying. In this chapter, we are going to look at the main principles of tantra and how they will affect all different pieces of your life.

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 actually 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.

Obviously, 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 take it into consideration. 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 really is an illusion of who we really are. We strive to become what other people find to be acceptable instead of searching for our true self that we find acceptable. Letting go of your fake self and finding the truth underneath is a big part of the tantra.

To be able to do this, you need to be able to see it and identify the pieces that are false. When we can do this, we are no longer that fake self we were looking at before. Our behavior through time is a part of us, so it is 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 really 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 make the decision 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 truly become peaceful, tranquil, and wise. We will be able to accept these things into our hearts and into 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 dominate. This means that masculine features are typically more predominant in men and vice versa for women. Of course, this is not always the case, but it is a good general rule of thumb.

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.

There are certain aspects of a person that 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. In fact, the only thing we actually 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 ideals to find more meaning and a better experience of life.

When you start to live your life by these principles, you are sure to notice the change that will start to happen within you. 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. There are also things like meditation and yoga that should be implemented daily to help encourage your learning.

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.

Some find that moving into a tantric lifestyle if very easy as they are already believers and participants in the teachings of yoga and meditation. For others, it will be a whole new world. Remember that there is no rush. We are all a work in progress, so taking time to really understand the roots and work on yourself is a good thing, not a bad one.

# Synergy

There are a variety of different types of relationships that we all experience at one point or another in our lives. Some of them are very good and easy, while others are toxic and difficult. Obviously, we strive for good ones and try to avoid the bad. Avoiding bad relationships can be impossible so, instead of letting them drag you down, get out of them and learn something from them.

Synergy is when things, like people or businesses, work together to produce a more positive outcome than they could produce on their own. In this chapter, we are going to discuss synergy within an intimate relationship and why it is such a powerful thing. In addition, we are going to look at how intimacy can skyrocket when there is synergy.

Let's start by looking at the different types of relationships that we tend to find in our lives. We are going to break them down into three categories; however, some people may find they have some that are outside of these boxes. That is normal, but these are the three broad categories that most people can use to figure out what type of relationship they are in.

The first type of relationship that we are going to discuss is relationships that are dependent. A dependent relationship is when one party is dependent on the other. It could also be that there is co-dependency, and both people are dependent on each other.

It can be hard to recognize a dependent relationship, but it is imperative that you do it if you are in one. These types of relationships are very unhealthy. Having feelings of inadequacy when on your own is not healthy. You should not have to have the approval of another person to feel as if you are

doing something right. Independent or co-dependent relationships this will be the case.

When we are looking for happiness, we need to realize that it can only be found within ourselves. There is no person on the planet that is going to make you happy. When we can find happiness within ourselves, then we will be able to find happiness with another person, not the other way around.

This can be a very hard concept for human beings to wrap their minds around because we experience moments of happiness when we are around people. However, when you really look at it, those moments are fleeting and cannot be sustained unless we are internally happy with ourselves and the life that we are leading.

You have likely seen relationships built on being dependent. Sure, they may look happy on the outside, but realistically they are not. It usually goes one of two ways. Either you are trying to have all your needs fulfilled by someone else without putting much effort into helping yourself, or you are the one taking care of someone. It can give us feelings of being cared for or of being needed.

In the situation that you are dependent on someone else, you will likely be very clingy. You will envision that the person you are with can save you. You must understand that the only person in this world that can save you from your own demons is you.

If you are the one taking care of a dependent person, it can seem as if they will never let you go because they need you. This is simply untrue. They need you for their current purpose, but as life changes, so could this situation. You are unable to be an individual in this type of situation, and that is detrimental to both people involved.

When there is a total dependency in a relationship on one or both sides, it is not a good thing. It can really drag you both down. There is no sustainability in this type of situation. It is likely one party will have to be strong all the time for the other, and this is impossible to keep up with. We all have moments of weakness where we need to be supported. It is unlikely that this will occur when you are the person being depended upon in your relationship. There is no true happiness in this type of relationship.

If you are in a dependent relationship, there will be no room for you to live your own life. Your focus will always be on your partner's life, and eventually, their life will become yours. This is no way to find happiness or fulfillment. This will all lead to you forgetting the value of your own life. Eventually, it will always end badly.

It is important to remember that the only way to really love another person is to love yourself. Just like true happiness, these are things that come to fruition when we pay attention to who we are. If we are dependent on someone else or vice versa, we will never have enough time to look internally and find love and happiness so that it can then become an external influence in our lives.

Now that we have looked at the first type of relationship you may be in, we will move on to the second. The next type of relationship is an independent one. This is when both parties are completely independent. It is quite a bit of a healthier situation than a dependent relationship, but it still has its problems.

In an independent relationship, each person will live their own life. They will see their purpose and work toward it. Independent relationships can turn into truly healthy relationships; in fact, having independence is the first

step in finding and maintaining a relationship that will be good for both people involved.

When you are in an independent relationship, your own life with being a priority, this can be a good thing and a bad thing. When we have this level of independence, it can be hard for us to fit someone else in our lives. Being enough for yourself is not a bad thing, but it can certainly be problematic in terms of finding a romantic relationship.

If both people in a relationship are strong and reliant only on themselves, it can lead to a plethora of problems. It is likely that both feel as if they do not need anyone. This can lead to them being self-centered. Additionally, it can make it difficult for them to cooperate with their partners. There must be compromise within the confines of a relationship, and this may not be possible in completely independent relationships.

When we are completely independent, it can be hard to see the bonuses of sharing time with another person. This can be very problematic. It is likely in an independent relationship that there will be distance between you both emotionally. In addition, the feeling that you are in competition all the time is likely. There also tend to be unattainable standards set for our partner that they will never be able to reach. Obviously, none of these are signs of a healthy relationship.

Having standards is not a bad thing; however, we need to make sure they are realistic. When your standards are set exceptionally high, it can make you unapproachable. This is true even for the people that are closest to you in life. So, keeping yourself in check and realizing that people are flawed is important.

Having an independent relationship is a great starting point. Both parties will have their own lives and choose to share it with their partners.

Independence is important, but we should not sacrifice a great person to our thoughts of not needing anyone else.

If you are in an independent relationship, try and realize that you don't have to do everything on your own. Allowing other people, it can be helpful. While opening up can be difficult, you really should work on it. What many finds is that their life is more enriching and feels fuller when they allow others to support them when it is needed. It can be hard to realize when you need support when you are independent, but let's face it, we all need help on occasion, and it is completely ok.

An independent relationship has the best probability of moving to the healthiest and most fulfilling of all relationship statuses. By this, we mean a synergistic relationship. Relationships with synergy are going to be the best relationships of your life.

When you are setting relationship goals, you should be setting them for synergistic relationships. This is the type of relationship where two independent people decide that they want to share their lives with each other. With this type of relationship, you will be able to easily see that you are both on the same wavelength. The understanding between you and your partner will be better than anything else you have experienced in the past.

These types of relationships are healthy because one person will not be trying to limit the other. Instead, they will work to make things better for both people individually and as a couple. You will be creating something more powerful than most relationships will ever dream of achieving.

Relationships with synergy cannot happen until we find happiness and peace within ourselves. We must accept who we truly are. Once we have done this, then finding the person that will allow you to be yourself will be possible. When you are together, you will notice that it feels as if you are

both working on the bigger picture. Obviously, if you find this person, you need to hang on to them and not let them go easily.

It is important to note that if you do find this person, you need to be careful. It is very easy to completely attach yourself to them, and it can turn into a dependent relationship. Obviously, you want to avoid this. Instead of leeching onto them, you should recognize and acknowledge that the person you are looking at can help you build a better future together than the one you can build on your own. It will take an effort to continue to nurture the relationship and make sure that it keeps its synergy, but it will be well worth the effort.

Now that we have looked over the different types of relationships, let's move on. Creating synergy in a relationship is not an impossible thing. Depending on the type of relationship you are in, it may be difficult, but with hard work and perseverance, it can be done. If you are in a dependent relationship, it will be exceptionally difficult. You will need to find independence for the two of you before you will be able to begin working on synergy.

There are a lot of different components in attaining synergy. It is a thing that will consistently need to be worked on. All things in a relationship take effort and maintain synergy is absolutely one of those things. With it, however, you will be a stronger team, and you will find your life is more fulfilling, and your relationship is happier and healthier.

One of the first components of synergy is clarity. Each person in the relationship should make a list of goals. The most important ones should be at the top and the lesser at the bottom. Once these goals have been defined, you should compare them with your partner's goals. Both sets will be equally as important, and likely, you will have some in common. These

goals should show the role that both of you will play in attaining them. This will ensure that both parties know where they are going to contribute and how they are going to help their partner fulfill the goal.

Commitment is another component in creating synergy. The priorities in the relationship you are in should be focused on the needs of the couple. You should stop looking at your individual needs. Remind each other how important they are in your life and make your commitment to the very clear. If you are married, renewing your vows is a great way to do this.

When we commit ourselves to another person, it is like we are joining their team or vice versa. Never forget to recognize this fact, and never be afraid to say it out loud. Sometimes, speaking things into the universe helps to concrete them. Additionally, your partner will appreciate hearing that you still want and consider yourself to be their teammate in life.

When you have the mentality of your partner being your teammate, it can truly enhance the relationship. You will know that you have a partner to help you through any challenges that you face and that you will stand by them as they traverse difficult situations. It will become a way of life, and it is healthy.

Communication plays a big role in just about everything in life. So, it is not surprising that communication plays a big role in creating synergy within your relationship. If you lead very busy lives taking the time to communicate with your partner might seem difficult, but it absolutely needs to happen. You can even set up meetings with them if that's what it takes to be able to sit down and discuss what is going on.

When you do get into conversations with your partner, you want to make sure that you discuss everything about your life, this should include the hard things as well as the good things. You want to make sure that the

environment is safe for both of you to speak freely. Additionally, try not to focus on your partner but instead focus on the issues that you are facing. From there, work as a team to fix any issues that may have arisen and allowed yourselves the ability to move forward.

Another key component in finding synergy is cooperation. For some people, it is very difficult for them to cooperate with others, so it will take practice. A good way to work on your cooperation with your partner is to work on projects together. These can be simple household chores or bigger accomplishments like remodeling rooms or putting things together. When you accomplish something as a team, it is going to give you a feeling of pride but not only for yourself but also for your partner.

Cooperation is one of those things that is going to help you throughout your everyday life. Obviously, when you can cooperate with your partner, it is going to bring both of you more happiness and make the relationship healthier and stronger. When using cooperation throughout your daily life, it is going to enhance your work and make being a team player much easier. Learning how to cooperate with other people simply takes time and effort.

Empowerment or encouragement is another key component in creating synergy within your relationship. Whenever you can find an opportunity to encourage your partner to pursue their talents, dreams, skills, or ability to enhance others' lives, you should. When we empower our partner, it helps them build confidence. Additionally, it encourages them to lead the way for themselves. This will help to promote behaviors that are beneficial for both people involved in the relationship.

Sometimes, it can be hard to encourage your partner's hopes and dreams because you don't quite understand them. Take a step outside of your own thought pattern and try to see things from their perspective. In doing so, it is

more likely for you to understand where they're coming from. This is another place that communication will play its part. Regardless of if you understand their desires or not, empowering them to work toward them is advantageous.

Alongside empowerment and encouragement should be appreciated. When your partner contributes to your common goals, showing them appreciation is absolutely needed. You should not only pay attention to their successes but also to their failure. Pay attention to them in a positive light. By giving their efforts recognized and showing them, you know they are battling for the win, you can give them the strength they need to succeed.

Appreciation goes into a lot of different areas. We should not only pay attention to the difficulties they are battling to make a change or a difference in the world but also to their importance in our lives. When we show appreciation to someone because they are simply a part of our lives, it helps to boost their self-esteem. It makes them feel wanted, needed, and loved. Obviously, none of these are bad things.

Respect is the last key element we need to discuss when you are trying to build and maintain synergy within your relationship. Respect is a minimum and should always be present. You should be courteous and caring to the one that you are in an intimate relationship with. This will allow them to be open and honest with you. You should not pass judgment on them. Instead, hear what they say with an open mind and an open heart. If there are struggles, you will be able to find a solution together, and mutual respect will play a major role.

Now that we have looked over the key components that can help enable a synergistic relationship; it is time to move on. Synergy can really help to improve the level of intimacy both parties in a relationship feel. Intimacy is

a key component of a healthy relationship. It is required to have one that is fulfilling on every level.

When there is synergy in your relationship, you will both be working to make things better than you could make them on your own. You will find a true connection from it. It will allow you to be open and honest. You will feel heard and supported within your relationship.

Obviously, when you can be your true self with someone, it is a step in the right direction. Kicking it up a notch by working on your synergy levels will only make things better. You will be understood and encouraged. You will find that you set goals that are for the good of both people in the partnership. Selfishness will, for the most part, be put to the wayside.

Intimacy, simply put, is the feeling of being close to another person. With synergy, you will find a better level of closeness than you have ever experienced before. When there are strong synergistic qualities in a relationship, it will be noticed. Looking at each other will allow you insight into what the other is thinking or feeling. You really will find that you are on the same wavelength.

With that being said, we feel like it is pretty easy to see why synergy is going to help you in the realm of tantric sex and the tantra. It is all about connection, and synergy will deepen your connection with your lover. With excellent communication comes a better understanding of one another and, in turn, will allow the practices of tantra to come more easily.

Working on synergy is just like working on anything else within a relationship. It absolutely needs to be a team effort. If you find that everything is one-sided, it may be time to consider a different path for you and your current lover. Getting stuck in bad relationships happens to all of us at one time or another, having the courage to change it or move away

from it can be hard but necessary. Spending time to consider your relationship and which category it falls into is a great place to start. Remember that independent relationships can absolutely lead to synergistic relationships, which is where we all want to be.

Don’t get discouraged when you start to talk about these things with your partner. It may take some time for them to realize how important synergy is and how much it can help keep things fulfilling. Changing people’s ideas is not always easy, but if you have found a partner in life, they will be willing to give your ideas the thought they deserve. If this is the case, they will likely be able to see why synergy is so important in keeping intimacy levels high and ensuring your relationship stays on a good and healthy path for both people involved.

# Chapter 3. The Benefits of Tantric Sex

Tantric sex has a myriad of different benefits, and here, we'll highlight and discuss in detail some of the benefits tantric sex has to offer.

## Rejuvenates your Sexual Health

Tantric sex is wonderful for sexual health, especially for women, but men do as well.

When you have a lot of orgasms frequently in your brain, it stimulates brain waves, and the chemistry that you have will alter as well.

For many people, sex is used as a way to relax, but it's more than just a simple ejaculation or climax. It's a way to help release those energies which are tied up.

Think about your current sexual health. Do you orgasm a lot? do you sometimes have sex without being fully aroused, or even an orgasm? Sometimes this happens, especially with women. Some women take much longer to get aroused or to even experience orgasms, which means that for them, sex is more than an activity they do to benefit their partner rather than themselves.

But, when you use tantric sex, the idea is to benefit both parties, not just the guy who is having sex, but the woman as well. That means, you'll both have amazing orgasms, and you'll feel better about sex as well. You'll want to have sex more, and sex will be better, more meaningful for you.

That can do several great things on both your physical and mental health and we'll discuss that here.

## Depression and Stress Relief

Depression and stress are two of the biggest mental hurdles that we have in our world today. However, sex is a way to help relieve it. But, if you're just having quickie after quickie, without really having a deeper, more immersive connection with your partner, can you really say that it's stress-relieving?

Chances are, it's not. You need to have that long, relaxing sexual experience to be happier. While five hours might be excessive, for some people, that's significantly more than the five minutes they were having beforehand.

Tantric sex helps with stress and depression, and it can help you feel better too. When you orgasm, a lot of the stress you experience while having sex magically melts away, resulting in you being happier, and much healthier too.

It can even affect the brain chemistry too, probably in ways you've already experienced, but they're worth mentioning regardless, for example, the endocrine glands start to increase, meaning a much higher high, some serotonin excreted, some DHEA, and testosterone too, which will affect your physical wellness too. All of this is there, and there are even some studies that say when you have more orgasms, you'll experience greater mental health and wellness.

Sex isn't just a temporary orgasm and temporary happiness either. With tantric sex, it takes it to the next level, ups the ante a little bit. When you experience tantric sex, you're experiencing a more intimate and personal connection with the person you love, and that in turn can make you feel utterly amazing.

Tantric sex is a good thing to have, and it’s something that, with the way things are sometimes, can really help you mentally feel good.

## Depends on the Bond

How many times do you have sex with your partner, and it feels almost… forgettable? Sex shouldn't be some forgettable experience. Some of us have sex for the sake of our partners, and sometimes, we just have sex in order to have sex.

But, with tantric sex, it changes the game. With tantric sex, you're using that connection you've got with the other person, and in turn, building more understanding with the other person, and some wellness and happiness too. You will feel more in-tune with your partner, and much happier as well you'll feel the connection grow between the two of you.

And it isn't just a physical connection, it's a mental connection too. If you sometimes feel the distance between you and your partner, having tantric sex will help you with enjoying the moment, enjoying your partner, and making things better between the two of you as well. So yes, it will help develop a healthier connection and a deeper understanding.

## Physical benefits

Orgasms do possess a physical benefit too. They can improve your health a lot, and it can help with making your body stronger too through cardiovascular health, endocrine, and immune function, along with nervous system health too. If you have tantric sex at least twice a week, it releases an antibody that's called immunoglobulin A, or also called IgA, which protects your body from illness.

Orgasms also can help alleviate depression, and help you feel and look younger. Some also believe it'll make your lifespan stronger, strengthening your immune system, and improving the overall health of you too. However, there are still studies that need to be done to completely verify these results.

But, sexual experience and exposure to semen do help boost the moods I most women, and in many cases, it can help with your mood enhancements, your emotional bands, and ultimate intimacy too.

Men and women both can benefit from this too. This isn't just one or the other but having sex together will provide these benefits since it'll be an activity both of you participate in too.

There is also the fact that it can be a wonderful cardio for the body. Sex burns a lot of calories, and orgasm does too. That's why, it's imperative you consider this since even making love requires energy, and if you're going for a long time, it can be a wonderful workout.

It also naturally relaxes the body. Tantric sex, in particular, does it, since you're calming both the body and the mind down in order to be in-sync with your partner. That mutual togetherness alone stimulates your vagus nerve, thereby relaxing the body and promoting wellness too. Over time,

you’ll start to feel the muscles that were stretched start to relax, and you’ll practice diaphragmic breathing too.

Tantric sex is great for the physical body, and it is a good thing to do for you, not just because it feels great, but because it makes you feel great too.

## A Woman's Orgasm

Tantric sex, in particular, will help with a woman's orgasm. There is a big difference between the ordinary orgasm that you get from sex and tantric orgasms, and oftentimes, it will change how the woman feels.

Many times, these can last for hours, and in women, this can change their sexual health. There is a command during a tantric orgasm that reaches your brains' control center, and hat's through the hypothalamus and the pituitary gland, and I will majorly benefit the sex life of women.

A lot of the hormone oxytocin gets released during a tantric orgasm, and this alone can boost your mood, the position you feel in life, your passion, your emotion, and your social skills. Having tantric sex can do all of this, and I can benefit you in your daily activities.

## It’ll Make You More Patient

Tantric sex isn’t just for sexual pleasure, it helps with developing life skills and building on weaknesses.

Do you sometimes kind of just want to get it done rather than go through the deep connection w=in the moment? You might not even realize it because your body and mind are fueled by hormones, but tantric sex promotes patience, which is something of a virtue that everyone can have during sex. However, this can also help you to build a deeper, better connection with your partner.

Sometimes, tantric sex is a little bit awkward, since many people aren’t used to just sitting there, focusing on their partner, breathing together, and developing a real look at the person they’re with. Some people don’ even realize they do this either.

Do you tend to have sex with either your eyes closed or the lights off? While dimming the lights aids to the ambiance, tantric sex makes it a little different. Tantric sex is a meditative process, and they encourage you to hold back the orgasm. It didn’t denial, it’s your conscious effort to hold it back so you and your partner can have a conscious moment together.

Patience develops naturally from this. You might not even realize it, but you learn to understand and appreciate your partner a whole lot more after engaging in tantric sex. Those things that used to piss you off every now and then? Well now, if you practice tantric sex, this patience develops, and you grow stranger with your partner over time.

## Helps with Problem Solving

This might seem a bit strange, but for those starting, it's a different type of activity that you might not be used to. Those who are beginners or new to the experience might realize that the positions required for tantric sex are much more varied than just the same old positions.

Some of them might not even provide much pleasure to you either.

This requires you to work together with your partner. It has sex a team activity, where both of you need to talk it out and work together as well, in order to enjoy pleasure.

This can oftentimes be embarrassing because both of you are vulnerable in this state, but it helps with problem-solving skills and builds that connection. Plus, if you're a team, you'll have a much stronger connection outside of the bedroom, and work to solve the problems you have going on outside of the bedroom as well.

This also stimulates creativity. That's because we're embracing the concept of "supra sexuality" which expresses our purpose which is creativity and empowerment in order to unlock our full potential. Sex might be used to create human life of course, but it also brings forth new and creative actions that will help you experience a pleasurable sensation in order to achieve the goals that you have during intercourse as well.

## Let’s You Be Selfless

Do you sometimes feel like your partner is a little selfish in the bedroom? Do you sometimes feel you might be a tiny bit selfish? It might be because you’re not withholding your orgasm.

There is a benefit to doing this, and that’s something to mention. Oftentimes, people don’t realize that tantric sex offers the power of liberation, which allows for you to have an amazing experience that is often compared to glimpsing into the cosmic consciousness of the other person, fostering a deeper, more responsible understanding of the person.

Oftentimes, some people don’t realize how selfish they are until they have the tantric orgasm, which will change their life and blow their minds. Oftentimes, they might not even realize that they are like this until it happens.

But for the other person, it can benefit them too. Sex is a two-person activity, and if you and your partner are both not talking out what will benefit the other person, and your partner isn’t being a little bit selfless, it can cause problems later. You need to walk into this with the idea of supporting one another into orgasms, since this will help others remember and get a better idea of giving, rather than just receiving.

We’re a culture focused on the receiving end of sex. While it’s fun, also giving to the other person can have some marked benefit to you as well.

## Creates More Empowerment

Finally, it'll make you feel empowered.

What does empower mean? It's more than just mere power. Power is something that most people confuse empowerment with, but they're very different.

The organic sexual pleasure that you get from tantric sex strips away the pretenses and helps check your ego. Empowerment is what comes after you check your ego and experience the wild nuances of tantric sex. It oftentimes brings about that vulnerability, stripping away all the other stuff that you might've hidden or been ashamed off, giving you a sense of purpose, and the ability to express your fears and loves on a deeper level.

For those of us who have trouble being this vulnerable, this can be scary. I get that, but understand that, with the right mindset, and the right understanding of the fact that you're in this for the long haul, and you'll experience pure, unadulterated pleasure, is something amazing.

You'll realize over time that you're stronger, and you can tackle on more of life. People who experience tantric sex have power, but it isn't a power that they use for bad or a power that they don't know how to wield. Now, it's their own sense of power they've learned from experiencing this, which is mind-blowing.

People don't realize how this changes you, how having tantric sex will blow your mind, but also, strip you of all the facades you've put up about sex. The idea of hiding under the sheets, turning the lights off, not looking at your partner, all that gets fully stripped away through tantric sex.

There is a lot that tantric sex can do for you, and a lot you can benefit from. This chapter highlighted what you can get out of this, and why it matters.

# Chapter 4. Transforming Sexual Experiences by Letting Go

We discussed how important understanding energy and balancing the masculine and feminine energies are to the Tantric experience. For many, bringing the masculine and feminine into balance will require them to let go of preconceived notions about the two.

The ability to let go is a major factor in a successful Tantric practice. Tantric teachings challenge practitioners to release anything that comes between them and their beloved. Whether it is external distractions or barriers within the mind, learning to let go of anything that pulls you out of the present moment with your partner will deepen your intimacy and enhance the pleasure of lovemaking in ways you could never have imagined.

## Releasing Distractions

As you prepare to begin your Tantric ritual, it is crucial that you and your partner minimize distractions from the outside world as much as possible. Turn off phones, TVs, computers, and radios so that notifications cannot intrude on your sacred space. Play music on a CD or commercial-free radio station, so you aren't jarred by an unexpected ad. If you are in a busy neighborhood, close your windows if possible, to quiet the noise from outside.

While you strive to minimize distractions in your physical environment, you must also work to quiet any noise within your mind. Every moment you spend worrying about your obligations, making plans, or thinking about

anything or anyone that doesn't pertain to the present moment is one that you take from your partner and yourself.

Remember that this is the time you have dedicated to your relationship. When you finish, the outside world will still be there, and you will have every opportunity to handle your business when the time comes to return to it. Try to be in two places at once, and you will not do well in either. Not only will your lovemaking suffer when you are distracted, but you will continue to feel stressed and possibly even guilty for not being present with your partner. Rather than bring distractions and unpleasant emotions into your lovemaking, let your Tantric session be a place where you can release all obligations and surrender to the pleasure of the present moment.

You and your partner may choose to engage in a brief meditation before you begin your ritual to clear your minds and relax your bodies. Close your eyes and bring your attention to your breath. Breathe deeply and feel your lungs expand, then exhale slowly. Become aware of your body, feeling all its parts and sensitizing your skin. Allow all distracting thoughts and emotions to drift gently away as you prepare yourself to unite with your partner. Turn off the mind and let the heart and body lead the way.

### Surrendering Self-Consciousness

One of the biggest things that can get in the way of your connection with your partner is yourself. We can very often be our own worst enemies without meaning to or even knowing that we are self-sabotaging. The voice of our inner critic comes into play at a very young age for most of us, and while it can provide helpful feedback on how we can improve ourselves, the voice can be destructive when we allow it to have too much power.

Nowhere are we more self-conscious than in the bedroom, naked, with nothing to cloak our vulnerability to our partner. It is in this situation that the voice of the inner critic speaks the loudest and harshest. We worry about how our bodies look. We worry about whether we are attractive to our partner. We worry about whether our performance is pleasing to them. We worry about whether they are thinking of someone else, comparing our performance to theirs. Sometimes, we even worry about whether we are worrying too much!

With all this worry happening in our heads, it's a wonder that we gain any pleasure from the sexual experience at all! Yet once this voice becomes ingrained in us, it can be extremely difficult to turn it off. There are several ways to work on putting your inner critic on mute, but no way is as effective as practicing unconditional self-love and acceptance. The more you love and accept yourself, the quieter that voice will become, and the more love and acceptance you will have to extend to others.

You can also talk to your partner about your insecurities. Rather than hide them in shame and hope they won't notice, talking about your fears and worries will give your partner an opportunity to give you reassurance about their affection for you. Should any of your concerns prove to be valid, you will have given yourself an opportunity to improve upon those areas. When you don't communicate with your partner, they will still be able to sense that something is wrong, and they might even make the mistake of thinking that there is something wrong with them! Open communication will clear the air and ensure that both you and your partner feel loved, accepted, and attractive.

### Letting Go of Judgments and Expectations

If self-consciousness is a killer of budding romance, judgments and expectations can end a sexual experience in disappointment. Our minds have the capacity to ruin an experience that our body enjoyed when we link judgments and expectations to them. By learning to let go of judgments and expectations, we open ourselves to a world of possibility and pleasure without reservation.

Expectations are ideas that we form beforehand about how we think a sexual experience should be. When we form expectations, we limit our ability to be pleased. Things very rarely go exactly as we think they should.

Even worse, our partners can tell when we are disappointed. If a sexual experience fails to live up to our expectations, our partners can take that as a personal failure and begin to feel that they are an inadequate lover. The emotional and psychological damage this can inflict on them can take much longer to heal than it takes to impart. Furthermore, the relationship can suffer enormously when one or both partners feel like they aren't good enough to please the other. In the worst-case scenario, these feelings will even end many relationships.

Doom and gloom possibilities aside, expectations limit the pleasant possibilities of our sexual experiences. When we form an expectation, we tend to try to turn our expectation into reality. Whether or not we are successful in this effort, we will have cut ourselves off from other possibilities by forcing the direction of our experience in a certain way. While we perhaps fulfilled our expectations or at least came close, we may have missed out on an opportunity to heal an important aspect of ourselves or our partners, or an opportunity to discover something new about ourselves.

Forming expectations goes hand in hand with making judgments. While expectations help us to form ideas about how things should go beforehand, judgments are how we assess whether things lived up to our expectations. We make judgments about ourselves, our performance, our partner, and their performance. We can judge whether the lighting was just right, whether the music was what we liked, and how pleasurable our orgasms were.

Our judgments can often be unkind or unfair when we feel we are disappointed. This can drastically warp our perspective and impact our attraction to our partners. When our partners feel our judgment, they get defensive and self-conscious, putting them in a hurtful mental and emotional state and closing off intimacy in the relationship.

Learning to let go of judgments and expectations is one of the most difficult and yet most liberating things we can do for ourselves. When we release our judgments and expectations, we open ourselves to being surprised and reaping more pleasure from full immersion in the present moment.

Every new sexual experience is a journey into the unknown between two lovers. When we go through life with expectations, we only see what we expect to see. However, surrendering expectations and judgments allows us to see what we never have before and to experience every adventure available to us with these fresh eyes. Releasing other distractions opens us even more to the experience, putting us deep in the present moment and prolonging the experience so that we drink in every delicious detail of our sexual delights.

## Slowing Down to Amplify Pleasure and Longevity

For those who want to last longer in bed and deliver more pleasure to your partner during your sexual experience, it should come as no surprise that slowing things way down is one of the simplest ways to achieve this end. Very often, we treat sex as an afterthought. If we have time, we might squeeze it into our days somewhere, or perhaps before bed, if we're not too tired. With this mentality, sex is only a rare treat, or perhaps a chore to be endured, rather than a major avenue of bonding and experiencing transcendental pleasure with your partner.

The health of one's relationship is every bit as important in one's life as one's physical, mental, and emotional health. When our love lives are not in harmony, it throws everything else out of whack, too. A peaceful and loving relationship, on the other hand, can bring harmony and healing when all else has gone awry.

Because our relationships are such a central part of our lives, we owe it to ourselves and our partners to treat them as a priority, rather than an afterthought. One of the great insights about life is knowing that we have time for what we make time for. Give yourself permission to slow down, knowing that you and your partner deserve the fullest and most pleasure-packed experience that is possible for you.

## Extending Foreplay and Slowing Sex

Our culture has groomed us to be extremely goal-oriented in our sex. The quest for the big "O" has captured our imaginations and provided content for dozens of self-help books, blogs, and advice magazines. But what if the constant striving for orgasm is all wrong?

Have you ever spent days searching for something that you lost? You scoured all the rooms in your house, picked over every inch of your car,

retraced all your steps, and asked everyone you knew who may have seen the lost item. But all this was to no avail. No matter how much time you spent searching and how close to the madness you drove yourself looking for this thing, it stayed lost. Finally, you accepted defeat and moved on, almost forgetting about the item entirely…until one day when, as you were looking for something else, or perhaps not even looking at all, the long-lost item finally reappears.

Transcendental orgasms can be as elusive as the things we lose. The harder we strive for them, the less luck we will have in reaching them. When we allow ourselves to slow down and stop looking, however, this is precisely the time when we find exactly what we've been wanting.

Extending foreplay is very easy to do. The only limitation is your own imagination. Your foreplay can be as sensual, as erotic, or as playful as you wish (though the best foreplay often embodies all these elements).

Slowing down sex means literally that—slow down your movements. Fast and rough sex can feel amazing, but it is precisely the fastness of sexual movements that lead to quick orgasms. Our bodies can only handle so much stimulation before they need to give in. This doesn't mean that you need to do away with fast and rough sexual movements entirely; it simply means to introduce more slow and deliberate movements into the mix.

Slow down the moment of initial penetration entirely, taking the time to look deeply into your partner's eyes and savor every ounce of sensation that comes from your first pairing. You will find that the emotional feelings that wash over you with this change are every bit as intense as the physical sensations.

Once you are connected, use slow and sensual movements throughout your lovemaking. Embrace your partner, caress their face and body, run your

fingers up and down their back, kiss their neck and shoulders. Engage the whole body in the lovemaking process. If you feel the urge to climax before you are both ready, stop and take a few deep breaths until the urge subsides somewhat. By delaying the moment of gratification, you build a reserve of energy that will erupt and shake through your body when you decide to release it.

Slowing down sex and touching your partner all over throughout the process will engage your whole body in the sexual experience. Most of us are used to focusing on our genitals during sex because, of course, that is where the most sensation is happening. However, our skin is a highly sensitive organ that covers our whole body, providing so much more potential for intense pleasure. Why limit your focus to only a tiny fraction of your body when you can feel pleasure throughout all of it?

Slow down your movements, engage your full body, and connect with your partner deeply throughout your sexual experience, and you will be astounded by the new levels of pleasure that you unleash.

## Exploring Your Partner

How well do you and your partner really know one another's bodies? Do you know everything that they like and don't like? Do they? How much do you know about what you truly like and don't like? If no one has ever taken the time to touch every part of your body and try every kind of touch, how will you ever have the opportunity to know everything that turns you off or on?

Foreplay is not only for pleasure, but it is also a form of communication. Engaging in extended foreplay is a conversation between you and your partner, a beautiful dance of giving and receiving that we can experience no

other way. Sex and foreplay provide us with an unprecedented opportunity to get to know ourselves and our partners in a way that no one else does, deepening our bond in the relationship and elevating that bond to the level of sacred.

Take the time to explore your partner slowly and to allow your partner to explore you. Just as they say, "life is about the journey, rather than the destination," so is sex a beautiful journey of intimacy and sensual pleasure for you and your beloved. Be very mindful about the sensations taking place in your own body as your lover touches, teases, kisses, and caresses you. Soak in every moment of pleasure, every tackle, and every chill that shakes your body. Practicing this level of mindfulness can be a deeply meditative process that improves your connection with your body, lowers your stress, and helps to clear your mind of worry and anxiety.

Practice a similar level of mindfulness as you explore your partner's body. Pay attention to every sigh, every moan, every giggle, and every shiver. You will learn your partner's most sensitive areas, which make them squirm with desire and pleasure, and which they would prefer you stay away from. Gaze deeply into their eyes to connect your souls. Taste their skin beneath your lips. Feel the different textures of their skin. Absorb every beautiful and fleeting detail of these precious moments with your beloved and hold them within your heart and mind. They will be with you always.

## Engage in All-Over Foreplay for an Enhanced Sexual Experience

Just as with sex, we often spend foreplay focusing on our genitals, nipples, and other hot spots. As we saw earlier, however, the whole surface of the body holds the potential to experience an incredible amount of pleasure. The rushed and goal-oriented approach to sex that so many of us take compels us to take this narrow focus and neglect the rest of our body. Our

drive for instant gratification robs us of our chance to surprise and delight ourselves on increasingly deeper and more exotic levels.

The difference between typical sex and Tantric sex is often compared to the difference between fast food and a gourmet, multiple-course meal. The gourmet meal takes longer to prepare, but it is much healthier and ultimately more satisfying and delicious for those who take the time to prepare it. Similarly, slow and sensual sex preceded by long, steamy foreplay is a thousand times more satisfying than rushed sex.

As you and your partner explore one another's bodies, you will naturally find areas that are more pleasurable when stimulated than others. However, it is important to avoid the temptation to focus exclusively on these areas while ignoring the rest of the body.

Kissing your partner's whole body is a beautiful and sensual way to bring pleasure to you both. When you do this, take the time to lick and even gently nibble on different parts of their skin.

You can also tease them with a feather or other object. The light tickle will arouse and delight them as you run it over the different parts of their body, awakening their skin and sending shivers through their body.

A full-body massage is a wonderful way to nurture your partner and help them relax. We hold stress in places we never even realize until they are touched and massaged. Massaging your partner can help them to find these stress points and begin to release their tension, bringing them both sensual delight as well as gentle healing.

Slowing down with sex and foreplay is not only a powerful way to enhance and prolong the sensual experience, but it is also a way to communicate your deep love and care for your partner. When you take things slow,

explore one another, and give all-over pleasure, you transform your lovemaking into a deeply intimate and nurturing experience that can bring enormous healing to you as individuals and to the relationship.

# Chapter 5. Tantric Positions and Techniques

In this chapter, you will learn about different Tantric sex positions and techniques that you can make use of for spicing up your sex life.

**The Sidewinder**

This position is inspired from the yoga position of the same name, and this technique allows for deep penetration. It also provides for the couple to maintain eye contact. For performing this technique, the woman will have to lie down on her side and supports the weight of her upper body with the help of her hands. She will have to lift one of her legs and place it on her lover's shoulder while the other leg is lying on the bed. A variation of this same position is that alternatively the man can lie down behind the woman and enter his partner from behind.

**The Yab Yum**

The Yab Yum position is one of the best positions for having tantric sex. It is an easy position to perform, and it allows for simultaneous orgasms. This position does help in stimulating all the right spots. Also, the man's hands happen to be free in this position, and he can touch his lover's body as he pleases, and since the couple would be facing each other, it allows for passionate kisses as well. The man will have to sit cross-legged on the bed or any other comfortable surface and keep his back straight. The woman will have to straddle him and wrap her legs around his lower back. It allows for slow up and down movements that can help the couple in achieving a well-timed orgasm.

**The padlock**

This pose allows the man to get a good look at his lover's face and vice versa. This is a very sexy pose and helps in pleasuring both the partners.

For performing this technique, the woman will have to be seated on a high platform like a table or even the kitchen counter. She will then have to lean back and balance her upper torso and her head with the help of her hands by leaning onto her elbows. The man will have to stand between her parted legs and enter her. This is one pose that doesn't have to be restricted to the bedroom and is perfect for an impromptu romp.

**The butterfly**

This technique is believed to give both the partners a chance to attain a high level of ecstasy and allows for deep penetration. For performing this technique, the girl will have to lie down on the table in such a way that her butt lies at the edge of the table and the man will need to help lift her lower back slightly off the table and then place both her legs over his shoulders. Her vagina would be free for him to penetrate while standing in between her legs. Since her legs are closed together, this tightens the vaginal canal and provides a tight fit. The man will have to enter her while her butt is in midair.

**The double-decker**

This is an extremely erotic pose and will help in achieving an orgasm easily. The man will also be provided with a good view of all the action that is going on down there, and his hands will also have unrestricted access to lay with his lover's butt. This position is quite empowering for women since they have all the control here. For performing this technique, the man will have to sit on the bed while his legs are folded under his body. The woman will then have to face away from him and place her feet one either side of her lover while her feet are placed flat on the surface to provide her with some support. Once she has lowered herself onto his erect penis, then she will simply have to start moving forwards and backward or can even opt for

an up and down motion. The man will have to simply sit back and enjoy the show.

**The hot seat**

This is a great pose since it allows both the parties to have the same amount of control and exude the same amount of pressure for having a wonderful sexual experience. Men and women will have equal footing in this position. For performing this pose, the man will have to sit on the bed and support his upper body with his knees. He will then have to move the lower part of his legs backward and place them slightly apart. The woman will then have to assume the same position, but she will do so while facing away from him and her butt would be pressing against his scrotum and her back against his chest. Her legs would be joined and then placed in the space that is available between his legs and the man will have to penetrate her from behind. For this position to be effective, both the partners will have to stay as close to each other as possible.

**Row boat**

This position is a slight modification of the woman on top position. In this pose, the bodies will have to be positioned in such a way that both the partners will get to have a good look at each other's face while engaged in the act. For performing this, the man will have to sit down on a chair that can slightly bend backward. The woman will then have to place herself on his lap and then place her legs on either side of the chair. The girl will have to start an up and down movement by herself, or her partner can help her by placing his hand under her bum and helping her move in an upwards and downwards manner.

**The mermaid**

This is a slightly varied version of the butterfly, and it allows for a more comfort and better grip. In this pose, the man can play with his lover's feet. Don't forget that feet are considered to be one of the most sensitive and erogenous parts of a woman's body. For performing this technique, the woman will have to assume the same position as she did in the butterfly, but her butt should be propped with the help of a pillow. Her legs will have to stretch out and should be at a 90-degree angle. The man will have to stand close to the table and penetrate her.

**Tidal wave**

This pose is quite comfortable, and it is an erotic treat. This will blow your mind. This pose is a slight modification of the classic missionary style. In this position, the woman will have to assume the role that a man usually does in the missionary style. For performing this, the man will have to lie down flat on his back, and his arms will have to be placed by his side. The woman will have to lie on top of him, and the man will have to insert his penis into her vagina. The woman will have to completely stretch out her legs so that they are resting atop his. Her palms should be placed on his forearm for providing her some support. The woman will then have to start moving her pelvis in an upward and downward movement.

**Lap dance**

This is a good pose for a man to experience his lover's body in all its glory. His hands will be free to roam around her body, and he can do what he wants. The woman will be facing way from him as she would have, had she been giving him a lap dance. For performing this pose, the man will have to sit down on a chair, and his back will need to be kept straight. The woman will then sit on his lap and balance herself by placing her hands on his upper thighs or even his stomach. She will then have to lift herself slowly and place the backs of her calves and lowers herself onto his penis. Another

variation of this would be that the woman will have to lower herself onto his penis while facing her lover and this will give him quite a good view of her breasts. He can decide to tease and play with them for as long as he pleases.

# Chapter 6. Pretzel

This is another pose that is pleasing to look at and even very easy to assume. This will make the couple feel extremely sexy. For performing this technique, the couple will have to kneel in front of each other. The man will have to move forwards, and the woman will wrap her arms around him. The woman will then lift herself up and place her left leg next to her lover's right foot; her foot will be facing downwards. The man will then have to place his left leg near her right foot. When looked at a couple engaged in this pose, they resemble a pretzel, a very sexy and appetizing pretzel.

**The spread**

This is a very basic and an extremely sexy position. This allows the woman to obtain great pleasure because it lets her caress her lover and allows him the access to pleasure her. For performing this technique, the woman will have to sit at the very edge of the sofa or even the bed and spread her legs apart. The man will then have to stand in between her legs and penetrate her. She can move closer to him and kiss him while his hands have got the access to her full body.

**The intertwine**

This pose does look tough and nearly impossible to mimic, but then it can be pleasurable if it's done properly. This pose is aesthetically appealing. For performing this technique, the couple will have to sit close to each other and face one another. The man will have to place his legs on either side of his partner. The woman will then have to lift both of her legs and place them on either side of her lover's sides, under his arms. The man's upper arms will lock the woman's legs in place, and the woman will then have to lift her upper arms and place them above his elbows. The man will then lift his legs and place them on top of her hands. This does sound quite

complicated, doesn't it? Well, all the effort that goes into it will be worth your while.

**The G-force**

This is perhaps one of the hottest tantric sex poses there is. This is the piece de resistance of all sex poses. The man has got complete control over his lover in this pose, but both the individuals involved will derive extreme pleasure from this pose. For performing this position, the woman will have to lie down on her back on the bed, and the man must kneel by her legs. He will then slowly lift her torso off the bed so that she's balancing herself with her head and her shoulders placed on the bed. The man can either stretch her legs at a 90-degree angle or penetrate her, or he can also pull them apart and place her feet just below his chest and enter her.

**The waterfall**

In this pose, the woman will have to place her hand on her lover's penis and then let her fingertips brush his scrotum very slowly and gently. It is a good idea to make use of some lubricant for making it more pleasurable. Her hands need to be placed on either side of his testicles, and then she will have to slowly slide her hands up till they reach the sensitive tip of his penis. Once this is done, the woman should give the man a while to cool down, and he will then have to reciprocate the service he received. The man must cup his lover's vagina and touch all her sensitive spots. He should slide his hands over her clitoris and her vaginal outer lips.

**The serpent**

For this, the woman will have to slowly stretch the shaft of her lover's penis with one of her hands and let the other hand trace small circles right under the head of the shaft. This is like giving a slow and gentle hand job. Continue these motions in a clockwise direction and then once you reach

the head of the penis shift to anticlockwise direction. Keep this up for as long as your lover can endure it.

**Tantric triangle of touch**

The woman will have to lie down on her back and spread her legs slightly and bend them at the knee. The man will then have to insert his index and middle finger into her vagina and slightly curl them upwards till they make a come here movement. This will provide the perfect stimulation for her G-Spot. This will make her moan in pleasure. While doing this, he should place the palm of his other hand on her lower abdomen and apply a little pleasure. This combined stimulation will quickly push her off the edge.

**The seesaw**

There is nothing remotely innocent about this seesaw. This is very erotic. The woman will have to lie down on her back on the bed, and her pelvis needs to be slightly tilted upwards. A pillow can be propped under her pelvis for doing so. The man will then have to lift her feet and gently fold them so that her knees are resting on her breasts and the soles of her feet are touching his chest. This position allows unrestricted access to a woman's vagina, and the upward tilt will ensure that he hits her G-Spot every time he thrusts into her.

**Tub Tangle**

Get your man to recline in a tub that's filled with water and the woman will have to straddle him while her back is facing him. Once his penis has penetrated her, he will have to sit up so that you both are facing each other. Then she will have to wrap her legs around him, and he will do the same so that their elbows are under their partner's knees. Hold onto each other as tightly as you can and start a swaying back and forth motion. This does allow for some passionate kissing.

**Love Triangle**

The woman will have to lie down on her back on the floor or the bed and then she will need to lift her left leg up into the air. Her right legs should be stretched out to her right side, such that both her legs are lying perpendicular to each other. She will then have to move her right hand and clasp her right knee and form a triangle on the bed with the use of her right leg and her right hand. The man will need to crouch a little and enter her while holding her knee. This position would give the man better pelvic control and the opportunity of touching in as many ways as you would want to. A slight variation can be added to this pose by asking the man to rotate his hips in a circular motion while thrusting into the woman; this will push the couple to their brink.

**Now and Zen**

This pose can be made use of for providing a moment of respite from the impending climax. Tantric sex isn't about finding quick release; it is about savoring the moment. What better way to do so, than to control yourself right before reaching the point of no return. When you feel that either you or your partner is close to climaxing, take a few seconds and break free of the position that you both are in. The man can simply roll onto his side and stay inside his partner all the while. This position simply asks for a moment of respite. Slow thrusting is permissible, but if you feel that, you are about to climax, then take a moment, pause, perhaps enjoy a little bit of kissing and touching before continuing where you had let go. This position provides the much-needed intimacy during the sexual intercourse to make the whole experience more loving and wholesome.

**Torrid Tug-of-War**

The woman will have to sit cross-legged on the floor or any other comfortable surface and then slowly sink onto his erect penis and wrap her

legs around his back. This position will allow the couple to be facing each other and this means that you can grab hold of each other's elbows for providing some support and lean into the direction away from your partner. This is like playing a game of coy tug-of-war. If you both happen to be flexible, then one partner can tilt their heads back and lean backward, away from the other partner. This position will allow for the alignment of your bodies, and it will make you connect with your partner. It forms an intimate connection and helps in building momentum. Both the partners get to be equal players in this pose and the penetration can be controlled alternatively by the partners.

**The Python**

The man will have to lie down in this position, and his legs should be kept close together while his arms are resting by his sides. The woman will have to lower herself onto his penis and mount him slowly. Once the man has penetrated her, then she can stretch herself out above so that she's resting fully on his body. Both of your bodies would be perfectly aligned, and you can grasp each other's hands for building some momentum and for providing some support. The woman will then have to slowly lift her torso off his so that it almost seems like a snake that's poised to strike. She can push against his feet for adding some more movement. You will both be touching each other fully, and her breasts would be rubbing against his chest, your hands would be grasped tightly, and his thighs would be rubbing against hers. It not only allows for deep penetration, but it also allows for clitoral stimulation. Since the couple would be facing each other, this allows for some passionate kissing as well. All the erogenous zones in the body would be stimulated.

**Yes! Yes! Yes!**

In this pose, the woman will be lying face down on the mattress, and she will need to scoot forward till her head and her torso are hanging off the side of the bed and she will need to support her upper body with the help of her palms placed on the floor. The man will then need to crawl between her legs and then penetrate her from behind. The man can always hold onto his lover's hips for getting a better leverage. The couple engaged in this position seems like a sideways Y and therefore the name of this position. Well, yes, it is quite cheeky. This position is good for quick in and out movements that will send you both reeling in pleasure. This is an upside-down pose that also allows for the blood to go rushing straight to the head. This position can be slightly tricky and exhausting as well and therefore you might not be able to keep at it all night long. However, it does add a distinct exotic flavor to your regular romps and spice things up. A slight variation that can be added to this pose is that the woman can add some grinding motion to this position to allow for dual stimulation.

**X Marks the Spot**

In this pose, the woman has got to lie down on the bed or any other soft surface of choice with her head propped on a pillow. She will have to bring her knees up to her chest and cross her legs at her ankles. The man will then have to kneel in front of her and slowly lean in a while pulling her hips towards his groin. She will have to keep her thighs pressed together while he starts thrusting into her. This will allow for a back and forth motion and the crossing and clamping of legs will simply add some more friction. If the woman can start contracting her PC muscles, it will become even more pleasurable.

**Time Bomb**

The man will have to sit down on a low chair with his legs in a relaxed position. While facing away from him, the woman will have to straddle him

and place her feet on the floor while slowly lowering onto his penis. Her knees will have to be bent at a 90-degree angle. She will have to place herself at the tip of his penis, and then he will have to thrust into her. It is quite an affectionate pose and allows for maximum contact between the partners. Women will assume all the control in this pose and men have got the chance to wrap their arms around their lover's body and explore it to their heart's content. He can also stimulate her clitoris for her added pleasure.

**Arc de Triomphe**

This is quite a sexy pose. The man will have to sit down on the bed with his legs stretched in front of him. His lover will have to crawl up to him and then straddle his erect member. Once you both are comfortable in this position, she will have to arch her back as much as she can. Being flexible will come in handy in this pose. Women need to be careful while doing this because the unnecessary strain on their lower back can have serious repercussions. She can gently ease back and reach back to hold her ankles. Now, the real fun begins. The man will have to lean forward and start thrusting into her. Women will have to brace themselves for the onslaught of movement by holding onto their ankles. The man will get to enjoy the panoramic view of his lover's body and feast on it. If the man wishes so, he can lean down and kiss her chest as well.

**Head Game**

In this pose, the woman will need to lie down on the ground or any other flat surface while her face is facing upwards. Her hands will have to support her lower body; she will then have to lift her legs up, and her back as well so that they are lying perpendicular to the ground. She can support her weight by propping up her arms against her lower back. While she is holding onto her ankles, the man will need to kneel before her and bring his

knees towards her shoulders. He can always hold onto her hips so that it will keep them both steady and she can hold onto his thighs for some extra support. This is upside down action, make sure that you are gentle with your lover and it can be quite tricky to get it right in the first go itself. Women, all those Kegels that you have been practicing can be put to some good use in this position. For making it more pleasurable, start contracting your PC muscles and start milking your lover's penis.

**Supernova**

This is a pose that pretty much starts out by looking like a regular cowgirl position. Instead of the woman mounting him lengthwise, she will have to mount him while lying perpendicular to him on the bed. When she senses her man approaching a climax, she can gently grind on his torso and lean on her knees and keep on inching forward towards the edge of the bed so that his head and shoulders are hanging off the side of the bed. Now, she can resume her ride once again. This position places all the control with the woman, and she can ride her man, however, she pleases. It also allows for deeper penetration, and since all the blood would rush to the man's head in this pose, he will experience a spectacular orgasm. It is quite empowering to the Goddess to see that she's got the reigns in this pose. Aesthetically, it is quite a sight for the man to behold.

**Love Seat**

The man will need to lie down on his back and prop his head with the help of a few pillows and spread his legs slightly. The woman will have to lower herself onto his erect penis while facing away from him. It does resemble the reverse cowgirl position. She will need to place her feet between his legs on either side of the floor or the bed that he's lying on. Her right-hand needs to be placed on the right side of his hip and the left one on the left side. By using this for support, she can slowly lower herself onto his penis.

The woman's hands and feet will let her control the motion, and she can set the pace. The man just needs to lie down and enjoy the work that his partner is doing. His hands are free to roam her body. Well, the inner goddess will be happy and will relish the control that's been placed in her hands.

**Bed Spread**

The woman will have to bend over her side so that her breasts are resting gently on the mattress and her feet are hanging on the floor. The man will then have to move behind her and enter her from behind. While doing this, he can hold or lift her legs slightly so that it allows for better penetration and gives him the necessary leverage for thrusting as he would like to. Since the woman's legs have been lifted off the floor, all that she needs to do is let the guy do all the work and enjoy his efforts. This position gives all the control to the man, and he is in charge of the depth and the speed of movements.

# Chapter 7. The Practice Of Tantric Sex

So how do you practice tantric sex? Well, we'll go over the full procedure here.

The reality of it is, you're not going to have one specific formula for tantric sex. It isn't just a specific set of aligned principles. There are a few things that you can do, and while yes, it does involve the penetration and physical stimulation of your erogenous zones, it's a little different than just regular sex.

Now, to begin, you need to get in the mood for tantric sex. Remember what we said in the previous section of how to practice it before you even get started with tantric sex? Well, that's where you begin. Wear the sexy outfit that makes you feel confident, take a bath with your partner, engage in erotic massages, and you can really get into the mood.

Now, this does involve a few things that should ideally be there in order to engage in the best tantric sex possible.

First, you want to focus on your breathing and the moment to make yourself mindful of all the energies within the body. Get yourself properly situated and your breathing mindful. Close your eyes and do this together.

However, don't keep your eyes closed. What you do is, during each of your interactions and focus on eye contact are so important for tantric sex. Eye contact because eyes are the gateway to your soul. When you stare at someone, it puts you in a state that's altered and deep, something that will change the way you handle your experiences with this person.

When you're doing tantric sex, you should also focus on making sure that you slow down and take your time with this.

## Foreplay

Before you begin, you should also make sure that you engage in foreplay. Stimulate your partner's genitalia but do it in a way that's actually slow and mindful. For example, if you stroke the partner's breast, maybe do it in a "three for 30" sort of way. What that means is, whatever you'd do for 30 strokes, only do this for 3 in that same period of time. This builds patience and makes it so that you're able to really improve your connection with the person as well. As always, keep your breathing even, and keep the eye contact at maximum.

## Consider Undulating Motions

This is a big part of it. Undulations will help with improving the energies between both of you. Moving the PC muscles and your pelvis will help create an energy pump. When you do pump your fingers, hands, or whatever into another person, keep it as a pump of energy, and imagine that this energy is moving through the body, to the crown of your head, and to your partner's body. You should take this slow and be mindful that you can experience too.

## The Daily Devotion

Now, this is a tantric sex practice that some people like to have, and it's literally where you and your partner are in a spooning position in the morning with them behind there. He puts the penis into you and then leaves it there for a moment. You just lay there, breathing with one another. Don't move at all, and just feel the motions of it. This might seem strange, and while it isn't full-on foreplay, it can be stimulating, and riveting for both parties to enjoy.

## Don’t Think, just move

When you do this, you probably think about the orgasm you’re going to have or other experiences, but what you need to start doing, is shutting that off. Stop focusing on the other experiences, but instead, just focus on what you’re feeling right now, at that moment. Don’t think about your future orgasm or your partner’s future orgasm.

This is because, it puts the brain into neutral gear, and from there, lets you let go of thinking. You will from there, focus more on the movements and actions of the body, rather than the future.

Do you ever realize you weren’t really thinking about the sex you were having now, but instead the future? Whether it be an orgasm or whatever take your brain off that and focus on the here and now. This is something that will also teach you about the pleasure that happens before you get to the actual end of this.

## On the Sexual aspects of It

Once you and your partner are both perfectly stimulated, there are usually very few qualms or very few issues on hand. Now, you can have sex.

It's fun to experience tantric sex, but the thing about it, is you want positions that are slow and meaningful. Most of us go straight to doggy style or other fast ones, which is great, but it's also not something that you should just run towards, but instead, you should look for positions that are good for the long run, and also feel wonderful for you.

Try to have positions that aren't awkward either. There are some that you should avoid, such as those that require lots of movements, but those that are good for aligning energies will develop the tantric connection.

Probably one of the best ones for the job is called the yab yum, and this is a tantric position that's necessary for that tantric connection. It also doesn't require a lot of experience, nor does it require some fancy footwork or flexibility.

What you do, is have the partner sit down with their legs crossed. Climb up on top and then put your legs around their bodies. You can also put a pillow underneath you for a better balance.

From there, you just rock your body, experience the undulating pleasure. Imagine the energies of sex premating through you and your partner, creating a deep, drastic effect. That way, you two will experience a lot more, and love everything that you're going through.

The position should be something where you really feel in the moment, where you don't feel like you're struggling to keep yourself held up. That way, you won't be distracted.

## Where do Your Hands Go?

Some people may look at this and wonder when your hands go. Here's the thing, you want to focus on the subtle touches, like the embraces that are slow, caresses that are gentle, your present understanding of your body, and the movement of energy between both parties. Sometimes, during tantric sex though, you're not physically moving the genitalia against one another.

That's something you need to remember. While it does involve the movements of genitalia, it also is something that doesn't have to be the prime focus.

The main idea of this is to focus on the dimension that you're both in, and the meditative aspects of it.

Sometimes, having your hands relaxed against your partner, and taking things in a way that's slow, or even just moving faster and then slower, it will allow you to make love for a long time, and its enjoyment that keeps on building up and getting forward.

The big thing to remember is that you want to focus on the connection of your partner, and that's something that you should understand.

Tantric massages, of course, open a new realm for many, and we'll discuss how you can have tantric sex with the massages added to it later on.

## Can You Include Domination and Submission?

For some people, domination and submission and tantric sex might not be connected all that much. But, did you know that you could have mind-blowing sex just for incorporating that into your tantric experience?

Rough sex is not something new. However, many times people don't full-on focus on the reason why they want to have rough sex. Sometimes, women may do it because the man wants to pursue it, but if you have unresolved emotions, or are doing it solely for your partner, it might not be the best situation.

But rough tantric sex is incredibly fun. The type-A personality in women also is a big part of it, and it can make it perfectly normal to have rougher sex.

The main focus here is to have rough sex for the right reasons.

Scratching and scarping, for example, can be used to increase the excitant in the body. Sometimes, when you do this, you want to roughly use it in a more gentle-feather-light touch sort of manner. The goal of doing this is to stimulate the senses, and you can amp up the intensity as well. The focus, however, is to do it in a way that's not too rough for the one at hand.

When you do use tantric scratching during sex, you want to maintain the eye contact that you want to have with someone as you push your fingers up and down the body, starting light and then going deeper to create a much deeper sensation. You should always approach this with presence, respect, and all while maintaining eye contact and exchanging that sexual energy with the other person.

## Biting away

Biting is another big thing, but did you know that there are actually different types of biting that is done in tantra to actually help bring about orgasm.

Yes, that's possible, and there is even nipple pinching and biting used in specific ways to reach an orgasm. S sometimes, biting and nibbling instead of pinching is a way for you to really endow pleasure on the other person.

When you bite or pinch the nipple, it releases serotonin, dopamine, and oxytocin, and in ancient tantra, the primary focus was on the balance between both practices. What you need to do is understand the threshold that others have between too much pain and the right amount. Usually, right before that point, they usually take another breath, like they're running through another wall towards the finish line, which then lets them have the most intense orgasm that they can happen.

## Spanking for Success

Spanking is also used, but here's the thing, you want to figure out the best way to spank them. You want to understand what happens as well when you spank another person. When you do this, it releases the lower charkas, where it sets them on fire, which from there allows for the sensation to move through your entire spine, creating lightning.

You can orgasm from spanking, and that's something that most don't even realize happens. That's because, it lets you awaken the kundalini, which is chi or sexual energy. When you smack or spank, it'll send that energy right from your spine directly to the root chakra, which is why you have whole-body orgasms.

We'll discuss the whole-body orgasms, but spanking, when done right, with the palm of the hand open, or with your finger ends joined, it can create a wonderful feeling. The big thing to remember is to always be mindful of just how hard you're hitting someone, and why it's important to understand the difference between the two.

## Massaging During Sex

You can massage your partner during sex, and you want to make sure that you focus on turning their pleasure and sexual energy, letting them open directly through the body, and the other person moves the hands meditatively and slowly through the body to help you with every new sensation that's at hand and everything that you're experiencing.

Sometimes, you might massage to edge your partner, and it can, with each touch, send sparks through their body, and shivers down their spine. For those with penises, edging works even better, and it does create more powerful orgasms. If you're curious about edging, we'll discuss this in one of the later sections when we talk about the tantric orgasm.

You can combine also your awareness and breath in order to bring about sexual energy throughout this whole process, in order to awaken the body, in order to feel full-body pleasure. The orgasm that you have is markedly different from your normal orgasm, and you'll learn a little more about the deep nature of tantric sex in just a moment.

## When Are you Done?

The best way to figure out when you're done with tantric sex is to talk to your partner and participate in aftercare. Aftercare is important after sex because well, it's even more important because when you do something as intimate and fun as tantric sex, it is something that, when you experience it with a person, provides orgasms that are long-lasting and powerful. For men and women, this puts you in a deep state of vulnerability, and a state about yourself that you might not otherwise even realize. When you finish, it can be rough, it can be quite hard to deal with, and for some people, once you finish it can be powerful.

A combination of the power of sex and the physical activity of it is very hard on a person. But, once you finish up, talk to your partner. Find out what they like, what they didn't like, and what they want more of. Discuss the spirituality of the moment with the other person, and the connection you both shared.

You can even discuss how the tantric sex made you both feel, and your connection with both lives, and your partner. Sometimes, discussing the energies that you felt, and the closeness of your bodies is important because it lets you dive in closer, and lets you understand the nature of your partner too.

When you discuss it, do it in a way that's friendly and natural. You should both be on the same page and make it so that you're able to work out for both of you the different nuances of tantric sex. You should be willing to experience the oneness with the other being, and the fun that you can share.

Don't be afraid to experience all of this. Don't be afraid to practice this. Always make sure that when you do practice tantric sex though, you make

sure that, you’re both free to do whatever you please afterward, and have a relaxing moment together.

## When Should you Practice tantric sex?

This is the final part of this chapter. Tantric sex might be something that you should practice whenever you can, but the best time to do it is when you can shut down your mind, and practice a much calmer, more serene activity.

Tantric sex requires you to be fully and utterly relaxed, which means that you shouldn't do this when you're stressed out about things in life. If you have a lot going on, sometimes avoiding tantric sex is for the best. If you've got a busy project that's eating your attention, it's better to not focus on that, but instead on the project first, and then get everything sorted out.

You should also, with tantric sex as well, understand that your partner needs to be relaxed too. It's not right to bother your partner for it when they've got a huge deadline and they're stressed out. Wait until you both can get rid of the stress.

Also, make sure that you're not distracted. Do this when you don't have other problems in your external life, such as kids, school, or whatever. If you do have kids, send them over to grandma's or something so you can spend time with your partner that's wholesome, and wanted as well.

If nothing else, turn off the electronics you have. TVs especially should be turned off, and you should only use a music player during this time. Don't look at your phone or use your phone during tantric sex, since that's a distracting element, and isn't necessary.

If you have anything that'll distract you, such as a messy room or dirty laundry, put it away. For now, this is about your time, your body, and that's what you need to remember with tantric sex.

Tantric sex is wonderful, and this chapter discussed the sexual aspects of it, and how to practice tantric sex in a generalized sense.

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# Chapter 8. How To Maximize Sexual Arousal And Excitement

You can invigorate the sexual fervor and desire both in yourself and your sweetheart by the encompassing you decide for having intercourse, by the environment you make at that spot, by unique activities and by utilizing extraordinary items focused for this reason.

Herbal Products to Increase Arousal

Available you can discover numerous herbs or home grown blending equipped for expanding the sexual excitement.

The herbs make a general sexual state of mind in your brain and personal zones, make these zones progressively reasonable for incitement and encourage sexual responses. Most natural arrangements are to be taken as a solitary portion every day. It is likewise a smart thought to zest up your nourishment with a portion of these herbs daily you need to have a solid sexual encounter.

The Proper Degree of Cleanliness

A few scents can unequivocally stir the sexual excitement. This is done in two different ways. Lots of smell receptors in the nose have a direct apprehensive association with focuses in the mind that are dynamic when an individual is sexually stirred.

The best possible level of washing and cleanliness is in this way important to get maximally stirred. The body ought to be cleaned some time before sex. In any case, an energetic washing and a utilization of gigantic measures of cleanser or chemicals can remove energizing real aromas, and a solid smell of cleanser is straightforwardly hostile to suggestive.

## Erotic Perfumes or Pheromones

A method for making both yourself and your accomplice excited is the utilization of suggestive fragrances or pheromone arrangements on your body. These arrangements contain substances, supposed pheromones, that trigger receptors in the nose straightforwardly associated with the mind focuses engaged with sexual excitement. They additionally contain substances that trigger sexual energy by their intentionally detected scents.

A portion of these substances give a particularly ladylike imprint, others give an unmistakably manly sign and others are basic to people. Consequently, arrangements of pheromones are regularly made in uncommon adaptations for people.

Fragrances with smell of blooms or the like ought to be stayed away from. These kinds of fragrances may smell agreeably; however, they remove the brain from sexual contemplations

## Use of Make-Up and Sexy Clothes

You can energize each other vigorously by utilizing erotic external garments and sexy clothing. You can utilize garments with energizing hues or with hues or shapes setting off your suggestive dream. The garments ought to stand out for you towards your most cozy territories, for instance by methods for lines or structures pointing that way. Your garments ought to likewise imagine the state of your zones and the state of body parts you find particularly alluring. Your garments should resemble a solicitation to sexual exercises, yet without looking excessively indecent. Keep away from substantial or voluminous garments resembling a weapon. Such garments sign to your accomplice that you don't need sex, that you fear sex or scared of your accomplice.

A cautious utilization of make-up to reinforce and underline exceptional appealing qualities in your face can build the energy, for instance some obscuring of your eyebrows or some concealing under your eyes. Overwhelming utilization of make-up will have the contrary impact. It will make your accomplice wonder what truly is under that make-up, your accomplice will grope the make as a shield around you, and your accomplice will be continually scared of upsetting your make-up.

A basic, exquisite and whimsical, yet at the same time regular looking, beneficiary trim and hair shading can likewise significantly upgrade the energy. In any case, an overwhelming hairdo resembling a significant fine art will remove the consideration from sensual musings and in this way have the contrary impact.

A Romantic Atmosphere

A sentimental air will deliver the sexual excitement, and there are numerous fixings that together make such an environment. The encompassing must be clean and brilliant. The hues ought to for the most part be to some degree discrete and held in a warm tune, however with certain spots having more grounded shading, for instance a floor covering the couch you sit in and the cloth of the bed where you mean to have intercourse. Having discretely shaded lights out of sight, or some beautiful blossoms or fancy items will finish the visual piece of the environment. The temperature of the air must be lovely, to some degree warm, yet not very warm. Wonderful and loosening up music will finish the image.

Besides, the setting must be to such an extent that you normally drew your consideration towards one another. There should be some agreeable spot where you feel it characteristic to sit or rests close to one another. The light

in the environment ought to be diminished, yet with a to some degree more grounded light upon where you expect to have intercourse.

Have a Sensual Meal before You Begin

The nourishment you eat some time before sex can significantly upgrade your energy and desire, or have the contrary impact, depending of the composition of your feast. You ought to have a feast that animates every one of your faculties. It ought to contain fixings with brilliant hues and you should utilize arousing and sweet-smelling flavors like cinnamon, ginger, black powder gun and cardamom. Some measure of solid flavors like cayenne or stew will animate your substantial responses and along these lines make you progressively stimulated.

Espresso or tea invigorates the exercises of the focal sensory system, and accordingly the sexual fervor. A mug or espresso or tea just before the sexual demonstration will frequently improve your sexual state of mind. Limited quantities of liquor will remove pressure and stresses and make room in your psyche for suggestive considerations and sentiments; yet substantial drinking will demolish your sensual goals.

Arousing Videos and Pictures

Taking a gander at pictures in a sensual magazine or at a suggestive video that portray sexy individuals and sexual circumstances can animate the correct mind-set for having intercourse. The best pictures and recordings are those demonstrating some new and astonishing methods for having intercourse. The best visual material will give you thoughts regarding new things you can do yourselves. Legitimately comic pictures or recordings ought to be dodged, because they wakeful different emotions than sexual energy; however, some level of diversion is fine.

## The Role of the Foreplay

The foreplay is critical to expand your energy maximally, and there are numerous things you can incorporate into the foreplay. Kisses and touches are old style fixings in the foreplay, both when regardless you have your garments on and later in your exposed state. You should consistently take as much time as is needed to kiss and touch one another, yet you ought to likewise utilize your dream and play with one another in relentlessly new manners.

You can for instance tenderly unclothe each other rather than every one of you remove one's own garments. Likewise place your accomplice or yourself in amazing and fascinating positions. At that point you stroke each other with delicate developments. Start via touching impartial body regions and step by step draw nearer to the suggestive zones of the body, and in the long run invigorate the closest zones by delicate strokes or delicate fingering.

During the foreplay and the sexual demonstration, it is frequently regular that one of you play a main job, yet you should attempt to move being the pioneer, either every now and then or during various faces in the sexual demonstration.

## Sexual Massage

Back rub can be a decent method for improving your sexual energy. The back rub will assist you with relaxing and remove the day by day pressure and stresses. At the point when these upsetting components are conciliated, your brain has more noteworthy spot for suggestive considerations and emotions. The back rub will likewise straightforwardly animate the sentiments and responses in your sexual zones. While kneading, start delicately and increment the force bit by bit. Likewise approach the coziest

zones of your body bit by bit. Be that as it may, don't need to efficiently. Utilize your dream and do some amazing controls.

Oils and Ointments for Sexual Stimulation

Different oils are particularly made to use in the most private body zones. These oils will offer grease to ease intercourse, yet will likewise regularly have fixings that straightforwardly invigorate sentiments and sexual responses, for instance upgrading the erections of the penis, improving the engorgement of the female lips and clitoris, expanding the vaginal discharges or making energizing physical emotions by incitement of the nerve endings or arousing bodies.

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# Chapter 9. Ways to Intensify Pleasure Through Your Senses

Intensifying pleasure in increasing sexual energy is a big part of tantric practices. Learning how to do these things simply takes a bit of time in research. there are a variety of different things you can do to ensure the level of pleasure that everyone is experiencing as better than they have ever had in the past. In this chapter, we are going to look at a plethora of different ways to heighten the level of pleasure that everyone experiences. one of the key components to this is arousing all our senses so that we can be fully present in the moment and aware of what is happening between our partner and us.

We are going to start off by discussing the importance of bringing all your senses into play. Each one of our senses can play a significant role in helping us become aroused and in finding pleasure during sexual situations. Without the ability to see, hear, smell, touch, and taste, the act of intimacy would be boring. Imagine a world where one of these things was being inhibited. Many people do not take the time to make sure that each of our senses is being tantalized. when you do find different ways to integrate all your senses, the intensity of pleasure that you will experience will be unparalleled.

As we have discussed, your level of awareness and your presence now plays uh critical role in tantric practices. Naturally, you are going to want to utilize all your senses during these practices. So, learning about each one and the different ways that you can utilize them will ensure that you are getting the most out of all your sexual situations.

Our ability to see can be helpful, but it can also be a hindrance during intimate moments. When our eyes are open, it is much easier for us to lose focus. Losing focus and shifting your gaze around your location can be very distracting and influence your tantric experience in a negative way. However, if you have worked on eye contact with your partner, then it should be pretty easy to focus your gaze on them.

Using your vision to look into your partner is always going to be helpful. As noted, it helps to create the deepest connection you can experience. this is a connection not only to your partner but also to yourself, the energy all around you, and the universe. Maintaining eye contact during sexual situations may be difficult, so closing your eyes from time to time is completely acceptable. however, working on eye contact is advantageous for everyone involved.

If you do find that there are times that your eyes are closed, it is completely acceptable. you can utilize this time. when you're unable to see, the other senses will be heightened. This can make things more erotic and more sexually gratifying. So, alternating moments where your eyes are open and when they're closed can help make all things of a sexual nature better.

You can truly make your tantric sexual experiences intense by remembering the power of touch. Our skin is one of our most sensitive organs. When our partner gently touches us, the reaction is instant. More often than not, we will break out and chills and start to feel excited. Our brains register pleasure when somebody we love touches us, and this should never be forgotten.

When you are touching your partner, it is also a form of foreplay. You should not only focus on their most erogenous zones. Instead, pay attention to every area of your partner's body. Take notice of their reactions so that

you can pinpoint the areas that feel the best for them. This could be their stomach, arms, legs, or even their back. When we are being touched in a pleasurable fashion, our body produces oxytocin. This is a chemical within us that allows us to feel good.

Don't be afraid to experiment with touch. you can introduce different textures to provide different types of stimulation. This can easily be done with different fabrics or even with gloves. you can also play with the pressure of your touch. By using different sensations and amounts of pressure, you will truly be able to intensify the experience your partner has while you touch them.

When you are using touch to tantalize your partner, communication is important. there may be some areas of their body that they are simply uncomfortable with you touching. Breaking down walls and experimenting is always a good thing, but only when it is consensual. so, keep communication flowing and ask your partner how they are feeling about the way you are touching them. you will also likely be able to guess how they are feeling based on their reactions. as you continue to work on stimulating all the senses, it is very likely that you'll be able to enter into places that were previously restricted. Keep talking to your partner and encouraging them to be open so that you guys can experience the power of touch together.

Now that you have a good idea of how you can tantalize your partner using your touch, we're going to move on to the power of sound. Many people find that music can help keep them motivated throughout a variety of different activities in their lives. Additionally, if you've not tried it, music can absolutely help to set the mood in your bedroom. your sex life can truly be enhanced when you add music to the mix.

Figuring out the best music for your sexual situation will really come from some trial and error. You and your partner may have different ideas of the type of music you want to play that can really set the mood. Compromising is an excellent thing to do. Simply try out some different types of music and see what it is that both you and your partner truly find sexually stimulating.

As with all things in relation to tantric sex, you'll want to slow it down. if the music that you are listening to is extremely upbeat and rigorous, it will be harder for both parties to stay calm and relaxed during their tantric sex practices. Using classical music is among the favorites of people that have been practicing tantra for a while. obviously, there is no wrong answer as to what type of music you should be listening to; however, keep in mind that you want to keep things intimate, calm, enticing, and focused. So, finding the right music can really help you along the way of achieving these goals.

Music is not the only option when you are trying to use sound to intensify a sexual experience. Some people will find that listening to white noise is the best option for them. for others, it will be a session of talking dirty to each other. There is no wrong answer when you are incorporating sound into your sexual routine. Whatever sounds help to get you at the moment and excited with arousal are the right sounds to be using.

Most people don't think about incorporating their sense of taste with their bedroom practices. However, it truly can bring something interesting to the table. Our sense of taste can absolutely help to intensify our experience and our level of arousal. We are not only talking about the taste of your partner sex but also the taste of their skin, lips, and mouth. When you are truly connected to your partner, all of these things are going to enhance your sexual experience through your sense of taste.

It is perfectly fine to use some food items in your intimate moments with your partner. You can do simple things like suck on a lollipop before kissing them, or you can take it up a level and bring in the cool whip and chocolate syrup. No matter how you choose to tantalize your partner's sense of taste, you really can't go wrong. a favorite among tantric practitioners is edible lubrication. during oral stimulation, this can be used to make things a bit more interesting and tantalize the taste buds.

Now, let us move on to the sense of smell. Our sense of smell is very powerful when it comes to association. Whether it is one of the first times you have been close enough to smell your partner or you have been near the 1000 times, their smell is going to affect you. We tend to be drawn to people based on how they smell. It helps our bodies recognize when we are reproductively compatible. Additionally, our sense of smell, when prompted, can help improve our libido.

Some of the things that our sense of smell recognizes are beyond our rational mind. Every person gives off pheromones, and we will be attracted to that person because of them. We recognize the pheromones of another person based on our sense of smell. This happens as a base instinct and is not something that is brought to fruition through mindfulness or conscious thought. Instinct plays a big role in how our sense of smell will affect us.

When talking about enhancing the level of intimacy and intensity with your partner, the sense of smell can absolutely be utilized in a variety of different ways. It is not only about how you smell, even though that does play a role, but it is also about the smell of the environment. Introducing candles, incense, essential oils, or other pleasant-smelling items can help to improve the level of arousal that both parties experience. Additionally, it can make

the entire sexual experience more pleasure full and rewarding when nice smells are involved.

One fun thing to try that will help you incorporate scent into your intimacy routine is to give your partner a massage using their favorite scented lotion or essential oil. This is only one small way that scent can be incorporated. Putting special lotions or oils on your own skin can also be a great idea. Obviously, your partner is going to be exceptionally close to you during these moments of intimacy, so if they can smell their favorite scent on your skin, it is going to heighten the experience for them.

Using all of your senses during tantric practices is important. Tn the tantra, it is taught that you need to be aware of the moment. being truly aware of the moment means utilizing all your senses so that you have a greater understanding of exactly what is happening. when we learn to account for all of our senses, and we become aware of them, the experiences that we share with our partner will become dramatically more intense and fulfilling.

Now that we have looked at some different ways to enhance each one of your senses, we want to discuss the area that you are going to be intimate with your partner in. Setting up your area so that it is stimulating to your senses can easily enhance the amount of pleasure and satisfaction, both parties take away from experience. We discussed this briefly earlier in the book but would like to take a harder look at it now so that you and your partner are set up for tantric sex success.

Tantric activities can be participated in just about anywhere. However, it is advantageous for a couple to set up a space that is specifically suited toward their tantric practices. It should be a sexual, sensual, private comma, and intimate. Finding this space inside of your home may be a bit difficult; however, it is critical to your successes in the realm of tantra. as we know,

all of our senses should be utilized, and they all play a part in helping to peak our sexual excitement and arousal. When you want things to be truly intense and intimate, the best way to do it is with a space that is set up and ready to help you reach those goals.

The first thing you and your partner will need to do is decide what location you are going to turn into your love nest. It should be a place where you can have privacy. It is understandable that this can be a bit difficult, especially if there are children or roommates in the picture. Keep in mind that having a secluded place for you and your partner to have sexual experiences together is imperative to a healthy relationship and the ability to keep up your tantric practices.

Once you have decided on a location, you then need to make some decisions together. Start with making a list of your senses and then come up with different ideas in which to utile eyes to stimulate them. focus on each sense individually, and then you can compile them together to create your perfect space for sexual activity. the energy that you will be able to encompass and the connection you will feel with yourself, your partner, your spirituality, and the universe will be truly intensified.

Starting with visualization, spend some time thinking about the things that help entice you when you see them. obviously, your visual focus should be on your partner. so, it might not be so much about what you can add to the space to tantalize your vision but what you can take away from the space to ensure that you do not become distracted. Your room should be full of things that bring you a sense of calmness and relaxation. for some, this could be pictures of the sea. for others, it may be photos of you and your partner, or you may find that removing most of the visual stimulus is the

best way to go. it really does come down to what is going to work best for both of you.

It is important to note that making sure the location that you pick is presentable. It should be free from clutter and messes. if you choose your bedroom to take the time to put your laundry away in organize your end tables. When things are clean and organized, they are much less distracting. The less distraction you have, the easier it will be to focus on your partner. Obviously, in tantric practices focusing on the energy between you and your lover and being present and mindful about the moments passing between the two of you is the most important piece. Keeping your room clutter-free and organized will make this a much simpler task.

After deciding what types of visual stimulus, you should or should not have, you can move on to your hearing. As noted, what we hear during times of intimacy can play a role in our level of arousal. So, deciding if it's going to be music or soothing sounds of the ocean will need to be decided between you and your partner. you should also consider whether you want to delve into the world of talking dirty to each other. most couples find excellent levels of arousal when they do participate in dirty talk.

It is important to note that it is very likely you and your partner are not going to agree on all of the stimuli that you want around you. it is fine to make compromises or concede your point if there's is also suitable. there is no reason to get into a disagreement over the way your sexual space should be set up. It can be changed frequently so that both parties are enjoying the required items to truly rev up libidos.

You should also take into consideration how the sound of your partner is going to affect you. as pleasure starts to be had, it is likely that noises will start escaping their lips. Women tend to be a bit more vocal than men are.

ladies, this can make it a little difficult to understand whether your male counterpart is truly enjoying what is going on. don't be afraid to ask them to vocalize more. it may take them some practice, but it can truly help make your sexual experiences more pleasurable and more intense.

Now that you have an idea about the sounds that you want to be included in your sacred and sexual space, you can move on to the sense of touch. obviously, you will be touching your partner with your hands and vice versa. this is fantastic, but it should not be the only thing that is utilized. As previously mentioned, using different pieces of material, feathers, and other items to stimulate the sense of touch is advantageous. it not only heightens arousal, but it also helps to keep things interesting and exciting.

Don't be afraid to experiment with a variety of different items. Make sure your partner is comfortable with them. we say this because some people like to use hot wax while others feel that that is simply too intense. so, keeping lines of communication open and getting on the same page with your partner about what they want to experience in terms of touch is the best way to go about things.

There are likely to be some sensations through touch that are not the best. however, you never know what you are going to like until you give it a try. so, stepping outside of your comfort zone and allowing your partner to use velvet, feathers, leather, and other materials will give you a great understanding of the items that you prefer to be touched with. from there, you can continue to use these items to entice yourself and enhance your level of arousal with your partner.

In the creation of your space, you will be able to utilize the sense of touch based on the items that are around you. this includes the material of your sheets or comforter if your sacred place is in the bedroom. it can also be the

blankets you throw on the floor, the texture of the furniture, or allowing a fan to run so that you can feel the wind on your skin while having intimate moments.

After you have decided on the best textures and sensations for touch, move on to a discussion about your sense of smell. Earlier, we discussed how your scent could affect your partner. The smell of the room can also play a role. it is truly advantageous to discuss the smells that each one of you prefers. then you can simply incorporate them. this can be done, as noted, with candles, essential oils, perfume's, or incense. Some people even like to utilize flowers and other things that are fragrant. no matter what you decide, filling your sexual space with enticing smells will help keep levels of arousal and excitement up.

Last but not least, we need to discuss your sense of taste. Taste is not really going to play a major role in setting up your environment, but there are some things you can do. If you have the ability to place a mini-fridge inside of your sexual area, you can have some things on hand that help to arouse your partner's sense of taste. Additionally, you can take small things like brushing your teeth and put them into place. Making sure that you have a fresh, clean mouth well ensure that your partner enjoys the loving kisses that you are going to give them. This not only helps with their sense of taste but also with their sense of smell.

You should also keep in mind that our sense of smell and our sense of taste are directly linked. so, if you are using pungent aromas in your space, it can tantalize both senses at the same time. you should also talk to your partner about what tastes really help to encourage levels of arousal with them. there is a chance that they won't know so then you can simply try some different

things. Playing with taste can be a bit messy depending on what items you use, but it really can be fun and make things more intense.

# Chapter 10. Sex Tips: Tantric Sex For Better Orgasms And Sexual Satisfaction

Insights demonstrate that the quantity of ladies who experience orgasm during sex is low. It is no big surprise that a great many people on the planet occasionally have fulfilling relationships particularly thinking about the significance of sex in any sexual relationship. The issue more often than not lies in the manner people approach sex in the room. With tantric sex tips, it is feasible for any couple to relearn their way to deal with sex and along these lines empowering them to figure out how to build the power of delight during sex.

Rather than just concentrating on moment sexual fulfilment as most couples do, tantric sexual systems as a rule center around drawing out sexual incitement and expanding the degree of closeness. With the fixation that the present reality has with moment fulfilment, it is no big surprise that numerous individuals experience the ill effects of untimely discharge. This implies most of men can't keep going long in bed and along these lines can't fulfil their accomplices. Tantric sex tips more often than not accentuate on couples requiring significant investment during sex since it adopts an increasingly otherworldly strategy to sex and love-production. With the moderate develop of unfaltering sexual energy in the room, these strategies generally bring about staggering orgasms that normally keep going for longer periods than most that the normal couple in the cutting-edge world has.

Execution tension is a typical issue on the planet today. This is generally so due to the ridiculous desires that individuals have about sex. It likewise for the most part happens because of misinterpretations in that individuals view

sex as a short session for arrival of the sexual inclination. This generally brings about a great deal of worry as individuals stress over what their accomplices will think about their exhibition. With tantric sex tips, this isn't an issue by any means. The tantric way of thinking is very surprising in that it adopts an alternate strategy to sex. It underscores more on being quiet and concentrating more on the heart and brain as opposed to just concentrating on the recurrence of pushing and entrance. In that capacity, sex tips dependent on this way of thinking are extraordinary in helping a man to find a sense of contentment with himself and his accomplice and accordingly empowering him to last longer in bed.

One of the significant explanations behind the absence of sexual fulfilment and orgasms in present day relationships is close to home restraints. Individuals are typically raised with an off-base origination of sex with some accepting that sex is an essential malevolence while others accepting that it is just for physical satisfaction. This normally denies it of its profound nature and along these lines bringing about diminished closeness levels. Tantric sexual methods adopt an alternate strategy in that couples are educated to acknowledge sex as an incredible endowment of nature and joy as a component of it. With the correct frame of mind towards sex, couples who utilize tantric sex tips often appreciate better orgasms and acceptable sexual relationships. Men are additionally typically ready to last longer in bed with these strategies and hence empowering them to encounter sexual delight in its totality.

Five fledgling tips for Tantric Sex:

Tantric Sex Tip Number One.

In Yoga, Pranayama is a term that implies Control of Breath or Regularizing of Breath. This is one basic tantric tip for sexual enhancements. Attempt to

breath as one with one another. Synchronizing your breathing together will no uncertainty upgrade the sexual experience for you both. It can help downplay interruptions and interface you in core interest. If it ends up troublesome in any capacity, simply unwind and quit making a decent attempt. It should then return without breaking a sweat.

Sexual Tantra Tip Number Two.

Stillness of the peak. Exactly when you are going to peak, stay as still as could reasonably be expected. Just before orgasm suddenly STOP! what's more, keep as still as you can for in any event a few minutes. Focus on every one of the sensations you are feeling and gaze into every others eye. This will be something that will require some training. It isn't in every case effectively achieved immediately. The complexity to your steady development will be a radical change and enables you to ponder your suggestion between one another.

The Tantric Tip of Sexual Eye Contact Number Three.

During sex, connect with and keep up total and complete eye to eye relationship for whatever length of time that you can. This will build your closeness ten times and in next to no time. You should encounter a moment and extraordinary association with one another. My preferred strategy is to consolidate this one with number two and all of a sudden stop, stay still and lay my hand on her heart. At that point, when we are extremely near orgasm, I like to lay both my hands on the core of the lady, while I gaze at her. It encourages me to accomplish a sentimental association with the lady I am with.

Tantra Sex without a peak Tip Number Four.

Orgasm can once in a while be accomplished through different methods for interfacing with somebody, although this is extremely uncommon it isn't incomprehensible. There have been reports of certain individuals accomplishing unconstrained orgasm just by one touch or a profound investigate the eyes of a friend or family member. Have a go at engaging in sexual relations without having a peak and this will expand the association between you. Particularly for the man, who will in general peak every single time (nearly). Which is much of the time an uneven and out of line result. The more you engage in sexual relations without peak, for the male, at that point the more the possibility the lady may expand her chance for orgasm. It might likewise build the power of her orgasm.

Tantra Tip Number Five.

Make your very own Tantra sex strategy. Challenge yourself to make a totally different element of sex between you both. The psyche and the inventiveness of your exotic nature will assist you with having much better sex together. There are no genuine cut off points, if you are both glad and in safe hands with one another. Make your own satisfaction together.

Arousing incitement can assist you with becoming a lot nearer to one another. My best counsel is for you both to envision a bundle of light among you and cause this fanciful wad of light to develop and change shading during various phases of your sex. Be as imaginative as you can and have a good time. That is the thing that a decent, solid sexual relationship is about.

Tantra is just a single piece of numerous sexual endeavors. The most ideal approach to get familiar with sex is to dive in and become familiar with everything you can about it while applying the techniques you learn. The significant thing to note about sex is you never know everything. Their is

consistently opportunity to get better and that is something worth being thankful for!

# Chapter 11. Tantric Massage

## What Is Tantric Massage?

Massage is defined as a succession of strokes performed to promote muscular relaxation. However, tantric massage is more than that. The tantric touch stimulates, nurtures, and heals the body, the mind, the emotions, and the spirit.

When done on its own, tantric massage can be an erotic experience. It can also turn into a therapeutic journey. When done prior to sex, tantric massage is a means of prolonging and building pleasure. When used as foreplay, the tantric touch relaxes your mind and your body so it becomes more receptive to your partner's gifts. It enables your sexual arousal to mount before it reaches its pinnacle. This way, your orgasms can become longer and more intense.

Tantric sex is safe and healthy lovemaking. In the early dating phase, some couples may feel pressured to engage in intercourse before they're emotionally attached or psychologically prepared. Using tantric massage as a pleasurable alternative for intercourse relieves them of this pressure. Tantric massage can be a fun and sexy way of getting to know each other deeper so that you'll have ample time to emotionally connect with each other. This way, once you finally decide to have sex, it becomes more meaningful and more satisfying.

## What Are The Benefits Of Tantric Massage?

The busy and hectic life that we lead these days affects both men and women, and it causes several physical, emotional, and even sexual disorders. Stress doesn’t discriminate, and it could trouble a person belonging to any age group, sex, or age. People need some relief if they want to enjoy their life to the fullest and they also must replenish their strength to keep up with their hectic lifestyle. Massage can help in providing the much-needed comfort and help you relax.

Among all the different types of massages that exist, tantric massage is gaining popularity. The main aim of a tantric massage is to provide you with a sensual experience that will also help in improving your health. Even though it is erotic, it helps the whole body to relax and has got several benefits. The different benefits of a tantric massage are mentioned in this chapter.

### Stress Buster

Tantric massage can help you clear your mind, make your body feel light, and help you relax. You can let go of all the tension and stress. Therefore, a session of tantric massage is recommended whenever you feel stressed. Stress is something that can make you feel miserable, and if it isn't handled properly, it can cause several health problems as well.

### Sex education

In many cultures around the world, sex education isn't adequate, and this leaves both the genders unprepared for any sexual interaction or even sensuality. A tantric massage is the best way in which you can learn about your body. It provides you with a serial interaction that will help you to understand how your body works. It provides you with an insight into how your body works and the different parts that will make you feel different

sensations. When you do interact with your partner, it will be helpful to know beforehand itself what excites and pleases you both.

**Premature ejaculation**

Premature ejaculation usually tends to occur due to the pressure of performance. In most of the societies and cultures, men are considered to be the “doers,” and this does put an added pressure of performance of them and causes them to ejaculate prematurely. Tantric massage helps in taking this pressure off them and lets them just enjoy the sexual act. When there isn't an expectation of them to perform well and without any specific goal in mind, men can perform well sexually. This will help in rectifying the problem of premature ejaculation. Tantric massage will help in teaching you to enjoy the moment, and during intercourse, it would also improve a man’s ability to hold off his climax for a while longer. It is all about drawing out the pleasure to make the experience more intense.

**Orgasm in older men**

As the time passes by, and while the body starts aging, the hormone levels in the body tend to decline and because of this older man feel little or even no sexual arousal and this means that they aren’t capable of reaching an orgasm. Tantric massage can be beneficial for older men. This sensual massage helps in stimulating their senses and also helps in the production of the sex hormones and thereby helping them deal with problems like erectile dysfunction and the lack of achieving an orgasm.

**Women and sex**

In most of the cases, women don’t enjoy intercourse. This could be caused due to various reasons ranging from their lover’s inability to please them or even their lack of knowledge about their body. Women are sensual creatures, and it takes them a while longer to achieve an orgasm. Most

might not even be aware of their bodies or what they like and dislike. Tantric massage will help them in understanding their bodies and their needs better. It will help them in deriving greater pleasure and even sensuality during any form of sexual activity.

Tantric massage helps in awakening your senses. It is sensual, we tend to perceive the world around us through our senses, and the awakening of the senses sharpens this perception of ours. Tantric massage is a therapeutic massage that has various health benefits. It can help in relieving body pains and aches, stimulating your immune system, and increasing your fertility as well. Many women can't orgasm, and tantric massage helps in integrating your mind and body thereby facilitating their ability to reach an orgasm. Tantric massage tends to be empowering on various levels regardless of the characteristics of an individual. Tantric massage also helps in providing the greatest form of relaxation and pleasure for your mind, body, and soul without having to reciprocate.

Tantric massage involves the massaging of all the parts of the body. Having one's genitals massaged is quite a fulfilling experience. It also helps in creating a conscious connection between all the areas of a person's life. A massage without any expectations is quite a liberating experience. Tantric massage helps in letting go of the illusion of separation that exists and remedies this divide that exists in every individual's life. It can also pave the way for a full-body orgasm.

For a person who is shy or who has gone through a lot of suffering, tantric massage might be more therapeutic than a regular massage. When their receptiveness and confidence start to grow, they might be open for a complete tantric experience. Tantric massage is all about celebrating an individual, their strengths and remedying their weaknesses. Since it is a full

body massage, it requires the individuals to let go of their fears as well as inhibitions for a pleasurable experience. Tantra is all about celebrating and cherishing one's body. There is nothing sinful about it. Tantra followers believes that the body is a temple within which the soul lives.

Tantric massage has got various benefits to offer. The benefits slightly vary from men to women. Women experience sex and sexual energy in a way that is different from men. Men are usually considered to be sexual creatures, and women are usually sensual creatures. Tantric massage has got the power to change the way an individual would approach sex. It is quite an amazing experience.

Tantric massage will help men learn to enjoy and understand the manner in which they can experience sexual pleurae throughout their whole body instead of simply focusing on the lingam. There's more to sexuality than just their penis. The different movements with sexual energy that is quite phenomenal. Also, this pattern can help men to experience a full-body orgasm or go through a multi-orgasmic state. Yes, you read it right. Multiple orgasms aren't a myth. Like men, women will also be able to attain multiple orgasms provided they let go of control and let go of themselves. There are no expectations; there are no rules. It is all about enjoying one's sexuality without any restrictions. Pleasure isn't restricted to the female or male genitalia. and the techniques used in tantric massage will help men to create a connection between their penis and the rest of their body. In this manner, their whole body would be vibrating

Like women, even men tend to store their traumas and other negative emotions and experiences around their genitals. This could be due to any traumatic event or occurrence like childhood abuse. Most of the time this remains unknown, or any critical self-image may be caused due to

excessive self-judgment due to any emotional stress. Regardless of the reason of origin of these negative feelings, they do exist. Tantric massage will help in getting rid of these blocks and will help men get confident about their sexuality. The loving and the safe environment, coupled with a caring partner, make this massage exceptional.

Men will also learn about receiving pleasure without having to touch or give anything back in return. During a tantric massage, men simply need to take a step back and relax, while their partner does the massage. On a psychological level, most men are not used to giving up control, and they are more likely to be expected to be "performing." They tend to receive most of their pleasure by touching, grabbing, looking and even giving. They only need to let go and relax for enjoying this kind of massage. Well, relinquishing their control and placing their trust wholly in their partner can be quite a turn-on for the partner as well. In giving, they indeed are receiving as well. Relinquishing control can be quite erotic. Being aware that you are the reason for all the pleasure that your partner is experiencing is quite a rush, and it holds true for both men and women.

In continuation of the above point, men do understand women better after a tantric massage. By relinquishing control and being submissive, they will be able to understand what it feels like to be receptive and this will make them more sensitive. Let someone else lead them for a change. Women, this is your chance to take control. The same applies to women as well. If the receiver is a woman, then her partner gets to have unrestricted and unbridled access to his partner's body. Perhaps, being vulnerable wouldn't have ever felt this good.

Men will also be able to experience high levels of pleasure without this pleasure being coupled with an ejaculation. This will make them excellent

lovers. This particular massage technique will help them in harnessing their sexual energy. To put it simply, it will allow them to hold off for longer. They will be able to engage in sex for a longer time without the need to ejaculate, and they control their sexual energy that will help them do so. For women, an orgasm is simply a bonus of a tantric massage. Their bodies are designed in such a manner that they can keep going even while experiencing an orgasm.

Men and women will also benefit from tantric massage because it allows them to deepen their spiritual bond with their partner as well. They will get to understand the manner in which they should use their sexual energy and then channel it towards higher levels of their being, something that goes beyond sex. They will learn to open their hearts and love fully, bare their souls to their partners and it will obviously let them get more creative about with their sexual acts as well. It will help men form a bond with their partner that surpasses any physical bond that they might previously have had. A bond that goes beyond physicality is quite strong, and it will deepen the relationship.

Bottom line: To sum it up, tantric massage is not just a sensual massage that helps in providing sensual pleasure. It also has many other health benefits. Tantric massage can improve your sex life as well, regardless of your gender. Both men and women can derive great pleasure from it.

# Chapter 12. Tips And Tricks For Amazing Tantric Sex

So, we've gone over pretty much everything you need to know in order to have tantra sex, but what will make it amazing? Well, here are some tips and tricks to learn about tantra that'll help you. These ten tips will change your life, change your mindset, and help you improve the experience too.

## Stretching and Preparing

As we've said before, your breathing is very important for tantra, but you also should remember that getting the body nice and limber is really good too. When you do this, try to empty your mind of every negative thought that's there, and everything that's holding you back. This should be an experience of, as you stretch out and prepare the body, practically imagine all of the tensions going away. The more you get rid of, the lighter you'll be.

You should also, right before the experience, work through everything that's bothering your spiritual growth, and what's holding you back from enjoying tantric sex with your partner and put them down somewhere. This will help you improve your mindset and experience when doing tantra.

## Mind the Temperature of Your Home

Most don’t realize that the temperature of their home plays a big part in the way tantric sex goes. Yes, your home can be too cold, and that affects the overall feeling of tantric sex. What’s the best way to combat this?

Well, always try to keep it in a way where it’s around 72 degrees. It’s a comfy temperature, and you can always leave the heat on about an hour or so to make it nice and cozy if it’s very cold outside. If it’s warm, turn on the arid conditioner, but set it around 70 degrees, so that space is nice and cool, but it isn’t too chilly for you two either.

## Scents Galore

One way to really bring the place to a new level and to enhance your experience is the scent. Scented candles are good, and scented candles will add a romantic touch to it. But, if you really want to make the place smell good, try diffusing an essential oil in the space, whatever essential oil you like. I like lavender a lot because it's got a calming feel to it and smells great. But another great one is to burn incense sticks, or even just put flowers somewhere in the room to add a nice touch.

The idea behind his is to add a little touch to your space. When it comes to choosing scents, pick something you like that's pleasurable, but also not so overwhelming or irritating to your senses. So, maybe a big bowl of potpourri may be a bad idea, but a little bit of rose essential oil diffused or worn around your neck will give that alluring, sensual feeling to it.

## Be Mindful

One big thing with this is you need to be mindful of both the emotions and sensations. The biggest thing to remember is that your mind will wander, and that's normal. However, when it does wander, acknowledge, and bring it back. You should also pay full attention to how the body is feeling during these experiences.

You also may experience a full range of emotions as well, and that's normal for you to do too. This is a way for you to experience everything that's happening, letting you tap into your energy and power that's there. The emotions that you experience are certainly better than what you may experience as well, and you should always make sure that, when you do this, you try to really let go and understand yourself. Sometimes, you might feel a little frustrated. Understand that it's your body and mind reacting to this, and sometimes, it takes aba bit to get used to. But, that's okay, because once you get into the moment, it can be a rewarding experience.

## Cuddling

Remember that tantric sex isn't just having sex, but sometimes, laying together and cuddling is a way to nurture this. Sometimes, snuggling close together with the hearts and stomachs lined up. The giver should then have their arms around he one receiving, and their hand over the receiver's heart, and the receiver can rest their hand on top of here. One way to get you both into the mood is to just lay here and harmonize your breath and let the energy flow between you. This is a good thing to do after you've experienced intercourse because it helps to bring forth that connection with the other being that you might've not had before.

Focus on the energy you're putting forth between the two of you as this happens, and laying together along with cuddling is a wonderful way to help you experience the fun in each and every single moment, and you will, in turn, build a better, more loving experience with your partner, and it will help with aligning the energies between both of you.

## Setting the Intention

The intention that you have in place and connection we put forth is very important. This is something you should have when you're starting with tantra, and through each session. No matter what, figure out your intention, whether it be to improve your sex life, or just strengthen the relationship between both of you, you've got to set the intention to practice this. Setting your intention will help keep both of you grounded, and help you get the most that you can out of this.

Sometimes, we don't set the intention of what we're doing, and that poses a problem. Most people who don't set it before going not a tantric experience will realize they're no in the right place and they're not getting what they want out of the session. The intention in tantric sex, whether it be through masturbation, massaging, penetration, or the like, always needs to be there, and you should set this up before you get anywhere with this. The intention is how you get everything in place, and how you get everything that you want out of it, so you'll definitely want to make sure the intent is set before you begin anything else. The intention should also be a big part of this, and you should also make sure you both remember when you do this.

## Don’t Always Be Naked

Just like how tantric sex doesn’t require you to have penetration, understand that you can do this both clothed and naked. You can either do this with the clothes fully on, or you can remove every piece of fabric that you have on your body. But this is a personal thing with you.

Remember you can have sex with clothes on. That’s one of the beauties of sex. You don’t have to be naked, and sometimes, stimulating the senses in ways other than just sex might be wonderful for you.

The key here is whatever makes you comfortable, so if you’re comfy with being naked, then by all means, you go for it. If you notice that you’re better off being naked, then do that. Remember, it’s your experience, and you need to figure out for yourself what type of disarray you’re willing to be in.

The same goes for your partner. If you know your partner is comfier with his shirt on, then leave the shirt on. The same goes for bottoms. Looser clothing makes this part easier, so that’s why it’s encouraged to wear loose-fitting clothing when you do engage in tantric sex because that alone will help you with putting forth the effort to really experience and engage with one another as well.

## Focus on going slow

Slow and steady wins the race, and that's something you should remember with tantric sex. The big thing to remember is that going slow is the big focal part here. Never try to rush tantra, because it dilutes the experience. What you need to do, is get into the mindset where you're relaxed and able to enjoy every moment of the practice, since that alone will help you immensely with the full benefits of tantra.

Remember, you can focus on all parts of the body, and everything that is going on. Try stroking your hands on or over your partner's body, and you should try to move slower.ly. use your tongue to explore the mouth while you kiss, and the way you move your tongue against theirs. Try gently moving your lips up and down on their chest and have them do the same.

You shouldn't rush this. The idea is to fully savor the moment, to enhance the experience like this, and to fully immerse yourself at the moment, and to experiment with this.

## You Don’t Have to Go Full Tantra

Sometimes you look at this and wonder if you need to start practicing this as a ritual. No way, that’s not the case. Sometimes, this incorporates foreplay and meditation together, or even just focusing on your breath while pleasuring your partner. Sometimes, this means after sex you just sit around and cuddle one another and make it so that both of you are happy with one another and the way that you feel. The idea behind tantra is that you don’t need to completely change up your sex life for this. There is no right or wrong way to do it, other than the basic rushing and moving too fast with tantra. The big thing to remember is that you can enjoy the moment and the experience of tantra, and work to better each and every single moment of tantra s you go along. Incorporating these elements might also be a good way to get your partner into the fun of using tantra.

## Try out Experimental Positions

Tantra isn't something that you have to do by rote. It's never a rote experience, but rather, it's something that you work on, getting better over time, and work to master. The best way to do this is to try out something new.

The idea is to explore your partner. Even though it might be a place that normally isn't explored, a hint of exploring can do you some good. And who knows, your partner might like it too.

The idea behind this is, of course, like kink and other types of experimenting. You want to understand how to experiment in ways that'll help you improve your experience, and how you can use these to better it all. When you're engaging in tantra, you should always focus on experimenting with this and work on trying to improve your own personal health and wellness too. This will in turn definitely make it fun and try out new things. Trying new things can change you, and it'll also enhance your experience by a lot.

Tantra is a very in-depth and personal experience and understanding what it is that you're doing with your partner is ideal, and it can, in turn, change you. This alone will help you learn more about your partner and building that own connection that you have with them to something bigger, and better than ever before.

# 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 is presently lacking 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 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 II

SEX POSITIONS FOR COUPLES

# Introduction

Doing fun things together allows you to increase your dopamine levels together as well. When you have fun together, it increases your closeness with one another and can enhance the joy you experience with each other. It adds a unique sense of intimacy to your relationship that cannot be added by sexual experiences.

Ideally, you want to have fun together in a way that gets your blood pumping and your adrenaline rushing. Going to an amusement park, ice skating, visiting an upbeat concert, or otherwise doing something fun and exciting can increase the happiness of your experience with one another. Having fun this way can add energy to your relationship that will carry into the bedroom and have sex even more enjoyable.

Kiss More Often

Many couples, especially those who have been together a while tend to kiss less often. Kissing is a highly romantic and passionate act and should be done regularly. Think about it, at the beginning of the relationship you likely kissed your partner a lot more frequently than you do now that you are more comfortable together. You want to start doing it more often.

When you are kissing more regularly, don't just increase the volume but also increase the passion in each kiss. There is no need to peck and go. Give the kiss a few moments and truly experience your partner with each kiss. You can include your hands and body as well, or even kiss in other intimate areas such as on the cheek, forehead or hand.

Recall What It Was Like to Meet

When you first met you likely spent a lot more time getting to know one another and a lot less time watching TV or doing other things to pass the time. You can spend some time asking each other questions about life, or even just reminisce on the days when you met each other. Getting to know each other all over again is a great way to rekindle the flame in a relationship.

The reality is that we don't all stay the same in life. Throughout your relationship, you and your partner will change several times over. Their preferences for certain things may change, and these are all great things to learn about each other all over again as you rekindle your love by communicating and asking questions.

Describe Your Sexual Fantasies

Many times, sex is just about the act and couples don't really speak a lot about sex outside of the bedroom. A great way to spark up a flame and add passion to your sex life is to talk about each other's fantasies and interests. This gives you an opportunity to get to know each other's sexual preferences more intimately which means that you can gain maximum enjoyment out of sex. It allows you to have a better idea of what your partner likes and what they don't like, and how you can make sexual experiences more enjoyable for them.

Keep The Mystery Alive

In relationships, it can be easy to get to know each other so intimately that there appears to be no mystery left in the relationship anymore. This can be counterproductive to the process of bringing romance back into your relationship. A lot of romance builds around mystery and the desire to know each other more intimately than you presently do. There are many ways that you can add mystery back into your relationship, even if you already know

almost everything about each other. Using sentences that add mystery, clothes that spark intrigue and even simple texts that make the other partner wonder what you have planned for the evening can help add mystery back into the relationship.

When the mystery is present, the other person wonders about you. They start thinking about you and may even become obsessed with wanting to know what you have planned because they are curious. Curiosity is the key to creating mystery and getting your partner wondering about you and what you have to offer them that is unique from before.

Express Gratitude

A great way to help your partner feel cared for and show them how much they mean to you is to express your gratitude. Expressing gratitude takes very little time but can have a significant impact on the quality of your relationship. When people feel cared for and loved, they want to show more care and love to the one they feel for as well. This can increase the quality of your relationship, making you both feel more appreciated.

In relationships, the little things often get overlooked. People forget that the little things count and so they don't take the time to show appreciation and gratitude for them genuinely. Something as simple as "I really appreciate that you always support me in my decisions," or "I really appreciate that you make me breakfast each morning" can go a long way. Even though repeat activities can lead to things being expected, it is always good to show that you don't necessarily expect things to be done for you or in a certain way. Always show that you care about what your partner does in life and for you, as this will increase the quality of your time together and make you both feel more loved overall. When you feel more loved, the sparks will naturally fly in your relationship.

# Chapter 1 Men and Women's Sexual Behaviors

Practices are more firmly impacted by sex than by direction. This is on the grounds that our sex influences our responsiveness. Be that as it may, direction has nothing to do with responsiveness. Sexual practices involve upgrading engaging quality, giving delight and indicating activity. A sexual conduct is one that separates men from ladies and gays from heteroses. By and large men are significantly more unbridled than ladies. Gay men exhibit comparable practices to hetero men. Notwithstanding direction, men have a drive to participate in penetrative sex and to appreciate the suggestion of being physically cozy with a sweetheart.

Lesbian ladies are once in a while indiscriminate. Lesbians have long haul connections dependent on passionate connections. Lesbian connections are not really centered around genital incitement. Lesbians appreciate hobnobbing and taking part in friendly sex play, for example, kissing, snuggling and arousing contacting. They don't generally take part in genital movement yet on the off chance that they do, their lovemaking centers around the clitoris. Ladies' climax strategies are considerably less steady than men's will in general be. Quite practices contrast essentially among gay and straight ladies. Sexual direction decides sensual turn-ons (regardless of whether we are excited by a similar sex or inverse sex). It ought not sensibly change the life systems that is engaged with how ladies accomplish climax.

Men start most hetero action including dating and intercourse. Men search out wellsprings of sensuality to make the most of their own excitement. Most by far of men stroke off normally. Men's bluster includes bragging

about the number sexual chances and partners they have had. Men display a lot more prominent scope of sexual depravities and deviancies than ladies do. Men are liable for most by far of sexual maltreatment, rape and assault. Men are pedophiles, they have obsessions, and so forth. A few men need a lady to showcase a sexual job so as to acquire their sexual and passionate fulfillment. Men's psyches are considerably more fluctuated by the way they utilize genuine situations for sensual excitement. For instance, a few men need a lady to showcase a job or take part in an obsession or simply suck on a lady's areola as though bosom sustaining. This situation probably gives the passionate consolation of a mother's adoration. Ladies don't get physical delight or sexual discharge from comparative situations. A few ladies will accommodate a man's surprising needs particularly on the off chance that they are paid.

A man approaches sexual movement with a sweetheart goal on intercourse. This implies men's excitement cycle, from erection to discharge, is the middle of everyone's attention. So, men are exceptionally delicate about their capacity to accomplish and keep up an erection just as take part in sexual action without discharging too early. A man's erection means his virility and capacity to impregnate a Men's feelings (forceful conduct) and passionate needs (sex) are simple for a lady to get it. Men are significantly less mindful of ladies' passionate needs. Ladies' reward is thinking about those they adore. Sex furnishes a lady with a method for remunerating a man. Ladies utilize the cognizant sexual practices of being eager to give male turn-ons by the manner in which they present themselves, by what they state and how they carry on.

Ladies are generally inactive during sexual movement. They disdain genital showcase and control. Sex isn't a movement that ladies are normally roused to start. Most ladies participate in sexual action just as a reaction to a man's

drive. Ladies are basically on edge. They just need to enable a man's instinctual want to investigate their bodies. Sex doesn't happen because of any regular reaction that a lady has. So even sex can be humiliating for a lady. Ladies feel awkward about sex in light of the fact that the sex urge originates from a man's body. Sex is something that men due to ladies. Men's conviction that ladies should encounter a similar delight that they do, puts weight on ladies. Most ladies want to view sex as a passionate as opposed to a sexual encounter. Sexual responsiveness appears to be unrefined and generic to ladies.

Ladies gloat about climax for various reasons. They appreciate the consideration they get. They appreciate feeling predominant by scaring other ladies. Ladies are likewise frequently selling sexual administrations including sex treatment where a male perspective on sex is utilized to sell guessed information of strategies. Ladies once in a while give any unequivocal subtleties and they never discuss sexual turn-ons. They commonly give sexual come-ons if selling sex. The proof for female responsiveness comes, not from one lady's climax claims, however from the conduct of ladies in the overall public. For instance, a few ladies guarantee to be stimulated by pornography, yet they never allude to express turn-ons. On the off chance that ladies were stimulated by pornography, at that point they would likewise create interest for male strip-bars and male lap-moving bars. They would pester and whistle men in the road. Ladies don't do this since men are considerably more willing. It is men who need to pursue ladies.

## How To Introduce Your Partner

The best lovemaking experiences come when you and your partner are moving and flowing in harmony with one another. Perhaps you have experienced this for yourself. What is the best sexual experience you've ever had? No matter what "type" of sex you had or with whom, it is likely that you and your partner were embodying the same energy and matching one another's passion. Whether you had rough sex, slow sex, sleepy sex, or spontaneous sex, the best sex comes from a perfect synergy between you and your partner.

The unfortunate thing is that we don't always know how to create this synergy; it just happens. The right environment, the right mood, the right time of day, and some other accidental factors often contribute to our most mind-blowing sex.

The heart of the Tantric sex practice is learning how to intentionally create the right elements to have the deep, intense, mind-blowing sex that everyone craves. In the last chapter, we learned how to set up one's physical environment to stimulate the senses and nurture deep intimacy. Now we will look at the internal factors that contribute to amazing, long-lasting, and profoundly fulfilling sex.

What is Energy?

Perhaps the most important aspect of Tantric practice is the energy that you and your partner bring into the experience. Without the right energy, all your setup and foreplay won't be nearly as effective in contributing to the overall Tantric experience. Setup and foreplay can certainly aid you in establishing the best energy for sex, but to get it just right, more intentional energy work is needed. True Tantra is much more about energy than about

sex, wherein the focus is on merging the energies within yourself and then merging your united energy with that of your partner.

So, what is energy? Energy is the animating force behind all of the creation. It is what causes the movement of atoms, the formation of matter, and the evolution of life. Beyond the realm of the physical, energy is what composes the soul or spirit. It is what connects us to the center of divine creation itself.

When we talk about our energy, we are in part talking about the electromagnetic field that surrounds all bodies and the electric force within that animates our bodily functions. However, our energy is also composed of the spirit within our bodies, which is also made of energy.

Energy can take different forms. You may hear people talk about "good" and "bad" energy, or "positive" and "negative" energy. What they mean by this is that the emotions and intentions of which others "send out" their energy. When someone performs an action with kind and loving intentions, people say that they have "good" energy, whereas when someone does or says something that is fueled by anger or is meant to be hurtful, we say they have "bad" energy.

When we talk about people “sending” energy, we are discussing the actions, emotions, thoughts, and intentions that they manifest. While raw energy is essentially neutral, our thoughts and emotions can “bend” or “tint” our energy to match the tone of those thoughts and emotions. Others can pick up on our energy and interpret our intentions based on what they perceive. Hence, when people say that they will send us “good vibes” or “healing energy,” what they mean is that they will have loving and positive thoughts about us and wish us well.

Energy is a complex force that can be used and interpreted many ways. Since energy is the raw force behind all of the creation, we use energy in its purest expression when we create. We often do this unconsciously, allowing our reactive natures to determine what energy we put out into the world. However, when we start to become aware of our own energy and watch our thoughts and actions more carefully, we gain the power to choose the energy that we send into the world, which, in turn, determines what energy we are most likely to receive from others.

## How to Recognize Energy

To reach a full understanding of what energy is and how to recognize and control it, you can start to practice in two different ways. First, you will learn how to recognize the electromagnetic field around your own body and that of your partner. From there, you will start to work with recognizing the energy around you as it manifests from others' thoughts, emotions, and intentions.

Learning to recognize your electromagnetic field is very simple, but it will take practice to get good at it. To begin, rub your hands together vigorously. You will start to feel the heat generated between your palms as the friction warms your skin. After a few moments, slowly begin to pull your hands apart, holding them just far enough apart that the skin of your palms is no longer touching. You will continue to feel the heat you generated by rubbing your hands together, as well as a slight tingling sensation.

Slowly begin to pull your hands further apart until they are about a half inch away from one another. If you can still feel the warm, tingling sensation of your electromagnetic field, then you can move your hands to an inch apart. If you lose the feeling, move your hands closer together and start over.

Continue the exercise by pulling your hands further and further apart. If at any point you lose the tingling sensation, bring them closer together and move slowly apart again. Feel free to start over as many times as you need. The goal is to be able to sense the energy between your hands even when they are a foot apart or more. Advanced energy practitioners learn to shape and move energy for healing, but that is another line of study beyond what we will learn with Tantra.

You can begin to move your energy awareness to the rest of your body with another simple exercise. Bring your attention to one of your forearms, focusing as much as you can on the surface of your skin. When you are fully aware of your forearm, pull your attention to a quarter of an inch above your arm. If you can feel a sensation at that distance, you have found your energy field. If not, return your focus to your skin and begin again.

Like the hand exercise, you will continue to pull your focus farther and farther away from the surface of your skin. If at any point you lose your sense of your electromagnetic field, go back and begin again. Researchers have found that our energy fields extend an average of 10-15 feet beyond our physical bodies, so you can take this practice quite far before you will reach the edge of your energy field.

If understanding and sensing our own energy is difficult, learning to sense the energy of others is a much more complex matter. Knowing the energy of the people around us comes from a number of factors. Most of us begin to learn to recognize others' moods and reactions from their body language, the tone of voice, and facial expressions at a very young age. This innate sense certainly plays a role in our ability to sense the energy of others, though true energy awareness goes much further than that.

As you grow your awareness of your own energy field, you will slowly begin to feel when other people's energy fields collide with your own. If the sensation is pleasant or neutral, then you know that those people have "positive" or "neutral" energy that is in harmony with your own. If the feeling makes you uncomfortable, then that person likely has "bad" energy.

# Chapter 2 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 much 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 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 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.

Importance of Foreplay

· Biological: Couples need to indulge in foreplay for it causes erection of both the penis and the clitoris. An erection is crucial for it enhances penetration and orgasm among women. Therefore, it creates the best conditions for biological activity. Besides, foreplay elicits wetness making penetration easier for the couples. Lack of vaginal wetness is associated with painful intercourse and bleeding.

· Psychological: Foreplay is known to instill a feeling of care and security among couples. Failure to make foreplay makes your partner feel neglected and denied emotional assurance. The concern of your partner's feeling before sex serves as an indicator that you are not in for selfish gains but mutual pleasure.

Types of Foreplay

Foreplay is the ultimate time to build tension and sexual chemistry between partners. If you lack mind-blowing sex, you should focus on foreplay. Notably, sex is more realistic and complex than what television and movies show. For that reason, when you intimately touch, smell, hear, and taste your partner, they would argue it as better than penetration.

The following are types of foreplay that you should work before sex.

1. Sexy Materials: You could practice foreplay at any time and manner. You do not have to be naked to engage in foreplay. When at home or work you may watch a sexy movie or read sexy materials. These materials could help you maintain orgasm for hours.

2. Undressing: If you usually take off your clothes before sex, then you might be missing a lot of foreplay. Having your fingers hold your partner's outfits and graze on their body as you undress them is highly stimulating and arousing. Depending on how sensitive they are, you might witness them getting goosebumps.

3. Vagina stroking: It involves how you put your hands down there and caressing on her pants and panties. Light strokes on the region make her wet and stimulated for sex.

4. Kisses and caressing: Though kisses do not lead to sex, most sexual activities involve kisses and touching. As part of foreplay, kisses should start slow and intensify gradually. Kisses on the neck and boobs are most arousing for women.

5. Boob Action: Teases made on their breasts arouse women. Therefore, you should suck, kiss and rub them, taking advantage of the sensitive nerve ending in the nipples. The foreplay should be done with moderation to avoid hurting your partner.

6. Dry Hump: It involves gently grinding on your partner. It can happen when naked to show how moody you are. The foreplay plays a significant role in heating the moment for intercourse.

7. Breathing: Yes, you are right; your breath arouses and stimulates your partner, especially when done on sensitive areas such as genitals and neck. In this case, bad breath would be counterproductive.

8. Hands-On: Your hands are a piece of efficient equipment when it comes to foreplay. You should use them to grab your partner's breasts, rub their hair, and thighs. In short, use your hands to explore your partner's body unless they say no.

9. Oral: If you are okay in giving oral, you should incorporate it into your foreplay routine. Be a little bit gentle by teasing, sucking, and licking the clitoris and allowing time.

10. Labia love: As a highly ignored part, labia have numerous nerve endings that are perfect for arousal and stimulation. You can massage them slowly or hold them gently between fingers.

11. Ass: If you and your partner are into stimulation through the anus, then you should try it out effectively. The most ignored nerve endings in the anus cause sexual stimulation, especially if gently licked.

12. Multitask: You may incorporate all of these techniques and concurrently make different moves. With the perfect combination, you make your partner fantasized with enjoyable sexual stimulation

How Do I Give Mind-Blowing Foreplay?

The list of foreplay techniques proves that the activity is a real deal when it comes to sexual arousal. Similarly, mastering the best and most applicable to your partner is a significant step towards sexual satisfaction. You may

learn the best technique, but wrong application of foreplay may be counterproductive to both partners. For that reason, it is advisable to understand the following steps when going for foreplay.

· Relax: Although partners have different timeframes to achieve orgasm, it may take about 3 minutes and twenty minutes for men and women respectively. So, you should take your time and allow time to climax.

· Make it gradual: You should start the foreplay with the areas away from the genitals with slow stimulation. With hot breaths, kisses, stroking, you are sure to achieve orgasm once you hit the spot.

· Caress gently: You should make progressive touches on the less apparent spots of your partner's body, such as buttocks and inner thighs. You should delight the nipples with light feathery touches. In the same way, you should gradually approach the genitals from the outer layers as you move inner.

· Adjust Stimulation: An ongoing touch on nerve endings reduces their sensitivity. Therefore, you should vary strokes from light to strong and move from one spot to another.

· Seek Feedback: Most partners feel shy, asking for what they want in foreplay. However, they appreciate it when asked if they enjoy the foreplay. With questions like "How does it feel?" there is good communication and willingness to please a partner. The practice promotes intimacy and enjoyable sex.

· Practice: You should indulge in foreplay without penetration to know your partner and lead them to repeat orgasms. Continued engagement in

other forms of sexual interaction acts as an eye-opener in your sexual horizons.

Sex may hurt if your partner is not ready. Foreplay acts as a preparation for enjoyable sexual intercourse. Ensure that you apply the foreplay that best fits you to avoid accidents and incidents.

## Erotic Massage

Our bodies have tremendous capabilities to experience pleasure through the five ordinary senses. Above all, the sense of touch is explored to attain exquisite joy, especially in intimacy. If you are in a loving relationship, erotic massage is a means you could use to stimulate each other. Chiefly, touch, and massage is a powerful tool for sexual foreplay. The erotogenic aspect of the human body aids in receiving the tactile massages of desire, love, and tenderness. At the same time, the soul and emotions become nourished.

Benefits of Erotic Massage

Whether you are giving or receiving the massage, you should dissolve into your space and learn to do it without criticism. That way, you rest assured to experience the following benefits from the feeling of touch.

1. Facilitates orgasm: Erotic massages are mostly meant to cause sexual stimulation. As a result, men experience erection while women get wet and moody. These are body responses to allow for perfect intercourse.

2. Enhances Relationships: If you would like to see your relationship blossom, then you need to incorporate erotic massage in your foreplay. The practice requires you to be emotionally open and conscious. Consequently, you develop a mutual connection that promotes your relationship.

3. Relieves anxiety: Your body has endorphin that allows muscle relaxation after the massage. The relaxation helps reduce stress and anxiety, making it a perfect after-work must do.

4. Fights Inflammation: Erotic massage is ideal in improving your muscle health and joints. It relaxes and stimulates aching and overworked muscles. Your body becomes flexible and refreshed to proceed with the daily routine.

5. Tone the Skin: Erotic massage cleanses your skin by rubbing it gently and unblocking pores. You remain clean as you wipe unwanted layers. Incorporation of massage oil plays a significant role in reviving the natural tone of your skin.

6. Improves Blood Circulation: During the massage, the blood flows throughout the body to meet the threshold for sexual stimulation. The heart pumps in moderation as the relaxation enhances circulation.

7. Relaxes Muscles: As you receive the message, your body experiences gentle and frequent muscle contractions. The process of compressing the muscles is vital in correcting rigid tendons.

8. Regulates Hormones: Massages are known to cause pleasure and stimulation. Specifically, erotic massage helps in boosting your moods and urge. Further, the massage improves your immune system, thus improving the ability to fight infections.

## What You Need

Before indulging in the act, itself, you should first recall a previous massage session. Create an atmosphere that surpasses what you experienced. In most cases, couples would need to take a warm shower to help relax muscles. The following preparations are crucial in making your room a haven of seduction.

· Get Rid of Distractions: The most crucial thing about erotic massage is that it works miracles in a quiet and peaceful place. Therefore, you should settle and focused on the activity while avoiding interruptions. Notably, the requirement includes all sorts of distractions, whether physical or psychological.

· Lighting: Erotic massage is perfect when done in relatively dim light to create an ethereal atmosphere. For that reason, you should set sources of dim light such as candles to make it warm and cozy. You should apply proper caution as you may be prone to burns.

· Fragrance: Scents play a significant role in influencing a person's moods and memories. The application of essential oils and incense sticks provide a therapeutic and pleasant fragrance.

· Music: Music is also an important part, especially if it is suitable for erotic massage. It should create a spa atmosphere and should even flow in a sexual and soothing mood.

· Temperature: While most couples may prefer a naked erotic massage, the room temperature should be regulated accordingly. You may use a warm sheet to keep your partner comfortable during the massage. Room temperature would be preferable but might be subject to change depending on your adaptation.

## How Is It Done?

You should start with gentle touches as you build comfort and confidence with the process. Your partner should help you in deciding whether to start with the hands or feet. The fact that sensual massage acts as foreplay means that you should feel free to seduce your partner. Therefore, you are required to increase physical contact for great feelings of intimacy. Feel free to massage the whole body and pay close attention to nerve endings. Application of techniques serves as a powerful gift that is pleasurable, intimate, and demonstrates selflessness.

## Types of Erotic Massage

In addition to releasing stress and tension, erotic massage can also help you focus on the pleasurable sensation. In most cases, these forms of massage end up in ejaculation or orgasms.

1. Soapy Massage: It starts in the shower when naked couples rub soap onto one another. The soap aids in giving a smooth massage as well as cleaning them for further massage or sex.

2. Duo Massage: It mostly involves two people giving and receiving luxurious massage. Both the giver and the receiver apply oil on their bodies for a perfect body to body massage.

3. Prostate Massage: This form of massage aims at stimulating the prostate glands mostly believed to be a man's emotional, sacred, and sexual spot. Stimulated prostate releases psychological and physical pressure that creates an intense experience.

4. Lingam Massage: It involves honoring the stimulation and sensations of the penis through massage. It includes gentle touches on the testicles, shaft,

and the perineum. It is meant to create sensual stimulation from a thorough genital massage.

5. Yoni Massage: Such as the lingam, Yoni involves loving, respecting, and honoring vaginal stimulation through massage. A relaxed yoni massage helps create acceptance of the sexual feelings experienced. This type of erotic massage is beneficial, especially if you want to release sexual issues such as sexual pain and anorgasmia. It is known to build trust and respect in relationships.

Erotic massage is vital in your foreplay, for it allows you to influence your partner's sexual desires. You develop a mutual concept when you exercise different forms of erotic massage. However, you should be careful and deliberate not to mistake a tickle for a massage.

## Learning to Make Love

As a couple, you may have similar desires and wants, but the sequence required may differ. In most cases, men are known to take less time to achieve sexual stimulation as compared to women. If you are inexperienced in making love or seem to be unskilled, you need to understand what making love entails. How you approach your partner as well as the way you handle the situation plays a significant role in achieving orgasm. It would be advisable to research what you could be doing wrong if your partner complains of sexual dissatisfaction. Similarly, you could explore additional information on ways to make your lovemaking livelier and more enjoyable. The following detailed steps to step guide will help you on how you could be a pro in making love.

1. Nurture your self-esteem: Appreciating your personality and character is the initial point where you develop an excellent reflection about yourself. You should explore your thoughts honestly and openly to identify the aspect that could be hindering you from attaining your full potential. Similarly, you realize your strengths and weaknesses are making it easier to gauge your potential and select tasks. This way, you will be able to relieve yourself of the things that cannot be changed as well as those that are from the past. Notably, this process requires ample time to internalize the steps you need to take to get rid of negative interactions that always drag you behind. It may even entail adjusting your environment and finding time to do what you enjoy. The critical aspect of improving your self-esteem is embracing change. As it may be difficult in the initial stage, you need to be patient and perseverant to achieve the benefits of being a confident, healthier, and happier person.

2. Improve Your Lifestyle: After developing high self-esteem and making the right moves to understand yourself, you remain qualified to build a healthy love life. As you explore those various aspects that will offer guidance on your dating life, you need to keep on developing your confidence and selecting a reasonable target. You will realize that making love involves flirting, teasing, and providing compliments as you aim to take your partner to the bed. Developing your intimacy skills will play a vital role in arousing your mind, which then makes you anticipate a gentle touch and intimacy. Besides, you should note that how you present yourself is an excellent determinant of the partner you win and their perception about you. Therefore, you must get a life and begin to make natural moves of seduction and arousal.

3. Understand What It Is to Make Love: This is an essential part of making love for you might mistake making love for sex. If you do not see any difference, then you might not have experienced it. Sex is familiar to everyone and involves biomechanical and instinctive intercourse. On the contrary, lovemaking is all about the art of sensual and slow romance. Lovemaking is meant to create a connection between partners. The motivation for lovemaking differs from that of sex. Lovemaking is a complex act of expressing love and satisfying your partner. It is an activity where your body, soul, and mind are equally involved in getting to each other's heart. The openness associated with lovemaking allows all forms of communication, leaving no room for wandering. Lovemaking starts long before intercourse and may continue after that. For that reason, you should consider lovemaking as an emotional activity but not just undressing and romping on the bed.

4. Pick Perfect Location: Lovemaking should happen in a place where you feel comfortable and undistracted. Therefore, you should ensure that the site

you choose for lovemaking is romantic. If you would like to make it more personal, you could select a comfortable room in your house where you are aware of the environment. Be creative while choosing your location and consider aspects such as weather and your partner's preference. Also, the temperature of your preferred location should be in line with the activity ahead as too warm or cold could make it a mess. Remember to put away all forms of distractions to avoid losing the true meaning of making love.

5. Set The Mood: If it is your first time to make love, you need to be sure and comfortable about what you are about to do. Ensure that you are aware of what is about to happen and decide on what outcomes you expect. Similarly, make the ambiance conducive and appropriate for lovemaking. When you are in for it avoid being silly or making tasteless jokes thinking that your partner likes it. Instead, settle on a romantic atmosphere where everything you do aims at soothing them and causing sexual stimulation. With this course, your partner will feel appreciated, safe, and cherished through cuddling and gentle touches. Setting the mood may also involve sexy details such as dirty words, music, movies, dim light, and lingerie. When the attitude is right, you will tell from the responses you get from your partner as well as your body reaction.

6. Focus on Foreplay: It is worth noting that lovemaking starts way before sex hence the importance of engaging in stimulating foreplay. It is the best moment to put off the fears and doubts about yourself or your partner. Besides, foreplay prepares your bodies for sex, especially when done accordingly. Notably, men may experience different feelings during foreplay, and it is essential to ensure that you please your partner by customizing various forms of foreplay. Most women like it when their partners take time during foreplay and incorporate stimulating touches. You should not be in a hurry or skip foreplay for it is pleasurable and makes

your partner submit unconditionally. Ensure you observe your partner's reaction to the different techniques you apply so as not to hurt or annoy them. Making love aims at pleasing your partner as you enjoy too. Be selfless and make them feel pampered, unique, and loved. The selflessness reciprocates, and you should rest assured that it creates a memorable event for both of you.

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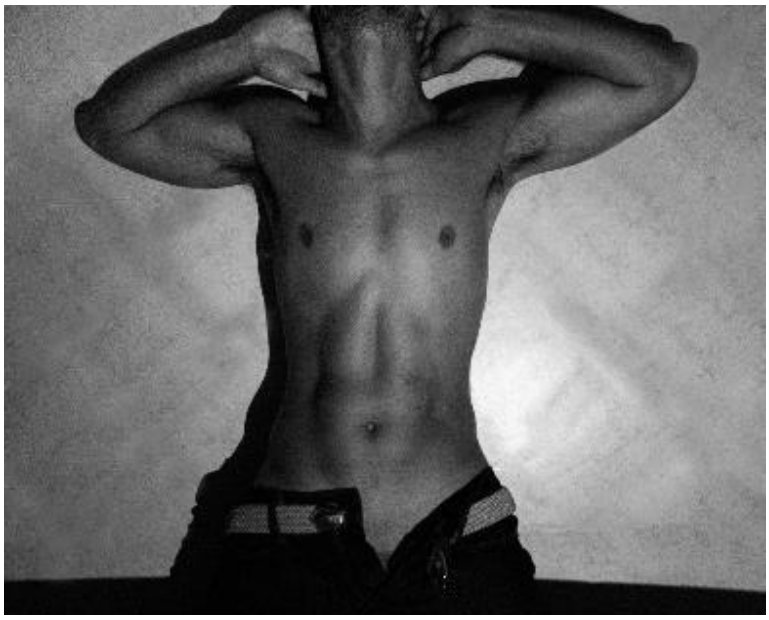
Making love is experienced after your mind and body develop feelings and intimate emotions. It is an act that brings you closer to your partner, both emotionally and physically.



# Chapter 3 Physical Intimacy

Physical intimacy isn't simply bouncing into bed with somebody. Here's the meaning of physical intimacy just as hindrances to physical intimacy and approaches to beat them. Physical intimacy involves both exotic and sexual action ordinarily between two people and the sharing of responses, contemplations, and feelings that are engaged with these exercises.

It is conceivable to be physically intimate with somebody without really touching the person in question; in any case, a specific nearness is important. For example, nearness and supported eye to eye connection is a type of physical intimacy. When there is nakedness, yet at the same time no contact, the level of physical intimacy is elevated. For example, there is a game where a couple may attempt to perceive how close they can get to one another without really contacting them. Another game includes running hands along with the shapes of an individual's body without contacting the person in question. These methods regularly uplift sexual excitement. At the point when an individual enters another person's close to home space to be cozy, it is physical intimacy, paying little heed to the absence of genuine physical contact.

There is the general subject of a personal relationship. There is an understanding that every one of these things can be joined in the intimacy between two individuals further their relationship develops. Physical associations like sex and passionate associations likewise involve love and relational relations.

Genital connections exist between two individuals with physical or passionate intimacy. While the term genital relationship generally suggests the consideration of sexual movement, the term is likewise used to

demonstrate an association with something beyond sexual activity. Genital connections keep up a key job in the general human experience since they include passionate associations with others. This might be a sentiment, physical or sexual fascination, sexual movement, or enthusiastic help, while additionally helping individuals create solid relational associations.

All in all, the inquiry exists, "Are sex and intimacy various things?" We may likewise ask, "Would you be able to have one without the other? Or on the other hand, does one lead to another?" There are many clashing conclusions on the jobs of sex and intimacy inside and outside of connections. Since no two individuals have similar thoughts on sex, there is no limited response to any of these issues. In a customary structure, sex involves long haul duty or marriage, trailed by enthusiastic intimacy and multiplication. However, in an inexorably indiscriminate society, the association among sex and intimacy can be a shaky one.

Physical intimacy is portrayed by companionship, non-romantic love, sentimental love, or sexual action. While there are a few distinct sorts of intimacy, physical intimacy is just one of those. It is frequently about sex, however substantially more. Association and correspondence with others around us manufacture physical intimacy and frequently, fascination in somebody of the contrary sex is the key pointer of physical intimacy.

The incorporation of physical intimacy in human sexuality is another factor that requires thought. It is accounted for that the vast majority want physical intimacy or something to that effect at any rate sporadically, being that it is a characteristic piece of human sexuality. Since this is frequently exotic contacting of any kind, it requires a passageway into another's close to home space, while it might be a passionate or sexual act anyplace from an embrace to a kiss or sex. Enthusiastic or erotic contact of this sort helps in

the arrival of oxytocin, dopamine, and serotonin, which diminishes pressure. Likewise, without physical intimacy, there are expanded sentiments of depression or pity.

There are essential definitions that accommodated the meaning of physical intimacy, particularly including the meanings of different words that are a piece of the physical demonstrations of intimacy. While a significant number of the ones that are essential definitions are not genuine sex, they are as yet contacting and physical communication.

It could be a few things or action words; most regularly stroke or caress. There are additionally the equivalent words that portray these words including stroke, nestle, caress, grasp, embrace, cuddle, pet or pat. It appears to differ to and for, particularly since there can be the incorporation of physical and enthusiastic intimacy as a piece of a genital relationship, making it not really an inclination or activity of its own.

While the different meanings of physical intimacy appear to reference sexual activities or enthusiastic cooperation or the like, that has all the earmarks of being increasingly explicit of "physical." This is considerably more about contacting, regardless of whether it be passionate or arousing, suggesting that "physical intimacy," in general, concentrates substantially more on the first of these two words.

Meaning of Sexual Passion

Presently, this might be as basic as solace with individual warmth or with open presentations of fondness as a result of the degree of intimacy that has created between two individuals. There is likewise the topic of whether there is sex or sexual enthusiasm without feeling or love, and whether it very well may be kept up.

Curiously enough, when searching for the meaning of sexual enthusiasm, a significant number of indistinguishable references from physical intimacy showed up in various lexicon areas. One extra notice is that of "friendship," something that is of expansion to the physical contacting and intimacy that accompanies the feelings being communicated. While "friendship" and "love" are not totally the equivalent, this shows there might be something more enthusiastic about the energetic side of this word mix.

Individuals who are close and natural are increasingly open to entering each other's close to home space and taking on physical contact. Contingent upon the relationship, open showcases of friendship may differ dependent on the social standard in which they get themselves. These presentations can run from straightforward motions like a kiss or embrace to a grasp or clasping hands. While this might be a basic welcome, there might be long haul contact or friendly grasp kept up in the open space when these two individuals are very alright with one another.

At that point, there are strategies for contact that are kept up in a genital in a progressively cozy relationship. As two individuals become more like each other they are calm and can show types of affections when together including:

- Cuddling
- Caressing
- Tickling
- Massage
- Touching or interweaving of legs

These occasions don't require sexual action to have enthusiasm or intimacy, however, this would almost certainly demonstrate that it's anything but an

explicitly energetic relationship. And when two individuals are hoping to keep up kinship, it is more probable they will adhere to an embrace or kiss on the cheek to show care or friendship that isn't explicitly energetic.

Along these lines, physical sexual intimacy can fluctuate in the definition. A few people are more explicitly enthusiastic than others and can bring that degree of intimacy into a sentimental relationship considerably more effectively. There is additionally the way that every individual sees sex, in any event, a marginally extraordinary way, and usually, people address sexual intimacy and enthusiasm in an unexpected way.

Is there a difference between sex and intimacy, or one without the other?

Sex without adoration or intimacy is an inquiry that exists at the center of any solid relationship. Since there is the estimation of sex between two individuals who have a genital or adoring relationship, there is additionally the significance of characterizing every single distinctive bit of the relationship. General intimacy includes knowing somebody profoundly and the capacity to feel totally open, free and legitimate with them. This is something that is normally just felt or experienced with one individual, as this nearby intimacy is too hard to even consider having with numerous individuals.

In this way, sex in an adoring or cozy relationship will, in general, be the physical epitome of those emotions. The perfect hypothesis is that this physical intimacy is to be a cherishing association between the two individuals in a relationship. Both of them inside a relationship is along these lines interconnected: physical intimacy fabricates sexual enthusiasm, and sexual energy constructs sexual intimacy.

There is the capacity to isolate sexual enthusiasm from physical intimacy also. This is if sex is only a physical demonstration, particularly when it

happens outside of a relationship. Inside a relationship, sex is the most personal act, yet there are various events when this demonstration can happen. It very well may be a physical demonstration that happens without assent (assault), a demonstration that is paid for (prostitution), or a straightforward physical trade (one-night stand).

State that we consider the one-night stands that anybody takes on following a night of drinking or celebrating with companions. Any man or lady can appreciate a night of sex without adoration or intimacy, as a rule when there is physical fascination or the fundamental want for happiness regarding sex. It is regularly a mental inquiry of the distinction between these two, and the general cozy and helpless demonstration of offering yourself to another in sex, which would associate both sex and intimacy once more.

When the assurance of sexual energy or physical intimacy is made, there then comes the subject of sex or having intercourse. With this having been a solid discussion for significant stretches of time, there is the possibility to comprehend this is an autonomous choice to be made. Or if nothing else this would be the chosen term between the two partners who have set up their cozy, sexual relationship.

Since regardless of the term utilized, sex is constantly a physical demonstration and should be possible without intimacy. In any case, there is the potential for the love or intimacy engaged with this demonstration to be a degree or level of association-related between the two partners included, making it something that turns out to be increasingly genital or progressively a type of lovemaking as their relationship develops after some time.

It is likewise essential to recall that adoring and cozy couples now and again can't engage in sexual relations or decide not to do as such. There can

be ailments that counteract sex, making the physical intimacy in their relationship something of a milder level. This doesn't dispose of the enthusiasm or fascination they feel for each other. It likewise doesn't expel different types of physical intimacy and contact, or quality time spent together to express their affection and feelings for each other.

Instructions to Build Physical Intimacy with Your Partner

At the point when a relationship is all gleaming and new, it's just normal to feel like you can't keep your hands off one another — however, in case you're planning to take care of business with your partner, it's beneficial to make sense of how to fabricate physical intimacy in your relationship that will last past that underlying science. For a relationship to really flourish, it's so imperative to remain associated with your partner (both explicitly and inwardly) and that is something that will require dynamic exertion from the two partners. The result? Rather than in the long run failing out, couples who work to fabricate a common feeling of intimacy will be glad and horny long after the sun sets on the special first-night stage.

A couple's physical intimacy doesn't remain consistent over the span of their relationship. Indeed, it diminishes once the 'special night stage' is finished and the relationship gets comfortable and agreeable, and after that returns to come and go. Despite the fact that this may not sound hot or fabulous, it is the characteristic course of connections. Keeping up physical intimacy takes work and won't simply happen naturally. And when couples disregard effectively chipping away at their personal life, it will dwindle out and out.

Indeed, it takes "work" to keep up a solid, dynamic sexual coexistence — however, what could be progressively enjoyable to chip away at? And when you need to become considerably nearer to your partner (and raise the

stakes in the room while you're busy), here are eight exercises you can attempt with your partner to fabricate your physical intimacy.

- Relax Your Bodies with Yoga

You don't need to be an ensured yogi to receive the rewards of doing yoga or pondering with your partner. Both are a simple method to get to know each other and associate while you loosen up your bodies and get profoundly and physically as far as I can tell yoga can be a magnificent method to be dynamic together. Because of its moderate pace and reflective nature, yoga permits you both to interface with your very own bodies and with one another.

- Try Mutual Masturbation

There's nothing more personal than watching a partner delight themselves, which is the reason common masturbation is something each couple should attempt an increasingly cozy practice that I prescribe to numerous customers is seeing each other self-joy One partner makes themselves agreeable on the bed/love seat/floor, and the other partner sits close by to watch them... The component of seeing is entirely important here, on the grounds that as individuals we ache for to be found in our most crude and unadulterated articulation - in our pleasure... As you're seeing them, see how they're contacting themselves, where they contact, what sort of weight they use and whether they use oil. This will give you brilliant bits of knowledge into how to delight them better.

- Join A Team Sport

In case you're a functioning couple, one fun approach to construct physical intimacy is to combine a group activity — it'll get your blood siphoning and help you bond. Combining a group activity... enables you as a team to

progress in the direction of a shared objective as you are getting a workout. It is clinging to be in a situation where you can express forceful emotions that are centered around beating the other group. Also, this opportunity, to demonstrate crude driving forces, can convert into energy in the room."

- Take Late-Night Walks Together

Physical intimacy doesn't need to be unmistakably sexual: in any event, something as basic as going for a time to walk inseparably each night can enable you to feel progressively associated with your partner. End the day together, strolling outside, turn in hand. Allow yourself to push off abundance vitality by the day's end, associate with the outside and one another. Numerous couples find that they have significant, concentrated dialogs on their walk or simply appreciate being quiet together. These strolls bring about the more profound passionate association which assumes a focal job in sexual want.

- Discussion About Your Turn-Ons

One straightforward approach to improve physical intimacy in your relationship. Plunk down outside the room and converse with your partner about your sexual coexistence: what turns you on, what wrinkles you need to investigate together, and what sexual recollections you discover super-hot.

"Discussing sex can be troublesome; it's not something the vast majority of us grow up talking about straightforwardly," Fisher says. "Discussing sex during sexual intimacy can be significant all the scarier. So pick a day during the week... what's more, talk around three things: something you delighted in that your partner did explicitly; something that you'd like to appear as something else (this can be sharing something you did together that you didn't care for, something new you might want to attempt, or

something you might want to accomplish more or to do somewhat another way); and something that you acknowledge or appreciate about your partner."

- Practice "Body Worship"

One significant part of structure physical intimacy with your partner? Becoming acquainted with and effectively indicating thankfulness for one another's bodies (both inside and outside the room).

In view of tantric practices, this includes one partner effectively concentrating on giving joy, while the other partner works on getting consideration and delight. The dynamic supplier first sets up an agreeable, bolstered position in a sheltered situation for the beneficiary. The provider at that point investigates an assortment of touch, beginning in non-erogenous zones, and later blending in and rotating erogenous touch and non-erogenous touch. This enables partners to find out about one another's bodies.

- Give Each Other Massages

You most likely didn't require a reason to demand backrubs all the more regularly, however, it's as yet incredible news that you can utilize erotic massage to improve your sexual coexistence and physical association with your partner.

Intimacyerotic massage is a magnificent method to unwind and get in a state of harmony with one another. It's a simple erotic massage that couples can alternate doing that can significantly expand their association and sexual coexistence. For the individual giving the erotic massage, it causes them to increment their capacity to detect how their partner reacts to

various sorts of touch. It likewise helps the individual accepting the erotic massage upgrade their capacity to feel being contacted.

And when exotic erotic massages are a touch outside your customary range of familiarity, that is ok: every couple will have various inclinations with regards to how they take a shot at their physical intimacy. At last, the only thing that is in any way important is that you and your partner are both ready to demonstrate your adoration for one another — both in and outside of the room.

# Chapter 4 Practical An Erotic Massage Advice

Our bodies have tremendous capabilities to experience pleasure through the five ordinary senses. Above all, the sense of touch is explored to attain exquisite joy, especially in intimacy. If you are in a loving relationship, erotic massage is a means you could use to stimulate each other. Chiefly, touch, and massage is a powerful tool for sexual foreplay. The erotogenic aspect of the human body aids in receiving the tactile massages of desire, love, and tenderness. At the same time, the soul and emotions become nourished.

## Benefits of Erotic Massage

Whether you are giving or receiving the massage, you should dissolve into your space and learn to do it without criticism. That way, you rest assured to experience the following benefits from the feeling of touch.

1. Facilitates orgasm: Erotic massages are mostly meant to cause sexual stimulation. As a result, men experience erection while women get wet and moody. These are body responses to allow for perfect intercourse.

2. Enhances Relationships: If you would like to see your relationship blossom, then you need to incorporate erotic massage in your foreplay. The practice requires you to be emotionally open and conscious. Consequently, you develop a mutual connection that promotes your relationship.

3. Relieves anxiety: Your body has endorphin that allows muscle relaxation after the massage. The relaxation helps reduce stress and anxiety, making it a perfect after-work must do.

4. Fights Inflammation: Erotic massage is ideal in improving your muscle health and joints. It relaxes and stimulates aching and overworked muscles. Your body becomes flexible and refreshed to proceed with the daily routine.

5. Tone the Skin: Erotic massage cleanses your skin by rubbing it gently and unblocking pores. You remain clean as you wipe unwanted layers. Incorporation of massage oil plays a significant role in reviving the natural tone of your skin.

6. Improves Blood Circulation: During the massage, the blood flows throughout the body to meet the threshold for sexual stimulation. The heart pumps in moderation as the relaxation enhances circulation.

7. Relaxes Muscles: As you receive the message, your body experiences gentle and frequent muscle contractions. The process of compressing the muscles is vital in correcting rigid tendons.

8. Regulates Hormones: Massages are known to cause pleasure and stimulation. Specifically, erotic massage helps in boosting your moods and urge. Further, the massage improves your immune system, thus improving the ability to fight infections.

## What You Need

Before indulging in the act, itself, you should first recall a previous massage session. Create an atmosphere that surpasses what you experienced. In most cases, couples would need to take a warm shower to help relax muscles. The following preparations are crucial in making your room a haven of seduction.

· Get Rid of Distractions: The most crucial thing about erotic massage is that it works miracles in a quiet and peaceful place. Therefore, you should settle and focused on the activity while avoiding interruptions. Notably, the requirement includes all sorts of distractions, whether physical or psychological.

· Lighting: Erotic massage is perfect when done in relatively dim light to create an ethereal atmosphere. For that reason, you should set sources of dim light such as candles to make it warm and cozy. You should apply proper caution as you may be prone to burns.

· Fragrance: Scents play a significant role in influencing a person's moods and memories. The application of essential oils and incense sticks provide a therapeutic and pleasant fragrance.

· Music: Music is also an important part, especially if it is suitable for erotic massage. It should create a spa atmosphere and should even flow in a sexual and soothing mood.

· Temperature: While most couples may prefer a naked erotic massage, the room temperature should be regulated accordingly. You may use a warm sheet to keep your partner comfortable during the massage. Room temperature would be preferable but might be subject to change depending on your adaptation.

## How Is It Done?

You should start with gentle touches as you build comfort and confidence with the process. Your partner should help you in deciding whether to start with the hands or feet. The fact that sensual massage acts as foreplay means that you should feel free to seduce your partner. Therefore, you are required to increase physical contact for great feelings of intimacy. Feel free to massage the whole body and pay close attention to nerve endings. Application of techniques serves as a powerful gift that is pleasurable, intimate, and demonstrates selflessness.

## Types of Erotic Massage

In addition to releasing stress and tension, erotic massage can also help you focus on the pleasurable sensation. In most cases, these forms of massage end up in ejaculation or orgasms.

1. Soapy Massage: It starts in the shower when naked couples rub soap onto one another. The soap aids in giving a smooth massage as well as cleaning them for further massage or sex.

2. Duo Massage: It mostly involves two people giving and receiving luxurious massage. Both the giver and the receiver apply oil on their bodies for a perfect body to body massage.

3. Prostate Massage: This form of massage aims at stimulating the prostate glands mostly believed to be a man's emotional, sacred, and sexual spot. Stimulated prostate releases psychological and physical pressure that creates an intense experience.

4. Lingam Massage: It involves honoring the stimulation and sensations of the penis through massage. It includes gentle touches on the testicles, shaft, and the perineum. It is meant to create sensual stimulation from a thorough genital massage.

5. Yoni Massage: Such as the lingam, Yoni involves loving, respecting, and honoring vaginal stimulation through massage. A relaxed yoni massage helps create acceptance of the sexual feelings experienced. This type of erotic massage is beneficial, especially if you want to release sexual issues such as sexual pain and anorgasmia. It is known to build trust and respect in relationships.

Erotic massage is vital in your foreplay, for it allows you to influence your partner's sexual desires. You develop a mutual concept when you exercise

different forms of erotic massage. However, you should be careful and deliberate not to mistake a tickle for a massage.

## Learning to Make Love

As a couple, you may have similar desires and wants, but the sequence required may differ. In most cases, men are known to take less time to achieve sexual stimulation as compared to women. If you are inexperienced in making love or seem to be unskilled, you need to understand what making love entails. How you approach your partner as well as the way you handle the situation plays a significant role in achieving orgasm. It would be advisable to research what you could be doing wrong if your partner complains of sexual dissatisfaction. Similarly, you could explore additional information on ways to make your lovemaking livelier and more enjoyable. The following detailed steps to step guide will help you on how you could be a pro in making love.

1. Nurture your self-esteem: Appreciating your personality and character is the initial point where you develop an excellent reflection about yourself. You should explore your thoughts honestly and openly to identify the aspect that could be hindering you from attaining your full potential. Similarly, you realize your strengths and weaknesses are making it easier to gauge your potential and select tasks. This way, you will be able to relieve yourself of the things that cannot be changed as well as those that are from the past. Notably, this process requires ample time to internalize the steps you need to take to get rid of negative interactions that always drag you behind. It may even entail adjusting your environment and finding time to do what you enjoy. The critical aspect of improving your self-esteem is embracing change. As it may be difficult in the initial stage, you need to be patient and perseverant to achieve the benefits of being a confident, healthier, and happier person.

2. Improve Your Lifestyle: After developing high self-esteem and making the right moves to understand yourself, you remain qualified to build a healthy love life. As you explore those various aspects that will offer guidance on your dating life, you need to keep on developing your confidence and selecting a reasonable target. You will realize that making love involves flirting, teasing, and providing compliments as you aim to take your partner to the bed. Developing your intimacy skills will play a vital role in arousing your mind, which then makes you anticipate a gentle touch and intimacy. Besides, you should note that how you present yourself is an excellent determinant of the partner you win and their perception about you. Therefore, you must get a life and begin to make natural moves of seduction and arousal.

3. Understand What It Is to Make Love: This is an essential part of making love for you might mistake making love for sex. If you do not see any difference, then you might not have experienced it. Sex is familiar to everyone and involves biomechanical and instinctive intercourse. On the contrary, lovemaking is all about the art of sensual and slow romance. Lovemaking is meant to create a connection between partners. The motivation for lovemaking differs from that of sex. Lovemaking is a complex act of expressing love and satisfying your partner. It is an activity where your body, soul, and mind are equally involved in getting to each other's heart. The openness associated with lovemaking allows all forms of communication, leaving no room for wandering. Lovemaking starts long before intercourse and may continue after that. For that reason, you should consider lovemaking as an emotional activity but not just undressing and romping on the bed.

4. Pick Perfect Location: Lovemaking should happen in a place where you feel comfortable and undistracted. Therefore, you should ensure that the site

you choose for lovemaking is romantic. If you would like to make it more personal, you could select a comfortable room in your house where you are aware of the environment. Be creative while choosing your location and consider aspects such as weather and your partner's preference. Also, the temperature of your preferred location should be in line with the activity ahead as too warm or cold could make it a mess. Remember to put away all forms of distractions to avoid losing the true meaning of making love.

5. Set the Mood: If it is your first time to make love, you need to be sure and comfortable about what you are about to do. Ensure that you are aware of what is about to happen and decide on what outcomes you expect. Similarly, make the ambiance conducive and appropriate for lovemaking. When you are in for it avoid being silly or making tasteless jokes thinking that your partner likes it. Instead, settle on a romantic atmosphere where everything you do aims at soothing them and causing sexual stimulation. With this course, your partner will feel appreciated, safe, and cherished through cuddling and gentle touches. Setting the mood may also involve sexy details such as dirty words, music, movies, dim light, and lingerie. When the attitude is right, you will tell from the responses you get from your partner as well as your body reaction.

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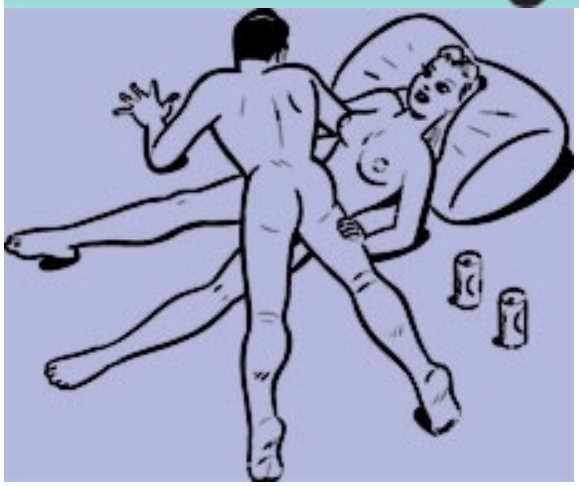


# Chapter 5 How To Rekindle Your Desire For Fire

Now that we understand intimacy and the different types of intimacy that can exist in relationships, we are going to look at how you can rekindle your desire for fire in your relationship and with your partner.

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

Female Sexual Anatomy

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

**The Clitoris**

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

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

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

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

**The G-Spot**

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

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

In order to give a woman pleasure by stimulating her G-Spot, you will need to press on it over and over again until she reaches orgasm. This can be done using your fingers, your penis or sex toys of a variety of sorts. We will talk about sex toys in a later, but for now we will look at the fingers and the

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

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

Male Sexual Anatomy

## The Penis

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

## The Testicles

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

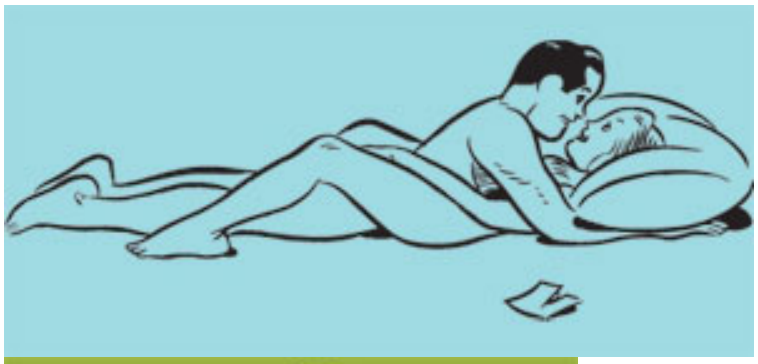
If you have ever had your testicles bumped in the wrong way, it definitely brought you a lot of pain for those few minutes afterward. Think of that level of pain but in terms of pleasure instead. This is what we want to

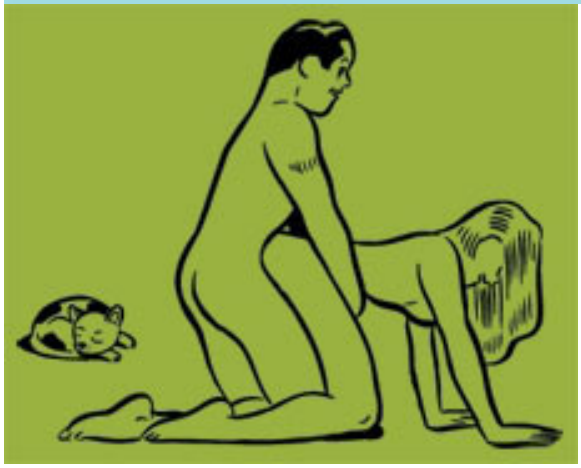
unlock for you in your testicles. This level of sensation, but in the reverse- intense pleasure instead of intense pain.

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

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

By understanding a little more about how the male and female sexual anatomy is laid out and how they each work, you will be able to better please yourself, please your partner and communicate to your partner about how best to please you. You are never too experienced to learn more and reviewing things you already know is never a bad thing! We are going to look at a few ways that you can set the mood and rediscover your partner's body as if it were the first time all over again, in order to rekindle your desire for each other.





# Chapter 6. Orgasm

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

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

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

The orgasm lasts only a few moments and then enters what is known as the resolution phase in which there is a general relaxation of the whole body, normalization of blood circulation and breathing, and with it a feeling of great placidity, tiredness, and even drowsiness.

The lack of control over ejaculation, as in the case of premature ejaculation, can make a man unable to reach orgasm. Similarly, many women confess not to reach it regularly and even never (anorgasmia). It is very important that the couple talks about it because experimentation and information can

improve their sexual practice and learn to control ejaculation in the case of men and enhance their excitement in the woman. Couples therapy can be a good option to solve this sexual dysfunction.

## How Are Male And Female Orgasms Different?

The female orgasm

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

These are the symptoms of female orgasm:

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

Contraction of the orgasmic platform.

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

## The Female Orgasm:  Keys To Reach It

The female orgasm is not only achieved through penetration. It is highly recommended to explore the female body to discover erogenous zones that facilitate the task. In the case of sexual intercourse, preliminaries, oral sex, and other pleasurable practices can be the perfect vehicle to achieve an unforgettable orgasm. Meanwhile, it is also essential:

- That your partner knows how to "work" better to "play" and experience things with you

to know oneself through self-exploration. So, if you want to enjoy your body and your areas of pleasure, try one of these useful toys.

1. Physical manifestations of female orgasm

During orgasm:

- the clitoris retracts,
- the vagina, the perineum and the uterus contract due to shaking
- the nipples harden
- the heart accelerates

the blood vessels dilate.

Everything is stimulated during this supreme pleasure with which women (and men, in their case) go mad. And it is normal because the orgasm involves secretion of endorphins, the molecule of happiness, which provides a feeling of unequaled well-being.

2. How to achieve a female orgasm

In general, most women achieve orgasm when they stimulate sexual areas alone or in pairs:

- Preliminary caresses: activate your brain preparing for the moment of intercourse. These movements increase the pleasure much more and reach orgasm before.
- cunnilingus: is one of the techniques that most excites women and that will favor that if you have anorgasmia you can get to reach orgasm.
- masturbation: whether you do it yourself or your partner will get the genital area excited more easily.

penetration: through the penis the woman also reach orgasm. It is one of the most essential parts that lead us to intercourse, to the female orgasm, and also to the ejaculation of man.

But the best way to reach orgasm is knowing the body of one. We have different erogenous points that are able to make us feel in the seventh heaven, but you have to find them!

The solution: start in the discovery of the body:

- alone or as a couple,
- with sexual toys

without them, to detect the most moving areas.

3. Different female orgasms

Vaginal orgasm: is achieved by stimulation of the Gräfenberg point or more commonly called "G-spot", located about 4 cm from the entrance of the vagina. It has a ball shape of less than one centimeter and increases in size with stimulation. It is located next to the bladder, so it is not strange that after a vaginal female orgasm we feel like going to the bathroom. To sensitize, stimulate it regularly with gentle and repeated pressures with the point of the finger or with the help of a sex toy. Try these toys if you want to get an incredible vaginal orgasm:

- Massager vibrator with 30 different modes.
- Chinese vibrating silicone balls with remote control.

Vibrator with heat effect for women.

Clitoral orgasm: is achieved by stimulation of the clitoris. That is a small button located between the lips, anterior to the vagina. It is accessed very easily. It is very sensitive. You can reach orgasm with delicate caresses. Here we leave you a few positions that will facilitate the pleasant task. These are the best sex toys to stimulate the clitoris:

- Satisfier Pro, clitoral sniffer.
- Clitoral massager with cunnilingus effect.

Vibrator clitoris massager.

4. The female orgasm, in figures

Clitorian orgasm: according to a study 95% of women come to him through masturbation and less than half, 45% share it with the male penis.

The vaginal orgasm: there are few women who manage to reach this orgasm. Only 30% have the pleasure of experiencing such pleasure. Although we all have a G-spot, we have to get "wake up" with multiple movements in this area. For this, there are positions that favor it: the missionary, with the legs of the woman on the back of the man or the greyhound, with which a deep penetration is facilitated.

5. Female multiorgasm is possible

Although for some it is only a fantasy, the truth is that multiorgasm exists and is easier to achieve than it seems. The key is in:

- know your own body,
- know what is possible
- put our mind on it,

- lengthen the sexual climax (many times we do not achieve it because our partner lasts less than we would like),
- go changing stimuli and erogenous zones

choose postures that really work with us

The Male Orgasm

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

These are the symptoms of male orgasm:

- Greater increase in heart rate.
- Increase in breathing
- Increase in blood pressure.
- The subjective sensation of the explosion of pleasure.
- Contraction of the penis, urethra, and sphincter.

Expulsion of semen abroad.

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

## The Male Orgasm:  Keys to Reach It

Ejaculating usually reduces the risk of cancer

Men who ejaculated more frequently (about 21 times a month) reduced their risk of prostate cancer by 20 %.  This benefit is since during the orgasm, different hormones are released, such as oxytocin (known as lowering blood pressure, for example).

The male and female orgasms are more similar than it seems

Despite the difference in orgasm between men and women, there is no variation between the duration and intensity of orgasm concerning sex. What does offer opposition is that the orgasms are different in each person and can be divided into two main types: the usual orgasm, the most common, consisting of about 6-15 high-intensity contractions for about 20-30 seconds or orgasm prolonged, in which regular contractions are experienced after the initial orgasm, which can last between 30 and 90 seconds.

Male ejaculation is as fast as ...

The average speed of a man's ejaculation is 45 kilometers per hour. Taking into account that Usain Bolt runner holds the record of 44.72 kilometers per hour, the rate of ejaculation is faster than the fastest man on the face of the Earth.

# Chapter 7 Oral Sex Techniques

Obviously, oral sex isn't a challenge. Yet, that doesn't mean there aren't a huge amount of shrewd approaches to make it progressively a good time (for everybody included). Much the same as the remainder of your sex normal, oral advantages from routinely blending it up. Thus, regardless of whether you have a feeling that you're giving/getting standard is stuck or you're simply continually attempting to improve all the horny parts of your life, here are 20 (truly, 20!) tips to ensure both of you are at indisputably the highest point of your oral game.

- Narrate the entire thing.

Truly, your mouth might be involved, yet when you have—ahem—an extra minute, tell your partner precisely what you're doing and how.

- Get innovative with positions.

Stir up your oral game by physically moving around and attempting new positions, much the same as you do in the remainder of your sexual coexistence. The more body parts that are noticeable all around, the better.

- Do it suddenly.

Regardless of whether you're exhausted as screw observing some narrative or just haphazardly got horny at the morning meal table, transform a commonplace circumstance into an incredibly exciting one with a quick oral sesh (consistently, obviously, with the full eager assent from your partner). A groove can likewise look like accomplishing energizing sex things consistently simultaneously/in a similar spot. Blend everything up by bringing your sexual coexistence into new and surprising spots.

- Bring in some toy assistance.

And when your mouth and hands are worn out (they do a great deal of work throughout the day, we get it!), or regardless of whether they're not, you both can and ought to acquire some nonhuman help. With your partner's consent, include a butt attachment or butt-centric dabs to raise the stakes.

- Put oral sex porn on in the background.

Not all pornography is made equivalent, and there are huge amounts of moral, very chill alternatives out there for the individuals who are so disposed to appreciate. Discover a flick you both like, perhaps watch for some new moves or tips, and after that get to it while the individuals onscreen are getting to it behind you.

- Utilize your breath.

Horse Simone, a guaranteed tantra instructor, says that utilizing your hot breath to animate nerve endings is a stunning method to increase foreplay before making a plunge. This works similarly too with fellatio as it does with cunnilingus. Next time you're going down on your partner, simply return a stage to inhale on their delicate parts before reaching. The anticipation will turn them on in manners you didn't know were conceivable.

- Attempt some light prostate play.

Without difficult inside prostate play through fingering or toys, did you realize you can likewise invigorate a person's prostate remotely? invigorating your person's perineum (situated between his butt and balls) by tenderly kneading him while going down on him.

- Kiss her outside her underwear.

With regards to cunnilingus, kissing your partner outside her underwear for some time until she's asking for you. Ladies need more opportunity to heat

up than men, and delicate contact is an extraordinary introduction.

- Don’t be afraid to be messy and show energy.

Despite performing fellatio or cunnilingus, it's excessively imperative to indicate energy. Consider it. The best-specialized ability on the planet doesn't make a difference if the provider appears to be exhausted, uninterested, or, much more dreadful, killed while going down on you. Kovacs prescribes vocal excitement, eye to eye connection, and grinning to demonstrate your partner the amount you appreciate satisfying them. It's additionally imperative to approve of chaos. Demonstrate your partner that you like having their delightfulness all over your face. That nothing about them doesn't turn you on and that you have a great time their enjoyment.

- Spread her labia.

Similarly of not being constrained. Along these lines, your partner has the space to approach the clitoris from all edges and sides. Normally, novices are extremely reserved about this, however, spread the labia wide, get in the folds, and sensation will improve." This is likewise great to remember when you're accepting cunnilingus. Try not to be hesitant to reach down and ~show yourself~ to your partner.

- Masturbating can enable you to make sense of what you like.

Indeed, a tongue is path unique in relation to a finger or a toy, yet recognizing what works for you when you're solo is, in any event, a decent spot to begin when clarifying what you need your partner to do when they're thigh-profound and all set. Do you like consistent weight or expanding weight? What about speed and pace?

- Get your entire body into it.

As suggested through a digital recording from the masters at Pleasure Mechanics, have a go at invigorating (or requesting that your partner animate) your entire body first, beginning from your legs and working internally toward your clitoris.

- Change it up toward the start.

As most folks draw near to orgasm, they commonly simply need you to continue accomplishing that one thing you're managing ceaselessly till they arrive. A touch of exhausting, yet whatever. Nonetheless, to develop expectations toward the start, you can take a stab at shaking up your daily schedule. Think rotating longer frozen yogurt style licks with increasingly customary full-mouth-over-the-peen sucking.

- If it’s difficult for you to concentrate on enjoying yourself, switch off the lights.

A stunning number of ladies’ experience difficulty giving up rationally and getting a charge out of oral sex when their partner goes down on them. Sound like you? Take a stab at keeping the lights off so you're less inclined to be diverted by your environment and bound to buoy off into prepared to-climax land.

- No, you don't have to deep-throat.

And when your partner is super into full-penis sensation, you can convey that effectively without deep throating. Try folding your hand over the base of his shaft and taking the remainder of him in your mouth. Or on the other hand, place the tip of your tongue on the top of your mouth. At that point let his peen hit the underside of your tongue. No choking compulsory.

- Furthermore, since the subject came up, you don't have to swallow either.

At the point when, where, and how your partner discharges during a blow job ought to be something both of you talk about and concur upon. You don't have to swallow truly ever, nor does your partner need to complete in your mouth by any means! You may discover it unbelievably hot to watch him finish somewhere else, on your body or his body—there are huge amounts of choices.

- He doesn't have to discharge for a blow job to be pleasant.

Many folks don't really need going down to be the principal event.54 percent of men like oral activity as foreplay alone. So, and when it feels like a specific BJ has run its course, change things up and take a stab at something different!

- Your hands can step up if your jaw feels tired.

You ought to never be doing anything in bed that feels awkward, however, in case, you're facing a touch of muscle weakness, attempt any of these handwork methods. Simultaneously, flick your tongue over the tip.

# Chapter 8 Tricks To Excite Your Partner

If we want to be able to live the dream relationship we want to have with our partners, we need to have a bright new approach. A bright new approach doesn't necessarily mean to leave everything behind; it's just the bad habits that consume our relationship and send it on a bad self-destructive path. Nevertheless, all those habits that our relationship had do not need to vanish. Together, we are going to examine some beneficial tips that can help your relationship. We understand that sometimes, it's not easy to come up with new ideas, especially if you think you have done it all; but no need to worry, if you find something on this list that you have done in the past, you can always try it again, especially if it is something that the two of you enjoy.

•Sleep together: This might sound a bit strange, especially if you and your partner always share a bed; but surprisingly, sleeping together is something not all couples do. The reasons why they don't sleep together might vary. The two main reasons why people do this is because their relationship is currently under a rocky situation and they want to be distanced from each other, or because something about their spouse's sleeping habits bothers them. If you and your partner are currently sleeping in separate rooms or beds, we encourage you to try and change this. Sleeping together is something so simple yet so meaningful. By sleeping together, you will notice how you will instantly have a change in your relationship, since sleeping together brings us big advantages in our sexual, romantic and physical life. Do not let something simple distance you from your partner. Sleeping together is one of the easiest things you can do while still spending time with your partner.

•Have sex regularly: There are different sexual acts and multiple ways to satisfy each other. Keep them in mind. Explore together. Do not see sex as a task you have to accomplish, but rather as an act that brings the two of you even closer.

•Leave jealousy behind: Whether you think you have the right or not to be jealous, it is not a good feeling, and it is something that can quickly escalate from thoughts into arguments. Jealousy can lead to many problems. It can turn us into insecure, controlling people. We need to be confident about our relationship. We need to be able to trust our partners. If there is something that made you feel this way or you are just naturally a jealous person, try to let them know about the way you feel in the way best possible, without throwing accusations or sounding angry. Just be honest with your spouse. Hopefully, you two can work things together and they can try to avoid situations that will make you feel this way and reassure you that you are the only one for them. However, it is important that you learn to trust your spouse. Do not try to control all of their actions. You can't prevent your spouse from talking to others and you can't expect them to hang out or speak only to you. They also have the right to live their lives. Don't give those jealous thoughts a place in your mind because jealousy can be very blinding. Do not jump to conclusions.

•Be comfortable with your partner: Ideally, you feel comfortable around your partner, but it's understandable that it is not the case for some people. For one reason or another, some people no longer feel completely comfortable around their partners anymore, to the point that they feel like they can't be themselves and cannot do what they want to do or say what they want to say. If this is the case for any of you, you need to try to learn to feel confident around your spouse once again. Our spouses are one of the people, if not the person we spend most of the time with. So, it is important

that we feel relaxed around them. Normally, if any of you have gotten to this point where it basically feels like you are spending time with a stranger, you need to try and reconnect; try to keep the friendship and the romance alive.

•Don't keep things secret from each other: Make sure to keep your partner informed about your life, plans, and projects. Make sure to put them into consideration when you are taking an important decision. Talk about your feelings. Communication and trust are some of the main ingredients you need if you want a successful relationship.

•Find activities to do together: It is highly important to spend time with your partner, but sometimes we need a little bit more than that. We have to make things exciting. So, a good way of spending quality time together while strengthening our relationship is to find activities that both of you enjoy. Going to the gym together, going for a walk around the woods, going to the cinema, finding a new skill to learn together, planning an interesting project, cooking, discussing trips, etc. There are so many things you can do as a couple; just find out what appeals to the two of you.

•Show how much you love each other: Last but not least; never stop showing your partner how much love you've got for them. There is nothing better than feeling appreciated by our significant other. Even in the hardest of times, if we feel loved, we can overcome anything.

More often than not, when an orgasm is achieved, it will be by one party or the other. It is fairly rare for both people to achieve orgasm at the same time. There may have been occurrences where this has happened for you and your partner, but it was likely not on purpose, and repeating it, if you tried, was probably quite difficult.

In this chapter, we are going to provide you with information on how you and your partner can work together so that you can orgasm together. If you have never experienced a mutual orgasm with your lover, it is definitely something for the record books. Many couples have heard about this but have never experienced it. By gaining some information, it is very likely that you will be able to climax together and share an experience that is unlike any other.

Having an orgasm at the same time as your partner will truly deepen your connection. It is likely you will be more in love with them than ever before when you can experience something like this. When our bodies orgasm, they release hormones; if this occurs at the same time, it will help both of you become more in tune with the other. It cannot only enhance your sex life but also your relationship.

One thing you definitely want to keep in mind is that it takes women longer to reach orgasm than it does men. By implementing extra foreplay, you can make it easier for your lady. Obviously, clitoral stimulation is a great way to help her achieve orgasm more easily. One way to provide extra sensation to her clitoris is for her to cross her legs while you are in just about any position. It will slow things down, which will make him last longer, and it will also allow his pelvis and member to stimulate the clitoris.

A big part of reaching orgasm together is to slow everything down. Men tend to reach orgasm when they have deep penetration and arrhythmic style of stimulation. If you notice he is getting close, the best thing you can do is limit his level of penetration and slow everything down to a turtle’s pace. The female will likely want to be the one in control of this as when he is close to orgasm, he may not think about it. Communication is also going to play a role, make sure your partner is letting you know if they're getting

close. This will allow you to decide if you are close enough to make it to or if you need to slow things down and make the process longer.

Eye contact during intercourse is also critical. This is especially true if you are trying to orgasm together. When we are able to look into each other's eyes, it is a very intimate thing. It also gives off a very good set of nonverbal cues that allows your partner to understand when you are getting close to the climax. We have discussed the fact that eye contact can be a bit difficult to maintain, but with practice, it becomes easier. Taking the time to get comfortable looking into each other's eyes for longer periods of time can certainly make it easier for the two of you to orgasm at the together.

Allowing the woman to be in control is also advantageous. Due to the fact that her orgasm is going to take longer, allowing her to be in control will let her set the pace so that you guys have a chance of orgasming together. The best positions to do this would be ones like cowgirl or her straddling him on a chair. The motion that works the best for her will be able to be achieved in these types of positions. Additionally, they allow for easy clitoral stimulation. As we know, double stimulation for a female makes achieving orgasm a much simpler thing.

If simultaneous orgasm is the goal, you should never be afraid to stop. Obviously, when we are close to climax, simply stopping it while intercourse is still happening can be nearly impossible. So, if you notice your partner is getting close, but you still need more time simply stop the activity that is happening. Spend some time kissing, cuddling, and caressing each other. This can help to calm things down but still, keep your partner aroused. After things have settled down and orgasm is no longer ready to happen, you can continue having sex. This tactic can be implemented at any point during your lovemaking sessions.

Something that may take a little practice but can be super helpful is when men learn to do Kegel muscle exercises. Sure, this is a thing that most women are already doing to make sure that they have strong pelvic floor muscles and that they feel tight during penetration. Men have the same muscles on their pelvic floor. When these muscles are strengthened, they can help him last longer. If your man is about to reach orgasm, have him perform an extended Kegel muscle exercise and take a few deep breaths. More often than not, this will help the urge to climax subside. Additionally, the more he practices this technique, the better it will work.

Speaking of Kegel muscles, they can also be utilized by the female. If a woman performs Kegel muscle tightening during intercourse, it can help her reach climax faster. It helps to build arousal because of the increased blood flow to the area that these exercises cause. The feeling of this can also be quite stimulating for the man. So, the bottom line is, everyone should be doing Kegel muscle exercises inside and outside of the bedroom. They are a good variety of benefits to doing so.

The motions that you use during intercourse will also play a major role. Many men find that the in and out motion is what really gets them and allows them to reach climax easily. So, by switching up the motion so that it is rocking or grinding rather than thrusting in and out, you can make him last a lot longer, which will also give the female more time for her orgasm to build up. Rocking motions are fantastic as they also allow for clitoral stimulation regardless of the position you may be in. So, even if your hands aren't free, get to rocking and realize how quickly you can achieve orgasm together.

Don't be afraid to provide yourself with extra stimulation if that is what you need to achieve orgasm. This goes for the man or the woman.

Obviously, clitoral stimulation is always going to help a woman achieve orgasm more quickly but paying attention to other erogenous zones of the body can also be beneficial. Maybe your man has an extremely sensitive spot on his shoulder, or he is into anal stimulation by paying attention to these areas you can really get your partner going. Conversations and paying attention to each other can help you both understand the best ways to ensure that simultaneous orgasms can happen from time to time.

Another great thing to keep in mind if you are trying to orgasm together is that adding pressure to the base of a man's penis can help stop his orgasm in its tracks. Whether his female counterpart does it or he does it himself, trying to stop an orgasm can be made a bit easier by using this tactic. When you are truly in the moment, it can be a bit hard to remember, but it'll definitely be worth the time to implement this.

You must understand that if you are going to have a simultaneous orgasm with your partner, it is not going to be during a one-night stand. You need to really know the person and be able to read their cues to make it happen. When you understand their physical responses and how their body reacts prior to orgasm, it provides you with the information you need to stop or keep going. Mutual orgasms are a thing of trial and error. It is likely you will need to keep at it to make it happen and tweak things so that each time you get closer to it happening.

There is no rush in making this type of thing happen. It just takes practice and communication. Having a discussion about your sex session after it happens and figuring out what you can do to prolong the session to the point of you climaxing together is advantageous. Don’t get stressed out if you can’t make it happen right away, instead enjoy the time you get to spend with your partner trying.

Another trick that can help you achieve a simultaneous orgasm is almost as good as eye contact. We're talking about synchronizing your breathing. Synchronizing your breath with another person does take a bit of time. The best way to do it is in a position where the female's back is against the male's chest. This will allow her to feel him breathe and make her breathing pattern the same. It is amazing how intimate it is when you start to breathe in the same rhythm as your partner. By maintaining this matched breath achieving mutual orgasm is significantly easier.

Sometimes it's hard for people to find the words that they want while in the throes of passion. You can come up with a fun code for you and your partner so that there is a mutual understanding of how close to climax each of you is. You can do this with simple things like squeezing each other's hands, or the way you touch each other can change. It can really be quite fun coming up with the system, so the other one knows if you are only 50% of the way there or if you are right around the corner from achieving orgasm.

All in all, you need to remember that intercourse with your partner is supposed to be fun. It should not be a stressful situation. Sure, achieving mutual orgasm is something that everyone wants to experience, but it does take some time and practice. Stay calm and know eventually you guys will be able to get there together.

Once you have been able to climax together, it is likely that you are going to want to do it again. Trying the same tactics may be the best avenue to ensure that you can repeat the process. However, spicing things up and doing things differently each time can also be advantageous. It keeps both parties on their toes and can make having sex more fun in the long run.

# Chapter 9 Dominance and Submissive

BDSM stands for bondage, dominance, submission/sadism, and masochism. It has become a popular topic in recent years with mainstream TV and films depicting aspects of this practice that are often unrealistic and inaccurate. There are many misconceptions about BDSM and whether it is harmful or pleasurable. In general, it is a practice that can be experimented with on an occasional basis, but it can be extended into a regular event or full lifestyle. Many people from all backgrounds in life enjoy healthy, long-term relationships that incorporate BDSM in one or more forms. Whether it is light bondage and spanking or more elaborate role-playing scenarios with specific demands and desires being met, there are many variations to customize for pleasure.

To better understand the value and enjoyment that BDSM can bring into your sex life, let us consider some facts to debunk the most common myths about this practice.

All acts performed within the context of BDSM are consensual and fully discussed at length prior to engagement. There must be full agreement and explicit consent so that all parties, whether it is a couple, or more than two people involved, can experience the maximum pleasure possible.

The submissive is the person in a relationship or BDSM role who assumes the role of being dominated and submits to a master or dominant. Someone who takes on this position often enjoys or finds the act of submission to be sexually arousing and satisfying, as opposed to suppressing or oppressive, as some people may assume. The submissive can actually experience a sense of freedom in releasing themselves from control, allowing someone else, a trusted dominant, to relinquish that power.

The dominant is the person in a BDSM relationship or arrangement who plays the role of making orders or commands for their own pleasure or sexual gratification, as well as for the benefit of their "sub" or submissive. They are attentive and keen on the best interests of the submissive, even during the most intense activities, as everything is agreed upon and discussed beforehand.

A switch is a person who plays both the dominant and submissive roles, switching from one to another based on the scenario.

BDSM is built on a solid foundation of trust and communication. Without these key ingredients, there is no basis for a healthy BDSM relationship. In an ideal situation, the submissive signals when the session begins, when to take a break (if needed), and when they finish. A "safe word" is one way a submissive can signal to their dominant that they need a break or need to stop.

Consent is one of the most important aspects of BDSM. It must be explicit, and all parties involved must be enthusiastically willing to participate. Any sign of hesitation should be considered non-consent for the safety of the individual expressing it.

Most people who practice BDSM lead full, happy lives with families, careers and long-term marriages. It is often a misunderstood lifestyle that is wrongfully equated with abuse and mistreatment when the exact opposite is true (Wheeler, 2019).

Role-Playing and Beginning Your Journey into BDSM

Role-playing is one popular aspect of BDSM that allows partners to play the role of a dominant or submissive and as a more specific character or person. This could be as simple as dressing in a fancy dress with high heels

or a tailored suit and tie. For some people, wearing a more elaborate costume to resemble a fictional character or concept is another option. Trying new roles and ideas does not have to be complex or difficult, as this would only take away from the pleasure and enjoyment of the experience. If you are looking for ideas or suggestions to begin a journey into the world of BDSM, try one of these simple recommendations:

1. Buy a beginner's kit or guide to BDSM. These are usually found in adult stores and include a few items to get you and your partner started. The items or toys are easy to use. For example, handcuffs and ties are fastened with Velcro, making it easier to remove if you don't feel comfortable at first. These kits are designed to make the transition into the lifestyle easy.

2. Start with one technique at a time. Get your partner involved in a dialogue about which sensations you enjoy and why. For example, you might enjoy wearing tight, restrictive garments, or perhaps you would like to experiment with a paddle or crop for spanking. If bondage is an interest, try this on its own first, and only progress once you feel comfortable doing so.

3. Set limits and communicate often. If you want to restrict or expand boundaries within a session, make it clear to your partner, and encourage them to do the same. Do not expect your partner to guess what you want, as this can lead to misinterpretation and may result in crossing the line.

4. Never feel coerced. Do not force yourself into trying a technique or practice that makes you feel uneasy or unsafe. Some people have a high threshold for pain and enjoy the sensation of a hard strike, while others are sensitive to touch and would rather scale back the intensity of a spanking or avoid it completely.

5. Keep it light at first. Only try more involving techniques later when you both have a basic understanding and comfort level established. BDSM is based on trust and communication, and both of these elements are required to make it work successfully.

6. Join a group or forum. If you and your partner want to become acquainted with other people who practice BDSM, join a group or forum and ask questions. Explore and make new friends.

Communication is the heart and center of BDSM. Only engage in this practice with someone that you can trust and explore with safety.

# Chapter 10 Unlocking Sexual Fantasies and Fetishes

You probably have fantasies and fetishes you don't even know about.

They are lodged in there, in the deeper reaches of your subconscious, and simply haven't had a chance to expose them yet.

When I first started having sex, and for about a year and a half after, I had no clue I had a fantasy to dominate my partner. I didn't even know what that meant until it happened.

I didn't know that I would find it really hot to tie my partner up, and that my partner would find it really hot as well.

I didn't know that the thrill of getting caught while having sex in public would consume my thoughts for a period of time.

At this point in time, I don't have any strong role-playing fantasies. But I am completely open to them, even though my acting skills are crap.

And who knows, maybe I do have a powerful role-playing fantasy lodged in there somewhere. There's only one way to find out. I've got to try it.

So, how do fantasies arise out of our subconscious?

I have a theory that a lot of them come from the sexual ideas we were subject to when we were growing up.

I watched a lot of porn in my pubescent days, and as you watch more and more of it, you start going deeper and deeper into the rabbit hole. That may have had an impact on my sexual psyche, and I wouldn't be surprised if it's the same for many people.

If you grew up in a sexually closed-off environment, where you were shamed for expressing your sexuality, you may have been compelled to rebel against it, becoming more open-minded and experimental in the process. So, the experiences you had in your early sexual development may have had an impact on the fantasies and fetishes you have today.

If you can observe the fantasies you have today, try looking into your past and see if you can find their roots. It may help you understand why you have them, and in turn, help you understand your partner's fantasies and fetishes.

So, if fantasies reside in our subconscious, how do we unlock them?

I believe that the key to unlock these fantasies is made out of the trust you have in one another.

As this trust builds, your mind relaxes, opening the doors to many things (sexual and non-sexual) that allow themselves to be expressed.

It may come in the form of a desire being blurted out randomly in the middle of a sexual conversation. It may come out after a few drinks and your words are flowing out more comfortably than usual. It may come out in the middle of passionate sex, when one of you screams out exactly what they want to be done do them.

As you become more comfortable having sexual conversations, that feeling of weirdness starts to go away. Discussing where you want to eat dinner and discussing a new sex toy you want to try becoming just as natural to talk about.

For those in casual relationships, you start to initiate these conversations more frequently with people you're attracted to, naturally filtering out the people who aren't comfortable discussing it, and naturally filtering in the

people who are comfortable. This leads to increased overall sexual compatibility and openness.

These sexual conversations lead you two into the deeper reaches of your desires.

Maybe there's a fantasy you've masturbated to a few times. You begin considering asking your partner if they want to try it. You are a little bit uncomfortable because it's only something you have fantasized about. You have never considered actually making it a reality.

But you and your partner have become so much more comfortable discussing this stuff that it doesn't seem nearly as strange as it would have a while back. So, you say, "What the hell, why not? Let's see where this thing takes us."

And so, you discuss it, you find out that your partner has fantasized about the exact same thing. Suddenly, you both get that feeling of nervous excitement in the pit of your belly telling you that you're about to have another pivotal experience.

As you share more sexual experiences, the connection grows further. Every experience becomes your little secret that only you two have intimate knowledge about.

This permeates your connection in many ways, through inside jokes as you walk down the street, through a quick glance when someone says something related to your experience together, and through the subtleties of your sexual flow in the bedroom.

All of these things can compound upon each other, leading to spontaneous expressions of these fantasies and fetishes in the bedroom. Without any sort of premeditation, you suddenly get a desire that you've never had before.

You are naturally submissive, but at this moment in time, all you want to do is dominate them.

You have never told your partner how you want to be touched before, but you've suddenly got this unrelenting urge to be touched a certain way, so you whisper it in their ear and make it happen.

These fantasies and fetishes act like little mysteries of the subconscious. Clues pop up all around until in one instant the solution reveals itself and the mystery is solved.

It's an interesting area of sexuality to navigate. There are tons of fantasies and fetishes to choose from (well, I guess in most cases, it's not really a choice). Just go to a porn site and look at the categories. Almost every one of them is a different fantasy or fetish.

I have provided a list of these fantasies and fetishes to show you what is available, and to possibly help you realize that the ones you hold, the ones you feel the most uncomfortable about, are actually quite normal to have.

I would assume that you are certainly not the only one in the world that has this fetish. But if you are, good for you! You can be a trendsetter. There is really no reason to be ashamed of these fantasies.

If you are with a person you trust and who trusts you back, if you have solid communication going on, and if you have become more and more comfortable discussing your sex life and have shared sexual experiences, you should be in a more than ideal environment to express these desires.

Here is a list of some of the more prominent sexual fantasies and fetishes I could find. Just going through this list might unlock something for you.

- Anal sex
- Anal play

- Bondage
- BDSM (Bondage and Sadomasochism)
- Pretending you're strangers meeting each other and going home together
- Teacher and student
- Prisoner and prison guard
- Doctor and patient
- Nurse and patient
- Maid or house cleaner
- Having sex with a coworker
- Having sex with someone you have just met
- Having sex with someone older than you
- Having sex with someone younger than you (of legal age, of course)
- Having sex with multiple people at the same time
- Being completely submissive
- Being completely dominant
- Striptease
- MILFs
- Watching other people have sex
- Squirting
- Having sex on an airplane

- Orgies
- Voyeur (being watched while having sex)
- Different nationalities
- Sexy lingerie
- Gangbang
- Masturbation
- Being sexual with someone that wouldn’t constitute a part of your chosen sexual orientation
- Using toys
- Filming each other
- Anilingus
- Footjobs and feet
- Dressing up in school uniforms
- Cheerleader fantasy
- Playing cop and criminal
- Hooking up with the delivery person
- Having sex in public
- Being spanked
- Thrusting into your partner’s mouth
- Golden shower (peeing)
- Gagging
- Femdom (feminine domination)

- Fisting
- Deepthroating
- Talking dirty

Odds are, reading some of those may have made you feel uncomfortable. That's alright, especially if you haven't heard of them before.

Don't be judgmental, of yourself or others. It's next to impossible to control what we desire. If your partner expresses something to you that you don't feel comfortable with, react tactfully. If you don't, you could hurt them and tarnish all of the trust you have built together.

Talking About Sexual Fantasies and Fetishes

You can sit down with your partner, write down all of the fantasies you have and would like to try, then trade papers and compare. It's usually much easier to start out communicating this way than to jump straight into a conversation about it.

But if you're comfortable enough, by all means, don't shy away from having that conversation.

## Building Your Carnal Confidence

Talking is supposed to be easy. After all, you've been doing it since you were a kid. But why on earth is dirty talking so darn hard? The truth is that even the most talkative individuals and even the most imaginative writers find playful pillow talk a bit challenging. Some words may seem erotic on print but might sound downright embarrassing when spoken out loud. Even the most sexually confident men and women will eventually come across a naughty word that would make them blush from head to toe. That's because traditionally, sex has always been about the deed.

At first, dirty talking would make you feel like you're somehow stripping your clothes off over and over again. With every word, it's like a new layer comes off and you'll wait anxiously as to how your partner will react. Will he like it? Will she get turned off?

So, how do you make sure that all that sexy talking won't send your lover packing?

First, practice with yourself.

Your vulgar vocab may initially shock you but who cares? You're the only one who'll be able to hear it anyway. Begin by masturbating. Then, start talking dirty to yourself. At this point, you don't have to have a rich vocabulary. Just use simple words. Focus on the pleasure and think out loud. Blurting out an honest sentence like: "Oh yeah, that feels good." is already a hundred times hotter than staying silent.

Next, imagine that you're having sex with your lover. It's what you do when you masturbate, anyway. If you're a guy, as you slip your cock into

your lubed-up fist, imagine that it's her pussy. And so instead of saying: "Oh yeah, that feels good.", say: "Oh yeah, your pussy feels good."

If you're a woman, imagine his cock as you slide your fingers in and out of you. And so instead of saying: "Oh yeah, that feels good.", say: "Oh yeah, your cock feels so good."

Still, words like "good" are way too broad. When it comes to sexy talk, the more specific you are, the greater the impact. As you continue imagining that you're making love to your partner, describe the feelings in your head. Bring life to those sensations with adjectives.

Examples:

"Oh yeah, your pussy is so fucking tight!"

"Oh yeah, your cock is so fucking thick!"

But then again, anyone's cock can be thick. Anyone's pussy can be tight. For dirty talk to be powerful, it must hit home. Moreover, when using adjectives, you must be careful and make sure you stick to the truth as much as possible. For instance, don't describe a man's cock as "thick" when you both know that it isn't.

The next step, therefore, is to consider your partner. What's he/she like? What do you think he/she would like to hear most? What do you think he/she needs to hear most?

Is he's constantly worried about his size? Say something like: "Baby, I love how your cock fits me perfectly."

Is she self-conscious about her heavy boobs? Tell her how burying your face in them feels like heaven.

See, you're getting good at this already! As you get more comfortable and more talkative, masturbate and practice your dirty talk with a tape recorder. Listen to yourself. This way, you'll know whether you need to talk more or to talk less, to speak louder or softer, or whether you need to take the naughtiness up or down a notch.

Form a positive attitude and an open mind.

The source of most people's hang-ups is the idea that dirty talk somehow cheapens them, their partners, or their relationships. To become erotically eloquent, you need to get over the myth that dirty words make the act of sex unclean. One thing you need to understand is that a person's sexual persona is just one aspect of himself/herself. Who your lover is in the sack does not make up all of him/her. It is not who he/she is outside the bedroom. Your genitals are not dirty. Your partner's genitals are not dirty. By using straightforward words to refer to them (ex: cunt, penis, pussy, cock, breasts, boobs, vagina, balls, etc.), you are asserting the fact that these body parts are not to be ashamed of but instead deserve to be appreciated and therefore, mentioned.

Try this activity:

Stand naked in front of a mirror. Look at your genitals and touch them. Observe them. Determine and describe what you like most about them.

Ex:

My breasts are a nice handful. My nipples are small and pretty. I love how sensitive they are!

or

My breasts are big and generous. They're soft and bouncy and I love playing with them!

Make sure that you concentrate on the positive things. And never, ever compare yourself with the airbrushed vaginas and surgically enhanced penises in porno films and magazines. Ex: If you're conscious about how your labia minora is an outie, think about how awesome it is that your guy gets to have some flesh to nibble on during cunnilingus.

Talk to your lover about sex. It's the healthy thing to do.

The more comfortable you are with discussing sex with your lover, the easier it is for you to transition to dirty talking. After having sex, move close to your partner and confess to him/her how you felt. Mention the bedroom tricks and lovemaking positions that you liked the most. Tell your lover which things you want her/him to do again and again.

Ex: I went crazy when you put a vibrator on my clit while you went down on me. I can't wait for you to do it again.

Be specific. Get graphic. Sure, it was hot when your lover did it to you but hearing the act narrated through your lips will make it even hotter. Observe your lover's reaction. His/her response will help you gauge how he/she feels about smutty speech.

Never judge.

The bed should be a judgment-free zone. Just as you don't criticize your partner when he/she shows you his/her body, refrain from criticizing your lover when he/she bares his/her thoughts. Understand that to speak openly entails trust. To be vocal before, during, or after intercourse makes one more vulnerable. Therefore, during sexy talk, stifle the urge to laugh or to react indignantly. Don't rebuke your lover for his/her poor choice of words during sex or foreplay. Talk about it at least a few hours later.

Ex: You know when we were making love and you called me a cum dumpster? Well, that was a little too dirty for me."

Dirty talk is not a license to be disrespectful.

To stop dirty talk from being a tad too dirty for your tastes, create a set of rules with your partner. Talk about which words you're okay and not okay with.

Example: "I'm fine with being called a gutter whore. Just don't call me a bang hole."

Great lovemaking is all about giving and take. It's easy enough for the more talkative partner to dominate the dirty dialogue. That said, view dirty talking as an opportunity to allow the more silent person to verbalize more. It's one way to get to know your lover in a deeper sense. Don't forget to take turns and to always be on the same page when acting out roles. If one is the slave, then the other must be the master. There can't be two masters at one time. Moreover, being able to put yourself in the shoes of the listener and the talker will enable you to form a sensible perspective.

"Hey honey, let's dance the chocolate cha cha."

Does this colloquial term for anal sex conjure images of feces? If it does, then you don't have to use it in your coital conversations. Feel free to make your own lust lingo that you'll feel comfortable with. Remember, the objective of dirty talk is to arouse you and not to gross you out. More than, making your own secret dirty dialect will serve to deepen the intimacy that you share with your lover.

Once you've already gathered up the courage to talk dirty, don't make the mistake of going with the same old, same old stuff.

Refrain from using the same phrases over and over. For God's sake, you've come so far, so don't spoil it! Strive to make yourself unpredictable. After all, dirty talking is ten times more powerful when you can catch your partner unaware. Experiment with different voices and venture out of your comfort zone. Be Casanova at one time and then a caveman the next.

When it comes to mastering steamy bedroom talk, widening your lewd lexicon is a useful weapon. For some, the penis and vagina may seem a bit too clinical. Instead of saying pussy or the commonly used cunt, experiment with other terms. (honeysuckle, juice box, Altar of Venus, etc.) Likewise, there are so many words you can use in place of cock (joystick, cum gun, fuck rod, etc.). Examine how you feel about incorporating these words into your lovemaking routine. Are they too trashy? Too clean? Too medical? Too offensive? Get a list of modern sex-related jargons and read them with your partner. Pick the ones that you think are hot. Laugh at the funny ones. Roll your eyes at the corny ones. Make it a fun thing!

How many times can you use the words "great" and "hot" and "good" before it all goes stale? Enrich your vocabulary of carnal adjectives. List down words you can use to describe your partner's vagina. Wet and slippery and warm are all fine but how about luscious, plump, succulent, lip-smacking? In the same way, hard and long are all good, but the words iron and enormous and powerful can also be used to describe a dick.

The same truth applies to when you describe your lovemaking and your climaxes. Saying "That was amazing." will sound wonderful the first, the second, and maybe even the third times but by the fourth time, the compliment is likely to seem more mechanical and less sincere. Use words like ground-shattering, out-of-this-earth, and spine-tingling to refer to a satisfying orgasm.

# Chapter 11 Sex Toys for Healthy Sex Life

Selecting a sex toy is entertaining. It's one of only a handful couple of occasions where we can apply the learning we've procured of our bodies and its delights to the retail world. It encourages you develop your dreams and desires for climax. Furthermore, that is something to anticipate. So kindly, don't accept that open door away from your partner. In case you're pondering lifting something up for your partner, make a point to involve them all the while. There's nothing more regrettable than when you don't impart and amaze your band together with something new that they could conceivably be alright with. Perhaps plan a night out where you both head to your nearby sex store and shop together. It's an incredible spot to be roused.

The sex toy industry has encountered some stunning advancement in the course of recent years. Today, we have toys structured explicitly for the penis, the prostate, the clitoris, and the G-spot. There are toys that couples can use during sex, and toys that they can be initiated remotely. There are toys that vibrate, toys that throb, toys that suck, toys that blow and toys that stroke. It's critical to perceive the assortment that exists and select appropriately. It's additionally critical to remember that numerous capacities one toy can give.

Grease is key for any sexual commitment and investigation, particularly with regards to toys. Without a doubt, ladies can create characteristic oil, yet not every person can give enough to keep away from distress. In that occasion, it's essential to put resources into some lube. Lube upgrades any sexual experience by averting a wide range of scraping and making a wonderful hot smooth and tricky minute between two powers scouring together.

Presently, it is essential to take note of that not all items can be utilized securely with toys. Utilize a water-based or mixture lube that is toy and body safe." If you're into a progressively "all-natural" approach, she recommends investigating coconut oil waters. However, she cautions, oils can prompt vaginal diseases. They are additionally not perfect with latex condoms. The 2011 film, Hysteria, describes the narrative of how the vibrator was concocted. In Victorian-period England, an ailment that doctors called "craziness" in ladies brought about blacking out, tension, restlessness, touchiness, sexual dreams, and extreme vaginal grease. The condition wasn't generally comprehended in light of the fact that, at the time, numerous specialists accepted that ladies didn't encounter sexual joy.

Today, the greater part of all ladies has utilized a vibrator eventually, with around one-fourth utilizing one in the previous month, as per an investigation at Indiana University. In spite of the suffering legend that vibrators are for forlorn, single ladies, numerous couples appreciate utilizing one together. An examination in Australia found that 61 percent of couples claim in any event one grown-up sex toy, with the normal being 2.6 sex toys per couple. As per StatisticsBrain.com, the sex toy industry acquires more than $15 billion every year. Sex toys were once viewed as forbidden, grimy, or distorted. To get one, you regularly expected to go into a dim, decrepit foundation that the two people were humiliated to be seen entering.

How Sex Toys Can Help Improve Your Sexual Coexistence

Numerous ladies can't have a climax through penetrative sex alone, and many have never encountered a climax. This isn't an imperfection, and it doesn't flag that something isn't right. Sex toys, however, are certainly not constrained to vibrators, can help. They can give clitoral incitement such

that sex alone can't. Men some of the time gripe that they feel strain to perform. Utilizing sex toys can help ease the heat off, enabling the two people to unwind and appreciate the experience.

When thought of as an independent movement, there are an assortment of sex toys accessible today intended to be utilized by couples, both during foreplay and during intercourse. These don't really replace customary lovemaking, but instead are intended to upgrade it, ensuring the two partners feel satisfied and fulfilled. Sex toys additionally offer you the chance to realize what feels better. You can utilize a vibrator to investigate various regions of the genital parts, and the whole body, to discover what turns you on and what turns your partner on.

Introducing Sex Toys to your Relationship

There is still a lot of reluctance encompassing sex toys. You or your partner may feel awkward, or you may clutch old generalizations. Transparent correspondence is basic.

- Choose the right time

Raising the subject of sex toys in the start of a relationship probably won't be an extraordinary thought. Your new partner may think you are stating the person in question doesn't fulfill you. Creating trust before talking about sex toys is a smart thought.

A few people want to start the discussion outside of the room, making it an increasingly easygoing discussion. You should make reference to the subject, to see your partner's response before presenting that you need to attempt them.

- Concentrate on improving your sexual relationship

The two people can be shaky with regards to their sexual coexistence. At the point when a partner raises sex toys, some may consider it to be an insult, an investigate of their capacities to fulfill their partner. When presenting sex toys, make a point to concentrate on how it can improve a previously satisfying sexual coexistence.

- Be explicit

Have a thought of the sort of sex toy you need to attempt. Clarify what the toy is and how you figure it will improve your sexual coexistence.

- Try not to push

In the event that your partner isn't intrigued, released the subject, at any rate for the present. It's conceivable once you present the point, your partner will consider it and should try it out. You can present the subject again in two or three weeks yet be mindful so as not to push excessively hard. Sex toys should include fun, not worry, to a relationship.

- Shop together

Take a gander at the various gadgets together and choose what both of you are alright with utilizing. For instance, do you need singular gadgets for shared masturbation, or one that you use as a team. There are some legitimate online stores, for example, goodvibes.com, loverspackage.com, or evesgarden.com. Hear each out other and pick the gadget that will best improve your lovemaking.

- Try not to pay attention to it as well

Have a ton of fun when choosing sex toys and make a point to have a comical inclination about the procedure. This could be an open door for you and your partner to develop your relationship by snickering together as you investigate the conceivable outcomes.

Sex Toys Experiment

Anal Penetration with A Dildo

Obviously, you can infiltrate your partner anally with a dildo as well. It very well may be the ideal method to warm her up for butt-centric sex previously. However, it doesn't need to prompt butt-centric sex, and you can do it for foreplay as it were.

Note: Make sure that your dildo has a flared base before embedding it. Else, you hazard losing it inside her!

Once more, it's imperative to utilize lube at whatever point you embed anything anally in light of the fact that the butt doesn't self-grease up like the vagina. In the event that you have a free hand, you can likewise finger her or rub her clit while utilizing the dildo on her anally.

Butt Plugs and Dildos

On the off chance that your partner needs to attempt twofold entrance with you, however you are not all that excited about carrying another person into the room, at that point utilizing a dildo or butt attachment is the ideal trade off. There is a lot of various blends you can use for twofold infiltration: You are entering her vaginally while utilizing a dildo on her anally. The other way around. Having butt-centric sex while you enter her vaginally with a dildo.

Regular vaginal sex while she is wearing a butt plug.

Two dildos. One in her can (recall, it ought to be flared!), one in her vagina.

Two men. One in her butt, one in her vagina.

There are additionally toys that have different infiltration focuses for concurrent vaginal and butt-centric incitement (and some offer clitoral incitement, as well). Some bended vibrators can likewise be utilized for this. Twofold entrance is a further developed procedure, so you might need to spare this until after she is progressively alright with the past systems to give her a climax during intercourse.

Note: If you enter her anally, don't infiltrate her vagina thereafter. Doing so will bring fecal issue (crap) into her vagina which will cause a disease. Make a point to altogether clean yourself first.

Utilizing Other Sex Toys

There are significantly more sex toys that you can be utilizing other than dildos, butt attachments, and vibrators. There is an about perpetual stockpile of sex toys you can purchase, however here are a couple of thoughts to get your inventive energies pumping on everything that is conceivable with regards to sex toys.

- Anal Beads

Anal dabs are fundamentally the same as butt plugs yet are increasingly similar to a progression of butt plugs that are hung together. You can embed them into your partner and after that haul them out. This by itself is sufficient for certain ladies, yet others want to have them hauled out as they arrive at climax.

- Cock Rings

Cock rings come in numerous flavors. They are roundabout gadgets that fit around the base of your penis to keep it erect. Be that as it may, some accompany vibrating connections for your partner's pleasure. We prompt

that you utilize a chicken ring that stretches to keep it from stalling out on your penis and harming it.

- Paddles, Whips & Floggers

On the off chance that you have a slight savage (or masochistic streak), at that point a little physical discipline will recover the hairs on the of your neck holding up. An open palm on your partner's butt is fine, however there are a lot of executes you can use

- Sex Furniture

On the off chance that you are not getting the points you need during sex; at that point you should consider utilizing a sex wedge or household item that causes you to hit the spot. On the other hand, a sex swing might be what you are searching for.

Other Sex Toys

Each lady (and man) appreciates being either overwhelming or agreeable, contingent upon the circumstance. In the event that your young lady gets off when being the accommodating partner, at that point is there any good reason why you wouldn't utilize this to further your potential benefit? Here are a couple of ways you can be progressively overwhelming.

Be the initiator.

Instruct her in bed.

Use limitations.

You'll get more thoughts on in the guide on the best way to be overwhelming in the room… despite the fact that I really composed this guide for ladies, the equivalent applies to men.

Obviously, being the compliant might be your inclination. All things considered, the jobs will be exchanged, and your partner will be the one guiding you.

Do remember that dom/sub play happens on a range. It shouldn't be all whips and chains (numerous individuals like a little exotic control over the no-nonsense stuff). Rather, it very well may be considerably more inconspicuous where you are choosing what position to attempt straightaway or what she should wear to bed.

- Dildos, Dildos, Dildos

Dildos are actually equivalent to your penis, isn't that so? Also, you can accomplish very similar things with them that your penis does, correct? In reality, no. On the two tallies.

There is both more and less you can do with a dildo, and I'll clarify why underneath. We'll begin with some extremely agreeable things you should give a shot with your young lady and a dildo; at that point we'll get to the fun stuff

Next is getting the "immovability" right. You can pick a glass or hard plastic dildo, which is fine, however a few ladies may discover this excessively inflexible. Similarly, you can purchase a dildo that is too delicate which twists and flexes excessively. There are a lot of different things to make sense of as well. Practical looking or oddity molded? Smooth or finished?

As continually, conversing with your young lady is the key here to make sense of what's best for both of you and what will make her come.

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# Chapter 12 Free Your Fantasy

Overcoming the hurdles at the beginning of a relationship involves developing your ability to express yourself through dialogue, vocalization, and body language. This can take weeks, months, or for some people, longer, depending on personal circumstances. Once a couple becomes comfortable and open to trying new sexual experiences, many adults begin to divulge their fantasies to their partner. This can be a big step for some people who may feel embarrassed or unsure of how their partner will react to learning about secret fantasies, which may include fetishes or unique ideas that may come as a surprise.

If your partner divulges their innermost secrets about how they would like to experience pleasure, listen to them and make them feel comfortable about expressing them. If you are surprised to hear explicit details about a fetish or unexpected ideas for the bedroom, take it in stride and be attentive. Your partner will carefully observe your reaction, looking for approval and acceptance. If their ideas disturb you or put you off, try to view from their perspective — ask questions about their fantasies and learn more about why they are drawn to trying new things. This may help you understand your partner's wants and needs better than ever.

Alternatively, expressing your own desires and fantasies can take some courage, especially if you have never discussed them with your partner or anyone else before. You may be surprised at how interested and engaged your partner is in trying something new, even if just to indulge your fantasy and give you an opportunity to feel the sensation.

## Understanding the Fundamentals of BDSM

BDSM stands for bondage, dominance, submission/sadism, and masochism. It has become a popular topic in recent years with mainstream TV and films depicting aspects of this practice that are often unrealistic and inaccurate. There are many misconceptions about BDSM and whether it is harmful or pleasurable. In general, it is a practice that can be experimented with on an occasional basis, but it can be extended into a regular event or full lifestyle. Many people from all backgrounds in life enjoy healthy, long-term relationships that incorporate BDSM in one or more forms. Whether it is light bondage and spanking or more elaborate role-playing scenarios with specific demands and desires being met, there are many variations to customize for pleasure.

To better understand the value and enjoyment that BDSM can bring into your sex life, let us consider some facts to debunk the most common myths about this practice.

All acts performed within the context of BDSM are consensual and fully discussed at length prior to engagement. There must be full agreement and explicit consent so that all parties, whether it is a couple, or more than two people involved, can experience the maximum pleasure possible.

The submissive is the person in a relationship or BDSM role who assumes the role of being dominated and submits to a master or dominant. Someone who takes on this position often enjoys or finds the act of submission to be sexually arousing and satisfying, as opposed to suppressing or oppressive, as some people may assume. The submissive can actually experience a sense of freedom in releasing themselves from control, allowing someone else, a trusted dominant, to relinquish that power.

The dominant is the person in a BDSM relationship or arrangement who plays the role of making orders or commands for their own pleasure or sexual gratification, as well as for the benefit of their “sub” or submissive. They are attentive and keen on the best interests of the submissive, even during the most intense activities, as everything is agreed upon and discussed beforehand.

A switch is a person who plays both the dominant and submissive roles, switching from one to another based on the scenario.

BDSM is built on a solid foundation of trust and communication. Without these key ingredients, there is no basis for a healthy BDSM relationship. In an ideal situation, the submissive signals when the session begins, when to take a break (if needed), and when they finish. A “safe word” is one way a submissive can signal to their dominant that they need a break or need to stop.

Consent is one of the most important aspects of BDSM. It must be explicit, and all parties involved must be enthusiastically willing to participate. Any sign of hesitation should be considered non-consent for the safety of the individual expressing it.

Most people who practice BDSM lead full, happy lives with families, careers and long-term marriages. It is often a misunderstood lifestyle that is wrongfully equated with abuse and mistreatment when the exact opposite is true (Wheeler, 2019).

## Role-Playing and Beginning Your Journey into BDSM

Role-playing is one popular aspect of BDSM that allows partners to play the role of a dominant or submissive and as a more specific character or person. This could be as simple as dressing in a fancy dress with high heels or a tailored suit and tie. For some people, wearing a more elaborate costume to resemble a fictional character or concept is another option. Trying new roles and ideas does not have to be complex or difficult, as this would only take away from the pleasure and enjoyment of the experience. If you are looking for ideas or suggestions to begin a journey into the world of BDSM, try one of these simple recommendations:

1. Buy a beginner's kit or guide to BDSM. These are usually found in adult stores and include a few items to get you and your partner started. The items or toys are easy to use. For example, handcuffs and ties are fastened with Velcro, making it easier to remove if you don't feel comfortable at first. These kits are designed to make the transition into the lifestyle easy.

2. Start with one technique at a time. Get your partner involved in a dialogue about which sensations you enjoy and why. For example, you might enjoy wearing tight, restrictive garments, or perhaps you would like to experiment with a paddle or crop for spanking. If bondage is an interest, try this on its own first, and only progress once you feel comfortable doing so.

3. Set limits and communicate often. If you want to restrict or expand boundaries within a session, make it clear to your partner, and encourage them to do the same. Do not expect your partner to guess what you want, as this can lead to misinterpretation and may result in crossing the line.

4. Never feel coerced. Do not force yourself into trying a technique or practice that makes you feel uneasy or unsafe. Some people have a high

threshold for pain and enjoy the sensation of a hard strike, while others are sensitive to touch and would rather scale back the intensity of a spanking or avoid it completely.

5. Keep it light at first. Only try more involving techniques later when you both have a basic understanding and comfort level established. BDSM is based on trust and communication, and both of these elements are required to make it work successfully.

6. Join a group or forum. If you and your partner want to become acquainted with other people who practice BDSM, join a group or forum and ask questions. Explore and make new friends.

Communication is the heart and center of BDSM. Only engage in this practice with someone that you can trust and explore with safety.

## Exploring Fetishes and Kinks with Your Partner

Within the world of BDSM are many variations that go beyond the common images of bondage, whips, and blindfolds. Some people are satisfied with these activities on a mild or more progressive level, while others deviate into more niche or specific fetishes that may seem unusual or strange to the mainstream.

The most important aspect of exploring different kinks and fetishes is to ensure full and explicit consent before trying anything new. As long as the practice is among enthusiastic, willing adults, almost anything goes and can be incorporated into play. The following fetishes go beyond the common role-play of dominant-submissive scenarios and focus entirely on objects, body parts, fashions, or other ideas that can be explored with your partner.

What is a fetish? It is a non-sexual object or concept that becomes sexualized for some people. Below are some of the most popular fetishes.

### Foot Fetish

This involves a great deal of attention and care of the feet, which becomes central to the sexual experience. The mere sight of a foot or well-manicured toes can cause an immediate sexual response from someone who has a fetish for feet. Men tend to be fans of this fetish more than women. This fetish can involve many activities, from giving pedicures and massaging feet to sucking on toes and being “stepped” on as part of a dominance-submission role-playing.

### Gagging or Light Choking

This is a kink that should be approached carefully to ensure that there is no harm done. Gagging should be light and easily reversed or stopped immediately if there is any discomfort at any time. Some people enjoy the sensation of being choked or gagged, which can often be done in

conjunction with other forms of bondages where legs, arms, and/or the torso are confined with ties or other restraints.

**Enema Play**

Giving and receiving enemas is a form of pleasure for some people, and it is often used to prepare for anal play as well. The sensation of squirting water into your rectum may seem unusual if you have never tried it, as it is something only done if medically necessary. If this is something you and your partner would like to attempt, enemas can be easily found in most drug stores or pharmacies. They are sold alongside suppositories or related treatments. Following instructions is key to prevent discomfort, and the end result can be satisfying, especially for people who enjoy administering and receiving an enema. One important thing to remember is staying close to the washroom, as enemas clear out the bowels within 5–10 minutes following administering them.

**Exhibitionism and Voyeurism**

These two kinks play well together and involve the enjoyment of watching (voyeurism) and being watched (exhibitionism). Voyeurism can be explored by watching your partner masturbate or by watching another couple or person engage in sexual pleasure, either in person or on film. It is important that the person or people being observed accept and consent to it, as some people are completely turned off by the idea of being watched while others will truly enjoy putting on a performance. Exhibitionism is the other side of this kink. It refers to people who are not afraid to show public displays of affection, and they go beyond when the opportunity presents itself.

Cuckolding

This fetish or kink refers to a man (or a woman) experiencing pleasure from watching their partner engage sexually with someone else, often while they

observe. This can also be coupled with exhibitionism and voyeurism, as a person with the cuckolding fetish also enjoys watching their partner perform sexual acts or they enjoy being watched. Couples who are interested in this activity should ensure that condoms are used, and safety precautions are taken to ensure everyone is comfortable and enthusiastic about it.

**Spanking or Impact Play**

Spanking or impact play is a common practice for many people involved in BDSM. They use crops, whips, or paddles to spank or "hit" their partners as part of mutual enjoyment. There is a thrill some people experience when they feel the impact of a strike to the point of sexual arousal. In some cases, striking the bottom can bring some people close to orgasm or a high level of arousal. The most common areas of striking include the upper thighs and bottom, especially the cheeks, which can withstand a lot of striking. Even with full, explicit consent, it is best to avoid areas that can cause injury (such as the face) or anywhere there is the potential for permanent or long-term harm. Some people who practice impact play expect there to be bruises and redness. A variety of objects can be used, from light whips and floggers to canes and paddles, for a more intense impact.

**Hair and Grooming Fetish**

While this is not the most common fetish, it is popular in certain circles of the fetish community where hair is seen as erotic. This kink can develop in several ways, from arousal through hair cutting or shaving to long hair worship and grooming. Some people fantasize about elaborate grooming rituals that involve more than hairstyling, and it can include washing, body shaving, manicures, pedicures and specific looks or styles with hair and makeup. The idea of involving hair as a fetish is similar to foot fetish, where regular attention is given to hair, such as brushing, playing, and

tugging on it to spark arousal. This works best with a couple who enjoy this activity together. However, oftentimes one person is more engaged, while the other indulges. Scenarios may include hair salons and barbershops, capes, hairdryers, and other hair-related objects that increase arousal.

**Sweater and Fur Fetish**

People who become aroused by the touch or sensation of fur and soft knits or sweaters may have a fur or sweater fetish. This can be a fun experience for people who enjoy wearing such garments to turn on their partner. Some people with this fetish simply feel pleasure from watching others wear furry clothes, while others want to wear a fur coat or sweater when making love. This can be a relaxing and enjoyable fetish, as furry garments are soft and have a pleasurable texture. It is not as common as other fetishes, but it can be a fun option to explore.

**Latex and Nylon**

Often used with bondage, latex and nylon are materials that restrict movement when worn as garments. People who explore the sensation of nylon enjoy the sensation that this restriction involves, and they may use them on their own while pleasuring themselves or with a partner. Some people enjoy wearing garments, while others like watching other people wear certain outfits made from these garments.

There are many other kinks and fetishes to discover and explore. Some may seem more outlandish than others, but if you choose to indulge or try any of them with your partner, the key is to keep it consensual and fun (Jones, 2018).

## Creating Your Own Sex Video

Sex tapes are often associated with famous celebrities and their wild sexual adventures before or during their careers. It is often the source of harsh criticism and judgment, but it is also a popular activity that many couples of all ages and backgrounds engage in. If you think the idea of a sex video is risky or taboo, there are some key items to consider before getting involved in this practice.

You will want to evaluate and consider a number of factors first. Making a video is an exciting part of a full and adventurous sex life, though it should be done with some conditions and guidelines. It is not recommended for new couples or people who do not know each other well, as there is no establishment of trust and communication may be limited or underdeveloped in the beginning. Below are some tips for couples who are considering making sex videos:

1. Discuss your ideas with your partner and indicate that making a sex tape or video is one of them. Be direct. Let them know and find out if they are interested in participating as well.

2. Do not force your partner. If your partner is hesitant, even for a minute, about the idea of creating a sex tape, do not push or try to convince them otherwise.

3. Think it over. If your partner approaches you about making a sex tape, explore your own internal thoughts and reactions. Consider any and all reasons for and against the making of a tape. Ask your partner their reasons as well. Don’t rush into filming or decide to create your sex tape on a whim. Without some thought and consideration, you may find yourself regretting a hasty decision. It is definitely not for everyone, and it should not be regarded lightly.

4. Establish your limits. So, let's say you and your partner have discussed the idea of making a sex tape in-depth, and you are excited to give it a try. There are a lot of fun and creative ways to make a sex tape while keeping some important points in mind: Some people are comfortable filming their entire body without concern, while others are self-conscious or simply uncomfortable with a full face and body view. Is there a compromise? You might want to discuss filming parts of your body or your partner's and only within a certain part within the sexual activities. For example, you both might want to focus on recording oral sex but not anal or vaginal.

5. Choose your scene and location. Are you more relaxed at home in a standard bedroom setting, or would you rather try filming some action outdoors in a secluded area, such as a forest or the beach? Before you set out to find a fun outdoor space, ensure that it is a safe place to shoot, and avoid any problems, such as using a private property or a space that is not as safe (or private) as you may think.

6. Do not forget to keep it fun and light. Do not stress about how you or your partner look and focus on the fun you will have off and on camera. This is a film for both of you to enjoy, and as long as you both want to enjoy it, it should be a positive experience.

7. Make it clear from the beginning that the video you create is for your eyes only. It should not be shared with others unless there is explicit consent to share viewing with select people or couples. For most people, the thrill of making a sex tape gives them a rush or a thrill of being on screen. It is also a way to view and enjoy your partner on screen and in real life.

Creating a video is fun, but caution should always be taken to protect how it is stored and access to it. For many couples who enjoy filming themselves during sex, it is a way to remember their passion and to enjoy viewing later.

In some extreme cases, people have shared personal videos of this nature with others outside of the relationship without prior consent. This can lead to a lot of hurt and pain, and it ruins trusting relations with your partner. Making a video should only ever be a personal experience between the couples involved.

# Considerations for Sex Positions

## Periods and Sex

Women get their menstrual period during their reproductive years. It is at this time that they or their partner wonder whether it is safe to have sex. The fact that the vagina has to be covered with a tampon to absorb the blood complicates the situation. If you find yourself in this situation, it is advisable to consult your partner and find the best ways to meet your sexual desires during the periods. Sex during periods is considered safe, and partners should explore the various means to achieve intimacy.

Moreover, they should understand that at times the intercourse may get messy if you fail to adhere to considerations. There are numerous benefits associated with sex during periods, especially if done through the most appropriate sex positions. However, you must make the following considerations to enjoy sex during periods.

Considerations When Having Sex During Periods

1. Consult: As always, it is crucial to make the necessary consultation as you indulge in what your partner may find weird or uncomfortable. You should help them understand all aspects of the activity as well as the precautions that you will put in place. Both partners should be willing to have sex during periods to get the best out of it.
2. Plan: Sex during periods requires planning, as you may need additional equipment to put away the mess. You and your partner should be comfortable with the place and manner in which the activity will take place.

3. Make preferences: As equals in the relationship, you should allow your partner to choose what they [refer while planning to have sex.  Women should advise their men on when it is best to have sex during the period as they know when they experience lighter flows of blood.
4. Foreplay: You should come up with the best type of foreplay that matches the situation. In this case, you should avoid messy foreplay and opt for an alternative. For instance, the 69-position foreplay would not be advisable during periods as it would expose your mouth to the menstrual blood and possibly infections.
5. Tampon: Remember to remove the tampon before engaging in active sex to enhance penetration and intimacy. Besides, the failure to remove the tampon may result in medical emergencies as it may get stuck in the vagina requiring medical expertise to remove it.
6. Towels: Ensure that you prepare the platform where the activity will happen and place the necessary equipment at your convenience. Similarly, you may need to lay a dark-colored towel on the bed as it may play a significant role in absorbing any leakages. It would avoid making the bed messy from menstrual blood.
7. Protection: It is advisable to use a latex condom when penetrating during periods. It would help avoid numerous irregularities that may arise as a result of unprotected sex. It includes the contraction of STIs as well as limiting the amount of blood that flows out of the vagina.

8. Position: There are specific positions to practice when having sex during periods to enhance penetration and prevent excess blood flow from the vagina. Therefore, you should come up with considerate positions that would be appropriate for both partners and make the activity as safe as possible.
9. Pregnancy: There is a misconception that women cannot conceive when they have sex during their periods. This misconception has brought trouble to families after thinking that they practice safe sex, but their pregnancy results test positive. It is worth noting that ovulation may overlap with periods making it possible to conceive at this time. Similarly, the sperms could remain active in the oviduct up to five days after intercourse. Therefore, if the periods ended within the timeframe, it is most likely that the woman will conceive. For this reason, you should take the appropriate measures, such as using a condom to avoid unwanted pregnancies.

Pros of Sex during Periods

- Relieves cramps: When a woman experiences orgasm during her periods, she releases hormones that relieve cramps. It eases the difficulty and pain that they experience during their periods, making it essential for sexual stimulation.
- Shortens periods: During sexual stimulation, the uterus walls make a contraction that releases more blood. As a result, the woman experiences an increased amount of blood that flows out of the vagina. It also increases the rate at which the blood flows out. Consequently, the uterus is quickly emptied,

shortening the time required for the periods and easing the anxiety associated with it.

- Increased sex drive: It is common for women to have hormonal imbalance during their periods. It would be advisable to engage in sexual activities to alter the imbalance and enhance stimulation that leads to a consistent sex drive. This aspect would help reverse the notion of low sex drive during periods.
- Lubrication: Sexual intercourse needs to be lubricated to avoid fractures and injuries. That is why both partners produce sexual fluids that facilitate penetration and thrusting. Menstrual blood offers additional lubrication during sex, making it safe and enjoyable.
- Anti-depressant: Women may be depressed whenever they experience their periods either due to cramps or inability to please their partner sexually. However, the discovery that sex is possible even during periods would help them have peace of mind as they have their side effects wiped out.
- Revamps self-esteem: The misconception that classifies women with periods as unholy may have a devastating effect on how they perceive themselves. It lowers their self-esteem as they may view themselves as outcasts. However, introducing sex during her periods may change her perception and feel valued and respected. As a result, she finds it normal to have periods and would feel highly exalted whenever they engage in sex during her periods.

Cons

- Messy: Most sexual activities during periods may get dirty, especially if you make the wrong moves. You may dislike the sight of blood all over your body and genitals and would be worse if it fills your bed. The anxiety on whether sex will get messy also takes out the fun as it snatches the relaxation and peace of mind required in sex.
- STIs: Practicing unprotected sex during periods could lead to sexually transmitted Infections that could be a health concern for both partners. Being exposed to the woman's blood may facilitate the spread of hepatitis B, Gonorrhea, or HIV. Similarly, women could contract these infections if exposed to sexual fluids from the man.
- Unwanted Pregnancy: Couples may be unaware of the possibility of a pregnancy in case the man ejaculates. It mostly happens with unprotected sex where there is a high chance of conceiving for the ovulation may overlap with periods. The sperms may also be preserved in the production duct and fertilize after the period's end.
- Limited Sex Position: Some positions could not work for you, especially if the woman is having her periods. There are suitable positions that would work best for such a condition to avoid mess and disappointments. For instance, there are variations of the cowgirl that would let out an excessive amount of blood. It is not what you should choose to practice if you want an enjoyable intimate session with your partner.

Best Sex Positions during Periods

1. Non-Penetrative: You could decide to practice non-penetrative sex if your partner is on her periods. This form of sex

involves a stimulating sex session that would lead to orgasm and possibly ejaculation. With this form, you do not have to worry about the safety measures and considerations for sex during periods.

2. Anal: It is a form of sex that involves penetrating the anus. It excludes the participation of the vagina and would still lead to sexual stimulation and orgasm. With this form of sex, the woman could be having her tampon on as the man makes moves on the anus.
3. Shower Sex: As the name suggests, the activity is performed in a running shower where the water above cleans the mess quickly and frequently. It ensures that no blood stick son the body making it fun and intimate.
4. Doggy: As the woman bends over, she aims to oppose the force of gravity that would let excess blood out. The position allows the man to have excellent access to the G spot while experiencing little or no blood marks.
5. Missionary: The positions variants are perfect for sex during periods. The woman may decide to put her feet on the man shoulders as she lies on a flat platform. The position creates an uphill for the flowing blood as well as providing excellent clit stimulation from the man o top.

## Sex in Pregnancy

Pregnancy is the ultimate result for couples who had plenty of bedroom sessions. The sessions may have been a result of the urge to conceive and make a family. Most partners lose interest in sex after designing or if their partners conceive. If you suffer from the same condition, you should take measures to ensure that you do not lose interest in intimacy due to a short-term condition. You may have difficulties expressing your feelings for each other due to concerns over pregnancy. It is safe to have sex during pregnancy and may be beneficial for you and the unborn. It is worth noting that there is a need to be cautious when having sex in at this time to ensure that you do not cause trouble.  For that reason, you should make the following considerations for a safe and intimate session during pregnancy.

Considerations for Sex in Pregnancy

- Discuss: It is an essential aspect of sex during pregnancy as the partners should be comfortable and relaxed for an intimate session. The discussion should involve the positions that you will incorporate throughout the session as well as the pace and depth of penetration. Besides, you should get a doctor's approval after doing the necessary check-ups that will give the go-ahead or make reservations.
- Limitations: You should also understand the barriers that are associated with sex during pregnancy. They include keeping a low paced performance and making the session as intimate and straightforward as possible. Besides, other limitations should be observed to ensure that you do not affect the pregnancy and specifically the unborn baby.  It includes

avoiding combining anal sex and vaginal sex as it may lead to the transfer of bacteria.

- Records: While having sex during pregnancy, you should ensure that it does not bring complication to the woman or the unborn baby. Avoid engaging in this form of sex if your partner has a history of miscarriage.
- History: You must have known your partner if she is pregnant for you. For that reason, you should ensure that the activity does not affect the timing of her labor. Similarly, you should look out for the history of membrane eruption that is mostly associated with deep penetration and hard-hitting. Membrane eruption is as a result of leakages of the amniotic fluid that acts as a protector from external factors.
- Cervix: You need to take your partner for a thorough check-up of the cervix to ensure that it is in the perfect condition that makes it right for sex. Ignoring this consideration may lead to other severe conditions that would require special attention from medical experts.
- Positions: The big bump in pregnancy may act as a facilitator or an obstruction during sex. Therefore, you should opt for flexible positions that make it easy for both of you. The side by side rear entry position acts as a perfect example of positions that would be easy and sexually stimulating.
- Make Necessary Reports: You should check on your partner every time you have sex to ensure that there are no abnormalities or straining. Make appropriate reports to the doctor if you detect problems such as pain or discharge during sex. These discharges may include blood which is a clear

indication of a severe malfunction. If any of these problems in observed, you should leave the sexual activity and ensure that you take necessary actions to inhibit them.

- Maintain Intimacy: Regardless of the stage of pregnancy, you should maintain intimate sessions before, during, and after pregnancy. It will make it easier to resume positions even after your partner delivers. Failure to maintain intimacy after your partner conceives may lower her self-esteem and eventually lose interest in future sex. Consequently, you would require a desperate measure to rejuvenate the mood or miss it altogether.

Pros of Sex in Pregnancy

1. Eases labor: Frequent sex sessions make it easy for the woman to give birth and recover. The contraction of muscles experienced during sex aids in strengthening the pelvic muscles. As a result, the vagina easily opens up while resuming its previous state due to the flexibility of muscles.
2. Fewer breaks: The contractions cause muscle movements to make it easy for the vagina to hold any discharge that is associated with pregnancy. As a result, the woman can hold for long, thus requiring less time for making bathroom breaks.
3. Prevention: Engaging in sex while pregnant is beneficial for it incorporates nutrients from the sperms that aid in the growth of the unborn and the well-being of the woman. The protein found in sperms offer nutrients that help prevent pre-eclampsia.

4. Controls Blood Pressure: Sex controls your blood pressure when you are pregnant. The activity itself acts as an exercise that aids in blood circulation throughout the body, strengthening your immune system and respiration. These are essential aspects that determine your health and that of the unborn.
5. Boosts mood: It is common to experience mood swings, especially when you are pregnant. The condition worse if your partner shows no sexual expression. For that reason, you should engage in frequent sex to maintain orgasm remain focused. Orgasm induces the circulation of blood in your pelvis, which is vital for the health of your uterus and vagina. The ripened pelvis makes it right to prepare for labor and safe delivery.
6. Improves Self-Esteem: Pregnancy comes with its effects on how you perceive yourself. The biological processes that take place during this time affect the hormonal balance hence the lowering of self-esteem. However, your partner's sexual stimulation and caressing revamp your self-confidence as you feel treasured and adored regardless of the condition.
7. Reduces Stress: The loneliness associated with pregnancy nay make a woman indulges in self-examination and worries about the unborn. The most common results are depression and stress, which could reduce through companionship and intimacy. By caring for your pregnant partner and giving her the best sexual stimulation, you reduce her stress and refresh her mind.

8. Nurtures Your Relationship: Sex during pregnancy jakes it clear that you love your partner unconditionally. They feel endowed and appreciated knowing that they hold a precious gift in them. Finding time to connect with your partner during pregnancy boost a mutual connection which soars even after conception.

Cons

1. Premature Labor: There have been cases of premature labor in couples who engage in sex during pregnancy. The cases are high, especially if the pregnancy is on the third trimester. For this reason, you should consult your doctor before engaging in sex at this period.
2. Vaginal Bleeding: The sensitivity of the pelvis makes it prone to injury, especially if the man makes a deep penetration or hits it hard. There may be excessive bleeding putting the woman at risk of low blood count, which is a severe condition in pregnancy.
3. Infections: Sex during pregnancy requires partners to be cautious about how they engage. Some practices could put both the mother and the unborn at risk of infections. An example would be caused by combining anal sex with vaginal sex which would bring bacteria to the pelvis and eventually affect the unborn.
4. Membrane Eruption: Deep penetration, as well as inappropriate sex positions, would lead to membrane eruption and possibly miscarriage. You should check out for signs of

bleeding and pain during intercourse as warnings to these possibilities.

Best Positions for Sex During Pregnancy

- Side by side: In this position, the partners face the same direction lying by their sides with the man behind. It typically resembles the typical posture made while they sleep, leaving the bump comfortable and free. The penetration from behind offers great clit stimulation and ability to caress the woman.
- Woman on top: In this position, the woman takes full control of the depth and pace of penetration. If she sits on the flat-lying man, the bump remains suspended as she allows the man to caress her and stimulate her clitoris.
- Oral: It is a safer form off sex in pregnancy as it does not affect the formation in the pelvis. The fact that there is no penetration makes it comfortable for women who might be concerned with penetration at the time.
- Anal: It does not involve vaginal penetration and still offers sexual stimulation through be nerve endings at the anus. You should not make contact with the vaginal openings when engaging in anal sex to avoid spreading of bacterial infections.

## 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 ton turn them on.
4. Handle with Pride: It is common to find sagging and loose body part in overweight people, making you confused about how to react. It should not turn you off as it is the sole reason, they f classified as overweight. You should treat the body parts as sensitive and needing a stimulating touch for sexual arousal. These parts include the buttocks, thighs, and the pubis. They are the most sensitive parts in obese people and may be the source of sexual stimulation and orgasm if caressed or rubbed.
5. No Desperation: As an overweight partner, you should not show desperation due to your body size for it may hinder you from achieving sexual satisfaction. Instead, you should be content with yourself and make the best out of the activity. Expect to be treated as any other partner and believe that you deserve the best for you do. Therefore, live within your means and find happiness and pleasure whenever your partner means to introduce them to you.
6. Position: There positions that might be difficult to try out for overweight couples. However, you could also explore additional positions that would help you attain orgasm and

experience great intimacy. For example, the reverse cowgirl is perfect for it puts the bellies at different positions, making it easy6 for the woman on top to control the movement and penetration.

7. Additional Requirements: Overweight people require platforms that would support their total weight, especially when making angles and moves involved in intimacy. For that reason, you should outsource better equipment to enhance your sex life and feel relaxed whenever you jump into action. You require pillows to position your partner to make little efforts in the attempt of making sexual advances and stimulation. Similarly, you may need spring surfaced to balance your weights and reduce bodily friction.
8. Maintain Intimacy: There is no reason to leave your partner due to overweight or obesity. Various factors may have contributed to the condition, and it would be for your own good. Therefore, it is advisable to keep the love and intensify intimacy to make them feel appreciated and cherished. With the realization that sex is enjoyable in overweight, you would need to keep on having sex with your partner.

Pros of Sex in Overweight

- Exercise: Sexual activity is part of an exercise, for it involves body movements and application of pressure. Overweight partners can regulate their body mass index when they engage in sex, thus improving body performance.
- Boosts Moods: Overweight people have difficulties managing their moods primarily due to the isolation and

stigmatization they may face from society. Therefore, they require attention and cuddling to rejuvenate the affection. Sex offers these advantages and helps them rethink their negativity.

- Aids the Immune System: Sexual engagement among the overweight plays a significant role in enhancing their immune system. Orgasm helps release hormones used by the immune system to fight conditions in the body.

- Regulates Blood Pressure: Sexual activities and orgasm involve a robust circulation of blood throughout the body. As a result, the body maintains a healthy blood pressure preventing you from blood pressure-related conditions.

- Boosts Self-Esteem: The act of caressing, cuddling, and penetrating an overweight partner may prove to be a great feeling for them, especially if they had faced isolation or stigmatization. They feel adored and find their value when they satisfy their partners sexually.

- Long-Lasting: Being overweight is known to cause long term reaction among men. It might result in total satisfaction of the partner contrary to other men who last for seconds, leaving their partners hanging in sexual desperation.

- Bonding: Intimate relationship among the overweight enhances the mutual bond and creates a loving environment for the partners. As a result, the partners remain connected, promising an enjoyable sex life ahead.

Cons

- Positioning: Overweight partners may experience difficulties trying out various positions that may help them attain the utmost intimacy. The limited flexibility hinders the performance of positions such as 69. However, there are positions to try out as you advance to more complex ones.

- Low Performance: Being overweight may hinder stamina development. It makes it impossible for partners to acquire physical strength that is vital in maintaining positions and keeping the orgasm longer. As a result, the partner may feel dissatisfied in sexual intercourse, leaving them in desperation.

Best Positions for Sex in Overweight

- Reverse Cowgirl: In this position, the man lies flat on a bed as the woman turns while facing the same direction as the man. It helps the man make great stimulation on the G-spot while minimizing the contact between the bellies. Similarly, it allows the woman to take full control of the depth and pace of penetration.
- Doggy: It is also a reverse version where the man penetrates from behind. The woman may bend and lean on a walk 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 makes it easy to have sex with an overweight partner. The woman may lift her legs to place them on the shoulders of the man correctly placing the clitoris for stimulation from the pelvis of the man. You could also p by placing the woman on the edge

of a bed as the man stands supporting her legs and making thrusts.

- Anal: It is a more straightforward position for the man only need to locate the anus. The nerve endings found in the anus play a significant role in stimulating the woman relieving her duties in controlling their bodies.

# Chapter 13 Bonus Chapter

## Ancient Secret Techniques For Women

When giving oral sex to a woman, it involves the mouth of her partner stimulating her erogenous zones, including her clitoris, her labia and her anus. As you learned earlier in this book, a woman can orgasm from two main places- the clitoris and the G-Spot. Since you are not able to stimulate the G-Spot with your mouth, oral sex involves the clitoris. Stimulating the clitoris with your tongue is the best way to give oral sex to a woman.

The best way to do this is to gently move your tongue around the clitoris and the vulva area. By starting out slowly and increasing speed gradually, this will get the woman's pleasure increasing at a steady state, which is the best way to make her reach orgasm. While you do this, you could touch her in other places like her vagina by inserting a finger. Some women enjoy the combination of these different types of pleasure.

Positions

There are many positions in which you can give oral sex to a woman. In this section, I will introduce one of these such positions that will be sure to give the woman great pleasure.

The Kivin

If you are a woman and your partner give you oral sex that feels nice, but that just doesn't quite push you to orgasm, this position may be perfect for you. Sometimes it is hard for the person giving a woman oral sex by stimulating her clitoris with their tongue to keep their tongue moving up and down fast enough to make the woman reach the type of clitoral orgasm

that she would reach with fingers instead. The way to make this easier is with the following position.

Kivin is a position that allows a person to orally please a woman with a greater chance of helping her to reach orgasm than the traditional position of the head between her legs that most people are used to.

To get into this position, the man will have his partner lie on her back. He will then position himself lying perpendicular to her body, his head close to her vulva. Begin to touch her clitoris with your tongue and lips, gently moving your tongue back and forth over top of it. Turn your head to the side every once in a while, to see her face change as she is pleased. Move your tongue in small circles or use your lips to suck on her clitoris. Using your free hand, you can also reach up to her breasts and massage her nipples.

Giving her oral sex in this position places his tongue over her clitoris moving in a side-to-side motion, rather than an up and down motion and will give her greater pleasure because it allows his tongue to move over her clitoris at its most exposed angle. Trying it this way, she is sure to feel clitoral pleasure and will be likely to be able to reach orgasm.

Massage

As we discussed in the previous chapter, one way to do this is by giving them a massage all over their body using some warm massage oil and work your way to their genitals. Move slowly and let the sexual frustration build inside of them. Once you reach their genitals, gently give them a massage like the ones we talked about earlier- the prostate or vulva massage.

Alternatively, you can begin immediately without a massage and by only using your hands on their genitals. There are some benefits to using only

your hands as they can feel their way around, so you know exactly what you are doing and there is no guesswork involved. You can control the pressure with which you hold or stroke their penis or rub their clitoris. You can feel your way around inside of them so you know exactly where you are and can aim for a specific type of orgasm such as prostate, G-Spot, deeper vaginal, or clitoral.

To do any of these, begin by feeling around between their legs slowly and pay attention to them to see what areas are most sensitive and responsive to touch for that specific person and on that specific day- remember, this can vary quite often for some people. When you find the spot that is most responsive (or spots, plural), continue to stimulate it, gradually increasing your speed and pressure as they become more excited and hornier. Listen to their audible cues to tell you when you are hitting the right spot, the right speed, and the right pressure and continue with this in order to keep exciting them. They may reach orgasm, or this may lead to some other type of sex. Being able to be sexually intelligent enough to know where to go, where to touch and how, and how to read the person and their cues takes time, but as you grow closer to becoming a sex master, you will get better and better at this.

Fingers and Hands

By giving your partner a Hand job or by Fingering them, just like you used to in your early sexual exploration days, you are able to feel your way around and explore that person's body in a new and different way than you are used to. This also encourages you to take your time and makes for a very sensual and romantic environment. This can lead to penetration eventually but be sure to spend enough time exploring them with your hands.

## The Benefits of Using Only Your Hands

### Rediscovering Their Body

One of the benefits of using only your hands to excite your partner is that it gives you the opportunity to rediscover their bodies. By using your hands, you are able to discover their body in a new way, instead of just by rubbing yourself on them.

You may think that you are well past the stage of your relationship where you are discovering your body for the first time. However, this stage of discovery is something that we want to return to every so often. This is because you want to rediscover the person's body and what they like as if it is the first time all over again. People's desires change and their bodies change. It is important to continue to know how to pleasure your partner as they grow and change, and to expect the same from them for yourself. Further, revisiting our partner's body with an open mind as if we know nothing about it can be a fun and flirty way to renew zest in your sex life. Try to remember the first time you had sex with them and channel that excitement and that healthy dose of nerves when you do this exercise.

### Finding Their Erogenous Zones

Using only your hands teaches you all of the spots that they like to be touched and the spots that they enjoy. When you use your hands, you are able to focus on specific places for longer, and you are more likely to spend each moment of exploration focused on every small bump and curve of their body. By doing this, it will allow you to find the G-Spot, the clitoris, the prostate, and so on. It can be difficult to find these spots using only a sex toy or a penis, and by using your hands, you have more control over your movements. You are also better able to feel your way around, which

will help you visualize it later when you are trying to find the spot with your penis or a dildo for example.

## Ancient Secret Techniques for Men

When giving oral sex to a man, it involves the mouth of her partner stimulating his erogenous zones like his penis, his testicles, and his anus. When it comes to the man's penis, there are multiple ways that you can give oral sex.

The one main thing to note is whether the penis is uncircumcised versus circumcised. If the man's penis is uncircumcised, you will need to pull back the foreskin in order to expose the head of his penis. The good thing about this, though, is that his penis will be more sensitive than a non-circumcised penis underneath the foreskin, and this will make your oral sex feel amazing for him.

When giving oral sex to a man, you can use your mouth to stimulate his penis. While you do this, you can use your hands to please him in other areas like his testicles or his anus, whatever he likes. As you do it, he can communicate to you by telling you what he likes in terms of speed and pressure.

Positions

When it comes to oral sex for a man, there is a little-known secret. This secret is in the testicles and knowing how to use them to your advantage when giving him oral pleasure. The oral sex position described here uses this technique to add to the pleasure of a blow job.

Kneeling

This position is done when the man is standing up, and the woman is on her knees in front of him, giving him oral sex. While the woman is kneeling in front of the man and giving him oral sex, she can use one of her hands to hold onto his testicles and gently massage them. She will begin to stroke

them softly as they will be very sensitive to the touch. By holding them and very lightly pulling them towards her, this will drive him crazy as the stimulation of both his penis and his testicles at the same time will make it hard for him not to finish right then and there. The warmth and moisture of a mouth around his penis, along with his testicles being gently rubbed, will send him flying into the land of orgasmic bliss.

Communicate

Communication is key when it comes to sex! be sure not to forget to communicate what you need what you want what you like and what you dislike! As humans, we sometimes forget that the people close to us can't read our minds. While it would be great if they could, they cannot and thus we must learn to communicate our thoughts and feelings, especially when it comes to something as intimate as sex. There is nothing embarrassing about speaking up and most people will actually be relieved that you are doing so.

Explore

Don't let yourself get stuck in comfortability. Going outside of your comfort zone is very important in order to keep things new and interesting. You clearly don't want to push yourself or your partner too far to the point of being uncomfortable, but trying new things that you might be a little nervous about or that you may be too shy to try is important to having sexual adventures. Some examples of this are below.

Role Play

We will discuss role play in more depth in the next book of this series, Sex Positions for Couples, but this is a great way to introduce something new to your sex life. Role playing can be anything from pretending to be aliens from another planet, to pretending to be a teacher and a student. Usually,

role playing involves some type of power dynamic and this is a big part of the appeal. The other part is that you get to be new people in your sexual encounter and for couples who have been together for some time, this is exciting as they have been together sexually for a long time and having sex with someone who feels new is exciting.

Groups

Introducing one or more other people into your sex life can help to make things very interesting if you have become bored with routine or with having sex in a traditional way. Many people are open to having people join in on their sex or groups of people meeting to have sex as one big group. If this is something you think you may be into, there are ways to find people that would be open to this. If you are in a long-term relationship, adding a person and having a threesome could liven up your sex life a little bit. This person could be of either gender and could make things interesting for you. You could also try swinging with other couples who want to try something similar.

Filming

Another way to spice up your sex life is by filming your sexual encounter with a partner or alone. You could film yourself masturbating and you wouldn't necessarily have to look at it again or show anyone but having the camera on you could make it so that you feel scandalous and risque. Having the camera on you while having sex with someone else can also make the encounter feel scandalous and risque. If you do this as a couple, you could watch it back later and become aroused all over again at the sight of you having sex with each other.

Costumes

Similar to role play, having costumes that you wear during or before sex can make it feel new and exciting. Costumes could be anything like sexy lingerie, assless chaps, a nurse costume, a police officer's costume, cowboy boots or stilettos or anything like this. Some people find it hot to wear gloves in bed or to wear their lingerie during the act of sex. Anything like this could be considered a costume and could really add a wow factor to your sex life.

Sexuality

Maybe exploring your sexuality would make you feel pleasure in a way that you have not felt before. If you have never thought about this before, consider taking some time to think about whether you would be open to exploring your sexuality and having that threesome with someone of the same sex as you. This may be an exciting and new experience that you would enjoy for new reasons!

Sex Under The Influence

Some people thoroughly enjoy engaging in sexual intercourse while under the influence of different drugs such as alcohol or marijuana. This of course can only be done in countries and regions of the world where it is legal to acquire, but in most countries, alcohol is easily accessible. Many people enjoy having sex under the influence of alcohol because it takes away their inhibitions and makes it so that their brain does not distract them from their pleasure. For people who have a difficult time shutting off their brain, such as those who work a stressful job or who suffer from anxious thoughts, this could make them become more in tune with their bodies in order to feel pleasure and be present in their experience of sex.

# Conclusion

This book is designed to guide new lovers and couples through a variety of sexual techniques that are meant to bring them closer and enhance intimacy. You will find many aspects of this book helpful because it does not focus on just one or two methods but several. It is always a good idea to explore things that are outside of your comfort zone, especially when it leads to improving your sex life and bringing enjoyment to you and your partner together.

Intimacy is an important part of a healthy relationship, and people's sexual needs change and evolve over time. Some couples are eager to experiment and try new techniques early in the relationship, while others are more reserved. Other couples or individuals may explore outside of their comfort zone or regular boundaries for something less conventional later in life. The way we are raised and society's view on the idea of intimacy can play a major role in influencing how we approach love, sex, and relationships. Fortunately, society has grown more accepting of a more open approach to sex and intimacy, making it easier for more people to talk candidly and comfortably about their desires and ideas.

Sometimes a small change, such as a minor adjustment in a position or a new style of oral sex, can make a tremendous boost in your sex life. Exploring something a bit different — such as a new setting, technique, or just the discussion of an idea (as subtle or wild as it may be) — can make a profound improvement in how we engage with our partner. Never underestimate the power of a simple suggestion or shared thought, even if done on a whim. If your partner shares their ideas with you, consider this as a new opportunity of fun you can explore with them or, at the very least, a good start toward communicating about your shared experiences and needs.

Displaying a willingness and having a partner who is on board with exploring many options is what an ideal relationship strives for. While communication and trust are the foundation of a successful relationship and intimacy, learning to accept new and exciting experiences can make a major improvement in your love life.

It is a simple and easy way to bring the two of you together and help to get you in the mood. You may even want to go out and buy some massage oils. From there, you can work your way up to trying out some new foreplay games and sex positions. If you've never tried dirty talk, that may be something that you and your partner would like to try as well. The possibilities are endless as to what you and your partner decide to do. The most important thing is to make sure that you are both on the same page and go from there.

# Part III

**Dirty Talk:**

## Chapter 1. How Dirty Talk Will Free Your Inhibitions

You'll never know what it's like to free your sexual inhibitions until you've dirty talked your way to sex so mind-blowing it leaves you both panting and gasping after it's done. There's an inner sexual animal within all of us that is waiting to be released, and when we let go of the taboos and the mental chains that weigh us down, there's an indescribable sexual experience that awaits.

But I've never tried dirty talk before. Where would I even begin? Let's start at the beginning with the types of dirty talk options you have and how to work your way past the shy, uncomfortable phase so it starts to feel natural. After all, the whole point is to kick your sex drive up a few notches, and the last thing you want is to feel like it is nothing but a painful, cringe-worthy encounter.

### The Different Types of Dirty Talk

Sex positions are not the only thing that comes with options. As it turns out, dirty talk does too. Well, you've got two options to work with at least:

- Softcore Dirty Talk - Otherwise known as the "sweet nothings" you sometimes whisper in your partner's ear. The language used in this variation is not exactly what you would call "dirty". In fact, softcore dirty talk actually sounds warm, affectionate, and even encouraging at times. The purpose of this type of talk is to try and entice your partner's feelings and play on their affection for you to get them in the mood. If you're just starting out in the dirty talk arena, then softcore is the way to go when you're trying to gauge the way your partner feels about it. This is an experience you've probably never attempted before, and as with introducing anything new, it's best to go slow and test the waters instead of coming in full force with the X-rated talk and catch your partner off guard. Some examples of what this type of dirty talk would sound like include:

You're the sexiest thing I've never seen. I want you so badly right now. You have no idea what I want to do to you with my tongue and fingers. Don't be fooled by how lukewarm they sound though, the secret to making it work is in the way that you say it. Say it passionately, say it aggressively, say it with lust, desire, through clenched teeth like you can't control your urges any longer, and say it in a low, gruff voice that shows your partner you're having a hard time trying to control yourself from ravaging them. To amp it up, softcore talk sounds even sexier when you're looking at your partner's body or genitals instead of their face.

- Hardcore Dirty Talk - These can be quite intimidating if you've never attempted to use them before since hardcore talk tends to be direct and sometimes even vulgar. Hardcore dirty talk is best used when you're trying to trigger a physical response out of your partner instead of an emotional one. This type of talk is meant to appeal to our innermost primal, animal instinct. Think hardcore, full-on, bed-shaking sex since this talk is meant to encourage the animal within us to come out. Partner's need to drop their inhibitions with hardcore talk and let it all go so they can completely surrender to the pleasure that awaits. In the hardcore talk, expect the use of swear words every now and again. Profanity and sexy are probably two words you would never think of using in the same sentence, but when swear words slip out during your lovemaking, it gives the impression that you're losing control and indicates to your partner that the sex is so incredible you're at a loss for words how to describe it. Some couples use hardcore dirty talk to push their boundaries as they attempt to recreate their sexual fantasies and make the role play appear more realistic. Imagine you were playing the role of the "innocent" next-door neighbor for example. In this role, you're supposedly naive and innocent, and the thought of any kind of profanity escaping your lips is unheard of. Therefore, when it comes out

during your vigorous lovemaking, it's like your character is breaking all the rules and giving in to their animal lusts, which your partner could find an incredible turn on. One of the biggest advantages of this talk is how raw and honest it feels. Oh yes, you feel so hard inside me. I'm going to make your gorgeous tits bounce so hard when I'm pounding you. Put your cock inside me, baby, I want to scream as you fill me up. The key is hardcore talk is to use words that you and your partner are comfortable using. If using words like tits, pussy, fuck, or cock don't feel right, you don't have to force yourself to use it. This is supposed to feel natural, so say whatever comes to mind in the heat of the moment.

Types of Dirty Talk

Getting Over the Awkward Hump

The best sexual conversations happen when we keep it simple, honest, and straightforward. Dirty talk doesn't have to be difficult, not unless you wanted it to be. You know what you want. You tell your partner what you want. You know what you would like to do. You tell your partner what you're going to do. That's all there is to that dynamic. Honest. Straightforward. To the point. Yet, despite the simplicity, many people still freeze and find themselves stuck when it's showtime. It's not that they don't want to do it. They just feel weird about it and they don't know how to get past that.

If it feels weird and uncomfortable, you might be wondering why should I bother dirty talking at all? Isn't it better to just keep things the way they are? You could, but if there was even the slightest possibility that you could skyrocket your sexual pleasure, wouldn't you want to give it a go at least? Once you've experienced game-changing sex, it is never going to be the same again. Sex is an overall mind and body experience, and if your body is feeling something but your mind is disengaged, no matter how hard you or

your partner try, you're still going to fall short of sexual nirvana. Dirty talk is one way of coaxing yourself and your partner out of your own heads. Anything new is always going to feel strange in the beginning, but once you get past the initial awkward stage, it's only going to be smooth sailing from that point onwards. Yes, it is possible to dirty talk without feeling foolish, and here's how you do it:

- Keep It Simple - You don't need to go all out right from the start, despite what the porn videos you might have watch tried to tell you. You and your partner have a rhythm and a dynamic between you that works, and that's the strength you should capitalize on. Instead of trying too hard to make it perfect, start slow and keep it simple by going with what feels the most natural at the time. There's no need to construct an over-the-top, elaborate sex script before you hit the sheets. Dirty talk isn't supposed to sound rehearse; it should stem from the emotions you feel in the heat of the moment. If starting with something simple like I can't wait to rip your clothes off and feel how hard you are inside me is good enough to get the momentum going. Don't feel pressured right away to use words you haven't used before, it's okay if you need time to work up to it. Keep it simple and playful in the beginning.
- Be the Coach - There are two ways you can approach your dirty talk encounter. The first is to use it to build anticipation. The second is to take on the role of the "coach" or "director" who instructs your partner what to do. If you're used to giving instructions in your job, this one is a pretty easy concept to transfer into the bedroom. The right amount of instruction can be something your partner may find a turn on. An example of what this might look like is: Put on that sexy black lingerie of yours that I like tonight and lie down on the bed. I'm going to do things to you that will make you scream.

- Talk Dirty When You're Not Having Sex - Practice makes perfect, and if you're struggling with getting over "how weird" dirty talk feels, this might help with that. Couples who are comfortable talking about their sex lives tend to have greater satisfaction in that department. Most of the time, people feel intimidated by the idea of dirty talk because they have no idea what to say or how to say it. They feel tongue-tied when it's time to step up and do it. Which is where the practice bit comes in handy. When you're comfortable talking about sex in everyday conversation, you eventually get comfortable with the terminology and the sexual innuendos involved so it doesn't seem to awkward anymore when it's time to turn the conversation "dirty".
- Learn to Talk About It - Expect a few bumps and slip-ups along the way when you're new to this whole experience. There could be a time or two when you say something that rubs your partner the wrong way, even if they might not say it out loud, you can sense a shift in the mood. Should you feel like you may have taken things a step too far, it is important to communicate and talk to each other about it. For example, some couples might get turned on calling their partner "daddy" in bed because of the sexual dominance associated with it. But that might not be something your partner is comfortable with. To them, it might have incestuous connotations and that ends up ruining the moment. Talk to your partner about what works and what doesn't. Ask them what words trigger their fantasies and let them know what yours are. It's important that you learn to talk about the difficult parts of the process together so you're both on the same page about it.
- Talk About What You're Doing - Say what you're doing, what you want to do, and how you're going to do it. That's the easiest way to start dirty talking if you're struggling to know where to begin. Tell your partner what you want to do to them, or what you've been waiting to do to them all

day. When they walk through the door, grab them in your arms and say, “I’ve been waiting all day to kiss you all over”, that’ll take them by surprise. As you start kissing them all over (like you said you would), say things like “You taste so good you have no idea”. The dirty talk can even continue after the sex is over by saying “Your tits felt incredible in my mouth just now” or “Your cock felt so hard inside me just now, I loved it!”. That should send shivers up their spine.

- Think About the Timing- Good timing is everything. A single word uttered at the wrong time can quickly kill the arousal you worked so hard to build. As you test the waters, ideally you want to wait until both of you are sufficiently aroused and “hot for each other” before you progress towards the hardcore dirty talk lingo. It’s much easier to drop some lustful remarks into the lovemaking session after you’re panting and can hardly hold off your lust for each other any longer.
- Figure Out Their Triggers - Everyone’s got a trigger, even if they have never dirty talked before. Trigger words are those special key phrases that turn your partner from a tame lover into a wild stallion. This is where communication once more plays a crucial role as you talk to each other about it. The best way to figure out what your partner’s triggers words are is to ask them. Ask and ye shall receive.
- Try Role-Playing - Sexual fantasies can be extremely arousing. There’s nothing like seeing the naughty seen you’ve tucked away in your mind all this time come to life in front of you. It’s like the Disneyland of lovemaking and it’s a great excuse to start talking in a way you never have before (i.e. dirty talk). There should be no judgment happening here, respect what your partner’s fantasies are. Couples should work together to create an environment where both feel safe enough to reveal their secrets. Maybe your fantasy involves being rescued by a man in uniform as he sweeps you

up in his arms and carries you into the bedroom to have his way with you. Maybe in your fantasy, you're the director of an adult movie and you're "directing" your lover about what they need to do onscreen. Tell them how to slowly peel their clothes off in front of the camera, or how to use sex toys to tease their genitals. Your fantasies are only limited by your imagination and if your partner is up for it, anything goes. Role-playing is the perfect opportunity to slip in some dirty lingo, and because you're pretending to be someone else at the time, there's less awkwardness involved.

## Chapter 2. How To Drive Your Partner Wild With Sex Dirty Talk

The key to what a sex partner needs or wants is to open up and discuss them. Share your sex thoughts, tell your partner what you want to listen to and have sex and relationships happy and successful in general.

At first, dirty talk may seem uncomfortable, but if done right, it can turn your sex life around. Here are a couple of ideas to help you chat and sound sexy and turn that into your sex life.

a) You must be in the right mindset to dirty talk. One big mistake that lovers make is that they try too hard to sound "hardcore" or "gangster" without believing what they mean. Deep breathing and experiments are the most important components, but you must be on the right track. Be fast, relax and be articulate, above all.

b) Start with "purr" or "hmmm," breathe normally and follow the sounds with corresponding physical touches, such as caressing and soft like. Before you get more serious, your partner will respond. Recall that feedback is important in developing a subject and encourage your partner to proceed.

c) Know what's going on with your friend. Take old phrases and tell them sexily. Whispers and emphasizing those phrases add to this romantic boost, for instance "let me know what to do... your word is my order"

d) Don't argue with what your spouse says or does because it can be a mood killer if you can stop it. Everyone has their own dirty way of speaking and if you disagree, you can be gentle. You may, for example, say "oh, yeah, that's right..... or better still call me xxxx" and use the alternative, if he or she uses a name you dislike.

e) Excitation is usually easy to see, but there is no benefit when you ask for guidance if you do not. Ask your partner what they want from you and remember the words that encourage you. Nonetheless, don't push the

envelope, know the limits you don't have to cross, some only go far enough to ruin an exciting and sexy moment.

You're sharing experiences with her, but the other guy can' turn her off.'

You must know the difference in order to become effective in dirty talk.

But before we move in and think about the various types... First of all, you and I have to think about why we men will speak dirty in bed. Many guys don't do that after all, so why should you?

Okay, here is the reason why you need to dirty talk to your wife in your bedroom every time you have sex with her, if you want to SEXUALY SATISFY her...

You must know that sex is a very MENTAL EXPERIENCE for women. In comparison, sex is usually simply a physical act for most men.

The point here is easy, yet very necessary— to give your woman so strong the BEST SEX EVER and the orgasms she screams... Not only her uterus, but also her MIND, must be stimulated.

And you stimulate your wife's mind with dirty talk in the shower.

Many men avoid talking like this because they are AFRAID. In other words, in the bedroom they were wimps.

Many men avoid dirty talking because, once or twice, they tried it and it didn't work (either make their wife laugh or insulted her).

If you want a Real Man— a guy who can sexually satisfy any woman... You got ta dirty talk. Space.

Now that you know what dirty talk is important, let's talk about the two kinds...

The first type is filthy dirty talk and it does not change your sexual experience. This needs to be avoided. This kind of obscene talk is conveyed

badly by a man who does not understand the importance of CONTEXT in how he talks to his wife in his home. I mean knowing what to say, when to say and how to say, when to say meaning.

The second type of dirty talk strengthens all the physical actions you share in your bedroom with your girlfriend. Master, and you are going to be the sort of man who can please any woman beyond her wildest dreams. You're the type of guys who can make love to the mind of a woman!

Speak clearly, honestly and with absolute CONFIDENCE-know that your dirty talk can get harder, as your wife gets closer to being orgasmed. During your orgasm, you can think about the intense dirty talk (if you know the right stuff you can potentially double or triple the duration of your wife's ORGASMS with dirty talk).

Make private your dirty talk. Here is an example... An example...

Never tell your wife this: "You're a bad girl" (This would make you feel guilty and turn her off) But you're going to drive her insane if you tell your wife something like this and make her want more than ever...

"Your dirty little girl" (HINT: the use of the word "my" changes everything.) By the way, in order to discover how to speak dustily and to completely satisfy sexually any woman (using secrets, tips and new techniques which most people will never know) click HERE.

There's no doubt-WOMEN LOVE DIRTY TALK. They didn't need it, though. So be careful what follows...

Gender is a very psychological thing for women. It's different for guys. We men tend to treat the make of love as a very physical thing and the sheer excitement of being exposed to and loving a woman is enough to' break us.'

However, most women are disappointed by their men because they can't please them, and they don't give them their orgasms on a regular basis.

If you want your wife's mind to burst in the bedroom and send her intense orgasms that rock her world entirely, then you have to STIMULATE HER MIND and the body. And you have to use your voice to stimulate her mind.

And in your home, which means you have to dirty talk.

If you dirty talk, you'll probably stand out from every other guy your wife's ever been with. The fact is that the vast majority of men do not speak dirty or if they do, they mess with them by criticizing and laughing at their wives (both very poor results).

If thus, you are sold to use DIRTY TALK to help give your woman orgasms so incredible that she screams her name, read and use the following dirty talk sex tips wisely: 1. When you dirty talk to your wife in your bedroom, you have to be faithful. So, do with trust and authority whatever you say. If you don't take you seriously, she won't.

2. Speak clearly and honestly. You shouldn't rush what you say when you dirty talk to your wife. If your voice is loud and whiny, buy a tape recorder- then record your voice and try to make it softer and deeper. It's easy to do and won't take you long.

3. Be careful what you say and when you say it. Your dirty talk can get harder the closer your wife gets to orgasm.

So, when you cuddle on her sofa and give her a few kisses, your filthy talk needs to be better. Here are a couple of things you might whisper in the ear of your wives: "You smell so good baby" "I love your lips."

In contrast, it will be time to turn the REALLY TALK on and use it to' push it over the edge,' to get yourself into it. At this point, you try saying such things: "You are my dirty little girl and I love to be in you." "You love it if I do it behind you, don't you baby."

Most people disregard dirty talk, and yet most women love it.

## Chapter 3. How to Introduce It to Your Partner

A lot of people want to introduce more fun and excitement in their sexual relationships, and that's okay. However, if done incorrectly, it can backfire. It is not enough to want things to change in the bedroom. How you introduce the change can be the difference between acceptance and rejection.

Now that we have seen the benefits of dirty talk and how our psychological makeup supports it, let us consider how to safely introduce it to your partner. This process is particularly vital for several reasons. It could be that:

- Neither of you has tried talking dirty before.
- Your partner is the sexually reserved type.
- Everyday pressure has eroded the sexual passion you both shared when you were younger lovers.

Whatever the case, learning to safely introduce or reintroduce dirty talks into your relationship is not rocket science. However, since personal values or boundaries are involved, emotions and feelings can get out of hand, and moods can suddenly be ruined, it is crucial to approach it carefully.

## Step-by-Step Guide to Get Your Partner Onboard

Take it slowly

You don't have to kick off with extremely graphic or explicit phrases. You may gross out your partner if you come off too strong right away. Worse still, a sudden change in your sexual behavior may cause your partner to think that you are having an affair. Take things slowly. Start by teasing your partner with milder words that are suggestive. For example, "You look so sexy tonight." The Start from there and gradually work your way up to more audacious forms of sexual expressions. But be sure to gauge your partner's receptivity at all times. Bombarding them with successive filthy phrases can spook them.

Build on the previous momentum

It is always better to start your dirty talk from the bedroom (unless if you are extremely shy). Let your partner get used to hearing you say naughty things them before you start texting it to them when they are at work or not with you. Think of how strange it would feel if someone you've dated for long or someone you've been married to for long suddenly sends you a raunchy text when they can't even say a single sexy word in the bedroom. Strange right? Even if you are too shy to start practicing your sex talks face-to-face, you can be extra flirty with your partner in the bedroom, moan more, and generally show them that you are breaking out from your shy self. At this point, it won't be too strange if you follow up by texting them something freaky the next day.

The bottom line is to get them to see you in a different light in a familiar setting, and then build on that momentum. The next step is to keep flirting with them outside the bedroom, during conversations, through texts, and even phone calls. You don't have to use vulgar words or any profanity when flirting with them. Simply use suggestive words or body language. It won't

be long before you'll discover that they are open to slight obscenity. If you are feeling very confident, you can make more bold moves like whispering something very naughty in their ears in a public place. For example, softly whisper to them to meet you in the bathroom of a restaurant. Or discretely hand them your undies and say, "I'll be in the bathroom… waiting." You may not have used any profanity, yet you have delivered a very dirty message!

Find out their preference

What does your partner want when it comes to sex talk? Unfortunately, there is no way to know this without testing different things or by simply asking them (if you want to be more daring). Some partners prefer a mixture of innocence and obscenity. For example, they may be turned on when you say, "I've been fantasizing about you inside me all day, but I'm too shy to let it show." This usually indicates that such a partner prefers to assume the dominant role during sex. If that is the case, you will have to take the submissive role. Other partners prefer extremely raunchy phrases such as, "Come give it to me like a sex-starved creature!" This type of partner may be better at assuming the submissive role or a neutral role. They are open to receiving suggestions from you.

It is also important to adapt your sex talk to suit things that your partner fantasizes about, their hobbies, their work, or even recent happenings in both of your lives. For example, if your partner plays the guitar or is an artist, you could use that in your sex talk and say something like, "Come play me like your favorite notes on the guitar," or "Use your moist lips to paint all over my body." If they just made some huge profit, closed a major deal, or got promoted at work, you could say something like, "Fuck me like the richest dude/chick on the block," "Make love to me like a (new position) would," or, "Show me how a successful agent makes love."

Take time to discover what your partner's sex talk preferences are and work out something that suits both of you.

Be authentic

Perhaps this is one of the most vital attitudes that can help your partner accept dirty talk. Dirty talk is all about responding to inner or external sexual stimuli. Think of it as reacting instead of acting. You are reacting or responding to something that you genuinely feel. In its basic form, dirty talk is a verbal expression of your natural, confident, and most free sexual self. If you approach erotic or sex talk from this perspective, it becomes easy to be yourself and vocalize what truly represents your authentic self. Putting up an act is a surefire way to kill your partner's mood (unless you are a good actor/actress). Say only the things you feel, want, and are comfortable with. If you feel like making passionate love, say it freely. And say it as if you want it badly. Use whatever phrase (suggestive or profane) you think will convey exactly how you feel within.

For example:

- I want you to have sex with me like you've never before.
- I want you to make passionate love to me.
- I want you to fuck me like your little bitch.

You don't have to say things you find uncomfortable because that will sound very unnatural and can quickly turn off your partner. However, since you are introducing or reintroducing dirty talk to your partner, it is better to heed to the advice at the beginning of this chapter and start slowly with milder phrases.

### Sexual aggressiveness is optional

You don't have to be sexually aggressive to turn your partner on; nor do you have to be bawdy with words to get your partner in the mood for

passionate sex. If your partner enjoys sexual aggression, it is okay to tread that path and use stronger words they find comfortable. However, you should generally not assume that they will love gross language because they tend to be aggressive in bed. Start with milder words and gauge their response. Their reactions will tell you if they are open to more obscene phrases.

Having a one-night stand is not the same as intercourse for couples in long-term relationships. A partner you met in a bar or at a wild party may not mind putting up with extreme vulgar talks and sexual aggressiveness. After all, they'll be rid of you in a couple of minutes or hours. But for a long-term partner, it is crucial to take things bit by bit until you discover the peak of their tolerance level.

## How to Overcome Shyness

If you are an extremely shy person, or you tend to be reserved when it comes to sexual expression, it may be a bit tricky to put your deepest sexual feelings into words. But you are not alone. Even extroverts tend to find it challenging expressing their sexual desires to other people regardless of how long they've been with their partners.

Here are some quick suggestions that you will find useful in helping you overcome shyness and saying what's on your mind during foreplay and sex.

### Have a heart-to-heart chat with your partner

Your partner is likely to love and respect you more if you are upfront about your desire to spice up your sex life. You simply need to take the first step of telling them that you wish you could be more forthcoming with words during sex, but you are shy and apprehensive about the idea. Get your partner's support so that both of you can take the chance to experiment without fear, guilt, or shame. You can use this chat to discover what both of you like and don't like and set boundaries.

Taking this initial step will remove a large part of the anxiety and apprehension you have about dirty talk. However, it doesn't turn you into a daring gross talker overnight. You still need to open your mouth and allow the words to fall out without hesitation. If you find fear, guilt, or shame holding you back, remember that you have your partner's loving support. Take a deep breath and let yourself go. Allow yourself to connect with your emotions and desire and freely express them verbally even if it means whispering your words. Don't let fear hold you back from making yourself seen and loved just the way you are without censorship.

Breaking through the first hurdle is the most crucial aspect. Once you are over it, you will open yourself to heights of sexual intimacy and ecstasy you

never knew existed. Also, you will increase your self-confidence in almost every aspect of your life and your relationship will be better for it.

### Use sounds

You can ease into talking dirty by using moaning sounds (oohhh, ahhh, yesss, mmm, ugghh, and so on). Get confident in using sound to show you are present with your partner in the heat of the moment. When you are comfortable with letting yourself be more verbal with moaning sounds, you can start to whisper incoherent words and phrases in your partner's ear. They don't have to make sense of what you are saying. The mere act of saying something – anything – in their ears during sex or foreplay is enough to heighten their sense of sexual pleasure.

### Use short phrases

Trying to string together a long sentence may be a lot difficult for you if you are a shy person or if you are new to dirty talk. Stick with one-liners or short phrases. For example: harder, slower, faster, deeper, don't stop, keep going, and so on. These are all simple phrases that may not be vulgar or explicit but can increase sexual enjoyment. You can also think of short phrases to use for foreplay such as, "I need you now," "Touch me softly," "Hold me tight," "Tonight, I'm all yours," and so on.

### Move on to descriptive phrases

Once you have built your confidence level, you can move on to descriptive phrases that tell your partner what you feel, what you want from them, or what you want to do to them. For example, "It feels so good when you do that," "I enjoy pleasing you," "I love how you kiss me passionately," "I wish we would never stop," "I want your lips all over my body," or, "I want to melt into you."

Again, there is no need to rush into these things or try to use all forms of dirty talk in one or a few intercourses. There is plenty of time and opportunities that you can explore, adjust, and improve your skills. To even help you better overcome your shyness, do not limit your erotic talks to only during sex. You've got the entire day to practice and keep your partner in the mood to have sex. Keep in mind that dirty talk must not always result in sexual intercourse. You can talk dirty just for the fun of it.

### Use text messages

If you are extremely shy and can't seem to bring yourself to even moan out load, even though you like the idea of talking dirty, test the waters by sending sexy text messages to your partner. Since they are not face-to-face with you, it will be a bit easier to express yourself. Press send as soon as you finish composing your message, before fear, doubt, and your over-modest side gets the better of you.

You will gradually gain enough confidence to say these words to your partner face-to-face once you see that they like your text message.

## Chapter 4. How To Start Your Seduction

The art of seduction isn't alluded to as art without reason. But you can master this useful craft, so here's the way to be seductive.

Thinking about how to be seductive without trying too hard or being too subtle? Indeed, seduction has been around for far longer than most individuals figure it out — route back when individuals used seduction without knowing it as a way to get what they want. What's more, trust me, it definitely worked in those days, and since we presently comprehend what it is and how to bridle it, it's gotten stunningly better.

Many individuals realize what seduction is, but they can't generally use it in a manner that actually makes it effective. Fundamentally, their type of seduction is cumbersome and uncomfortable for both parties – which is fine! That's the reason we're here to help.

How does seduction work?

The art of seduction is altogether different from some other type of turning somebody on. Without a doubt, you can turn on a person by sticking your hand down his pants but alluring him takes a lot more expertise and ability than just that.

Seduction requests to an individual's most base instincts. It works such that they can be completely unmindful of the fact that you are actually luring them. It's slippery and can give you more power than you think. Seduction takes a shot at somebody's subliminal personality, too.

Here's the manner by which to be seductive

A few people are naturally overly seductive and can turn on a gathering of individuals without batting an eyelash. Others need a little extra help in that department. Either way, there is trust, because enticing somebody can be educated with a bit of practice.

Tempting somebody is no simple task in the event that it just doesn't fall into place for you. But these tips for how to be seductive are the perfect starting spot for those of you who are unfamiliar to it.

On the off chance that you just so happen to be one of those people who can't seduce the world's most comfortable individual, these are every one of the tips you need. Remember that it'll take time to learn, and significantly longer before they become natural to you.

1. Prolonged eye to eye connection.

If you want to realize how generally it will be seductive, eye to eye connection will be your best companion. Notwithstanding, you don't want to make it into a staring contest and monstrosity them out.

Give just enough eye to eye connection to compel them to glance back at you, and then you can turn away and continue with your conversation or tempting techniques. Continuously hold their eyes for a couple of moments before turning away. [Read: 10 subtle eyes to eye connection flirting moves that consistently work]

2. Shift your look to their lips.

There's nothing that will get somebody thinking about your lips like looking down at theirs. The perfect opportunity to do this to seduce somebody is right after you've searched.

Gradually shift your look from their eyes to their lips, and afterward let it wait there for a moment before turning away.

3. Bite your lips as you find them and down.

Another classic alluring method used for the most part by ladies is to bite your lower lip as you look down from somebody's eyes. This is to guarantee they're taking a gander at you as you bit your lip. For reasons unknown, this

drives individuals wild and has them just thinking about a specific something.

4. Ladies, show your collarbone.

This is something that has less to accomplish with a particular thing you do and more to do with visual signals that turn men on. At the point when a woman gives her neck and collarbone, she's giving her vulnerability.

In a man's brain, this is then prepared as her being interested in him, which gives him space to make a move. Presently, folks don't deliberately understand this is going on. It's just something they subliminally notice. So, move your hair and show that collarbone.

5. Guys, stand with your legs further apart.

Folks who are hoping to seduce ladies, you should stand with your feet alone and pointed toward the young lady you want. This, much like a collarbone for a woman, is demonstrating your availability. It is additionally a person's method for indicating a woman what he brings to the table. She'll subliminally get on this vibe.

6. Get close enough for them to smell you.

You know, the smell your body discharges that you can't intentionally smell. Be that as it may, an individual's intuitive grabs on it, and their mind synthetically forms it and chooses whether or not they like it. Allow them to choose from.

7. Brush facing them gently.

Touching somebody is an extremely high approach to seduce them subtly.

8. Ladies, tilt your jawline down and gaze upward –

In case you're asking for what reason there are so many young ladies out there who do this and look genuinely bashful when talking to a person, it's because they're tempting them.

This is another thing that arrives at a person's psyche on an intuitive level. Men are customized to think that young ladies who look youthful and youngster like are attractive because it technically implies, they'll have the option to hold up under more kids. This works by causing your eyes to seem bigger and your face to look progressively infantile.

9. Let them pursue you.

By this, I mean, let your attention meander from them to another person. This will kick their competitive nature into overdrive, and they'll want to get your attention back. So truly, you're enticing them such that makes them come to you, not the other path around.

10. Smile gradually with an eye to eye connection.

At the point when you at last look at somebody, hold it and gradually let a grin spread over your face. This is demonstrating somebody immediately that you're inviting, agreeable, and sort of like you have a secret they'll be kicking the bucket to discover. It's a great tip for how to be seductive.

11. Use their name

– but bring down your voice when you do. Utilizing somebody's name is causing them to notice you and only you. Haven't you at any point noticed the amount you like when somebody says your name to you? To make this considerably increasingly effective, bring down your voice when you talk about their name. That way, it'll resemble a secret.

12. Keep your tone low

Your voice ought to be low and moderate. Being sultry is critical to realize that how it will generally be seductive. In any case, don't make it sound like you're intentionally trying to talk in a speak with a softer tone, because that will make certain to steer individuals away.

13. Subtle compliments.

You should complement somebody on seducing them. Be that as it may, the best way this works is by not making those compliments too self-evident. Things like, "Your eyes are so sexy," doesn't work the equivalent.

You should complement tiny things that they won't understand are compliments at first. Something like, "That is no joke," is everything necessary.

14. Imitate body language.

Something that individuals subliminally do when they like somebody is to imitate body language. This additionally enables another individual to like you more. So, it's perfect in case you're trying to figure out how to be seductive. Just ensure its subtle so you don't resemble a killjoy who is duplicating's everything somebody might do.

15. Have certainty.

Certainty is critical to making ANY seduction work. You need to act like you realize what you're doing, and you are worth a million bucks. Strolling into a life with that attitude alone will make sure to seduce even a couple of individuals without some other efforts.

Fractionation Seduction

The word fractionation is characterized as the division of a mixture into a few littler portions. To seduction, it alludes to assimilation of influence, trance, and psychology. It is a method for mentally conditioning a woman, and henceforth, it is a type of dull art. Fractionation was invented when a hypnotist noticed his ordinary clients going into a trance faster with each visit they made. At some point, he chose to move the client all through the trance, and he got comparative results; that's the way fractionation was conceived. Truth is fractionation is a typical method which you will perceive whenever given a couple of models.

## How it Works

Any man would concur that the way toward charming a woman isn't just tiresome, but additionally costly. Many men want to exercise mind control over their ladies because predominance would bring a lot of benefits, for example, settling on where to go out. On the off chance that a woman realizes you are in control, she will take your position in the relationship genuinely and feel progressively comfortable because she has somebody to count on.

## How would you control her psyche?

The most effective type of attraction is fractionation seduction. Honestly, that's right-within minutes, not at all like typical dating, which takes a lot of days, weeks, or even months. When utilizing fractionation seduction, you can be as moderate or as fast as possible. Essentially, it is a mesmerizing procedure where you get a woman and out of trance with the goal that her involvement in getting hypnotized increments after some time. This type of seduction is regarded to be the deadliest secret to making a woman hopelessly enamored with you.

## What You Need to Start Fractionation Seduction

There is no chance you can approach a woman and start playing mind games to move her emotions. Even though anybody can use fractionation seduction, you must do some preparation. There are a few things you have to chip away at certainty, social abilities, authority aptitudes, familiarity with the zone, and different interests. Your goal is to introduce yourself in a manner that a woman starts preferring you even before you talk. It is very essential to dress appropriately and smell pleasant. Then continue to take the accompanying stages.

1. Arrest the mind of the woman you want to seduce

Fractionation seduction experts offer various rules for attracting a woman instantly. These incorporate negging, push, and draw strategy.

Negging: This is a case where you make a negative comment concerning the woman and initiate an exchange about it. You must not use any insulting language.

Push and draw: This are about catching a young lady's eye by a conversation, which you should break just before it starts getting profound. After some time, you can return to it, and this time, she will be progressively challenging. Peacocking: This method includes attracting a woman physically with smart clothes and eye-catching pieces like bling, red hat, or t-shirt.

2. Narrate emotionally exciting stories about beginning to look all starry eyed at

There are a few stories you can think of, for example, love stories. To bring your fractionation game into play, split the story up, and incorporate a cushion talk that does exclude profound sentiments. Don’t go over the edge with the lightning conversation, but ensure you get back to the story so she can continue envisioning the way toward beginning to look all starry eyed at. In other words, you will alternate between an emotional conversation and another non-genuine one. Ensure that you bring out new emotions in her each time you continue the exciting story. Feel free to talk about her future aspirations for a few minutes and afterward examine your favorite supper without getting into emotional details. But during her turn, let her depict the emotions.

3. Get some information about her upbeat and miserable encounters

The first question you ought to ask her is something related to her joy. You can tease her to talk about her positive encounters in different manners and

indirectly. For instance, you can ask about her best-beloved memory. As she narrates her story, you can break down her genuine emotions. On the off chance that she esteems the mind, she will grin, chuckle, and giggle about it. Through her body language, you will understand the degree of joy she associates the thought with. You cannot ask her directly, so you should be progressively tactful. Start by portraying perhaps the saddest experience, and without knowing, and she will start to depict hers. Tell her some disaster you've confronted or something like a memorial service. After discovering what she relates to trouble, you would then be able to start testing deeper. Within minutes, she will begin to create affections for you. The polarity theory states that uncovering the human cerebrum to alternating scenes of agony and pleasure manufactures a secure emotional connection. Repeat the grouping of these two steps, and she will be yours. The snappy progression of upbeat and dismal emotions joined with your nonverbal signs will melt her. Such feelings are synonymous with a drama where characters are subjected to heart-twisting circumstances and thus, cause the group of spectators to invest their emotions in such a scenario. In your fractionation seduction tactics, your woman will be hypnotized by the stories is you take the two steps

4. Psychological seduction creates an emotional bond

To use this mind-controlling technique, you must be a decent conversationalist. Figure out how to address a woman first and use your best non-verbal signs. You must acquire trust on the off chance that she needs to invest her emotions in you. An emotional bond urges a woman to open up. Neglect the feelings that a woman can be out of your alliance; you are the person who should make her vibe. You are the person who is out of her group. Be confident and ask; however, many inquiries about her as could be expected under the circumstances.

5. Manufacture suspense

Ladies love dramatizations: building suspense will make her insane and will keep her on her toes. The first time you meet her, don't hint immediately that you want her. You should cause her to acquire your attention by acting nonchalant. If a woman turns out to be too comfortable with a man, she loses interest soon. Along these lines, try to confuse her now and again if you have started dating. One minute, act unapproachable and in the next, express that you are so excited to be with her.

6. Acquire her trust

Your seduction game ought to be equipped towards creating trust between you and her. As you participate in an exciting discourse, tell your woman an individual story about yourself or far and away superior, a secret. Relationship experts have discovered that partners who understand each other secrets stay long in their relationships. If you can impart individual information to her, she will be more attracted to you. The entire reason for fractionation seduction is to bring out a roller-coaster that will stir up her sentiments towards you. On the off chance that you can procure her trust, she won't settle on fair-minded choices concerning her true affections for you. The technique is essential, and your young lady won't understand that you are utilizing it on her except if she is focused on it.

For what reason Is Fractionation Seduction So Effective?

Contrasted with getting artist trickery, fractionation seduction is by a long shot powerful. The motivation behind why most ladies are anything but difficult to manipulate mentally is that they are addicted to particular emotional triggers. The mind-control technique targets certain shortcomings in a woman, thereby making her incendiary to whatever you want (of course, this sounds great). In each female personality is an emotional roller coaster addiction, implying that there are a few things she basically cannot

get enough of, for example, romantic motion pictures, books, and dramas. Do you know why she loves this universe of fantasy? Such movies or books take her through a cycle of emotions - negative and positive - and she some way or another, gets addicted to this. At the point when a woman's psyche experiences in this emotional ride, her cerebrum registers an emotional bond instantly with a fantastic story and obviously with the individual narrating it (for this situation the man charming her). Also, this is how fractionation seduction draws a young lady's brain into thinking that she has discovered a romantic connection with her seducer.

What to Avoid When Using Fractionation Seduction

Your seduction game must not end on the first date you have with a woman. You have a lot to do ahead after she begins to look all starry eyed at you. Their certain things, you must not do whether you are in a relationship or during the time spent seeking after a woman.

1) Do not act presumptuously

2) Avoid talking about how hot other young ladies are

3) Be a gentleman and hold your manners under tight restraints don't swear or get inconsiderate

4) Never post pictures of you hanging out women wearing trashy dresses

5) Do not let your cleanliness leave the control

6) Do not tell a woman to quiet down when she's furious

7) If you go through an entire night having intercourse, don't approach her for morning sex.

The entire thought of fractionation seduction is drawing a young lady into an emotional roller coaster with the goal that she turns out to be increasingly reliant on you. Because you will bring in her in a profound conversation, she will never forget it, and she will consider you to be

unique. Allow her talk about her experience, encounters and you will have mastered the art of controlling her brain. Next time you have another date, apply this technique but maintain a strategic distance from the common mistakes most men commit afterward. Along these lines, get your work done well, get prepared, and try fractionation seduction on a woman you like. If it doesn't work, leave.

Instructions to be a Seductress without Being Obvious

A seductress is the epitome of sexiness. All ladies want to be her, and all men want to be with her. Discover how to be a seductress in this guide.

A seductress is something all ladies want to be.

But most ladies who want to be seductive ignore the thin line between crass and class.

It feels pleasant to be wanted by men, but it's never an excellent method to get attracted to the opposite sex by portraying yourself as a hooker on the walkway.

While sexiness is almost consistently associated with uncovering skin, there are far superior approaches to get the sexy attraction and become a seductress, the discreet way.

If you want to realize that how will generally be a seductress.

The most effective method to be a better seductress.

To know how to be a seductress, the sexy but then discreet way, you have to focus on your bedroom exercises.

You can't generally be a seductress when you're still an amateur in bed.

It opposes the general purpose of being a seductress or a sex goddess.

The simple part of turning into a seductress is your bedroom exercises.

The tricky part is realizing how to bring out the equivalent sexual excitement from men when you're not skipping over in the bedroom.

Understand that you're well on your approach to turning into a sexy seductress who can fold any man over her pinky, in any event, when you're not trying to intrigue a man.

Below are tips that can help you with having any effect in becoming the sexy seductress:

Figure out how to be two confronted

At the point when you're grinding away, be not kidding and center around ascending that next subtle bar of the corporate stepping stool. Don't pretend to be a stupid bimbette to get attention from a hot person. Men try to use ladies who they assume are idiotic or simple to get. You, then again, will be a seductress, one who's ideal by all and one who's never simple to achieve.

A beautiful woman who doesn't flirt at work may deflate the hearts of many men. But it'll additionally make them want you, respect you and take subtle looks at you while you're working. When the work is finished, relax your neckline, take your jacket off and let your hair down in style, particularly when there are men around. Pretend like you haven't noticed any men gazing at you. Men discover nothing sexier than a woman who can transform from an inhibiting quit for the step by step end to a sexy and radiant seductress who grins and flirts with the men around and abruptly transforms herself into a burst of crisp and flirty vitality. Ever observed those sexy transforming teachers, nuns, and medical caretakers in those hatchet promotions? That's exactly what men want!

Men love a sexy transformation! Uncover your two extreme sides, the compulsive worker and the sexy young lady alter inner self, and you'll have a crowd of men extending around your office entryway each night.

Show skin and play coy.

Occasionally, when you're twisting low to lift something up or strolling on the street wearing a slightly noteworthy top, use the coy flasher move to win a person's heart.

Presently any person who's into ladies would involuntarily try to take a look. Presently you don't have to adjust anything in case you're wearing something that leaves a bit of space for a look occasionally. But just through his eyes, catch him in the act and spread yourself up in a cute and evident manner.

To make this simple seductress move work, show skin and spread it back up with a modest, insidious grin and a line like 'uh oh… you shouldn't have seen that!'

By doing that, you're letting him realize that you're alright with him taking a little peep, and you're additionally grinning mysteriously, which leaves him pondering about the unbalanced moment. But on the if you do give him a sexy, flirty grin.

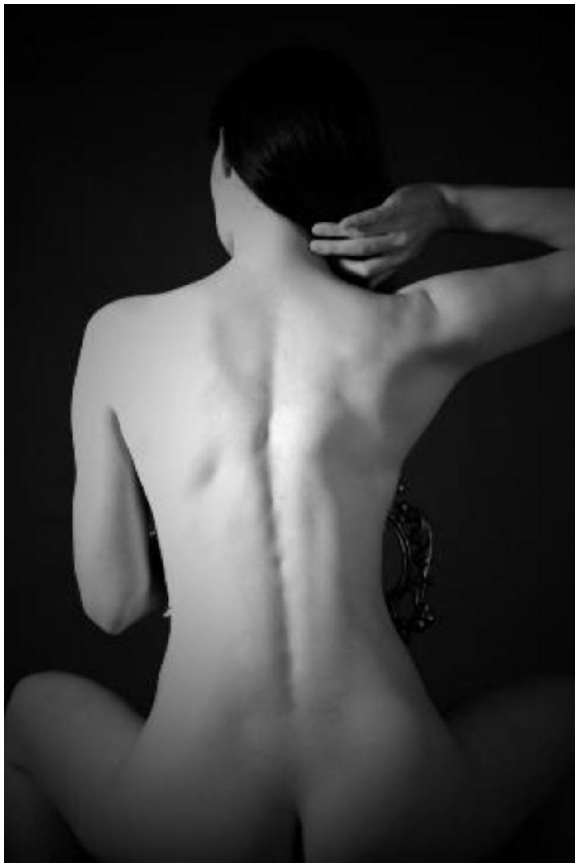
Create your very own sexy vocabulary

Vocabularies are everything, and it can have a significant effect between a seductress and an odd one out. If you want to realize how generally will be a seductress, take a shot at your sexy articulations. You may need to put in half a month on this, but when you do master this art the right way, you will discover men waiting to have a conversation with you regardless of where you go. At whatever point you discover a bit of time in your grasp, stand in front of a mirror and watch your very own demeanors, be it a grin, a giggle, or even a scowl and a frown. Do you like the manner in which your face looks when you wink or grin naughtily?

Probably the sexiest seductresses may have been brought into the world with perfect grins and cute winks, but in some cases, it took a lot of practicing in front of the mirror.

Create your very own sexy articulations, the thinking articulation with a pen in your lip, the naughty articulation with a slight tilt of your neck, the entertaining one with a cute snicker, the sexy one with a discreet lick on the edge of your lip, and the various ones including a bad tempered and a bossy one. What's more, use it!

These tips consistently work. Try them and see the distinction yourself. Understanding how to be a seductress isn't about the way in which you dress. But that does make a difference too.



## Chapter 5. Dirty Talk in Public

These dirty phrases can turn your partner on in public and make them want to have sex with you.

1. Do you know what I would have been doing to you right now if we weren't in public?

2. I wish you can fuck me right in front of all these people.

3. Imagine us fucking in front of a hundred naked people.

4. Hey, I'm not wearing panties. Do you want us to go to the bathroom… together?

5. If you keep stealing glances at me like that, I'll drag you into that private room and fuck you against the wall.

6. If my colleagues weren't here, I'll lay you on top of this desk and fill you up till you cum.

7. Please walk ahead of me. I want to see that rounded ass of yours in those jeans.

8. Just so you know, I fucking wet right now.

9. I couldn't help but think of you holding my cock when you were on stage holding the microphone.

10. I know people are watching, but can I suck you for just a minute?

11. Slip your hands into my panties. Quick, no one is watching.

12. I know this may be a little bit inappropriate, but I just can't stop thinking about your cock inside me, right now.

13. Standing next to you in this crowd makes me want to touch your cock. May I?

14. I'm glad none of these people here know how great you are in bed.

15. Can I let you into a secret? I feel like fondling you right now.

16. Stand close to me, honey. I want to feel that cock throbbing against my ass.

17. Are there any cameras in this elevator? Because I feel like tearing off your clothes right now.

18. Can we just leave this boring event for five minutes? I'll rather be alone with you.

19. I like this bumpy bus ride; your cock keeps bumping into my ass and that's making me super wet.

20. Thank goodness these people can't see what your hands are about to do under my skirt.

21. I need to use the bathroom. I expect you will check on me in five minutes.

22. Can we just ignore all these people and bang like no one is here?

23. If you keep doing that thing you do with your eyes; I'm going to cum in my pants in front of all these people.

24. What if I go down on you right here and now?

25. This movie is boring. Can we do something fun in the back of my car?

## Chapter 6. What to Say Before, During and After an Orgasm

On the surface, it is easy to dismiss dirty talk as nothing more than another means to seduce your partner enough, so they are in the mood to have sex with you. Yet, there's more to the language of lust than meets the eye. Words, the very language that we use, have more power than we give them credit for. The right words can either life someone up and make them feel like anything is possible, or it can bring them crashing down to a point so low they might struggle to recover from. Sticks and stones may break your bones, but the words you use can inflict emotional damage so deep it could destroy a person's confidence and self-esteem. I guess that's why they say that the pen is mightier than the sword. Hurtful words can leave a wound that takes a long time to heal, assuming that it ever does. Even then, it leaves a scar that might never be forgotten.

Building Your Partner's Confidence. It Matters.

The more attractive someone feels the happier and more confident they are in and out of the bedroom. Someone who loves their body and is comfortable in their own skin would have no qualms about having sex. They're not worried about whether you notice their flaws or not, they're happy as they are. Your girlfriend, wife, husband, boyfriend, or partner may not have supermodel good looks and six-pack abs that make you drool but coax them enough with the right words and they'll perform like a God or Goddess in bed. Why? Because you made them feel like they could. The most handsome or beautiful man or woman out there could be the envy of many, but if they look in the mirror and they don't like what they see, you'll have a hard time convincing them they could be dynamite in bed.

If your partner's subconscious mind leads them to believe that they are imperfect and not worthy of being desirable, then they will always struggle with the fact that anyone could lust after them and want them in a sexual

way. This affects both men and women, although body image issues tend to plague the latter sex more. A woman is deeply affected by the way that she feels about herself, even if she may be reluctant to admit it out loud. When all she can think about are her flaws and whether you notice the cellulite on her thighs, the last thing that is going to be on her mind is to try out bold new sex positions with you. She'll be reluctant or apathetic, and at every step of the way she's going to be worried whether her tummy looks big or her ass looks huge. All these worries are going to cause her to bury and suppress her widest, deepest fantasies.

As for men, poor body image issues may not affect them as much when they are young and virile, but as they grow older, they might start to give it a bit more thought. If what he sees when he looks in the mirror is the same balding man who is slowly developing a potbelly, that's going to psychologically affect him. When he doesn't think of himself as a stallion in bed, his performance is going to suffer. At the end of the day, men and women need to find themselves attractive first before they can begin to satisfy the needs of their lovers. This is where dirty talk is going to be of use to you. It's your secret weapon to help your partner learn to love their bodies by repeatedly reinforcing all the parts of them you find so hot. You can play an active role in helping your lover realize their full lovemaking potential, and it begins with what you say to them before, during and after the sex is done.

Focus on complimenting her looks and her body and stroke her ego by playing to her vanity. Women - all women - care about how they look, even if they are the simple, down-to-earth, I'm-comfortable-in-a-jeans-and-t-shirt kind of woman. Every woman wants to feel sexy and knowing that men lust after her in such a primal way feeds into that need she has to feel good about herself. Even better if your compliments don't begin and end only

when you're after sex. Compliment her every day and during the moments when she least expects it. Tell her how beautiful she looks in the morning when she wakes up. When she's wearing a new outfit, tell her how those new jeans emphasize how hot her ass is and it's tempting you to reach out and give it a hard squeeze. When she's doing the chores around the house, tell her how hard it is to get any work done when you're distracted by her stunning breasts. Tell her how incredible she smells. Tell her how soft and sexy her skin feels. The key to successfully giving her self-esteem and confidence a boost is to be genuine and sincere with your compliments. Don't do it because you're hoping she'll be aroused enough to hop into bed with you. Do it because you think she's beautiful and you want her to know it.

Complimenting a man on his appearance and his skills in bed is the surest way to stroke his confidence. Using the same approach, to make this work you need to compliment your man in and outside the bedroom. When they least expect it and whenever you feel a sudden surge of emotion for them. When he's getting dressed for work in the morning, tell him how handsome and sexy he looks when he's all dressed up like that. Every now and then when you're within inches of each other, reach out and stroke the bulge in his jeans, telling him you couldn't help yourself it was too distracting. Worship his penis and you'll send him over the moon. A man's penis is an extension of himself and by default, his confidence. Show his penis some love whenever you're down there giving him a blowjob. You could even talk dirty to it. I can't wait until you're inside me. I love the way you feel nice and hard in my mouth. Avoid concentrating on the size of his penis when you're complimenting him, that territory is a little dangerous. Compliments can easily be misconstrued, and one wrong, misplaced word is all it takes to quickly snuff out the libido. For instance, telling him "I love

the way your hard-little cock feels when it's inside me." Your intention may have been to compliment his hardness, but his brain will quickly pick up on the word "little" and register that as your way to telling him that his penis is too small.

Your compliments need to be sincere. Maybe by telling your partner that you love his "giant cock", you're hoping to make him feel good enough himself since you think his size is perfect for you, but that could easily backfire too. If you both know that his penis size is average, then telling him otherwise is only going to make him feel like you're trying too hard to compensate for his lack of girth. Instead, a better approach to boost his confidence about his erection would be to express how much you enjoy feeling is rock hard penis inside you. When you've been together for some time, sex can start to feel routine and he might forget how much you enjoy feeling him inside you. Rekindle the romance by reminding each other of the early days in your relationship when you couldn't wait to get naked and make each other squirm.

The Dirty Talk Framework

Not all dirty talk is created equal. Erotic bestsellers like 50 Shades of Grey are popular for a reason, particularly among female readers. Men, on the other hand, use porn as their release because they need that visual trigger to set them off. Men and women are wired very differently in the sex department, and when couples forget this aspect, that's where they stumble and fall. You need to captivate your significant other based on what triggers them best, not based on what triggers you.

Dirty talk is not just a tool to get your partner in the mood anymore. It is a skill. This is what separates a mediocre lover from the one who takes their partner's breath away each time they're in bed together. There are some things you should say before sex, some during sex, and certain choice

phrases after sex that determine whether the overall sexual experience was satisfactory or otherwise. Before you begin, there are a few guidelines that you want to keep in mind to help you navigate your way around if you're a beginner:

- Tell them what you want to do before you do it. This helps ensure that your lover is not taken by surprise, especially when you're trying some new moves on them.
- As you're doing what you do, describe what you love most about it. If you're slipping your fingers in and out of your partner, tell her that you love feeling how wet and moist she is.
- What you say should be based on what you feel at the time. Base it on authentic desire, let your raw emotions seep out with every syllable and you won't go wrong.
- Real-time feedback helps your partner feel at ease. It is like a constant reminder that their partner is enjoying their body, and this gives them the encouragement they need to let their guard down. Real-time dirty feedback could even cause their hormones to spike and long for more.
- Be as descriptive as you can. It's all about the details, and although there's nothing wrong with "That feels so good", "You are so hot" or "That's it, don't stop", think about how supercharged the experience would be if there was more detail included in those statements. Change "That feels so good" to something like "Oh God, honey, what your tongue is doing to my clit feels so good! Don't stop, oh don't stop, I'm so close" and watch how much harder he starts to go to town on you. Turn "You are so hot" into "Baby, you're better than

anything I could fantasize about. F***ing yours is mind-blowing, and the way your perfect tits bounce drives me wild" and you'll have her moaning for more of you.

Talking Dirty Before Sex

Before and during sex is the easy part. Before and during sex, dirty talk has one focus. To enhance your partner's arousal while you fulfill any naughty lingo fantasies of your own. It's what you should say after sex that poses a challenge. The attention is always centered around what we should do during those moments leading up to sex and how to keep your raging hormones going during sex, but not a lot is said about what happens after the deed is done.

Talking After the Sex Is Done

The sex is done. The climax was incredible. You're both panting and lying next to each other trying to catch your breath. Ideally, the next words out of your mouth shouldn't be "Was that good for you?". You can do better than that. A lot better, and you should too, knowing what you know now about dirty talk and what it can do for your sex life. Some couples feel vulnerable after sex, especially when they're doing it for the first time with a new lover. They're bared themselves (literally) and their soul in the most intimate way two people can connect. As the high of the orgasm starts to slowly come down again, they'll start to feel self-conscious again. The worries about how they performed and whether they lived up to expectations start to creep in again. Now that the animal lust is no longer overtaking all their other senses, they'll be extremely conscious of their stark naked, sweaty bodies. Even more so for women. All the concerns they had before hopping into bed will be coming back again and before their anxiety starts to creep in, step in and reassure your partner before their self-esteem can take a hit.

After sex, what you should be saying to your partner is expressing your appreciation for them. Thank them for showing you love and fulfilling your carnal lust. Stick to the normal rules of dirty talk by keeping your compliments sincere. Expressing your appreciation should go beyond just "thank you". Anyone can say "thank you", you need to do much better than that. This is someone you love or care about and she has just made love to you and made you feel like a man. She's probably going to be even more vulnerable than you are after sex and you need to let her know that there is absolutely nothing to worry about. Here's what you should be saying to your woman:

- Do you know how fantastic you are in bed? I feel like the luckiest guy in the world.
- Honey, that was incredible. I feel so lucky to be with you right now.
- I don't know what I did to deserve you, but I am one lucky guy.
- Want to know what made me cum so hard just now? The way your perfect ass was bouncing when I was f***ing you from behind.
- I love seeing you like this after sex. You're a natural beauty.

Even if they don't say it out loud, women are naturally curious creatures. Some of them may want to know what you enjoyed the most, but they'll be too shy to ask. When you're sleeping with her for the first time, one of the first few worries she's going to have after sex is whether she's going to hear from you again. Are you serious about this relationship? Or did you just want sex and now that you've got it, she's never going to see you again. If she asks, answer any question she has with honesty and be specific about it.

If she asks whether you liked it when she was sucking your cock earlier, avoid grunting in reply or by saying “yes” and nothing more. That’s not going to reassure her. Details. Always be as detailed as possible. A better reply to that question would be “I loved it! That thing you did with your tongue when you twirled it around the tip of my cock teasing me, that was very sexy.” Dirty talk after sex is not a time to fish for compliments. You may be curious about how good she thought you were, but that’s a conversation for another time. Right now, after sex, the focus should be on lifting your lover’s confidence and self-esteem.

As for the men, despite the bravado and confident demeanor, their confidence could be just as sensitive to taking a hit after sex. Your man worked hard to please you, and you can bet there are probably a million questions running through his mind right now. Was he good? Did he penetrate you deep enough? How many times did he make you come? Were those real orgasms or were you faking it for his benefit? The way you react before, during, and after sex can have a huge impact on his ego. It’s time to bring in the power of your words again to lift his confidence and appeal to his masculinity. Men can quickly become deflated if you lead them to believe that they are bad in bed, and the psychological impact this has could affect the way he performs in the future. Reassure your man the same way you want to be reassured that you were enough to satisfy him.

Again, saying “thank you” alone is not going to cut it. There’s nothing wrong with it, but you could do so much better than that. Don’t keep him wondering how good he was, tell him, and keep the sexy, naughty side of you going. If he’s got enough energy left in him, what you say might spring him to action and he’ll be ready for another round. Here’s what you should be saying to your man after sex to boost his confidence:

- You sure know your way around a woman's body. My legs still feel weak from all that lovemaking.
- The way you smell after sex is intoxicating. I can't get enough of it!
- Where did you learn to eat pussy like that? I could hardly control my screams.
- I love the way your muscles feel when you're on top of me. You're so manly, it's sexy.
- I felt my entire body vibrate with pleasure when you made me come. That was pure bliss.

Don't forget about the rule of thumb to keep your compliments genuine. Avoid exaggerating to make him feel good, especially when you both know the truth. Say things you don't mean and he's going to start questioning how genuine your reactions are every time he is in bed with you.

## Chapter 7. Common Mistakes to Avoid During Dirty Talk

Now that you know what you should be doing, let's talk about some of the libido killers, otherwise known as dirty talk mistakes, that you want to stay away from. People can spot insincerity from a mile away, so don't be fooled into thinking you're getting away with faking anything. Senses are on high alert in the bedroom and mistakes can be costly. Stay away from these danger zones unless turning your partner off is what you're trying to do:

- Avoid Getting Fixated on Sizes - Breast size, penis size, the size of your butt, thighs, stomach, either way, don't get fixated on the proportions of your body. Misunderstanding happens when you do this, and instead of boosting your lover's ego, you could end up squashing it so hard it's going to take monumental effort to get it back up again. To you, her small breasts are fantastic as they are, but she might get upset when you remind her that she is less than ample in that department.
- Avoid False Promises - Unless you plan to make good on your dirty promises, avoid saying them at all. When you tell your lover, you're going to pull his pants down and suck his cock hard as soon as he walks through the door, you better be prepared to follow through on that promise. Otherwise, do this often enough and soon all that dirty talk is going to lose its impact. Avoid teasing your lover with false hope. They may not admit it out loud, but they will be disappointed if they were looking forward to what you promised you would do to them and it doesn't happen. Don't even hint at the promise unless you're ready to deliver. Mean what you say and say what you mean.

- Don’t Force the Flattery - As much as we want to make our partners feel good about themselves, forced compliments are only going to backfire. Forced flattery is like faking an orgasm. Sooner or later, it’s going to be obvious. Avoid memorizing words and phrases that you got from Google or porn movies, that’s going to sound fake if you don’t mean them. Forced flattery is a turn-off, and delivering your lines in a stiff, weird way that you’re not comfortable with is not going to put anyone in the mood for sex.
- Don’t Fish for Compliments - Your partner will return the favor; you don’t need to go fishing for compliments. When you do, it makes you seem selfish, like all you care about is yourself and your ego. Plus, it makes you seem like you don’t have confidence in your abilities. It’s very unattractive when you do that. Avoid fishing for compliments, let your partner tell you what was good for them without having to ask.
- Forgetting to Laugh - A couple who laughs together stays together for longer. Happy couples know that there is value in laughing with each other, and not at each other. A good sense of humor will help you deal with the bumps you might have encountered during your lovemaking earlier. It’s okay, it happens, and it doesn’t have to be a big deal. See the funny side of it and laugh about it together to alleviate any lingering tension or awkwardness.

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## Chapter 8. Role-Playing

One of the easiest and fun ways to overcome sexual inhibitions is role-playing. Sexual role play is a game that involves acting out sexual fantasies using different roles that may be completely unlike the individuals in real life. The intensity of the play depends on the participants. You can choose to role-play using makeshift props or go into elaborate preparations complete with scripts and matching costumes for each character in the play. However, you don't need to be an award-winning actor/actress or even have any prior experience in acting to enjoy sexual role play.

This chapter focuses on the basics of sexual role play and how you can use it to improve on your use of dirty talk. The idea is to get you to assume a character that is not yours and talk like the sexy, dirty version of that character.

## The Process

### Bring up your mutual sexual fantasies

Unless you want to take your partner by surprise and hope that they play along, it is usually better to brainstorm different ideas and scenarios with your partner. Come up with what you each think is agreeable. We all have sexual fantasies even if we don't actually want them to happen in reality. But these fantasies could be your guide to enjoying role-play with your partner. Perhaps you wish your masseur or masseuse would be a bit more daring and take things just a bit farther during your massage sessions, or you have always had an eye for one of your teachers back in college. Share those fantasies with your partner and see which ones both of you can act out.

It is crucial to do this because one partner's idea of role-playing may be too strong or kinky for the other. But when you talk things out together, you will figure out what works for both of you. In any case, it is advisable to keep an open mind and think of it all as mere fantasy and nothing more.

You can start with simple settings at first. Getting into too many details and imagination may be too daunting for you or your partner and defeat the goal of sexual role play. Start with something that can be done in a familiar setting such as your home or a nearby restaurant or bar. Select simple roles/characters and scenarios such as:

- A lonely businessman and the comforting sexy woman at a bar or restaurant.
- A pervert teacher and the naughty student in a class or the teacher's office.
- A nurse and her sick patient in a hospital bed.
- A house owner and his sexy maid in the living room or kitchen.

## Dress the part if you wish

Go ahead and dress the part if it will help you to play the part more realistically. You can buy hats, wigs, and other costumes from costume shops, online, or adult shops. While costumes can add more excitement and fun to the whole idea of role-playing, they are not a requirement. Only get them if you think you really need them. Moreover, you may not have extra money to spend on costumes and props or you just want to keep things simple. Several roles require little to no costumes (a stranger at the bar, being on a blind date, and so on).

## Make It kinky if you wish

Some sexual role-plays (such as officer and criminal, teacher and student, boss and secretary) are more about power and dominance. One partner (the dominant) gets to have their way with the other (the submissive). If you want to explore sexual dominance or kinkiness in a more relaxed and playful atmosphere assume the dominant/submissive roles using any character of your choice.

However, role-play is not all about power exchange. You can choose to skip any role that tends to portray the dominant/submissive attributes.

## Start slow

As always, it is best to start anything new with baby steps. It may feel too unreal, ridiculous, or just plain silly to get all dressed up and act like someone else. But you don't have to dress up to start with. Playing pretend may seem like a childish thing to do, but if you let go and play along for just a little while, you may discover that you are actually turned on by the idea of picking up a stranger at a bar, for example (even if you've known this "stranger" all your life).

Even if you totally buy the idea of sexual role play, it is wise to start slowly. You can begin by sending a raunchy text or sext detailing your sexual fantasy to your partner. This can be another form of foreplay. If you are a shy person, you can use this medium to open up communication on potentially awkward or embarrassing sexual subjects.

## Let your character use dirty words

There is no movie director here; it's just you and your partner. So, you don't have to feel embarrassed if you get your first few lines completely wrong. Feel free to laugh about it if you fumble or make mistakes. No one is taking a score. Just let yourself ease into character and the words will flow naturally. You may or may not know how the fantasy will end. In any case, simply let your imagination guide you into what your character will say and say them without reservation. Even if you don't like profanity or filthy words, your character may like them. Permit your character to say what they need to say to make the game fun and exciting.

## Sexual Roleplay Ideas

Here are a few sexual roleplay ideas to help stimulate your imagination and get the ball rolling. You are welcome to tweak them to suit you and create your own dirty dialogues along with it. You can use the dirty phrases in parenthesis as part of your sex dialogue.

1. Play the role of a firefighter who just rescued your partner and is rewarded with sex. (Dirty phrase: “You saved my life. The least I can do is to offer you my dick/pussy.”)

2. Play the role of a cop. Your partner is trying to get wriggle their way out of a speeding ticket. (Dirty phrase: “The only to get out of this is to please me.”)

3. Play the role of a prostitute who’s just having sex for the cash. (Dirty phrase: “Show me the cash and I’ll give you good pussy/cock.”)

4. Pretend you came for a sleepover at your friend’s and snuck out to have sex with your friend’s sibling. (Dirty phrase: “Shhh… come have a taste of this cock/pussy before someone sees us.”)

5. Pretend that you are a client getting a massage from your partner who is a masseur or masseuse and is willing to give you a happy ending. (Dirty phrase: “Could you go a bit lower… lower still, yeah… that’s the spot.”)

6. Pretend to knock on the wrong hotel room door but the stranger who opened up (your partner) invited you in any way. (Dirty phrase: “Never mind, I could use the company of someone as gorgeous as you right now.”)

7. Play the role of a landlord who’s come to collect their rent, but your partner can’t pay, so they end up paying in kind. (Dirty phrase: “I’m gonna fuck my money’s worth out of you tonight.”)

8. Play the role of a yoga instructor teaching your partner how to stretch and bend over. (Dirty phrase: “Nice and slow… that’s it. Now bring that sexy

ass of yours over here.")

9. Play the role of a boss who is about to have sex with his or her employee on the desk. (Dirty phrase: "I see you've been striping me naked with your eyes all day. It's time to turn this office into our sex haven!")

10. Both of you should assume the role of angry partners in a rough sex session.

11. Play the role of a tour guide with a strong accent. Let your partner listen to your dirty talk with a different accent.

12. Recreate the roles of your favorite porn stars from a porn scene or novel.

13. Play the role of a naughty maid trying to have quick sex with the house owner before the wife shows up. (Dirty phrase: "I'll be in the kitchen… I've got no pants on. Hurry!")

14. Pretend to be a dance teacher and seduce your student (partner) through your movements. (Dirty phrase: "Place one foot ahead of the other and move your hips this way. Gosh! You look so sexy in that pose!")

15. Play the role of a hooker trying to get a one-night stand. (Dirty phrase: "I'm free for the whole night. Would you like to do something fun and sexy?")

16. Play the role of a pizza guy who gets a blow job in place of cash. (Dirty phrase: "I'm sorry I don't have any cash at home. But I'm sure we can figure out some other more interesting way to pay?")

17. Pretend is your first sex as husband and wife on your wedding night. (Dirty phrase: "I've been waiting for this moment all my life. I can't wait to finally be inside you / have you inside me!")

18. Play the role of an artist and paint your nude partner on a canvas. (Dirty phrase: "You have the curves of a god/goddess.")

19. Play the role of a shy virgin having sex for the very first time. (Dirty phrase: “Promise to be gentle with me tonight, would you?”)

20. Play the role of an innocent person who is completely naïve about sex. Let your partner teach show you how to have sex. (Dirty phrase: “Is that what an erect penis/aroused vagina looks like? Oh… I see.”)

21. Pretend you are a student who’s trying to seduce their teacher for better grades. (Dirty phrase: “I might not be good at algebra, but I can tell from the way you look at me that you want to have a taste of me, don’t you?”)

22. Pretend that you are a hypnotist who has hypnotized your partner. Command them to do whatever you wish. (Dirty phrase: “You will suck my cock / eat my pussy when I instruct you. Nod if you understand me.”)

23. Play the role of a nurse and bathe your “sick” patient (your partner). (Dirty phrase: “If you would step out of your robe. Good boy/girl. Now relax let me take good care of you.”)

24. Pretend that you are a striptease and give your partner a lap dance. (Dirty phrase: “Do you like it when I bend over and shake my ass like this?”)

25. Play the role of a cab driver and have sex with your client in the back of your car. (Dirty phrase: “Your destination is still a bit far. I suggest we stop here for a while, grab a quick bite and have a quickie.”)

## Chapter 9. How To Talk Dirty To A Girl And A Guy

The most effective method to talk dirty to a person is an aptitude that will work well for you. At the point when you realize how to turn up the heat with naughty talk, the attention will be front and center on you. What's more, you do need to be cautious that you don't get too indecent or go too far too soon. Both of which may take a little bit of trial and mistake.

It's likewise essential to perceive the telltale signs your person loves your dirty talk. This will assist you with stoking the fire if need be.

Sexy is celebrated in a relationship, and on the off chance that you can include some sizzle with some dirty talk, why not?

There's a right method to talk dirty, so you don't put on a show of being scum. What's more, on the off chance that that's your objective, then you're perusing an inappropriate article. Talking dirty doesn't need to be complicated. There's a guide you can pursue that alleviates nerves and that pointless clumsy inclination for the most part associated with dirty talk, at least initially.

One ginormous mistake individual makes thinking they've got to be realistic and disgusting to get that sexy turn-on feeling for a person.

That's absolute nonsense.

This could be because so many individuals jump into pornography when they think of dirty.

Here are a couple of pointers to get you started turning your person on by figuring out how to talk dirty. Expectation you're prepared to become flushed.

HOW TALK DIRTY TO A GUY

POINTER ONE – START SLOW AND EASY

To develop your certainty, you have to start delayed with something that won't set you up to fall flat. Confidence is everything with regards to turning a person on with the dirty talk. Step one might be to make a little more commotion in bed than you ordinarily would. Groan a little more or moan a little stronger. This is ultra-effective when your lips are stuck to his ear, to ensure he hears you noisy and clear.

Try moaning…

*Ooohhhh

*Yes

*Mmmm

*Ugghhhhh

Pretty basic stuff to get you heated up. Give him you are turned on first, and the rest will pursue.

POINTER TWO – USE YOUR WORDS

Your next hot move is actually to use exact words or expressions you know going to turn him on. Don't try and get too complicated, as per the relationship experts at Yourtango.com. Start with one or to word expressions and stir your way up.

A couple of straightforward a couple of word starts are…

*Faster

*Harder

*Deeper

*Right there

*Don't stop

Ensure you use your sexy voice when you use these expressions and whispering them into his ear works far and away superior. At this point,

your certainty ought to escalate, and you can switch to and for between the sounds and little expressions.

Practice this enough to like it, and afterward, you should shift pleasantly into more extended expressions that are progressively descriptive. Understanding that direction and receptiveness is genuinely an immense turn on.

Try these expressions to turn up the heat:

*I love the way you feel somewhere inside me.

*I want to be yours.

*You feel so great.

*I love fulfilling you.

The next level is just making all the more a sentence out of it, as:

*I wish we could make love throughout the night.

*I love figuring out how to drive you nuts.

*When you take control, I get decent and wet.

*I'm going to bind you and kiss every last trace of your hot body.

Word by word, you will develop yourself with your dirty talk to make him insane with progress. Focus on your tone, mannerism, and word decision. Whispering in his ear makes it ultra-seductive.

POINTER THREE – PRACTICE

Contingent upon the fact that you are so comfortable to start with, you might want to practice in a mirror before you even get in front of a person. This may appear to be senseless, but it truly will assist you with getting your tone and word decision right before the headliner. The state practice makes perfect, and it's worth a shot.

SPLIT THE ICE

Think of dirty talk as an intimate encounter. A method for strengthening your connection with your sweetheart. A fun and integral part of the holding. If you are timid, make a point to raise the topic with your person and get his thoughts. Odds are he will be thrilled you're prepared to push the limits of your comfort zone, sexually, and see what comes "up."

Be sure you understand any lines he might have. Just ask him so you don't cross any that might make you both feel a little ungainly.

CREATE BOUNDARIES

Experts from Men's Fitness talk about the importance of setting limits. We live in the digital age, where dirty talk is almost too simple. But if you aren't cautious, it can turn trashy fast and put you in a nasty situation.

It's tied in with establishing trust. If you don't trust the person, you're with, you should not be talking dirty.

Information is learning, and information is power.

Ask him what he'd like to hear. If he is bashful about it, then you can persuade him a little by suggesting things you accept he'd love to hear. All he's got to do is say yes or no. What's more, ensure you reassure him there are no expectations, and it's actually no major ordeal.

There is no perfect guide for this stuff, and just like the act of having intercourse, you're going to cumbersome before you're smooth. Only establish that you agree before you make your move because there are tones of heated enjoyable to have.

CREATIVELY INSPIRED

What is needed to do is fill your body with a wide range of naughty talk and pictures that are going to fuel your fire to talk dirty to your person and ensure he's left wanting more. Get one of your sweethearts to support you

and work on different expressions and jargon that either she uses on her person or that you both thinks will work to push his buttons.

You could likewise download a few erotic-romance books to get yourself all heated up. A great tool to get you propelled to convey the dirty talk at the perfect level for your person. Don't be apprehensive either about propelling yourself over the line a little, because you are just practicing. Get a dirty magazine and lose yourself. Not that you need to jump into that degree when you're talking with your person. All you're hoping to do is put the thoughts in your mind, and from that point, you can translate them into a comfortable conveyance with time, patience, open communication, and a ton of practice.

SIMPLICITY INTO THE GRAPHIC

Relationship experts concur unwavering mindsets always win in the end here. Regardless of whether your person is ready and prepared to get down and dirty with the talk, you shouldn't take this as your prompt to proceed.

Don't make a plunge with the "c" and "f" word talk. Start with tamer words and ensure you've got the comfort and stream before you genuinely hit it hard. It's better to draw back and cause him to ask a little, so you don't hazard hitting everything incorrectly and turning him off permanently.

Wake up one day and choose to run a 5 km race without any training if you want to succeed at any rate. So, don't try doing it with your dirty talk, because you're setting yourself up to bomb.

MAKE HIM GUESS AND KEEP HIM GUESSING

Speculating is excellent with regards to kicking it up a couple of notches with the dirty talk. It doesn't matter whether you're just caught up at the time or just lost your creativity, saying something very similar again and

again will get exhausting fast. Think outside the case and ensure you put forth a valiant effort to make your dirty talk a "we" moment.

Talk in the now to ensure you don't sound extremely repetitive that can without much of a stretch get scratched, or more awful yet crushed!

CHILL IF IT DOESN'T WORK

In the case of something that doesn't work, all you have to do is try something else. The worst move you can make if a particular word or expression just doesn't cut it is to solidify, get embarrassed, or throw in the towel.

This is all experimental, and except if you are an enchantment wand yourself, it's going to take time and patience and a hell of a lot of explorative investigation. Communication is vital, and the troubleshooting will never end.

Worst case situation, the dirty talk isn't your thing out of the blue. What about it? You tried, and it's guaranteed that you and your person are way nearer because of it.

Without risk, there is no reward. Never forget it.

With regards to dirty talk in bed or some other spot for that matter, there are certain things you have to stay away from, and other things you have to do, to capture the full focus of your person and make him lusting for you.

DO'S AND DON’T OF DIRTY TALKING

*Don't use defamatory words. There's continually going to be those words that just about outrage everybody. So, ensure you don't use them, particularly when you're a virgin with this dirty talk. "Cunt, prostitute, and slut" are words you want to stay away from. Don't propel yourself too soon over the barely recognizable difference of dirty talk and trash talk.

Not many ladies want to be called those things, so you shouldn't urge a person to use them through your dirty talk.

DO TELL HIM THAT HE'S STRONG AND SEXY

What doesn't fellow want to hear that he's strong and hot? So, in the center of lovemaking, tell him that. That'll make him want you more and give you the courage to maybe turn your dirty talk up a notch or two.

DON'T TELL HIM TO ZIP IT

The next thing to do is tell yourself to be quiet on the off chance that he happens to inquire as to whether anything isn't right when you're trying to peak. That's just plain discourteous and a total turnoff. If you are hoping to disconnect with your person, then by all methods, tell him to be quiet.

DO MAKE SURE YOU TELL HIM YOU WANT TO MAKE LOVE ALL NIGHT LONG

Nothing feels superior to hear you want to continue going throughout the night. Your person will feel like a King! This communicates to him you are satisfied and can't get enough of him, and that's just great.

DON'T EVER DISMISS USING PROTECTION

Except if you are hoping to make an infant, a condom ought to be stated in advance with no miscommunication. Riding without any protection is just senseless, particularly on the off chance that you genuinely don't know the person. Think of the message that would provide for the person if you didn't mind whether you used protection or not.

DO TAKE THE DOMINANT ROLE

Sure, men like to be the manly supplier in life. But with regards to intercourse, there truly isn't, to a greater extent, a turn-on than a young lady that tells the person she wants to take control. That's overly attractive.

Ladies tend to be compliant with regards to fun in the bedroom, but that doesn't need to be case consistently.

Take the lead, and you are going to cause him to ask for additional.

DON'T BE DEGRADING

The important thing you want to do in bed makes your man feel any, to a lesser extent, a man. Be sure you don't beat on his sensitive spots verbally on the off chance that you can support it. Maybe he is extremely cautious of his "size" and not getting enough depth to satisfy you. So, try and ensure you don't utter a word when you are altogether aggravated up that's going to make him think about his insecurities.

Remind him on the off chance that he'd like you to accomplish something a little differently, to tell you. A small open communication goes far.

ENSURE YOU SCREAM HIS NAME

Possibly not shout his name but ensure you state it without a doubt. That's charming and a total turn-on. Advises him that he is the one at the forefront of your thoughts and not your last beau. Expel the idea of some other man being in your mind by just repeating his name at whatever point you can.

Guarantee, you'll be happy you did.

DON'T YOU DARE GET TECHNICAL ON HIM

There are certain words you might not want to use because they'll turn the heat right off. Penis and vagina, for instance, are those technical words that have nothing erotic about them. Spare them for when you visit the doctor's office or on the off chance that you are teaching a youngster about the feathered creatures and honeybees. Just trust me on that one.

DO TELL HIM HOW GREAT HE TASTES AND FEELS

Try not to be too broad here. You can repeat it over and over how hot he is, but if you don't make it a little progressively explicit, it gets old fast. Tell

him in detail what you like about him. That he feels so high or that you love the way sweet he tastes.

The more detail, the better because once more, this expels any question concerning whether or not you've been practicing or practicing too much with another person.

## THINGS YOUR BOYFRIEND DOESN'T WANT TO SAY BUT WANTS YOU TO KNOW

Regardless of how close you are with your sweetheart, there will be things he wants you to know but doesn't want to state. Here are ten to get you started.

### SAYING GOODNIGHT

Guaranteed, your sweetheart doesn't care for being compelled to get things done. Your sweetheart wants to call you because he wants to and not because he feels you expect it or that he should. Every one of that does is create a negative weight that will eventually push him away.

Saying goodnight is something or other.

He realizes you think it's sweet when he calls or texts you goodnight, but he honestly doesn't want to do it consistently.

### GIVE SOME SKIN

Ladies' Day magazine relationship experts report men are visual. They tend to think with their eyes, and when you look great always, guaranteed he notices. Put more effort into what you look like and don't be modest about dressing seductively for him.

### HE WANTS MORE COITUS

You can accuse evolutionary cosmetics, but men are wired to want more sex. Almost every man wants more. They think about it always and can

never truly have too a lot. Thinking with their little head is an understatement.

Lovemaking should you give him as much as possible. Just keep it creative and alive, and you'll be in his mind always, the enormous one.

HE THINKS YOU CAN TONE IT DOWN ON THE MAKEUP ETC.

Not huge astonishment here. Men aren't extremely mindful of the mascara and eyeliner you use, or the bronzer or glitter you spread over your temples. They go first for the naturally pretty. Sure, a little cosmetic is excellent, buttoning it down would be ideal, except if you genuinely need to shroud your blemishes.

Honestly, he truly doesn't want you to resemble a pageant sovereign, so skip it.

LOVES YOUR FAMILY BUT LESS IS MORE

Your beau may love your family, but that doesn't mean he wants to move in with them. Never forget, he wants to be with you and not your family. Indeed, he respects and thinks about anybody you care about, but recall that they aren't his.

Discover your equalization and ensure you tip the scales in support of him.

WANTS TO HANG WITH HIS BUDDIES

Folks like person time too. This doesn't mean he isn't interested in being with you, but you must try empowering him and supporting him in investing energy with his mates. He doesn't want to make you frantic with this one, so take the lead.

WHERE'S THE MAN CAVE?

Each person wants a man cavern. He wants a territory he can have all to himself when he needs a little personal time, alone, or with fellow

companions. Understand and accept this and don't be outraged by it, or you're going to keep running into trouble.

MORE ADVENTURE IS A GOOD THING

Regardless of whether your sweetheart is upbeat in the sack with you, he wants more. There can generally be more adventure in the bedroom, and you have to create it because he won't tell you. This doesn't mean you've got to go crazy, but you do need to pry open your creative personality and let the juices start streaming.

STAYING IN

There are times when your beau prefers to stay in. He doesn't generally need to go out. What about making him supper and twisting up with a motion picture. That could genuinely mean a lot to him.

TURN A LADY ON LIKE A PROFESSIONAL

Ask any prepared love master, and they will tell you a similar darn thing – a young lady is a sequential fantasist. Therefore, you are required to use this to butter her up before you can get the value – which technically includes a lot of hot, steamy sex, particularly if you get to do it the right way. Patience is the key on the off chance that you want to master the ability of dirty talk. Also, when you have done in this way, your sweetheart will be yours for whatever length of time that you want her.

1. Look as you talk dirty to your better half

Young ladies love it when a man investigates their eyes while talking dirty to them. This indicates that you are confident and that you see her as overly attractive. All young ladies, including your sweetheart, love it when they feel wanted. Furthermore, since the eyes are the windows to one's spirit, staring affectionately at them will give her that you genuinely wish to her sexually, which will make her wet for you. Furthermore, if you get to do

this with the right sort of tone and strokes, then you will get your young lady/sweetheart wet and throbbing in a matter of minutes. Once more, make sure to take it delayed with your better half because it shows that you aren't penniless. Surging things additionally indicates that you are in it for the sex, and that sort of impression will slaughter the original state of mind instantaneously. You can couple the dirty talk with a couple of kisses to a great extent, particularly around her neck, lips, and navel. Once more, ensure that you are doing this as delayed as humanly conceivable. Take your time because your young lady/sweetheart isn't generally going anyplace. Too terrible that the primary way you can look through text is by utilizing the eye emoticon – which is pretty darn useless for this situation. Along these lines, the extent that text informing is concerned, you would want to stick to dirty talk because it brings about the ideal result. Once more, as the assertion says, practice makes perfect. Thus, don't be apprehensive about doing your exploration and turning into a texting master.

2. Your better half loves dirty talk in a profound, manly voice

The primary way that your young lady or sweetheart will ever feel like a woman is a point at which you step up and become a man! Although they won't admit it, young ladies or lady friends love it when their man talks with a deep, arousing voice, particularly when they talk dirty. If you do this right, your better half will consistently get wet and bothered at the sight of you. This will likewise happen at whatever point you send her flirtatious text messages. That's how loud a deep, manly voice is. Your voice is fit for giving your better half-wild sexual fantasies.

What's more, the way to getting that profound, Vin Diesel sort of view is by unwinding and letting your manhood take over. Don't surge when you talk dirty to her, and like this, everything will become all-good as naturally as it

should be. Hell, you might wind up astonishing yourself by pondering who the hell is talking to your better half when it's been all of you that time!

3. Set the state of mind before you talk dirty to your better half

You must understand that your dirty talk should match with the atmosphere. You would prefer not to consider your better half a "dirty little digger" when she's had the worst day at the workplace. Get my drift? You have to ensure that she is in the temperament, or else things aren't getting down to business out as you had initially arranged. Try offering your young lady a massage or offer to prepare supper. Then, feel free to set up a hot bath for her. While on that trip, you can get a little creative and leave some red petals on the foam just as candles in the bathroom.

In basic terms, make her comprehend what's coming with the goal that when you start to talk dirty to your young lady, you'll get her prepared and trickling just for you in record time. Your young lady must have a melody or two that she considers as her favorite. It wouldn't hurt playing the tune your sweetheart loves out of sight while lying other than her, dirty talking her spirit away. As I stated, dirty talk is an art that each man ought to know. We owe it to the female sexual orientation for the love of God! That stated, you should take some time to get familiar with the expertise because it will wind up making your love life ten times better than it is. What's more, the equivalent applies when texting your sweetheart. Dirty talk isn't about beating around the hedge but going in for the execute.

4. Make yourself attractive with your dirty talk

The dirty talk ought to be used to make your better half feel like she is about to have intercourse with a beast – because you are a beast! Talk about how you would love for her fingers to keep running over your strong abs while you are kissing her neck (or any place she loves to be touched or kissed). Also, as you talk dirty to your young lady, you can get a hold of her

hand and direct it to that one spot that you want her to touch. On the off chance that you murmur in her ear about how you love her hands on your abs, direct those hands to your abs. Furthermore, kindly, don't talk about abs, particularly if your abs are, well, fanciful. It is consistent that one spot that your better half loves to use that. Incorporate it into your dirty talk and lead her to it. Do this, and your better half will love you for it.

You can likewise do the equivalent nasty talk routine through text and let your sweetheart think about all of your days long.

What's more, when you get home, she will bubble as she waits for you. One thing you have to understand about this one particular point entirely is the need to back your cases up. If you use dirty talk to make her wet and longing for you, then you have to satisfy your dirty talk. If you get to do this right, then you will most certainly be on top of your game and won't ever stress over her leaving you until kingdom come.

5. Cuddle with your young lady/sweetheart before the dirty talk

Nestling is a very underrated part of the dirty talk. What's more, that's the place a lot of men turn out badly. At whatever point you and the young lady are snuggling, it gives the best time to you two to dirty talk and touches effectively. It would, therefore, be a prerequisite you'd want you and your young lady to be in as you talk dirty to her. Once more, be as delayed as you can and ensure that you aren't constraining things except if you want to make everything unbalanced.

6. Be unpredictable

Also, when this occurs, your dirty talk game will turn out to be less effective, and that sucks a lot. The beneficial thing is that we, as a whole, have entirely various outlets for inquiring about the dirty talk, for example, the internet. If you aren't great at research and reusing lines, you can

generally be creative and thought of your own. This is because a relationship resembles a fitness venture. The moment you stop dealing with your dirty talk, it turns out to be uselessly predictable. Furthermore, the worst thing about napping on your dirty talk game is that there is continuously another man someplace honing his dirty talk aptitudes prepared to use them on your better half. Ouch!

What's more, if you don't keep up, he might snatch your woman from you without any effort – because he is too smooth forever. Do a lot of practice for whether you pick text or talk dirty to her. The more you practice your dirty talk, the better you will be at talking dirty. It is likewise essential to note that there aren't any shortcuts with regards to such matters.

7. Send your young lady/sweetheart flirtatious texts

Flirting with your young lady or sweetheart is essential. The art of seduction is better put as the art of highs and lows. For instance, if you dirty talk your young lady today, try flirting with her the next day. At the point when you do this the right number of times, then you will most certainly have her by her tenterhooks. This is because she won't comprehend what to expect from you next. Unpredictability is how a man gets to possess a considerable bit of land in his young lady's brain. What's more, for the umpteenth time, being flirtatious is something that takes time to master. But fortunately, it's entirely attainable.

8. Grab your better half in broad daylight

Concerning mastering the art of dirty talk, you have to understand that there are things you have to use to make it useful. Apart from nestling with your woman, you can generally get things done to make her insane. Don't just show the game when you text her, but ensure you are supporting it up with a lot of action. Grab her butt in broad daylight, catching her unsuspecting. And keeping in mind that she is still trembling, you can talk dirty while

snacking her ear. If this doesn't make her drenching wet… honestly, I don't recognize what will. But consistently recall that she must be your better half before pulling such a stunt. If not, then you will appear to be a weirdo – which is a no-no.

9. Ask your better half driving inquiries

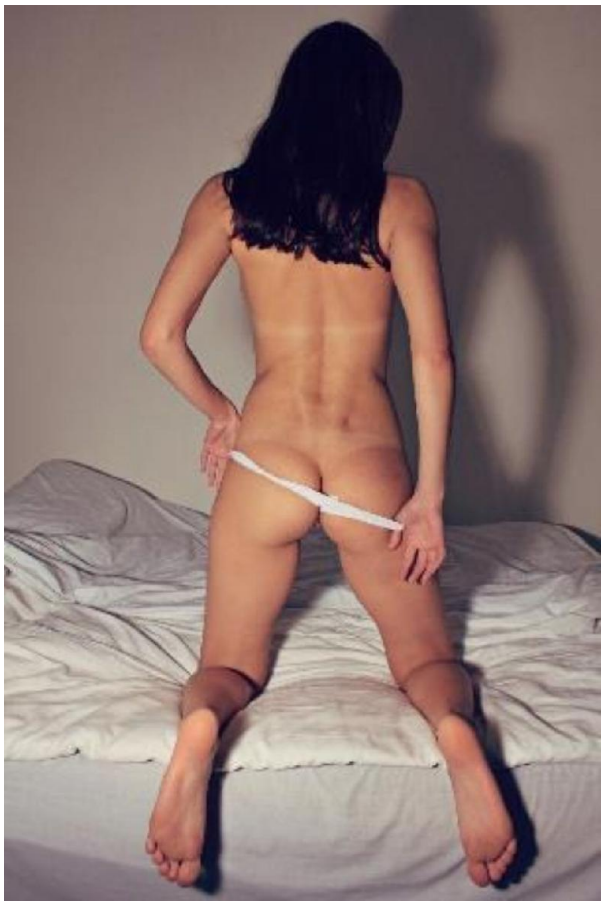
Before you start talking dirty to your young lady, you must take some quality time turning her on. You can begin by posing her driving inquiries. These sorts of questions are those that will prompt her vibe like you are tempting her without alluring her if you catch my drift. Furthermore, making her think about it is precisely what will make her wet. For instance, you can text your better half soliciting her what shading from clothing she is wearing. Ensure that the text is short and straight to the point. She will react by either telling you the shading or making you surmise – both of which are astounding talking points you can use to continue with the flirtation. On the off chance that you decide to text her, kindly don't try too hard. The more you text your young lady, the more you depilate her inclination to see you, which is a grave mistake that most folks do, unfortunately. It is, therefore, essential for you to consistently text in moderation. This way, it will lead her imagination, running wild, which is precisely what you ought to always strive to accomplish. When you get home, she'll as of now be trickling wet with her panties destroyed right to her knees, asking for you to slide in. That's how you realize your dirty talk game is on a professional level.

10. Give her an erotic massage

Another thing you can do to your sweetheart while you talk dirty to her is giving her an erotic massage. Everybody loves a massage. It can prove to be useful, particularly when you want your better half to unwind and, you know, get slobbering wet for you. There are places you should touch while

you talk dirty to your young lady. Furthermore, if you do both the massaging and dirty talking the right way, then you will have absolutely nothing to stress over. Your better half will be wet and throbbing in a matter of minutes, which will make the activity a tad more straightforward for you. If you don't realize how to give a massage, then it would be a smart thought for you to learn and get to do as such as fast as you can.

When all is said and done, you have to recognize the fact that one young lady is different from the next young lady. It is, therefore, a smart thought for you to figure out how to test the waters. Don't be bashful getting over the edge with the dirty talk to perceive how far your young lady or sweetheart can take it. On the off chance that she can't make it, abort the mission. But if she can go further, then continue pushing your karma. On the off chance that she, by any possibility, feels insulted, then apologizes and never goes past this point until the end of time. The equivalent ought to likewise apply with regards to touching your young lady, mainly when you just started dating. You can either ask her or, surprisingly better, test her out during foreplay. That stated, there are other things mentioned on the list that your young lady will consistently love. For instance, no straight young lady in the history of straight young ladies/sweethearts has ever rejected a man with a deep voice. Just recall not to constrain things because it generally has a method for reverse discharges. On the off chance that your voice isn't intelligent, don't compel it except if you want awkward moments. At long last, these things take time, so never at any point be in a rush. Take your time and make sure to gain from your mistakes. That, my dear gentlemen, is how you make your better half wetter than a riverbed.



## Chapter 10. The Guide to Steamy Sexting

Whether your partner lives with you or you are in a long-distance relationship, you can take advantage of technology to spice up your sex life with phone sex. Phone sex can also work for you if you don't want to have other forms of sex with your partner just yet or if you simply want to try something new. Although the idea of having phone sex can be exciting, it may be really awkward when you actually want to try it out for the first time.

Having physical sex or even masturbating alone is a lot easier because then no one else is aware of what you are doing. But having to possibly masturbate (it's not compulsory to do so) with another person hearing and maybe even seeing you through video requires a different level of boldness.

To make phone sex a great and sexually exciting experience, you need to give up being self-conscious and intentionally allow yourself to respond to the sounds and sight coming to you from the other end. Also, remember to have a conversation instead of a monologue. Phone sex is not a hypnotic session. Both partners should share what they are doing, imagining, and feeling.

Sex on Call

The process

Plan ahead: Spontaneity is great when it comes to sex, but sometimes you may call your partner at the wrong time. To avoid this, set a date and time that is most convenient for both of you. If you are in the mood for sex while your partner is having a bad day, calling them at that time may ruin your mood. Also, if your partner is the shy type, it may be a good idea to get their minds prepared on time before you pounce on them with your sexy talk on the phone.

Put yourself in the mood: Feeling awkward or tensed before your call will likely ruin the mood. Do what you need to do to get in the mood before the call. You can have a glass of wine, watch short porn, read a romance or porn novel, or even dancing. Dressing sexily and lying down for a while can also put you in a sexy mood. You can also dim the lights, play your favorite soft music, bring out some sex toys (if you use them), and gently caressing yourself before making the call.

Make the call: There is no one correct format for phone sex. However, once your partner is on the phone with you, it is better to start slowly. Talk about other things for a few minutes before gradually broaching the subject of sex. Make your voice soft, low, and don't be afraid to moan. You can use heavy breathing too as long as it comes naturally. Don't force yourself to sound sexy.

Talk about easy things: You don't have to directly bring up sex even if both of you know the call is about sex. Ease into phone sex with simple topics that can easily spiral into hot sex. The following lines will give you an idea of how to do this.

1. What are you wearing?
2. It's cold here. I wish you were here.
3. This bed is just too wide for me alone.
4. I'm lying on your side of the bed and playing with my hair.
5. I wish you were right here beside me.
6. Tell me what you are doing with your hands?
7. Tell me what you would have done to me if I were there with you now.

Talk dirty: Once the mood is right, escalate into dirty talk. Since they are not physically with you, your dirty talk will have to be descriptive. Both of you can describe:

•What you are doing: give your partner a vivid description of how and where you are touching yourself, how you look, what you are playing with, and so on. You can say things such as:

1. I'm playing with that whip you bought from an adult store for our first role play.

2. My fingers are teasing my cock as we speak.

3. I'm touching my tits and my nipples are so hard.

4. I'm playing with my undies… they are coming off soon.

5. I'm getting really wet and horny.

6. I enjoy listening to your sexy voice. It's making me hard/wet.

7. I'm running my fingers through my hair.

8. I'm jerking off to the sound of your sexy moan.

• What you are imagining: Tell your partner something you remember from one of your great sex you had, what you would have loved to be doing with them, or what you would want them to do to you. For example:

1. I'd like to hug you real close and feel the warmth of your soft skin.

2. I'd like to kiss your neck, lips, and tits ever so softly.

3. Remember how you took me from behind the last night we had together? Now, take me again!

4. I'm touching myself and thinking how great your hands feel all over me.

5. Touch your clit and feel my warm breath on your pussy.

6. I can imagine how rock solid your cock will be now. I want to stroke it and suck on it with my wet lips.

7. I can tell you are soaking wet. Imagine me eating out that wet pussy.

8. Put one finger in your mouth and imagine it's my cock in there.

•How you feel: It is important to let your partner know the effect of the conversation on you. Describe how you are feeling physically and emotionally. You can moan loudly, scream (if you have to), or breathe deeply. Let go of all inhibitions and allow yourself to be fully expressed. You can say something such as:

1. The sound of your voice is making my heartbeat faster.
2. I feel like exploding when you sound like that.
3. Say that again… please. If feels so good to hear you say that.
4. You are making me quake with that moaning sound.
5. I feel like appearing right there with you.
6. I feel sexy when you call me your little girl.
7. I feel like kissing your lips now!
8. Oh my God! I'm coming!

Masturbate if you feel like it: If you choose, you can masturbate while talking with your partner and let them listen to all your moans, or you can engage in mutual masturbation. But this is completely optional. It is okay to skip it if it doesn't feel right or appropriate. It is also important to keep in mind that phone sex may not always end in orgasm. Only one of you may climax or both of you may fail to climax and that is okay. Orgasm is not the main attraction of phone sex. However, if you have climaxed and your partner has not yet reached orgasm, don't end the call or keep mute. Continue to describe how you feel, what you want them to do, and so on.

Finish the call: You can end the call at any time both of you choose. You must not reach orgasm before ending the call. Also, you shouldn't end the call just because you've both climaxed. You can stay on the line for as long as you both choose and talk chit chat a bit.

Talk about it afterward: Don't be shy to talk about the phone sex afterwards. You can even text them how great it felt. Compliment them either on call on through text and make them know that you are looking forward to another great phone sex. Keeping shut about it afterward may suggest that you are uncomfortable, or you feel guilty.

Sex on video call

You can take advantage of different technologies (FaceTime, Skype, Zoom, and so on) to have sex "face-to-face" over your devices. Seeing what your partner is doing, their reaction to what you are saying, and the expressions on their faces, can add to the arousal, especially for men.

To avoid frustration and disruptions that can kill the mood, make sure that your internet signal is strong enough for video calls or else simply stick to phone sex.

Sexting

Sexting is using digital messages to convey erotic intents. Thanks to technology, people can now send naughty messages back and forth without having to deal with the uneasiness that comes with saying these words face-to-face.

You can use sexting to gauge a potential partner's openness even before dating them or having sex with them. However, sexting techniques range from subtle to direct methods. It is always a good idea to begin sexting with subtle messages that can pass as flirting. If the other person responds positively, you can then up your game to messages that puts them in a sexy mood. Finally, you can text messages that make them want to have sex with you so badly.

Sexting can be done using text only or inserting photos, memes, emojis, and emoticons. Get creative with your messages and make them unique. The

following examples are just to give you an idea of what sexts look like. It will make more impact if you adapt your sext to something you and your partner share or experience. For example, instead of just sending, “I can’t stop thinking of your sexy ass,” you can personalize it to read, “I can’t stop thinking of your sexy ass in those red yoga pants.” Or “Those pants hug your ass so tightly I feel like touching myself.”

A good sext is usually short and stimulates sexual imagination. Even when you use sexual innuendos, keep it brief. If you can make room for humor, that will be great too.

Go through the examples below and let your creative juices guide you into creating customize sext messages for your long-term partner or someone new you are trying to have sex with.

Beginner sexting examples

1. Guess what? I’m at work thinking of you and touching myself right now.
2. Your hot ass/legs dominate my thoughts all day.
3. What part of my body is your favorite?
4. I can still feel your warm lips on my cheeks.
5. I really need you right now.
6. Can we do it in the shower tonight?
7. I’m soaking wet right now. Can you come over for a quickie?
8. Next time, I’ll lick more places on your hot body.
9. Your cock/pussy makes me go insane.
10. You went down on me and I lost all my senses.
11. You. Me. Under the sheets… pure heaven!
12. I love how hard you gave it to me last night. Let’s make it even rougher next time.

13. I love how you take charge of my body.

14. I want you to dominate me tonight.

15. This early morning's quickie was delicious. Can we continue tonight?

16. I get goosebumps when I think of your hands in my pants / up my skirt.

17. You look so sexy and innocent when you giggle.

18. I don't feel like having my bath just yet. I love the smell of you on me.

19. Whenever you pass by, I get a boner. Can you help me fix that?

20. Let's do something freaky tonight. Got any sexy ideas?

21. I want to have dinner off of your body tonight.

22. I need your naked body on mine right now.

23. Picture this in your mind: you and me, naked under my sheets.

24. Let's have a mixed wrestling match tonight. No count-out or disqualifications. Don't worry; I'll be gentle when I slam you on the bed.

25. URGENT! Can you please help me with five synonyms for FUCK?

Advance sexting examples

1. What crazy place should we fuck next time?

2. You have no idea how hard you make me want to fuck you.

3. Your ass is so sexy it deserves an Instagram page.

4. My dick/pussy still feels lusciously sore from yesterday's pounding. You sure know how to handle me.

5. I can still taste your sweet cum on my lips.

6. I'll like you to cum all over my tits tonight.

7. Come straight to bed after work. There's a wet pussy waiting to be fucked!

8. Three things occupied my mind all day: your sumptuous boobs, succulent lips, and wet pussy!

9. Thinking of the sound you make when you cum makes me want to cum in my pants!

10. I'll let you cum in my mouth if you let me sit on your face tonight.

Creative sexting examples

1. A sexy surprise awaits you tonight… *insert wink emoji*

2. I've been thinking of your *insert peach emoji* all day.

3. I'll love to do this tonight… *insert sex position GIF*

4. Your ass is so *insert hot/fire emoji* it makes my dick *insert raindrops/sweat droplets emoji*

5. *Insert bondage GIF* Tonight will be fun!

6. I want to *insert tongue emoji* your *insert peach emoji* right this minute.

7. Me when I saw your naked boobs last night *insert head exploding GIF*

8. *Insert eggplant emoji* Free services tonight. *insert wink emoji*

9. *Insert image of a man proposing* with a meme caption: When she says, "Cum in my mouth."

10. *Insert an image of a breathless woman or woman fanning herself* with a meme caption: When he asks, "How would you like to be fucked tonight?"

11. Tonight was exceptional. Thank you! *insert heart and worship hands emoji*

12. Meme caption: You: smooching my cock/tits. Me: *insert fainting image*

At this point, you've learned most of the stuff you need to know about dirty talking. Are you're still hesitant as to whether you'd be able to pull it off? Are you still unsure as to whether your partner is up for some titillating talk? A great way to practice and to test the waters is by sending your lover sexy text messages.

Things to Say to Her:

Ask her if she's alone.

The best moment to initiate sexy talk is when she's all alone and doing absolutely nothing. This ensures that you have her full attention. This also allows the dirty talking to progress to even steamier situations (as in masturbation or actual fucking).

If she says she's alone, tell her that you wish you're there with her right now.

If you've been fucking each other on a regular basis, then feel free to say something bolder like:

My cock really misses you right now.

If you like, you can start off with something tamer like:

I miss cuddling with you. I miss smelling your hair… Kissing your neck…

No matter how mild your sexts are, always make sure that you focus on the physical stuff.

Ask her what she's doing.

That's if you want to take things nice and slow. If she's game with sexting, she'll respond with something sexy like: "I'm about to take a shower." or "Nothing. Just folding my underwear."

Ask her what she's wearing.

If she’s game, she might even lie about wearing granny panties and tell you that she’s wearing a black lacy thong.

Ask her some hot hypothetical questions.

If you’re sexting with a girl that you haven’t already had sex with, ask her some questions like:

If I were there in your room right now, do you think we’d end up kissing each other?

What if it all backfires? What if you end up offending the lady?

Then apologize. Sincerely.

A good example is a text message that goes like this: I’m sorry. I didn’t mean to offend you at all. I was just playing. I’ll be gentler. Promise. xx

Things to Say to Him:

Ask him some hot hypothetical questions.

It’s natural that you might be a bit hesitant to initiate the dirty talk but one way to pull it off and surface with your ego unscathed is to start with ambiguous messages that may or may not allude to something sexual.

Ex:

If you were trapped in an elevator with me, how would you keep me entertained?

If you were right here and we were alone, what do you think we’d be doing?

If you and your man have been fucking for quite some time, go for a more titillating theoretical question:

If I let you handcuff me and let you fuck me in whichever way you like, what would you do?

Use dirty sexts to give your lover a hint as to what to expect when you meet.

Tonight, I'm gonna use my whip on you 'til pass out from pleasure.

Shock him by mixing the erotic with the mundane.

Honey, do you mind swinging by the grocery store later? We need some garbage bags, fresh milk, olive oil… And oh, don't forget the whipped cream. I can't wait to lick it off your dick later.

Use sexy texts to give him unexpected compliments.

Last night was wild. I can't forget how you made me come with your tongue.

So, I'm masturbating right now. And I couldn't help but fantasize about your cock.

I can still taste your cum on my tongue.

Something about you makes me feel so slutty. I secretly love it

Use dirty sexting to set the theme of your lovemaking later in the day.

Tonight, I'll be your Queen. So prepare to go down on your knees and lick me 'til I tell you to stop.

Baby, you've been so good to me. I've decided that when you get home, I'll let you fuck whichever hole you like.

Want to escalate his sexual anticipation? Give an eye-popping response to his questions.

Ex:

If he asks you what you're doing, tell him something like:

Just playing with my pussy… Missing you…

## Chapter 11. Understanding What Your Partner Likes and Doesn't Like

A relationship that is slowly going stale can be brought back to life again by simply spicing things up in the bedroom. Some new positions, sex toys, and some dirty lingo can reawaken the lustful spark that was slowly fizzling out and bring your carnal desires to the surface again as you explore something new together as a couple.

It Doesn't Always Have to Be "Dirty"

As soon as you hear the words "dirty talk", it's unlikely you're going to associate it with anything positive right from the get-go. Maybe you think it's over-the-top. Maybe you think it's embarrassing or something that is best left on-screen among low-grade adult films. Maybe the idea is so foreign to you that you can fathom doing it yourself. Or perhaps you find it a secret turn on that you've been longing to try but haven't mustered the courage to do it yet. Maybe the very idea of naughty lingo makes you blush while arousing you at the same time. No matter how open-minded you may think you are, let's face it, the idea of dirty talk can make even the most confident, self-assured individual squirm uncomfortably in their seats.

Despite its name, dirty talk doesn't always have to be… well… dirty. It might sound cheesy and way too much when you hear happening in a porn movie, yet when you read about it in an erotic novel, it doesn't sound all that bad. With the right writer, it can even sound incredibly hot, sophisticated, and sexy. Forget what you learned about dirty talking from porn clips. That's not realistic and the actors are merely reading lines from the script the way they were told to do. That's not always how it is in real life. In reality, dirty talk is pleasurable, once you get over the taboo of it all. When you moan his name and verbalize your pleasure, it lets your partner know he's doing something right. Nothing corny or cheesy about that at all.

When he groans as you're riding on top of it and telling you to ride him harder, you know you're doing something right. When you close your eyes and let the words flow out of you, it makes your partner feel empowered in bed, knowing they did something right and they're responsible for the ecstasy you feel. The sounds you make, the words you use and your physical response will speak volumes about the passion you feel in bed.

Whispering sweet, romantic words in his wear but in a voice that is roughened by the raw passion and desire you feel is just as effective as any raunchy, hardcore words that you might use. Of course, both types of vocabulary can trigger a different response, and there is a time and a place when one type might be more effective than the other. It depends on the way you feel at the time and how to overcome by passion and desire the two of you are. The secret to dirty talk is not so much in the words being used, but the way these words are said that makes the ultimate difference. The right sultry tone combined with the right use of words is going to dial up his desire so much his efforts double because of the atmosphere you've created between you. "Give it to me", for example, tells your partner that without a doubt you want him to keep doing whatever it is he's doing. "My turn now", signals that you want to be on top. Still one way of talking dirty, but with less of the "dirty" involved. Yet, depending on the couple, these can still be as effective. You don't have to keep it filthy, coarse, and vulgar to get the response you want if that doesn't feel natural to you.

What a Man Wants

A woman can easily have her man wrapped around her finger if she knows how to play her cards right. Looking into his eyes as your whisper sweet, sultry, naughty words in his ear is going to make it hard for him to keep his hands off you for long. Men are very visual creatures by nature, and when they can see and hear what's happening at the same time, the impact of the

words you use is going to be so much hotter. A man wants to see what is happening inside you too, on an emotional level where it counts. Men want to know that they've been successful in bed, and when the physical aspect is combined with the emotional one, it is almost enough to do his head in.

When you're dirty talking with your man, keep the visual and emotional aspects in mind and use that to your advantage. The very best kind of dirty talk for a man is the kind that creates a picture in his mind that feeds into his every sexual desire. You need to be both in his bed and head at the same time to send him over the edge.

Play around with the sounds you might use to accompany your words to make it even more impactful. When you tell him "Oh God, baby, you feel so good", accompanying that with moans that are vibrating with intense pleasure is going to make it sound a lot better than saying the words alone. Here are some examples of what you might say to your man:

- "I'm So Close, Don't Stop I'm So Close" - Keep him updated bout the state of your arousal. Remember the goal of physical and emotional. They can see you panting and breathing heavy, but that can be even more impactful when you accompany it with this phrase as your eyes roll back in your head before you finally shudder and vocalize your climax. Doing so will increase his arousal and lets him know what he needs to do to send you straight into an orgasmic state. Saying this sentence might spur him to increase the pace of his thrusts, bringing you to your climax as he watches.
- "Keep Doing That, Oh, Don't Stop That Feels So Good" - Men can't read your mind, so they love it when you tell them when they're doing something right. Giving them directions tells them they're on the right track while you simultaneously praise his skills. If he's making you weak in the knees as his tongue swirls and twirls around your clit, telling him to keep doing it and how good it feels will only make him go at it harder, spurred,

and motivated by your words and accompanying rapid breaths and moans. The harder he goes to town on your pussy, the more intense your pleasure is and it won't be long before your legs are shaking like jelly as your body shudders when it reaches its climax. Alternatively, you could try saying "I want you to...." and finish the end of that sentence with whatever you want him to do to you. Men appreciate a woman who knows what she wants and how she likes it in bed. It shows him you're confident about your sexuality and not afraid to show it. I want you to kiss my neck. I want you to suck on my toes. I want you to squeeze my ass when you take me from behind. I want you to suck on my nipples until I beg you to stop. Powerful. Naughty. Seductive, and not an element of "dirty" in it as you say it.

- "Touch Me Here. Kiss Me There" - In a powerful move that teases his visual and mental senses, don't just tell him where to touch you and kiss you. Grab his hand and put it there while you say it. Guide his head or his mouth where you want to be kissed. Sexy talk combined with sexy action will send your man into a frenzy. Telling him "Kiss my breasts and nipples" as you thrust your breasts upward towards his face while simultaneously using your hands to push his head towards them is going to make him growl with desire. Intensify your moans to accompany each time he sucks your nipple hard and it will send him into a sexual frenzy. Men are completely turned on by women who know exactly what they want.

What A Woman Wants

Women like to play hard to get, although that's not always a bad thing. Some men enjoy the thrill of the chase. There's a sense of accomplishment they get when they know they've made you succumb despite your attempts to keep them away. When it comes to sex, part of the excitement comes from the moments leading up to intercourse too, and men feel empowered they finally find themselves deep (literally) inside their conquests (which is

you). Women, unlike men, are emotional creatures. They don't mind if a man is easy on the eyes, but it takes more than that to rev up their desire. They need that emotional connection to the man they are about to have sex with. When the relationship is new and you're trying to win her over, you need to tread carefully so you don't risk saying something that might offend her or scare her off instead.

Watch the way she responds to your subtle, sexual innuendos in the beginning. If she seems embarrassed, pull back and respect her boundaries. Men need to develop a connection with the woman first if she isn't a long-term partner. Even if she is, dirty talk is still a new avenue that the two of you are exploring, and the direct approach may have worked with men, but women are different. You need to tease her, tantalize her through conversation that gets her thinking about sex in a naughty way. The trick is to start the questions off "innocently" enough as they slowly get sexier and more descriptive in nature. There's a hidden sex goddess within every woman that is waiting to be unleashed, and it takes the right man, the right moves, and the right words to bring it all to the surface.

Tease her with hypothetical questions that get her thinking about sex. For example, playfully ask if she were out on a date right now and she could peek at one body part, which part of her man would she like to see. Any part of the body except the face. Unless she's a prude, she's going to respond just as playfully. Even better, it's going to get her thinking about your body too. You get to find out she finds sexy in a man and gauge her openness when it comes to talking about sex based on the way she responds. Once you've been dating for some time, the conversation can grow increasingly more sexual. As the conversation intensifies, begin focusing on your bodies. Ask her what her secret moves are that she uses to turn men on and encourage her to talk in great detail about it. The more

sexual in nature the conversation becomes, the friskier she will feel and that's your window of opportunity to begin talking about all the things you would like to do to her in bed. Encourage to talk about what she wants to do to you too. Some questions that might encourage this train of thought are:

- If you could have sex in just one position for the rest of your life, what would it be?
- Of all the naughty things we have done so far, which one is your favorite?
- What position hits all the right spots for you when a man is inside you?
- Which part of your body can a man trigger that gets you in the mood for love?
- How do you feel when I touch your _____?
- Do you like it when I lick your _____?
- Where do you want me to kiss you so you're panting my name out loud?

As your questions grow increasingly more steamy, she can't help but feel aroused by the images you're planting in her mind. Especially if they are about what you would like to do to her. Asking her questions lets her know that you care about her enough and you want to see her desires fulfilled. This is easier to go when you've been going out for some time because you can turn up the intensity of these questions by making them sound even racier:

- What do you want me to do to make you wetter than you've ever been before?
- I want to make you come over and over again all night long. How do we make that happen?

Women like to feel desired. It sends a shiver of pleasure up her spine when you tell her how much you want her or how she drives you wild with desire. Pulling off naughty lingo with a woman requires a different approach, but do it right and she'll be reciprocating your dirty talk in no time. Empower her and make her feel like the naughty vixen she is and it won't be long before she gives in to your desires and hers. Here are some examples of what women like to hear in bed:

- "I Love the Way You Look/Smell/Taste/Feel" - Women are sensual creatures, so play into their longing to feel desired by telling them everything that you love about their bodies. "I love the way you smell, it makes me hard for you. I love the way your skin tastes, it makes me want to lick you all over. I love how your skin feels so soft, you're beautiful." Turn your shy lover into an erotic vixen by using your words to give her the confidence boost she may need in bed to unleash her wilder side. After all, it's not every day she gets told how delicious she smells or tastes. Highlight what it is you love about her and try to amp up the "naughty" factor when you can. "I love the way your nipples taste in my mouth. I could suck them all day long". A few well-placed words here and there and you'll have her writhing with desire.
- "I Am Going To" - Fill in the rest of that sentence with what you would like to do to her. She may be powerful, strong and in charge of her life every day, but in bed she shudders when you tell her what you want to do to her. There's something sexy about having a strong, powerful man between her legs and when you dirty talk to her while making good on your words, she's not going to be able to resist. Dirty talk can make her tremble in anticipation for you before and during sex, and all you need to do is tell her what you're doing to do to her. A lot of women are attracted to men who take control in bed. "I am going to pull off your panties and tease your

clit until you beg me to come inside you. Bend over, I want to grab your ass and take you from behind."

How to Put Emotion into What You Say

The way a lot of couple's approach dirty talking is from two different angles. They either approach it from their sense of touch or from their sense of sight. The former might sound something like this: You feel so f****ng good. The latter would sound like this instead: You look so f****ng hot. There's nothing wrong with this approach of course if this is where your comfort zone is. But there's a lot more fun that awaits when you let your imagination run wild and the descriptions flow freely. When couples engage all their senses, there's more emotion and feeling that gets involved. Remember that despite the "dirty" in its description, your erotic lingo does not have to be filled with profanity and crude words. Every couple is different, and you need to play along with what your strengths are when you're joined together as one through sex.

Some couples like the idea of using swear words, while others are put off by it. Some couples like to use clinical descriptions in their erotic lingo (using penis or vagina instead of cock or pussy). Others like to go with the dirty street slang terminology (pussy, cunt, cock, dick, etc.). Then there are some couples who enjoy being called a "whore" in the bedroom while others find it degrading. The words you use do not determine the sexiness of your dirty talk sessions. Respecting each other's preferences lets your partner know you care about their feelings. The conversation that happens between the sheets can be a powerful force that unites you as a couple. The right words and phrases will intensify the feelings of love you have for each other. When you think your bond is as deep as it gets, putting emotion into the things you say is only going to enhance that bond, perhaps even to the

point that you believe you've found your soulmate. That is how connected you feel.

The bond that you share with your significant other is the glue that binds you together. It is this bond that determines how well you relate to each other as a couple. It either puts you on the same team or pits you against your partner. Since all communication that you have with your partner happens on an emotional level when you're making love, you need to think about the intention behind your words if you want it to mean something. Anything that is being said in a voice that is breathy, low, and very clearly laced with lust is going to sound sexy. But what is the intention behind your choice of words? What emotion are you trying to invoke? If you want them to know how much you love and desire them, does your delivery get that point across? If you're saying all the words with no intention behind them, then they're going to sound as deadpanned as your delivery is. People can sense when you're speaking genuinely and when you're faking it.

The truth is, talking dirty to each other is more than just a way of getting each other aroused enough for sex. It can be an exercise in building emotional intimacy, leading to sexual experiences that are more emotionally fulfilling in return. How? By putting emotion into the erotic words, you whisper in your partner's ear:

- Tell Them You Love Them - In between complimenting the bits and various aspects of their bodies, remind them that you love them. Uttering the words "I love you" while you're having sex is the number one phrase that keeps couples sexually satisfied, according to one study by Chapman University. Slip in the words "I love you" as you make love to each other and watch your desire for each other soar as you're overcome with feelings of love and lust at the same time.

- Maintain Eye Contact - The eyes are the window through which we peer into our partner's soul. Sometimes you don't need a lot of words to stir emotions in each other. All you need to do is gaze longingly into each other's eyes and let your lingering gaze do all the talking for you. Looking into the eyes of someone you love boosts your oxytocin levels (otherwise known as the love hormone), which only makes the erotic phrases that are coming out of your mouth that much more enjoyable when you're already feeling good.
- Take Turns Receiving and Giving - Communication needs to be a two-way street here. It's easy to get into the habit of one partner doing all the giving while the other gets comfortable being the receiver. To assume that your partner is going to be the one introducing anything new and exciting, including the communication you have in bed. Take turns talking to each other on the same emotional level. When your partner says, "I love you", tell them you love them too. When they tell you how incredible you are, let them know you feel the same. Compliment them back when they complement your skills. A conversation that is meaningful and emotional happens when both partners are actively engaged on equal levels.
- Be Perceptive - Emotions run high when you're making love. It's easy to get distracted by everything else that is going on. The kissing, the fondling, groping, touching, thrusting, licking, sucking, there's a lot happening at one time that it becomes easy to forget how the words you say influence the way your significant other feels. Your ability to be perceptive and mindful of your lover's emotions is how you recognize what they need and speak to them in a way that strengthens the bond between you. Like you are the only person in the world who understands them. When you're emotionally perceptive, you're in tune with the way your partner feels. You know what they need and what they need to hear from you, and therefore,

everything you say is going to sound meaningful since it’s coming from your heart.

## Chapter 12. Solid Tips For Beginners On How To Dirty Talk

I can almost promise that the first time I will remember is uncomfortable that it will change your sex life and your marriage. Here are some good ideas you should think about.

a) Don't make obvious mistakes, they can be costly. Don't behave like one if you're a hardcore porn star. Go easy for the first time and make it quick.

Because you want to be a good speaker to suit your enthusiasm and the heat of this moment-like a car on a highway that runs fast, a wrong turn could be devastating. The big mistake that most newbies make is to try to act like a pro.

b) Dirty talking is also like a roller-coaster ride, it begins slowly, creates momentum, but at the end of the day, whoever has a wonderful time. Enhance your vocabulary and find out what your partner is turning on.

Choose what to do in conjunction with what you or your partner do and be mindful of their reactions as this is the most reliable way of telling you if you are on the right path.

Many girls like to be squeezed and called "bitch or whore," for example, while others like their nipples squeezed and told how well it feels. For a man, you need to know what type your girl is.

c) Be articulate. Simply put, it's the most powerful way to express your desires inside and outside the home. You can start with simple declarations and see what path your partner wants. After all, to make love is a two-man affair and only you two share what you think should be a secret.

d) You will only be able to perfect the art of dirty talking in bed through experimentation and training. When you are alone, go online as you do, except for this time on web sites, which provide detailed examples of

sentences to be used, steps to incorporate dirty talk and any useful tips to turn the whole experience into an adventure.

It is easy to say a few embarrassing things-a bunch of rude, strange things coming from your mouth-something that won't be good for your partner if you don't know what to do, what to say, or how to react to dirty talk when you are dating.

I have some ideas to point you in the right direction:

a) There is a major difference between dirty talk and offensive swearing. You can use the same terms, but it's all about mindset and purpose. You have to make it easier for your partner and know when to open your mouth or to focus on something else.

b) Many women don't have any issues with the oooh's and aaa's during pregnancy. For most women, it can appear a bit too childish to carry dirty words to the bedroom, but it can be thrilling if done right. "Now I want you to fuck me hard"

I remember the first time I told my husband. He was a bit surprised, but it brought him more dirty dirty talk, and my pulse raced out of awe.

c) You never really know what's in store for you until something different is attempted. It is unusual for people to dirty talk on their first sexual act because it only happens when the partners are fully confident. You also need to slowly ease it, start moaning or just think about it and consent to "dirty" an encounter.

d) Speaking dirty today is chic, sexy and very fun. Will you know how? You know how? You tried it? You tried it?

If you did, was it successful when you tried? Each of us wants a good time in bed and find ways to revitalize the fun and the excitement of sex and lovemaking, whether you're in a relationship, flirting or just a blowjob.

Nonetheless, there are some very important things you need to know about the entire process. Somewhere starts dirty talking, but if you have never done it before, you have to conquer the initial challenge and also the toughest one.

You first have to know why people dirty talk in bed before you master the art of dirty talking. To call one another dirty names and dirty talk, fantasize about someone else, play the role or make sexual acts theme are all ways to enjoy sex.

You can say all you can but the fact is that we all tried or fantasized one time or the other about it. We are people! We are human! Dirty talk may not always be a matter of insults or names, it may be thematic, but your partner agrees and you find it pleasurable.

You will open up your mind and enter a world of fantasies and dirty talk to enliven your evenings and turn your sex life into a whole new experience by learning the two and dirty talking. Say that you're at a party. The evening is great, and you have a great time with your partner.

After a hot dinner, tequila or wine, you know where the night is going. After dancing to great music. As you dance together, the partner quietly whispers that he / she is turned on. Obviously, the next natural thing is for you to react, although by a signal, to further move the situation. This is where dirty conversation should begin.

Whisper in each other's ear and the world will be yours when the evening is over. Dirty talk indulgence is an excellent way of fantasizing, enjoying sexual pleasantries and making each sexual experience an entirely new experience.

Some may feel shy or reserved for the first time, but it is important to be ready to open up and explore a whole new and unfriendly world of

lovemaking.

During actual sex, you can imagine past experiences in a restaurant or pub; imagine flirtations and bring your sexual fantasies to that moment, or some other period or experience, and then start dirty talking together.

I love to get my friend to do what I want in my bed and when I do, he likes it. He calls me all sorts of names; during sex, we use all kinds of slang and dirty words.

You may think we get tired of dirty talking within a couple of months, but we've been together for 6 years, but our sex still feels like a new experience. When my boyfriend and I began to see one another, it was a regular kind of relationship, sex was normal, and we had too much "reciprocal respect."

As sex started to be weird and so monotonous, I suggested we spice it up to a bit with dirty talk and to my surprise, which was my boyfriend's recollection all along. It's just someone had to lift it.

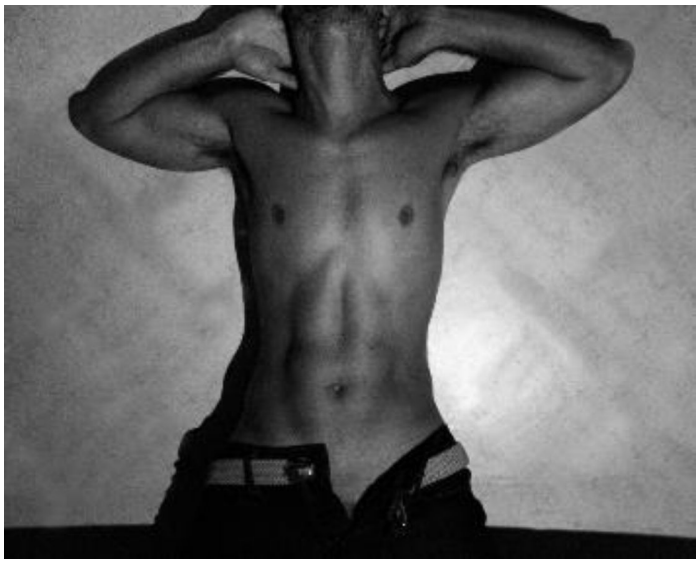
We knew that dirty talking actually improved our sex lives because it was talking that got us the best. It was easier to tell him what to do, and he couldn't misread the signs. It only got better from our first crazy dirty talking sex. You and your partner can be happier, but what should you know?

How to start dirty talking My first suggestion is to start slowly if you are shy. It's all right to giggle or blush when you first ask your husband to morsel or pinch your breasts. You'll be the only people in the room, and it doesn't matter what the other person thinks.

When you feel like dirty talking once or twice, that's all right. Whisper the things you want in his ear and expect a response. You should only scream loudly when your partner is positive that he is comfortable with it.

The first time will be odd, no matter how confident you are. Leaning the tricks, the second time, though, will be simpler and relaxed. When you make love, ask your partner to do one or two things (request, order or demand, depending on mood or passion), just make it louder this time than the first time.

Over time, you will find that it's fun, simple and extremely romantic to dirty talk in bed, because you have an opportunity to have sex with many different people with the same guy!



## Chapter 13. Spice Up Your Sex Life With Dirty Talking

Dirty talking during sex isn't new. Would you like to know how this can have a positive impact on your sex life and relationship? Here are 5 of someone's top tips with practice.

1: Talk always quietly. Your voice should be able to speak out what your body feels or needs, shouting that all the neighbors will possibly ruin the experience. You can look at each other's eyes while making love or closing your eyes.

It's okay to rummage, whine and sigh during sex, but it's okay to laugh like something funny is there, no matter how funny it sounds you or your friend.

2: Start small if this is your first time. It would not be a good idea to begin with something drastic and delete the toughest insults before your partner knows what you are doing.

You can begin by saying something' I love how you lick my eyes,' or you can ask her to call your name if you are a guy. If it seems too much, each other's eyes can be whispered. The warmth of your breath is extremely good and only achieves the desired effect.

3: It would be fun, saucious and mental to make dirty talking, particularly in flirtation, part of your day to day conversation. I don't mean that when it comes to you both in public, or in the company of friends or other men.

This is especially easy when you know what a smile brings in the eyes of your friend. Dirty talking over time will be a whole new experience in bed and in advance and during the actual sex, and I am sure you are going to love it.

4: Read the dirty talk as much as possible and learn new ideas from other outlets. Collecting lines from films and magazines is also a perfect way to discover what pushes your partner and you to the next point. The best

solution is to find examples of foul speech words and important things and not from a specific website or book that actually speaks of dirty talk.

5: Practice, the best way to dirty talk is to practice. Just like everything else in life, only time will change you. It might sound wrong to call someone you love a bum in bed or to tell them "fuck me," but if this changes your sex life, I'm sure you'll both grow out of the initial humiliation and timidity.

Dirty talking during lovemaking is one thing that your partner can most frequently turn on if you do that correctly. Yes, the art of dirty speech is not only a clear account of what you want to do with your partner, but it is more about involving your partner in the act.

You must first realize that dirty talking can be a tricky aspect of a good sex life if you want to learn how to dirty talk to your partner during your lovemaking.

Trying to dirty talk to your partner for the first time will potentially be a disaster unless you can pull it off beautifully and efficiently.

You can increase your sexual activity through your ability to talk sexy and beautiful, while talking about the dirty things you have in mind, and you can increase your feelings as you and your partner can feel and hear the lovemaking.

However, as described, before it can become a tragedy, you have to know it. Here are some tips that can be useful if you want to learn how to speak dirty.

1. Start late. Start slow. You can continue with them if you are comfortable with just the "ohhs" and "ahhs." Then you can add more evil words that people always want to hear when they make love. Don't just yell those nasty words. Especially if he's not used to hearing those words from you, you might surprise him. Only begin slowly.

2. Choose the right words.

Medical terms and such too technical names can be a turn off and a disaster. Study those nasty words that can awaken a man more and use them comfortably and sexily when making love.

3. Work with a sexy voice. Of course, it is also important that you have the sexy voice that suits your dirty conversations, not only the right choice of words. The voice is one thing that can awaken a man more and make sure you sound sexy. If you can, learn. Learn.

This will motivate you to listen and make yourself comfortable in these dirty talks. If you're not comfortable when you say all those appealing terms, your partner may not give you the reaction you want.

4. Include some dirty conversations that can boost the ego of your man. Men love knowing that they can disable you. So be frank about it and include it in your dirty voice. If you can make him feel that you want him badly and make him feel just that desirable, it's a good start to improve your sex life with dirty talk.

5. Be true. Be true. Even if you dirty talk, or if you use such nasty words, make sure you feel the things you utter. Saying mechanically such dirty words can be a turn off. Note if you're new to it, that speaking dirty can be uncomfortable, so don't create more awkwardness by simply saying things you don't feel.

These are just a few tips for learning how to dirty talk. Get a comprehensive resource to help you make the right choice of words and the phrases used most often to make your dirty talk sexier.

You heard the old saying that you had too much good. Everything can be done for waste-exercise, shopping, food-even, prohibited by God, sex.

This beautiful body, you had the first few dirty conversations, made you know what you had was a good thing and began experimenting more and more, finding new ways of enjoying yourself with a few clever little words. But you could have started to wonder after hundreds of marathon sex sessions with dirty talk in each of them-how much is it too much?

Don't make a mistake: Dirty talk will take you and your lover closer together in a love life for a couple. The shared joy of speaking dumbly and the understanding that only you two shares will make you feel much closer to the person with whom you share it.

Once you begin to speak openly in your bedroom, the honesty leads to contact outside the bedroom-not only do you talk about sex and what ticks each of you, but talk leads to a conversation about other facets of your relationship. In short, it's good for you to dirty talk!

You know that when it becomes a crutch to your emotional intimacy you have had too much dirty talk. It's high time you pull back and replenish your sex life, if you can't get excited about your partner without thinking about his dirty mouth. What about your girlfriend, other than dirty words, who turns you on? What about him who first made you want to be with him?

You wanted to explore dirty discussions to strengthen your friendship. But, don't allow the dirty talk to become the foundation for what you do, it should never be the key road, but the spice that makes things interesting.

If you think you talk a little too dirty, try going back to the basics–no dirty talk. Only your breath, the natural sounds your lover pulls you and without words, the talk of your bodies. Is it just as thrilling yet?

Now that you are a dirty talk specialist, sex without words can be even more thrilling than ever–you have spent so much time talking and getting so

intimate that speechless will be easy for you and you'll be delighted by the new degree of confidence.

Does that mean that you should write off dirty talking? No! Never! It makes a friendship spicy, and in our lives we all need a little bit of sizzle. Just keep your mouth shut from time to time and let your body speak instead. When you go back to dirty talking to your girlfriend, it's better than ever and you're confident your sex life is the best it can ever be.

## Conclusion

There's no such thing as the correct way to talk dirty. The definition of right dirty talking is purely subjective. Don't expect everything to go smoothly. Better yet, don't forget to laugh at any bloopers that you might make along the way. Remember that one of the keys to a great relationship is when couples are able to laugh not at each other but with each other.

Practice makes perfect. This is true both in sex and in the art of dirty talking. The more you incorporate erotic phraseology in your sexy routine, the more you'll get better at it. That said, don't make the mistake of merely memorizing the examples in this book. Come up with your own sexy lines. It's easy enough when you take a really good look at your partner and think about the things that you love most about him/her. The next time you get it on, try to really be in the moment. Relish the sensation of her moist pussy flesh wrapped around your penis or his hard, muscular cock throbbing deep in your vagina. Focus on the feeling and the words will come to you. Do this with the utter confidence that there is no one in this world who knows and understands your lover's body more than you do.

Be as natural as you can be. Nothing can murder mounting lust as efficiently as an insincere compliment. Strive to be spontaneous rather than superfluous. No one's expecting you to recite a poem about his penis or to deliver an impressive monologue about her vag. All your lover is expecting is for you to be you. Remember that the most important part is to make your partner believe that you mean every word that you say. So, use words and expressions that you would use. Don't say anything that would make your sexual soulmate feel that he/she is doing it with stranger. Even when you're assuming characters in your dirty dialogue, make sure you incorporate some of yourself into that role. This way, no matter how realistic things get, your lover's subconscious knows that it's still you that he/she is making love

with. You. The person that he/she loves, desires, and trusts the most in this world.

Don’t feel compelled to say things you don’t want to say just so you can please your partner. No matter how good of an actor/actress you are, your disgust will inevitably betray you. Moreover, keep in mind that you’re exploring dirty talk not just for the pleasure of your lover but for your own too! So, sit down with your girlfriend/boyfriend or husband/wife and make up your own rules while equally taking into account each other’s fantasies and limitations. Lastly, the greatest thing about talking dirty with your lover is that it opens up new doors for discovery. After all, if you can talk like an expert seducer/seductress in bed, what other things can you do? Talking dirty is just the start of unraveling the deeper layers of your sexual persona. The confidence and the liberation that you gain from mastering the language of lust will inevitably set you towards the path to realizing your true carnal prowess, therefore allowing you to become the best lover that you can possibly be.