

Introduction

Two years ago, I was congratulating a young Muslimah on her engagement.

She had grown up in my community and I had known her since before she could talk. I had seen her blossom from a waddling toddler into a confident

and intelligent young woman. She began looking for a husband in her last year of college, wanting to get married before starting medical school.

After

multiple dead-ends, she had finally found a man who met all her criteria for

marriage. Everything about this guy was perfect. He was religious, good looking, volunteered at the masjid, had a stable job, was known for his kindness to youngsters at the masjid, and was loved by the elders like he was

their own nephew. It was a perfect match. She was thrilled about starting married life and you could see the happiness emanating from her as everyone

gave her their best wishes.

A few months later, I ran into her at a dinner party and asked how marriage

life was suiting her. She simply said it was “Fine”, but I could tell something

was wrong.

After some cajoling, she shamefully admitted the truth. Her sex life was horrible. In fact, it was fast becoming non-existent. She had been a model Muslimah her entire life. Before marriage, she had never so much as held a non-mahram’s hand, let alone become physically intimate with one. She had

eagerly looked forward to marriage as a chance to finally indulge in all the physical intimacy she had postponed for the sake of Allah.

But it wasn’t working.

Coming from the medical field, she knew all the relevant biology. She could

draw and label all the parts of male and female anatomy. She had taken fiqh

classes and knew the legal rulings of menstruation and intercourse.

But she didn’t know *sex*.

Oh, she knew the mechanics. Insert penis into vagina. Climax. Withdraw.

But

she didn't know how to make her husband yearn for her in bed. She didn't know what he liked. She didn't even know what *she* liked! They had begun eagerly but after a few weeks, realized that neither of them was truly enjoying having sex with each other.

As I talked more to her, I found out that she had never orgasmed during sex.

Not once in the six months she'd been married. She shyly confessed to me that she had been masturbating since high school and was afraid that she had

ruined her body doing it. She thought maybe she had conditioned herself to

only enjoy self-pleasure.

She couldn't look me in the eyes as she asked if that was the reason why she

couldn't orgasm with her husband.

And so began my impromptu sex skills workshop. I threw at her all the information I'd gathered over years of marriage. Things I'd learned from experience, tidbits I'd gleaned from friends, tips I'd picked up from magazine

articles. One thing here, two things there. All those bits had accumulated into

a very healthy and robust sex life between my husband and I. I gave her everything, fervently hoping that it would help her in her marital life.

A month later, I saw her again. This time she had a gigantic smile on her face. "Please, write this down and share it with other Muslim girls. No one teaches this. We're thrown into marriage and only know the fiqh and the biology."

I wrote down everything I told her on a Word document and emailed it to her.

She shared it with her friends who were newly married. They shared it with

their friends. Before long, word trickled back to me that people were asking

me to write a book on the subject.

So here it is.

Who is this book for?

Perhaps you're getting married soon and are apprehensive about sex.

Maybe

you've been married for a few years and your bedroom life has become dull.

Or maybe you're already in a raunchy, fulfilling sexual relationship with your

husband and are looking for something extra to spice it up.

This book is for all of you.

As a necessary disclaimer, this book is **only** for people who intend to use the

information in the book for their marriage. I free myself from anyone who uses this book to help them have premarital or extramarital sex. This book is

written by a religious, practicing Muslim for other religious, practicing Muslims. I do not agree with the liberal mentality that "sex is just an action"

and that consent is the only thing which determines right or wrong. Right and

wrong are determined by the Qur'an and Sunnah and any action which contravenes Divine scripture is, by definition, wrong. My book is written to

enhance marital joy and pleasure. It is written to make fulfilling marriages and to increase happiness between a husband and his wife. If you use it for something other than that, I leave your punishment to Allah.

I do not claim to be a scholar and refrain from passing any fatawa in this book. However, this book is written for orthodox, practicing Muslims, and so

I have purposefully ignored things which are considered unanimously haram.

You will not find instructions on how to enjoy anal sex or suggestions to watch pornography with your husband.

The fiqh methodology of this book does not exclusively follow any specific

madhab. Where I deemed necessary, I have inserted scholarly rulings from scholars I trust. I have not done this for every single issue in order to avoid making this a fiqh manual. If you are skeptical about the permissibility of anything in this book, you should consult a scholar you trust.

Myths

Before I begin the actual book, here are five of the most common myths about Muslims and sex. Beat these myths out of your head before beginning.

Myth 1: A pure Muslim can't be dirty in bed

I don't know who started this myth but it is flat out wrong. We have halal and we have haram. Any sexual encounters outside of marriage is haram. Everything inside marriage is halal (other than a tiny number of things which I will mention in the book). You can be pure as snow and still be very dirty in bed. What is amusing (in a sad way) is that many younger Muslims think that the practicing, masjid going, hijab/niqab wearing sisters have dull sex lives and never venture outside of the vanilla. Not true! I have a theory that Muslims are actually kinkier than non-Muslims because we bottle up all that sexual energy and provide only one outlet, that of marriage. Whatever the reason though, I can assure you that some of the same Muslim men and women giving halaqahs and khutbahs and volunteering at the masjid are having very raunchy sex behind closed doors. Being a pure Muslim doesn't mean you don't enjoy sex. It means doing all of that only in marriage and not advertising your bedroom secrets to everyone. In the privacy of your bedroom and between you and your spouse, you can enjoy a very, very rollicking sex life.

The famous Andalusian scholar, Ibn Hazm, wrote this:

But I have observed that many men err gravely as to the true meaning of the word "righteousness." Its correct interpretation is as follows. The "righteous" woman is one who, when duly restrained, restrains herself; when temptations are kept out of her way, she keeps herself under control. The "wicked" woman on the other hand is one who, when duly restrained, does not restrain herself, and when barred from all facilities for committing licence, nevertheless herself contrives by some ruse or other to discover the means of behaving badly. The "righteous" man is he who has no traffic with adulterers, and does not expose himself to sights exciting the passions; who does not raise his eyes to look upon ravishing shapes and forms. The "wicked" man however is he who consorts with depraved people, who allows his gaze to wander freely and stares avidly at beautiful faces, who seeks out harmful spectacles and delights in deadly privacies. The "righteous" man and the "righteous" woman are like a fire that lies hidden within the ashes, and does not burn any who is within range of it unless it be stirred into flame.

Having that fire burn within you isn't a sign that you're a bad person. Lacking that fire isn't a sign of righteousness. Righteousness is deciding to only stir that fire into a flame within the bounds of marriage.

Myth 2: The only way for a Muslim to learn how to be great in bed is by doing haram things before marriage

This is another myth that many Muslims have fallen for. A Muslim girl once

told me that she wanted to marry a non-practicing Muslim man or a convert

because he's likely done zina and thus would be better in bed! This is completely false and it's terrible that people think like this! I had zero intimate relations before marriage. The first time I kissed a man, it was my husband. My husband was the same. I am the only woman he has ever been

physically intimate with and I have no complaints about him in the bedroom.

I have non-Muslim friends who were sexually active in college and still came

to me for advice because they didn't know how to have fun in bed. There is

no correlation between having sex before marriage and being great in bed. Thinking that doing haram is going to make your halal relationship better is

faulty reasoning. The opposite is true. Saving the physical intimacy of sex for

only your husband strengthens your bond. This is a man who has announced

his relationship to you in public, taken responsibility for shouldering your expenses, and is willing to step up to the plate and be a true father and husband. *That* man will please you in bed. Not a man who added notches to

his bedpost in order to brag to his friends.

Myth 3: Porn is a great educational tool

Statistically, this is a bigger problem for men than women. There's still a sizeable number of Muslim women who turn to pornography though. Let me

tell you in very simple English: Porn is a lie. Real sex is not like pornography. Porn is recorded in order to be entertaining *to the viewer*.