



SEX TALKS

A BOOK ABOUT SEX...
AND MORE!

LIBBY SMITH
ED.D., PH.D.

“Very easy to read, fun, exciting, and very interesting! I truly enjoyed reading this material! Things I had forgotten about, resurfaced and challenged me to do things better and pay more attention to my mate. I recommend this book to any couple that may have relationship problems. A+!!!”

Fede Ramos B.A. Science
CPT (Certified Personal Trainer)

“Having been born and raised in sexually liberated Germany, I was shocked to find the secrecy and shame surrounding sexual issues in the American Culture. This book, “Sex Talks,” is a refreshing breeze to the unfortunately stagnant topic and clearly teaches the wholesomeness and natural joy of the human body. I sincerely hope that this book becomes standard literature in every American household.”

Rev. Sue Mertes, L.S.P

“When I heard Dr. Libby Smith was planning to write a new book, I just had to read it. Her outstanding first book, Doc Talks Pathways Toward Self-Discovery, blends together so many broad and seemingly diverse topics into a smooth, coherent inspirational message that leads and nudges the reader to discover the answers to many of life’s most important questions. Not only am I a big fan of her writing style, I was also very curious how she would lend a similar treatment to the somewhat taboo topic of sex. Dr. Libby never ceases to amaze me! She treats sex and the reader with great respect as she provides not only a “how to” but a “why to” guidebook to the most intimate, sacred acts of sharing for a committed couple.

“It is an honor for me to be among the first to read Sex Talks A Book About Sex...And More! It is a work that will influence countless people, young and old alike, to think and talk about sex in a different way—more open, more positive, more enlightened than they had thought possible. In turn, the positive impact in the bedroom and on people’s lives will be significant. Kudos, Dr. Libby, on another masterpiece.”

Don Carpenter Ph.D.

SEX TALKS

A Book About Sex...
And More!

Libby Smith Ed.D. , Ph.D.

Two Feathers Publishing

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ISBN 0-9713793-3-5

Printed in the United States of America

First Printing 2002

*I Lovingly Dedicate This Book
To My Dad*

ACKNOWLEDGMENTS

Every student that has taken my “Human Sexuality” course, is a vital part of this book. I wish to thank each and every one of you for the information that you shared, ultimately helping me compile enough material to create this manuscript. Thank you for the courage it took for you to share your personal stories with your classmates and with me.

I wish to thank those of you who came to me for suggestions concerning your sexual and relationship issues. You are also an important part of this book.

My deep appreciation and thanks to my family whom have always been open and free with their discussions of sexual issues. It is because of you that I am able to even write this book.

The final manuscript was edited by four very special people in my life. Heartfelt thanks to Dr. Don Carpenter, Sue Mertes, Melissa Watkins, and Fede Ramos. I appreciate the time and effort all of you took to ensure this book’s quality.

The illustrations for the book are provided by Zach Matthews. My deep appreciation is extended

ACKNOWLEDGMENTS

to you Zach, for enriching the book with your creativity and talent.

Many Sundays were spent talking to the staff of Chili's in east Wichita. The discussions were helpful in more ways than I can mention. Thank you Daryl, Steve, Brett, Danny, Courtney, Brea, Erica, Jason, Max, Ransom and all others involved in the creation of this book for the support, encouragement and suggestions you so freely offered. Steve, the title is largely because of you!

Finally, I must thank the man who continues to believe in me and who goes through tremendous efforts to manifest my books into print. Thank you Terry D. Black of Two Feathers Publishing, for the heart and soul you place in delivering my written words to the public.

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PREFACE

So how does one arrive at the point in life when the word “sex” can be presented in academia, openly discussed, and then explicitly written about in a book? The truth is that the pathway leading toward this moment and the birth of this book has been filled with many people, experiences, and opportunities.

One of the most influential people in my life was my grandmother. Born and raised in Kansas, she was the daughter of a preacher. Although extremely prim and proper, Grammie, as I affectionately called her, held nothing back when discussing the topic of sex. Thus, an openness and ease of communication was passed to my father, and then thankfully, to me.

While my peers were hushing each other in the presence of their parents, I was discussing everything from vibrators to orgasms with mine. My ease with the topic allowed for a smooth transition into the collegiate teaching of Human Sexuality.

Over the years, not only have I been talking about sex and teaching sex education, but I have also been offering sex therapy to individuals and

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couples. Being privy to the private lives of many, has brought me to a startling conclusion in regard to sex—Americans are late for the train, confusing their arrival and departure times, and missing the boat altogether. The sad truth is, many of us don't have a clue whether we are to travel by land, sea, or air, and we often don't care as long as we reach the destination. The traveling is inconsequential. Yet, it is often the journey that is the most anticipatory, exciting, and adventurous.

The road we travel during the sexual experience is filled with similar characteristics. If we travel too fast thinking only of the destination, we may miss the beauty and wonder of the sights, sounds, smells, touches, and tastes encountered along the way.

“SEX TALKS” is about this journey. It is more about the quality of our sexual experiences, and less about the quantity. It is about partnering espoused in longevity, happiness, and joy. And...it is about a whole lot more!

Part One of “SEX TALKS” will define many of the problems that I believe exist. I will touch on the areas that I feel most need to be addressed.

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Part Two contains highly explicit sexual material as I explain the importance of foreplay and offer a variety of sexual activities, including step-by-step techniques for sexual pleasuring. If you find this kind of straight-talk regarding sex inappropriate or offensive, then count yourself among the many Americans feeling similarly. It is these very feelings that have promulgated the writing of this book. So as you read each word, sentence, and paragraph, realize that this book is purposefully written for you!

It is my intent to share information that I believe will be useful in creating lasting, joyful, and sexually satisfying relationships. Perhaps Chapter Five of Part Two may need a “Reader’s discretion advised” attached as a warning of the material it contains!

In an effort to understand the idea of holistic sex, where mind, body, and soul are all included, I began researching various philosophies and teachings regarding religion and sex. In 1977, I began to explore the concept of Tantric Sex and began a search to understand the ideas behind this ancient form of sacred sex. It is presented as an additional method to help enrich and enhance a

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couple's sexual relationship. I believe that Tantra and a sacredness regarding the sexual union, is the key to happy partnering. Therefore, the first two chapters in Part Three will be devoted to the presentation of "Sacred Sex" and "Tantra."

The book is directed toward heterosexual relationships only because it is the arena that I am most knowledgeable. It is not my intent to exclude issues regarding alternate lifestyles. The content of the book simply reflects my areas of research, education, and experience.

Regardless of your sexual preference, I believe you will find that "SEX TALKS" provides a wealth of information that will benefit your relationships, resulting in more satisfying and complete sexual experiences.

On a rather sad note, there is one more thing that must be discussed. Sex is serious business in today's world. Outside of the possibility of pregnancy, sexually transmitted diseases are very much a threat to our physical and emotional well being. Please make sure that you adequately protect yourself from the possibility of unwanted pregnancy or disease.

PREFACE

When choosing a partner and deciding to have sex, it is very important to be consciously aware of those choices. Conscious partnering simply means that we choose a partner who is emotionally, intellectually, spiritually, AND physically compatible with us. Discovering these characteristics takes time, energy, and LOTS of communication.

My final suggestion to you is that you give yourself at least three months to explore and discover who your partner is and if he or she is truly the one you wish to spend your time with. Allow for this time without sex so that you may truly get to know your partner on a soul level. This will only enhance and enrich the sexual experience if and when you choose. Besides, whether it is or it is not “just about sex,” is irrelevant. What is important is that you consciously choose your partner, learn to communicate positively and lovingly, engage in sacred sex, and ultimately live happily ever after!

PART ONE

CHAPTER ONE

“LET’S TALK”

The problems that I have discovered to exist between couples are either caused by sexual dysfunction or result in sexual dysfunction. Why is this? What is the problem?

I believe that the number one, major issue is lack of communication. Yet I ask, ‘How in the world can so many people be sexually active without even talking about sex?’ Although this may seem obvious, you would be surprised just how easily feelings are hurt, tempers are flared, and ego’s bruised with the truth of sexual inadequacies and ineptness.

What is it we are so afraid to hear? What do we expect? What is the basis for our fear? Honestly, I believe that we are afraid to talk about sex openly and truthfully, because it is a subject many may feel unable to discuss. After all, how can we discuss a subject of which we know so little? And why do we not have solid, adequate, and reliable

information about a subject that so dramatically and significantly affects our lives?

The bottom line is, only nine percent of Americans have received some kind of sex education. Furthermore, who is to say that the nine percent receiving sex education were presented with information that was thorough, adequate, and useful? I don't know if you remember your sex education class from elementary school, but I certainly do. I was in the fifth grade and the boys and girls were separated and sent to different rooms. The girls watched a film concerning menstruation. As to the boys, I have heard various stories ranging from lectures on the sins of masturbation to the prevention of conception. No wonder we can't talk about sex—no one seems to be able to talk to **us** about it!

It is not only the educational arena where sex education is lacking. It is lacking within the institution of our families as well. As I previously mentioned, talking about sex has always been discussed openly among my family members. However, I have discovered that this is an anomaly. On average, only five to ten percent of my students and clients admit to talking to their parents about

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sex. Most students say that their parents are embarrassed, ashamed, or even angered by the subject. Again, of what are we afraid?

There are many explanations for our lack of communication regarding sex. Whether it is within the walls of academia or within the confines of our own homes, sex is still considered to be a subject of enormous controversy, sensitivity, and avoidance.

There are some that consider the time in which we are living to be an age of darkness. Although the messages of sex and sexuality are pervasive throughout our culture, many still hold the belief that sex is dirty and bad. The message may be one of guilt and shame.

We are taught at a very young age that touching our genitals or even referring to them is nasty. Surprisingly, the issue of menstruation is still viewed in a somewhat negative way, by both men and women. Religious institutions set forth laws against sex, telling us when and how sex should be practiced, giving us firm penalties and punishments for sexual expression.

When sex education is provided, it is often simply within the confines of anatomy and physiology, the warnings of sexually transmitted diseases, and the

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various methods of contraception. So we learn our body parts, how babies are made, and how to protect ourselves from venereal diseases.

Then we become adults and begin to partner. Suddenly we are thrust into a world where sex is the norm and if we are not engaging in sexual activity we may be considered “weird.” Yet engaging in sexual activity may bring feelings of shame and guilt. Girls may be labeled either by others or by themselves, as whores or sluts if they are sexually active and enjoy sex. Furthermore, there seems to be a belief in our culture that girls are undesirable if they are the ones who “put out.”

The end result is a huge double message that may be the basis for sexual dysfunction later on in life. Sexual healing is now big business in America as many of these dysfunctions are exposed. Yet, the answer to this problem is really quite simple—talk about sex with your partner **and** with your children in an open and honest manner.

One of the beliefs which results in an attitude of fear, is that if we talk to our kids about sex, then they will think we are condoning their having sex. Many parents of teens have the belief that if they talk to their kids about sex and discuss options for

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birth control, then their kids will engage in sexual activity early and frequently.

The irony is that the research shows the opposite result. Teenagers, who report, that when their parents or other adults discuss sex openly with them, are more likely to wait until they are older to have sex. They also purport to have fewer sexual partners. From the stories I hear from students, our best defense against things like teen pregnancy, sexually transmitted diseases, and casual sex is communication. The students who shared their stories with their classmates regarding conversations shared with their parents about sex, were perhaps only able to do so because of the freedom and comfort they felt from their families.

I am not laying blame or placing guilt on parents or teachers. The veil around sex has been enshrouded in secrecy and mystery for a very long time, at least in American society. The bottom line is that no one is to blame **and** we are all responsible!

Let us take a brief look at some of the sexual issues we face as a nation. Americans have an exceptionally high teenage pregnancy rate. Statistics show that one out of every four people

have a sexually transmitted disease, with new discoveries of viruses and bacteria's almost yearly. The incidence of extramarital affairs is stunningly high, and only thirty to forty percent of sexually active women claim to achieve an orgasm during sex. Viagra sales are astronomical and one has to wonder why men are no longer able to obtain and maintain erections.

As if all of this isn't bad enough, perhaps one of the biggest travesties is what I hear women saying about their own bodies. For some insane reason, women are still not looking at their genitals nor are they touching themselves in an effort to fully know their bodies and to discover what brings them sexual pleasure.

Masturbation is still viewed as dirty and shameful by some and as an indulgence leading to sin by others. We go to great lengths to avoid the scents, the tastes, and the sights of our own bodies and those of our partners.

In our bus-I-ness of life, filled with cellular phones, quick trips and fast foods, we have also created "kentucky fried sex." We take the parts and pieces that we like the best, avoid the others, choose either original, crispy, or spicy and consume it while

it’s fresh and hot. As a quick fix this may work well, but as a steady diet, this meal may become tasteless, monotonous, and well—just plain boring.

Yes, I understand that life is moving at speeds where time is precious. And, yes, I know that we all have deadlines to meet, places to go, and careers to build. The problem is that, in our time constraints, we want quick sex **and** we expect it to be fully satisfying and fulfilling. However, when sex is attached to time constraints, the results may be that you or your partner may not reach orgasm, or the man ejaculates too quickly. Both may feel that sex is an issue of performance, not enjoyment.

Perhaps part of what we are most missing in our sexual relationships is our ability to see the whole chicken, and to savor each wet, juicy, and flavorful bite. What is needed is the act of presence, which may be defined as the ability to see, hear, smell, taste, and touch with conscious deliberation and awareness.

Some believe that the first time one has sex with a partner is the best time. If this is true, wouldn’t we want to recreate the newness and the freshness and the flavor of sex with each union? What if sex simply improves with the passage of time? What if

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we could experience whole body orgasms rather than just partial ones? If you believed that great sex was the glue to holding a marriage together, then wouldn't you make attempts to be a better sexual partner?

If you answer "yes," then please read on, as we will take it from the beginning—the moment of first sight when our hearts pound wildly and our thoughts of our beloved fill our days and nights with anticipation, excitement, and lustful fantasies.

CHAPTER TWO

FIRST THINGS FIRST

A couple walks into the office of a sex therapist. They begin to discuss their various issues of concern, and almost immediately, two separate issues emerge. He says the amount of sex is limited and lacking; she says that her emotional needs are not being met and that sex is unsatisfying.

Okay, so here we are with two valid concerns. It seems fairly clear that neither partner is meeting each other's needs in the relationship. The complaints voiced by this couple are ones that therapists have heard many, many times. The question is, 'How do couples get to this point?' Certainly this couple felt they were sexually compatible at some point in their relationship.

I would like to present a model that I think explains much of what we experience as we move through the process of partnering. Please bear in mind it is only one model among the zillions that are currently used. I believe that the value is found

in its simplicity and logic and that this particular model applies to many couples.

Let's start at the beginning. We see our beloved for the very first time. Ah! Our eyes meet, our blood begins to flow, our heart rate increases, our respiratory rate increases, and well, you know...Now, this is what I call the "as good as it gets" moment. Think of this as the top of a U. We begin on the top of the left side—this is the pinnacle of the moment. The moment we believe that love will exist forever.

In the arena of human relationships we call this "passionate love." It is a love (or "lust?") that creates feelings of heat and passion throughout our bodies? It is that part of love that we believe tears down walls, extends beyond time and space, owns our hearts, souls and minds, and makes others remark that we are glowing.

We believe that love will last forever. Feelings of love take us to the top of the highest peak where we believe that nothing, **absolutely** nothing, can bring us down.

Physical attraction is the initial motivator that brings two individuals together. The attraction is validated as both partners may begin to move

toward each other in an effort to engage in conversation. If the attraction continues, then for the next several days, weeks, and even months, the couple begins to build a relationship.

During this initial phase, still at the top of the U but moving downward a bit, each person engages in what we often refer to as “courting” behavior. Each is trying to impress the other as they put their “best face” forward. It is very normal mating behavior. I use the word “mating” here because this is really the ultimate goal.

At this point in the relationship, we wish for our beloved to see the very best of who and what we are.

This behavior is not malicious or manipulative, it is simply not exactly one that reflects self-disclosure or the exposure of one’s motives or intentions.

The first days and weeks of any new relationship can be defined as “magical.” It is a time when neither can get enough of the other. We think of no one and nothing else besides our beloved. Our heart races at the sight, smell, touch, and taste of our newfound love. We can think of nothing else, lose

all concentration, and find that we are filling our days and nights with only thoughts of our new love.

The passionate phase of our love has even been shown to improve our health. Our immune systems become stronger and the energy we feel seems to help create a renewed strength and vitality.

So what contributes to this “magical” time of passionate love? I believe that it is the art of “presence.” This is a time of newness and excitement when we find ourselves hanging on every word spoken by our beloved. We gaze into his or her eyes as we wish for them to know how interested we are in everything they are saying and doing. Romance is very much alive and well, and love is not just in the air—it is everywhere!

Time moves on and we find ourselves moving down the U toward the three month mark. Sexual connection can be experienced as early as the first date, and in most cases, occurs prior to the third month mark. Communication has most likely been frequent, although void of any real meaning and significance. Topics such as personal beliefs, sexual histories, and past relationships may not be discussed, as each person wishes for the air of magic and mystery to linger as long as possible.

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At this early stage of the relationship, it is not likely that a couple views their beloved as a spiritual being. The physical aspect is most prominently explored, particularly within the first three months. I would love to say that at this point the couple is experiencing completely satisfying sex and that they will live happily ever after! However, I can't...because unfortunately patterns begin to form in the early phases of the relationship, that ultimately lead toward the door marked "Sex Therapy."

These patterns are created from the many interpersonal dynamics occurring in the first three months of a relationship. Many of these dynamics are based on the level of education, information, and personal experiences of each partner, regarding relationships and sex. The patterns that evolve from these experiences are the ones that I will share with you based on what I believe to be true.

In many ways, the first three months are spent as if in a dream. The couples are exploring each other on many different levels. It is my understanding that many young couples may experience sex in the initial stage of the relationship, often very soon after meeting.

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The magic and wonder experienced in the early stages of a relationship exist because the couple feels the newness of being together. Think back to the feelings you had when you first met and began dating your partner. Remember the butterflies? Remember how your body ached at the thought of being touched, kissed, and caressed?

Now let's continue moving down the U to the six month period. Typically, between three and six months, if the couple is still together, they will continue to smooth out the rough spots. The degree of difficulty may be equivalent to the degree of sexual satisfaction found between the couple. If the sex is good, then this time period may be less dramatic. If not, it can be an extremely difficult time, and often a couple will make the split soon after the three month mark.

For those of you who are now saying that relationships are more than sex, I agree! But remember that we are looking at patterns and many would agree that sex does occur in the beginning of most relationships. Therefore, the sexual patterns that develop in a relationship tend to form within the first three to six months. These patterns may include; lack of communication, the

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faking of orgasms, sexual ineptness, unrealistic expectations, and attitudes suggesting complacency and metiocracy.

These patterns are based on much of what we have previously discussed. Bear in mind that many partners engage in sexual activity very early in their relationship. Then remember that each person has about an eighty percent chance of never having had any sex education. Add to this recipe the fact that approximately fifty percent of women do not know what pleases them. Finally, mix in the statistic that tells us seventy percent of all women do not experience orgasms during intercourse. Stir in the realization that each person is trying to please the other in an effort to “seal” the relationship and keep the other person’s interest. The whole thing truly becomes a recipe for disaster.

As the couple reaches the three month period, several interesting things seem to surface. First, the devotion, attention, and “presence” begin to fade. The “best face” mask is removed and suddenly we begin to see the flaws. Where once our beloved could do no wrong, now we find ourselves becoming critical, demanding, and dissatisfied. As this

intensifies, arguments ensue, criticism is voiced, and anger and tears regularly flow.

Now then, if a couple makes it to the six month mark (the bottom of our proverbial U), an upswing is usually experienced. The couple may begin to self-disclose feelings and beliefs as the masks are removed and real feelings are discussed. As couples progress upward and onward, a variety of possible end results may occur. The couple may find themselves planning a wedding, they may outgrow each other and part ways, or as is most likely the case, one or the other chooses to take his or her affection elsewhere. And guess what? Both find themselves either immediately or eventually back at the top of the U, and thus it begins again.

Those couples who marry may become somewhat dismayed as they once again experience the U, when their wedding marks that “as good as it gets” moment. The bottom is then reached the day they decide to divorce or perhaps make an appointment to see a sex therapist that can tell them why they haven’t touched each other or had sex in years. What happened? Why did they lose the beauty, wonder, and magic of those first three months?

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Let us address these questions one at a time. Perhaps what happened is that a couple based their relationship on only the physical attraction they first felt for each other. Being physically attracted to your partner is definitely important. However, long-term relationships need much more than this to ensure their longevity. Also, not every relationship entered into is meant to last forever. Yet, if this is your goal, then much work is to be done to ensure a successful outcome. And if longevity is your goal, then the following chapter may provide insights as we explore and attempt to answer the question, “What went wrong?”

CHAPTER THREE

SO WHAT WENT WRONG?

Nothing and everything. Nothing because the couple was only doing what fifty percent of every American couple does—meet, fall in love, marry, and then divorce. And, of the remaining fifty percent? Well, how many truly happy couples do you know? So, in a sense, much is wrong with the way we partner in this country. But what model do we have? Our media portrays romance, sex, and love as a shake and bake process—we meet and then have sex. Bored and or dissatisfied in your relationship? Well then, just shake and bake again, and again, and again. Eventually we'll get it right, won't we?

According to statistics ninety percent of American adults marry. Fifty percent of these marriages end in divorce. From the fifty percent that divorce, ninety percent will remarry and of those ninety percent, fifty percent will divorce

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again. So the shaking may be working, but the baking is just getting us burnt.

Is it really that difficult to stay together? What is the key to a happy and satisfying life as a couple? Those couples reporting high levels of satisfaction in their marriages report active and satisfying sex lives. By “active,” I mean three or four times a week, with both partners reaching orgasm. These couples say that their communication regarding sexual pleasuring is open and that they are very honest about what they want from each other. Sounds fairly simple doesn’t it? I would have thought so, too. Yet, I have discovered that this is much more difficult than what I would have ever imagined it to be.

Some of the difficulty is based on the inability to explain to our partners the expectations that we have regarding sex. Men and women may experience different wants and needs. The issue of intimacy may be an example of this difference. Many women may desire a bond with their partner and a connection that is truly unique from what they have with others. To a woman, this may symbolize intimacy. In addition, women may need more time to become aroused as the statement “Sex

is in the brain,” seems to be more true for women than for men. Although, I do hear from a few older men (and perhaps wiser in many ways) that sex is just as much a “mind matter” for them as they believe it is for women. They tell me that it is not unusual for a woman to be “ready” much more quickly and readily than they are, and that shared intimacy is also the very heart of their sexual experiences.

However, at this point it may be necessary to be somewhat gender-specific. To some extent, I believe that men and women do not share the same sexual ideology. Differences may be due to the socialization processes involving gender identity. Men and women think differently about sex because we are raised to think differently. For example, masturbation is common and a normal process of being a male. For females, masturbation is just something girls don’t do. And if they do, they certainly don’t talk about it.

The lack of exploration and touching of one’s genitals are linked with one’s feelings of sexual self-esteem and sexual knowledge of one’s body regarding pleasuring. Within the category of the thirty percent of women reaching orgasm, the

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majority said they are not afraid to look at their genitals and touch them. These actions greatly increase the likelihood that a woman will experience increased sexual satisfaction, open communication regarding all sexual issues, and achieve orgasms on a regular basis.

At this point in time, one would think we have long passed the point where masturbation is taboo. Yet we haven't. So why not? What is the problem? The problem is still largely a result of the ways in which women view themselves. Much of this perception is gained through media influence. Also, we must consider the ways of socialization, which greatly define for us "how things came to be this way." Here we see a strong Judeo-Christian influence of the Church where masturbation is prohibited. If one is raised in a family where sex is believed to be "dirty" and "bad," then sometimes these attitudes are present throughout one's lifetime. After all, it is a bit difficult to enjoy sex if we don't know what brings us pleasure and if sexual guilt blocks our ability to enjoy sex. But there are more pieces to this puzzle that may further complicate and inhibit a woman's ability to find sexual pleasure and ultimately lead her to orgasm.

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I think we may all agree that the media plays a large part in creating our perceptions of American life. Embedded in these perceptions are standards by which we have come to judge others and ourselves. This is profoundly the case regarding physical beauty, and the damage it does affects mostly women.

We are bombarded with continual displays of beauty on the television and in magazines. The standards to which we measure ourselves are perfection, and falsely presented to us as attainable results. We are presented with women portraying flawless skin, hair, and bodies; large, rounded breasts; small waists; tight butts and absolutely no sign of cellulite anywhere. How can we feel good about ourselves when we see nothing but perfection to show us just how imperfect we are. I am not blaming the media, I am simply stating an issue concerning women that I know contributes to lack of self-esteem and sexual pleasure. The bottom line is that it is a little hard to enjoy sex when one is concerned with breast size, tummy rolls, and cellulite.

At this point, you may be laughing at the absurdity of these statements. As ridiculous as it

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all may sound, it is absolutely true. After nine years of teaching, I am sorry to say that we really haven't "come a long way baby." Women are still covering their bodies, still having sex only in the dark, and are still not reaching orgasm. There's just too much going on in our brains—too many beautiful women to which we compare ourselves. Too much self-criticism and judgment; too much guilt and shame; and, not enough letting go, giving up, and giving in which would allow for pleasure.

I spoke to you about the openness of my communication with my grandmother. There really wasn't anything we couldn't talk about and sex was certainly at the top of her list. Perhaps one of the reasons for my passion and drive to write this book in the first place is due to what I know about my grandmother. You see, my grandmother passed away in her late eighties, never having experienced orgasm. And believe me, she never stopped thinking about it or desiring the experience. This seems almost criminal, and yet it is hardly an anomaly—it is much more common than you would ever imagine.

I say we haven't really come very far and yet in many ways I must admit that we have. Once it

was believed that sexual pleasure was only for men. In fact, in America during the 1800's, if a woman was caught enjoying sex or masturbating she was often chastised through public ridicule or physical punishment. At least most of us might agree that sex is a pleasurable experience to be shared by both men **and** women.

After all, if sex were not to be a pleasurable experience for a woman, then why would it be that the clitoris is the only organ on the body that is purely for pleasure? In addition to clitoral orgasms, women also report having vaginal orgasms. So we also get more for our bang! Yet, I reiterate the fact that only about thirty percent of all women in this country experience any type of orgasm.

Okay, enough about women. What about you guys? Although almost all of say you masturbate and reach orgasm regularly, you too, are reporting sexual dissatisfaction within your relationships. Why? Some report lack of erection, although Viagra has certainly solved this crisis. And yes, it is a crisis or we wouldn't see Viagra sales skyrocketing to the extent that they have.

One of the issues facing men is that of performance. In our culture, we make jokes about

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the “two minute man” and impotency may be viewed as a man lacking desire, hiding latent homosexual tendencies, or simply not interested in sex. The reasons for impotency are many and at the top of the list may be an intense pressure to perform. Although there is a myth in our culture that men do not care about their partner’s ability to achieve orgasm, from the hundreds of men I have spoken with from “Human Sexuality” only one, has said he does not care.

No wonder Viagra is so important to men. If we expect them to have erections and to stay hard for a certain amount of time, this certainly would add to the pressure they feel to “perform.” The best way to avoid feelings of expectation and performance is to TALK about what you want, need, or desire from your sexual experience. We seem to remember the “show” part of our kindergarten “show and tell” days, but I think the “tell” is the most important part.

As previously mentioned, the main complaints from men are, sexual frequency (they want it more often), and lack of oral sex (getting it, not giving it). In regards to the former, by this time it should be clear that if women aren’t enjoying sex and

reaching orgasm, they sure are not going to be engaging in sexual activity often. Concerning the latter issue—well, I have much to say in this arena! Engaging in oral sex behavior has to do with personal and sexual ideology and is again reflected through a mindset that desires to label sexual acts as “dirty” and “bad.” There will be much more about this particular sex act in Chapter Five.

Although more women may be able to relate to the above statements about body image, I believe it is something that also affects many men. For a long time the media focused on woman and issues that were only germane to them. However, we are now seeing advertisements that show “hot” women falling for guys with sculptured abdomens and tight buttocks. Magazines are depicting men with muscles—void of body hair. Then of course, mention must be made to the television sitcoms, comedians, and advertisements, all of which purport that “size matters.” The size of a man’s penis has become part of the “mad market” to convince men that they are inadequate, inept, and undesirable.

I realize that some women may retort with a resounding, “Yes, it is about time.” However ladies, please consider the potential damage to men’s self-

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images that may cause further set-backs in our relationships, ultimately affecting our sexual experiences.

At some point (pardon the pun), I would love to see us simply accept our bodies as the beautiful creations that they are without the attached criticism, evaluation, and degradation from the media.

Before we go into Part Two of the book that addresses sexual technique, perhaps it would be a good idea to take a moment and make a sexual philosophy list. Write down all of your beliefs, feelings, and attitudes regarding your body and anything of a sexual nature. Study the list. Ask yourself if those beliefs exist because they are truly your own, or because someone or something in your life has placed them there. Ask yourself important questions, such as, "Is sex dirty because I think it is, or because my family or friends have told me it is?" Quiz yourself as to your own level of self-esteem. Ask yourself, "Are my thighs or beer belly really something to cause me shame or am I just believing the lie of the myth that says I should look like the models in magazines?" Finally, examine your feelings about your genitals. Answer the

question, “What is the worst thing that would happen if I touched myself?”

After writing your list and asking some very pertinent questions, cross off your list everything that you wish to eliminate. Then replace your list with a different mindset. For example, if your list has “Oral sex is dirty” and you realize that you don’t really believe this, then cross it out and write, “Oral sex is a normal and healthy sexual act.” You may even wish to include an affirmation like, “I engage and enjoy giving and receiving oral sex.” Be patient with yourself. It may take some time to change old thought patterns into new ones. But don’t give up because I guarantee it can be done!

PART TWO

CHAPTER FOUR

“LOOK JOEY, FOREPLAY!”

How do we create loving relationships that last? What steps can we take to ensure that our relationship does not end up in the fifty percent category called “divorce?” There are many ways to keep the flames ignited and our souls united. One way is by giving what is often referred to as “gifts of love.” These can be as simple as kind words given in the form of compliments, or by sending flowers to your beloved. We can cook dinner while adding candles and soft, romantic music to the dining experience. We can give cards and small gifts. There are hundreds of things we can do to show our partners how very much we love and appreciate them. And I call these things, expressions of foreplay.

Foreplay! The excitement phase of sex that raises our heart rate, respiratory rate, and prepares our minds and bodies for sex. Foreplay! The thing

that makes many women say, “Ah yes!” and a few men say, “Oh, no!” Yet, it is a vital part of the sexual experience and will enhance intimacy, increase the likelihood of orgasm, and will help to keep you connected to your beloved throughout time and space.

So what is foreplay? To give examples I am going to use what I call the alphabet soup of sex—or foreplay soup. It may seem rudimentary, but believe me it is not—the **A** through **Z** of foreplay is the most important part of sex. Foreplay is the sex before the sex and it begins with **A**...

“**A**” stands for “Affection.” Affection covers a lot of territory, but think of it as an act of kindness. Words of love spoken softly in your lover’s ear, a suggestive glance, or a gentle touch. One of the best examples of affection was from years ago while attending a social function with my now ex-husband and our best friends, Joey and Alma. We had just picked them up at their house and they were riding in the back seat of our car. I turned around to face them to talk to them, and noticed that Joey had taken Alma’s hand in his. As soon as he did this, Alma responded with “Look Joey, foreplay!”

The significance of this has stayed with me for many years as I realize the vital importance of this act of affection. So perhaps as a precursor to sex, affection is where it all begins—affection, attention, and appreciation. All of these things are displays of love that help bond, connect, and create solid, loving relationships—with great sex as the bonus!

Next comes “**B**” and I will use the word “Body” because of course without our bodies, there can be no sex! (No kidding, Sherlock!) One of the interesting things about the U, is what I hear couples say regarding grooming habits after the three-month mark. Up to this point, it appears that each partner will go to great lengths to shower, shave, and primp to make themselves attractive and sexy to their partner.

For some reason, much of this diminishes after three months. Where once there was cologne or perfume, suddenly there is none; dress clothes are replaced with sloppy sweatshirts and jeans; and, many of the grooming strategies designed to lure one’s beloved into our grasp, diminish or vanish altogether. Even manners may be forgotten.

Now, I am not saying that these are bad things. Much of this is finding a comfort zone with one’s

partner. What I am saying is that changes may occur that could bring one partner or the other reasons to feel that the excitement and newness of the relationship is gone.

Remember, physical attraction is what brought us together in that “top of the U” moment. One way to keep the passion ignited may be in the continuance of personal grooming habits, that keep us being perceived as “new” and “exciting” by our partners.

My professor of “Marriage and Family” class at San Jose State University, told me something I will never forget. When I asked him to tell me in very simple terms what he believed were the reasons for a successful marriage, his answer to me was one word—courtship. So, “C” will stand for “Courtship.”

With relationships moving at superspeeds, I am afraid that courtship, in many respects, may be a thing of the past. Yet, its application is definitely a form of foreplay and when in place, provides both partners with the feelings that they are loved and appreciated.

So what do I mean by “Courtship?” Everyday, try to think of something you can do to help your

partner know how much you love him or her. Put notes on cars, in lunches, purses, or wallets, send flowers or just place a single flower in a surprise location. Leave phone messages—even seductive ones. Purchase your partner’s favorite candy bar or make her favorite meal.

Rub his feet, back or shoulders. Tell her something about her that you find particularly endearing, and if you run out of ideas, buy books which offer hundreds and even thousands of ways to tell your partner you love him or her.

Make a commitment to court your lover. Saying “I love you” is important, but perhaps it is true that “Actions speak louder than words.”

I did not use the word “Commitment” for the “C” not because I don’t think it is of vital importance, but because I think the word “Devotion” will be used for “D” because it takes commitment to a deeper level. Being devoted means just that—deeply committed to our partner and to the relationship. You know, the way we feel in the first three months. We can think of nothing or no other than our beloved. Our focus is on her and we devote ourselves totally to him.

“Excitement” is the “**E**” in our foreplay soup. This is one of those words, as are many, which is subjectively defined. What excites you may not excite me and vice versa. However, to illustrate the kind of romantic excitement that is found between couples, I will share with you the following story.

I was working as a case worker for Big Brothers and Big Sisters of America. My supervisor (the Director) and I were addressing a large group of potential big sisters in a local school gymnasium. There was a door to the north of the gym and we were located at the south end. While the Director was speaking, the north door opened and in walked a man, seemingly miles away and in a moment that appeared frozen in time.

I observed my Director as she turned to look at the man, her face becoming quite red. (I later learned that this is called “sex flush”.) It was obvious that her breathing had changed and the room was so quiet one could hear a pin drop. The man continued to walk toward the Director and then gently kissed her on the cheek. As he stood beside her with a huge smile on his face, she turned to face her audience and said, “I am sorry for the interruption. This is my husband and although I

have been married to him for almost twenty years, every time he walks into a room, my heart still skips a beat.” It was obvious that her heart was doing a great deal of skipping. At that moment, I realized that what they shared was something I wanted—needed and deeply desired.

When applying the word excitement to sex, it might be helpful to understand what happens physiologically when one is sexually aroused. Vaginal lubrication is the result for women usually within ten to thirty seconds of becoming excited. The clitoris will grow and swell and the uterus will become elevated. For a man, the penis fills with blood, the testicles enlarge, and elevate. Also, with both genders, the nipples will become erect. Thus, we understand how important excitement is—it **IS** foreplay and a necessary part of sex!

My good friend Samantha once told me that if you don’t ask for what you want, how can you expect to get it? Duh! Sexual fantasies (the “**F**”) are normal and natural. If you have a “Fantasy” that you wish to experience, tell your partner. If you’ve been talking about sex from the beginning, then it can be used as a way for a couple to further explore and discover ways to sexually pleasure each other.

A word of caution may be appropriate here. If your partner shares her deepest, darkest, and most secret sexual fantasies with you and you act shocked by what she reveals to you, you may never again find her sharing her fantasies with you. Self-disclosure on this kind of personal level requires faith and trust that your secrets will not be judged or labeled as weird, disgusting, funny, or just plain gross.

Acceptance will form a bond of trust providing opportunities for further and future intimacies to occur. Furthermore, if you find that the fantasies of your partner are not ones you feel comfortable fulfilling, then it is important to simply tell this to your partner. Ideally, the acceptance will be reciprocated.

The next letters in our sex alphabet are really more about the art of being present in our relationships, and are building blocks to great sex! Having an attitude of “Gratitude” (“G”) with a sense of “Honor” (“H”) helps to develop mutual respect between partners. I have often heard it said that family members are kinder to strangers than they are to each other. Sadly enough, to some extent I think this is true. How many times do we thank

our partners for the things (both large and small) that they do for us in our lives? Do we say “Thank you” after sex or do we just assume it is our partner’s responsibility to provide it to us? Having an attitude of gratitude will help keep each partner feeling appreciated and respected.

Speaking of respect, in a way that I chose devotion over commitment, I also would chose the word “honor” over respect. Honor is acceptance in the highest sense of the word. For example, if one partner is tired or simply does not feel like engaging in sexual activity, the other has a choice to honor that decision. Often I hear men and women say that when they refuse the sexual advances of their partner, they often find behavior reflecting anger, frustration, and even pouting. Here is where masturbation and self-pleasuring is most useful. Each partner honors the other’s choice, and still meets their individual needs. But that is the “M” and we are only at the “I.”

For the “T” my choice is “Intimacy.” As previously mentioned, many people believe that intimacy means sex. The truth is that although sex may be associated with intimacy, it is not synonymous with sex. Intimacy is in a sense, exposure, vulnerability,

and openness. It is the bearing of one's soul to another. It is the act of self-disclosure telling another of our deepest, darkest fears. Intimacy is a connection between two people that creates an environment for trust and respect. Intimacy is also a precursor for Sacred Sex, which I describe in detail in Chapters Seven and Eight.

I believe that one of the best books ever written about sexual positions is The Joy of Sex. Therefore, I do not feel a need to reiterate the myriad of positions already presented and illustrated in this grand text. However, there is one position that I will mention here and then again in Chapter Eight. Not necessarily a sexual position, the spoon position places each partner in juxtaposition to each other. “Juxtaposition” means side-by-side, and of course gives us our “J” in our continuation of the foreplay soup.

Spooning, (also known as “nurturing meditation” in Chapter Eight and illustrated on page entitled “Part Three”) can be used whether one is naked or fully clothed. It is best used as energy transference to a partner who may be unusually tired or void of energy.

The partner with the most energy will lie behind the one needing energy. With both partners lying on their sides, the person behind will concentrate on giving his partner energy that flows from the front of his body into the back of his partner's body. This position is very effective and can be used to restore one's energy prior to sex, or simply as a recharging technique.

Some say that there is nothing quite like a first "Kiss." I disagree. I think that every kiss ("K") is the sweetest kiss. There are so many ways to use one's lips and mouth. Even though kissing is very personal, I will offer several kissing techniques in Chapter Eight. I highly suggest that each partner discuss his or her likes and dislikes in this arena. And then... kiss often!

For the letter "L" I think it may be important to use two words—"Love" and "Lust." Many believe that these words are dichotomous. I believe that they are very much integrated and interchangeable. The word "Lust," means to possess an intense sexual desire.

Well, isn't this what we would all wish to obtain and maintain within the context of our love relationship? The fact is that couples claiming to

have a great relationship will almost always say that this is an element still present between them. Remember that those feelings of “lust” are what brought you together in the first place. So why wouldn’t we still want to experience those same feelings throughout the duration of our relationship?

Okay, now we can discuss the “M” which stands for “Masturbation.” Some of you are cringing at the thought of this word, and yet it is so very necessary in our development and creation of fulfilling sex. The word means self-pleasuring. It means knowing what makes us feel good so that we can adequately tell and show our partners. There will be more about masturbation in the next chapter.

For the “N” I like the words “Natural” and “Now.” “Natural,” because I truly believe that we are all sexual beings and have a profound desire to do what comes naturally to us. However, because of our thoughts about certain sexual issues we may hold back from, or alter the natural flow of sexual activity. Still, there is no time like the present to enjoy sex, so here’s my advice—Do what feels natural and do it NOW! (At least as long as it doesn’t hurt anyone and isn’t against the law.)

I bet you thought I would use the word orgasm for the “O” didn’t you? Nope—this is foreplay stuff and the big O has to wait for the next chapter. So “O” will stand for “Oblige.” I use this word because sexual compatibility and sexual satisfaction are largely based on the ability of each partner to meet the needs of the other—in other words, to oblige his or her partner. I am not suggesting that one engage in sexual activity as an obligation. Rather, I believe that sexual satisfaction is reached when each partner happily, willingly, and completely obliges each other by meeting each other’s sexual needs, desires, and wishes. Perhaps the next time your partner asks for a certain sexual act, your response could be “Happy to oblige you, Dear!”

Passion. Ah, the “P” in the pulse of life. That feeling which drives us to unbelievable heights and gut-wrenching depths. Once experienced, it becomes the life force that propels us—the very thing we feel we can not live without! When passion wraps around us we cling tightly, knowing that living is lifeless without its presence. My wish for all of you is that your relationships are continually passionate. Thus passion brings us to the “Q.”

The “**Q**” in our foreplay soup is “**Q**uintessential” which means pure and perfect. May you have purely, perfectly, passionate sex!

But first dear friends, may you have the “**R**” which stands for the “**R**omance” of all romances. May you rewrite and relive the story of Romeo and Juliet. May you find yourselves surrounded with flowers, cards, and notes expressing undying love and devotion every day of your lives. May the romance that first brought you and your partner together continue to grow and expand, and may you both commit to the notion of romance as a symbol of your love and as an expression of the passion that exists between you.

Similar to the words “lust” and “love,” you may not think that “Self-esteem” and “Sensuality” are interconnected. Trust me—they are! Women who feel good about themselves, are often described by others as sensuous. Many men say that there is nothing sexier than a woman who feels good about her body and is unafraid to use her body sensuously, regardless of her size and shape. This may include things like wearing sexy lingerie, dancing sensuously for her lover, or simply walking or standing naked.

SEX TALKS

Having a strong sense of self directly ties back into intimacy as we are able to stand, both emotionally exposed and physically naked, for our partners; unashamed and secure of who we are and how we look. For the “S” then, you choose the word!

Of course, to engage in the aforementioned behavior, trust must be established. The word “Trust” (“T”) means many things to many people, but in the context of this book, I intend for it to encompass the act of speaking and acting consciously and with a certain level of sensitivity. I have discovered that relationships are more often than not, very fragile things. Very often they hang by threads rather than by rope. Issues of trust can either add to the tread or shred it toward a state of collapse.

Speaking and acting consciously and with sensitivity simply means that we carefully consider the consequences of our words and actions. For example, if your partner musters up the courage to perform a seductive dance for you, slowly disrobing, and you happen to laugh or say something insensitive, then a part of him or her may retreat and close off forever. Sometimes things said in jest, may do more damage than we realize.

Without consciously meaning to, trust may be betrayed, feelings may be hurt, and the damage repair may take years. **It has been said that it only takes a second to do something we may regret for a lifetime.**

For the “U” I like the word “Unity,” which means wholeness, oneness, and harmony. This is the goal—the ultimate outcome I believe we strive for in our relationships. This is the connection we crave; the destination along the proverbial U as we navigate from top left downward, and then upward again toward top right.

Each person entering into a relationship knows on some level, what is and what isn’t essential to him or her—essential meaning what he or she can or can not do without. Although compromise is a vital component to the success of any relationship, giving up those things held vital to one’s well being, may eventually cause anger and resentment. Thus, when describing the meaning of the “V” my suggestion here is to give “Voice” to what is “Vital” to you, or you may lose the “Vitality” in your relationship.

Two words will be used for the “W.” Words that are prerequisites for the giver and the receiver

regarding sexual pleasuring. When engaging in sexual activity, it may work best when the giver has the “Will” to please and when the receiver feels a sense of “Worthiness” to receive. Both attitudes seem to work best when the partners are in a state of balance, helping to create equality when giving and receiving. When one partner is continually the giver and one is the receiver, the couple is out of sync and may possibly create patterns of imbalance that may affect the joy, happiness, and satisfaction of the couple.

The optimum in this situation is for both partners to be one hundred percent willing to give to the other, while believing themselves to be one hundred percent worthy to receive.

“X?” X-rated. Much of what you are about to read in the following chapter may be considered to be X-rated. Reader advised.

Yes, yes, yes! What better word could we find in our alphabet soup than “YES!” for our “Y. Say “yes” to love, to laughter, to joy, to sex, and most definitely to life!

So at long last we come to the end of our foreplay soup. Can you think of more appropriate words to describe foreplay than the words, “Zest” and “Zeal?”

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I can't either, which is why we will use them for our “Z.” Showing continual enthusiasm and excitement toward our partners will help to keep them coming back for more, time and time again. Showing zealousness for our partners and for their bodies is like opening gifts on Christmas day. There is an air of excitement, a feeling of anticipation, and a rush of adrenaline as we see the gift unwrap before our very eyes.

CHAPTER FIVE

“PLEASE ME, PLEASE!”

As far as I am concerned, one of the biggest travesties of our culture is the lack of information available regarding sexual technique. Over the years I have read, researched, and studied much about sexual technique and wish to share it with you now. I feel that I have compiled enough information over the years to warrant giving suggestions regarding sexual pleasuring.

Technique is based on personal and individual likes and dislikes and because of this, sexual techniques will be presented in a general sense. The best suggestion regarding technique, is always communication. Our ability to tell our partners what we want regarding sexual pleasuring is really the best advice.

Much of the information presented applies to techniques enjoyed by both genders. However, for ease of reading and understanding, I will divide

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this chapter into three parts—“His,” “Hers,” and
“His and Hers.” And of course...ladies first!

HERS

At this point, an assumption is going to be made that the foreplay soup has been brewing all day. With a sense of readiness and anticipation, we begin to travel the pathway leading us toward the sexual release we call “orgasm.” The journey has found us naked, with our partner, and in a room filled with soft music and dim lighting. Candles offer a wonderful source of light, while also adding aromatherapy for our sexual senses. Lavender and jasmine scents are particularly pleasing. Our bodies are bathed and cleaned and the use of body oils, colognes or perfumes are optional.

Throughout this journey toward orgasm, it is important to remember to kiss each other often. Also, when face-to-face, eye contact is an important way to stay present with each other. Now gentlemen, with an attitude of avoidance, avoid the breasts and the genitals. After much kissing, ask your beloved to lie on her stomach and let the journey begin...

Begin by rubbing her back and shoulders with or without oil. As you begin the massage, your hands will move down each arm and then return again to the shoulders and back. Take one arm and

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thoroughly massage it while kissing, licking, and sucking various parts of the arm.

Take her hand and massage the palm and each finger. Take each finger and place it inside your mouth sucking as you reach the fingertip. Move your tongue between the fingers and as you place her fingers in your mouth allow your bottom teeth to gently slide along the underside of each finger.

Continue massaging the arm as you kiss and lick the inside elbow and the underside of the arm. Sucking and nibbling are also stimulating. Continue this method with both arms, returning to the back and shoulders.

After each arm has been massaged, kissed, and nibbled, begin to kiss the back of the neck lightly. When you arrive at the ear, suck the edge of the ear, and very gently place your tongue inside each ear. This may be accompanied with a soft blowing inside the ear. Continue kissing the neck and then drag your tongue down her spine kissing, sucking, and nibbling while you move back upward toward the neck. Kiss the back while you continue rubbing, being careful not to move to the rib area where she may be ticklish.

Rub the lower back and avoid the buttocks at this time. Move down toward her thighs and continue massaging while running your tongue down her leg toward her ankle. Sucking the back of the knee is particularly pleasing and the inner thigh is an area of great sensitivity. Make sure to address both legs equally.

As you continue rubbing, begin to massage her buttocks, being careful not to pull the buttocks apart at the rectum as it produces a painful sensation. Kissing, sucking, licking, and nibbling on the buttocks are suggested and by this time, you may begin to notice her thrusting her hips. If you feel tempted to penetrate at this point—don't, as you are only about one-third of the way through your journey.

Run your fingers lightly up and down the crevice of the buttocks and the use of your tongue is suggested. If you feel comfortable at this point, gently spread the buttocks and very lightly lick the anus. This is called "rimming," and it can often lead to orgasm. Gently kissing and sucking on the anus brings a unique sensation and is very much a personal preference.

If at this point she is nearing orgasm, stop the rimming activity and gently roll her over onto her back. Reestablish eye contact and kissing while avoiding the breasts and genitals. Once again, massage the arms while kissing, sucking, and nibbling the area on the underside of the arm. Revisit the fingers if you like. After each arm has been massaged and kissed, return to the neck and face. Lightly kiss the forehead, each of the eye lids, the nose, the cheeks, and the ears. Don't forget the lips!

Speaking of the kiss, taking each lip and gently sucking it produces a pleasing sensation. Also, pleasant is running the tongue along the gum lines. Sucking the tongue gives the image and feel similar to that of the clitoris and can be sexually exciting. Moving from the neck area, run the fingers and the tongue down the front of the chest to the navel. Still avoiding the genitals, kiss the stomach lightly while massaging the hips. Begin massaging the legs with the inclusion of kissing, sucking, and nibbling. Massaging the knees brings a feeling of relaxation so don't forget them. As you make your way toward the feet, continue touching the legs and then taking one foot at a time, massage the bottoms and the

heel. Then rub one toe at a time. Similar to the technique used on the fingers, take one toe at a time and gently suck it, moving your head up and down on each toe. As you do this, remember to use your bottom teeth to lightly slide across the underside of each toe.

If she hasn't been begging you to penetrate by this time, she will now. As you leave the feet and move your hands in an upward motion along the inside of her thighs, allow your thumbs to gently touch each side of her genitals, known as the Labia Majora (the outer lips). Begin to massage the Mons Pubis (or the hairy fatty pad as one of my male students called it), producing a sensation similar to that of men when the scrotum is touched. Gently kiss the Mons Pubis area while continuing to rub each thumb along the outer lips.

By this time her readiness should be apparent by the amount of wetness you feel. If oral sex is an option for both of you, at this point you may decide to tease and tantalize. Very gently part the lips and softly run your tongue up and down each Labia Minora (inner lips) but avoid the clitoris.

It is now suggested that you attend to her breasts, alternating between the genitals and the

breasts. Taking her breasts in both hands, gently (emphasis here on “gently”), massage them. Many women enjoy a light sucking and gentle licking, while others enjoy a firm touch and a strong sucking of the nipples. However, sucking her breasts too hard can be painful and will reduce the level of excitement you have been attempting to create. So simply ask what she likes! Also, the entire area of the breast is sensitive to touch, so don’t miss any of it when kissing and fondling them.

Moving from her genitals to her breasts and then to the lips is psychologically bonding to a couple because it shows a total acceptance by both partners of body fluids and scents. As you move from lips to breasts back to the genitals, keep in mind that by this time the clitoris is engorging with blood and may be extremely sensitive to touch. As you move your tongue along the inner and outer lips, bring your tongue to the clitoris very gently. It is very important here to know that when using the tongue on the clitoris, only a circular or side-to-side motion is best. Up and down strokes can be very painful and almost abrasive in feeling.

After several strokes on the clitoris with the tongue, the level of sensitivity may be reduced. At

this point you may wish to bring your partner to orgasm or engage in sexual intercourse. As a side note—if using the fingers instead of the mouth, or in conjunction with the mouth, the same motions apply—circular or side-to-side movements.

If your partner wishes you to bring her to orgasm orally, then it is very important that you apply steady and consistent pressure. Begin moving the tongue on the clitoris very slowly at first, increasing your speed as she nears orgasm. The motion is really a side-to-side flicking of the tongue rather than a massaging motion. While stimulating the clitoris you may also wish to continue the gentle stroking on the vaginal lips while occasionally inserting your finger or tongue inside the vagina.

If you desire to help your partner achieve both a clitoral and a vaginal orgasm, then I suggest you become familiar with the Grafenberg Spot (commonly known as the “G” spot). There is variation and even controversy as to the exact location of the G spot, whether or not it even exists, and if there is such a thing as a “vaginal orgasm” as a result of stimulating the G spot. I happen to believe that the G spot does exist, and vaginal orgasms are definitely real!

The G spot can generally be found between the cervix and the pubic bone. However, a number of women tell me that theirs is located just inside the vaginal canal. One method of discovery is to place the lower two-thirds of your middle finger along the vaginal opening and the outer labia. Gently enter the inner lip region and curl the middle fingertip in toward the vaginal opening. The skin located around the G spot has a rather rough feel to it and can be identified by this roughness.

Okay, so once you locate the G spot you may move your finger back and forth while penetrating the vagina and stimulating the G spot. A technique used to stroke the G spot may be to stroke it as you would if you were gesturing “come here.” Don’t forget about what your tongue and mouth are doing—circular or side-to-side motions on the clitoris. Use firm pressure and increase the speed as she nears orgasm.

Don’t worry if you find this technique difficult at first. Remember that practice makes perfect. Now, if you choose oral sex as a form of foreplay rather than as a means to reach orgasm, then at this point you may wish to stop so that you can begin penetration.

Your partner's level of arousal should be apparent and you are probably well aware of her level of lubrication. However, prior to intercourse and as a general rule, always insert a finger inside the vagina to check for adequate lubrication. A good way to shut down her sexual excitement is to penetrate without her being totally lubricated.

You may notice that she is about to explode from the wonderful techniques you have been using. You may be so ready yourself that the temptation to thrust your penis inside of her vagina and move full speed ahead is present. Don't! Tease her and tantalize her a bit more with further stimulation of the G spot. This technique is very simple. Place the head of your penis just inside the vagina, and then pullout. It will feel like a pop and what you are actually doing is massaging her G spot. This motion can be repeated and alternated with deep thrusting motions.

The position you choose is unimportant here as this technique works well in any position. If using the "pop" technique, she may wish to manually stimulate her clitoris in an effort to achieve both a clitoral and a vaginal orgasm. If a clitoral orgasm is desired through penetration, then you may need

“PLEASE ME, PLEASE!”

to bring your body up onto hers so that her pubic area and the base of your penis are in contact with the clitoris. Again, use slow motions initially and then increase the speed as you both near orgasm.

Although not a regular form of penetration, anal sex offers unique sensations and can add to the variety of sexual activity. The only suggestion I have is to make sure that anal sex is done with safety and cleanliness in mind. Some form of lubricant is a must and slow entry is advised.

Speaking of lubricants—K-Y Jelly is the choice over Vaseline or other lubricants, as it washes away much easier than Vaseline.

HIS

Not as a criticism to women, but as an observation of fact, men are sexually simplistic. Generally speaking, they may require more frequent sexual activity than women, but their readiness time is much less. However, please note that I say “generally speaking” in an effort not to be stereotyping male behavior. Much of the information I receive is from the young males in my classes and therefore, any variation may be based on any number of factors; one being age. Other factors may include one’s general health, the presence of alcohol or drugs that may affect sexual readiness and levels of excitement, and the amount of intimacy shared between a man and his partner.

Many men confess that the intensity of their orgasms does seem to be based on their level of excitement, and foreplay is a vital part of this excitement.

One of the sexual differences I have discovered between the genders is that of touch. Women seem to prefer a softer touch, while men seem to enjoy a firmer touch. Many men have stated that they do not enjoy a light, almost ticklish touch, while many

women find it sexually arousing. Again, it is a matter of preference.

Also, men tend to want to “go straight for the cookie jar” while women tend to want to “savor the moment.” So while keeping all these things in mind, we will now begin our sexual journey toward the destination of the male orgasm.

My male friends tell me their biggest turn-on is sexual arousal. When I asked them to explain, they responded by telling me that this includes everything visual and auditory. Visual, from the standpoint of seeing your naked body; auditory because they want you to talk to them. Believe it or not, one of the biggest arousal techniques is your own display of desire for him. This can be shown through your willingness to be open to his desires.

Many of the techniques described for women, are also ones that many men enjoy. However, I will not reiterate those methods here, and will only describe the variations that I believe exist. Keep in mind that both genders may enjoy the variation, as well as, the inclusion of all the techniques.

Okay ladies, let us assume that your man is always ready for sex. Now there may be times this is not true, like during an illness or in times of

stress or depression. **Generally speaking**, many men only need to be given a sign of encouragement and they are good to go.

But we want to savor the moment, so we tantalize and tease until they feel they will explode. So as we begin to travel the male body, our participation and excitement will also add to theirs. (Guys, the reverse is also true!)

As you begin to massage, kiss, suck, and nibble on your partner's body, build the anticipation by telling him exactly what you wish to do to him. I suggest beginning with a back massage and employing many of the kissing and nibbling techniques previously described. A man may wish a bite, as opposed to a nibble (no drawing blood, ladies) and remember to use a firm touch when massaging his body.

When kissing, suck his tongue while moving your own tongue around his. Build his excitement by telling him that you will be doing the same thing with his penis later on. Although a man's chest and stomach area may be sensitive to touch, his breasts and nipples are still areas that provide sexual stimulation.

A man's buttocks are normally very muscular and a firm massage may be desired. Rimming is suggested and again, this is a sexual activity requiring safety and cleanliness. Because a man's G spot is located in his rectum, you may wish to place a finger inside the rectum, stimulating the G spot. A lubricant may be useful. Upon insertion, I suggest you move slowly, only inserting further as you feel the rectal muscles loosen. A caveat here is to beware of long fingernails!

Address the feet, legs, arms and hands to the extent he desires and most definitely, tell him what you wish to do. As you turn him on his back, look deeply into his eyes and show your pleasure at the sight of what by now is most likely a very erect penis.

If you are not naked, begin to take off your clothes—slowly, deliberately, unashamedly, one piece at a time. Show him your anticipation for the fullness of him. Continue talking, but avoid touching his scrotum and penis. Kiss his neck, chest, and inner thighs. Go back to his mouth and kiss him with deep, passionate kisses.

If you are comfortable, touch your breasts and genitals. Many men confess intense levels of

excitement at the sight of their partner touching herself. Continue massaging the front of his body and position yourself between his legs to rub the thighs and knees. Gently bring the hands upward, stroking the testicles in the process. Move your hand between his legs and with your fingers, trace the perineum (the area between the anus and scrotum) in upward strokes. Allow your hands to now lightly touch the penis. Alternate your hands so that one is on the scrotum moving upward and the other is moving up the penis.

Talk. Kiss. Touch him and yourself if you are comfortable doing so. Now, if acceptable to both of you, lower your head and gently take his penis into your mouth. Allow the saliva to form, providing lubrication for sucking. By the way the term “blow job” is erroneous as the word “fellatio” (oral sex performed on a man) means “to suck,” in Latin.

Okay, now remember, you have two hands and a mouth, so be sure to use them. One hand continues fondling the testicles, even lightly squeezing them. Use whichever hand feels most comfortable. Using either hand, alternate between touching the scrotum and the testicles, while

tracing the line along the perineum. Insert a finger into the rectum if desired.

While one hand is touching the scrotum, the other is rubbing the base of the penis and the penis. This hand can even rub the area directly above the penis, below the belly button, alternating back toward the base and the shaft of the penis. Both hands are in motion during oral sex.

As your hands are moving so is your mouth, and of course, so is your tongue. As you take the penis deeply into your mouth, rub the tongue over the area called the frenulum. The frenulum is the fold of skin around the base of the head and is particularly sensitive to touch. Try flicking motions and firm pressure with your tongue, on this area.

The head of a man's penis, particularly around the point where the shaft meets the head, is the most sensitive. So, remember the “pop” where the head of the penis barely enters the vagina and then “pops” out? Well, place the head of the penis into your mouth and then pop it out. Watch your teeth! Alternate this activity between deep strokes and pops. Keep the hands moving and oh yes—make noises. Make sounds of pleasure and excitement so that he feels you are doing what you really want

to do, and not because you feel you have to. In addition, as you make noises, he will feel a vibration on his penis and this will further add stimulation.

This next motion will probably result in orgasm, so a word of caution here if this is not what you both want at this time. While taking the penis into one of your hands, synchronize your mouth and hand so that they are moving up and down the penis from top to bottom. Pay particularly close attention to the head, making sure your hand and mouth come all the way to the top of the penis.

A normal stroke is up and down in a continual motion. However, as you come up the penis, turn the hand in a clockwise position and when moving back down, turn it counter clockwise. Move your mouth in the same manner, remembering the value of the pressure of the tongue and hand on the frenulum. Don't get discouraged if this takes some time to master. Remember—"Practice makes perfect."

Once again you may find that you both wish to end this journey through the release of orgasm. I am fairly sure what my next suggestion will bring from many of my women readers. Yes, ladies, I am strongly suggesting you swallow. Furthermore, not

just swallow, but lick every bit of semen from your partner's body. Do it as if you are sweetly savoring every drop and continue the act with passion and excitement. Men will tell you that the level of acceptance and love they feel from this experience is among the greatest they have ever had. Yet, few say they have ever had it and many speak of their desire to do so.

If you experience a gagging sensation throughout any part of oral sex, a technique you may find helpful is to simply breathe. Take deep breaths through your nose and allow the throat muscles to relax.

When orgasm is not realized through means of oral sex, then at this point you may wish to engage in intercourse. If your partner does not check you for adequate lubrication, then make sure you check yourself to avoid any pain or injury.

At this point, the position used is simply a matter of preference. (Again, I refer you to The Joy of Sex for a multitude of descriptive sexual positions.) What remains to be most important is the continuation of desire, passion, and willingness. And of course, sex talk. Move your body in unison with his and remember that regardless of the myths

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we have been told, most men do want their partners to experience pleasure. If you show you are sincerely being pleased, his experience will be greatly enhanced. The reverse also holds true.

“PLEASE ME, PLEASE!”

HIS AND HERS

One method that is often overlooked or downplayed is that of masturbation. Again, I am surprised how infrequently it is discussed, as it is very often the only way some women reach orgasm.

Masturbation may include self-pleasuring and partner pleasuring. I have spoken with men who claim that watching a woman during the act of self-pleasuring is extremely exciting and arousing to them. Yet, it seems that this is one of those issues that some women find embarrassing and shameful. Therefore, if women find their bodies to be disgusting or dirty, then touching themselves in private, much less in front of their partner, would be unthinkable. Perhaps a change in mindset would assist with any sexual healing in this area. (I suggest my first book Doc Talks as a reference and aid for methods in changing one's mindset.)

When orgasm is not achieved or simply as a form of foreplay, masturbation offers one more way of touching for sexual arousal. If both of you are touching your own bodies, then of course only you know best what gives you pleasure. If you are touching each other, then I will give some suggestions for further pleasuring.

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When masturbating a woman, much of what was said regarding oral sex applies. Remember that the clitoris is highly sensitive and for optimal pleasuring, slow, circular or side-to-side motions work best. (For further proof, rent a pornographic video and watch the finger motion of the females as they masturbate themselves.)

There are many ways to touch the clitoris and stimulate the G spot at the same time. Again, remember that you have two hands and one mouth and you can use them creatively. One hand and finger can be stimulating the clitoris while the other hand and finger can stimulate the G spot. The mouth can be kissing, sucking, and licking various parts of the body. Remember eye contact and kissing!

A woman can be on her back or on her stomach. If on her stomach, it may be necessary for you to be on your knees with your hand placed flush against her buttocks, reaching the middle finger forward resting lightly on her clitoris. You may wish to alternate between her vagina and the G spot, and her clitoris.

As you begin the slow circular motions, increase the speed and pressure as you begin to feel her

arousal heighten. The best way to bring a woman to orgasm through masturbation is by using an evenly consistent motion.

Believe it or not, some men are equally as embarrassed and ashamed to masturbate in front of their partner, as are some women. However, if you have a partner who is encouraging you to touch yourself and is willing to watch you masturbate, it is extremely helpful. It allows you to see the touching technique that works best for him or her. However, if this is not possible, then my advice for masturbating a man would be very similar to what I described in the oral sex portion of this chapter.

Men say that a long firm stroke is most desirable. Again, it bears repeating that you have two hands and a mouth, so make sure to use them. One hand may be fondling the testicles, while the other is stroking the penis. Use whatever hand is most comfortable for holding the penis. Begin at the base and with a firm grip bring your hand upward to the head making sure to apply extra firmness around the area of the head and frenulum. You may even wish to position your hand in a way that allows the fingers to stroke the frenulum. When the hand is toward the tip of the penis, turn

it half an inch or so, clockwise or counter clockwise, and move back down to the base of the penis. Repeat this pattern. You may wish to use an oil or lubricant.

The consistency and firmness of the strokes are important. Also, as he is sexually aroused, apply a firm grip, increasing in speed. Not too fast-just consistently increasing the speed until you wish to stop, or orgasm is reached.

Along with the warnings concerning fingernails and teeth, perhaps this is a good place to mention the difference between circumcised and uncircumcised penises. The extra skin around the head of an uncircumcised penis makes this area more sensitive. Pulling the foreskin down from the head toward the shaft can be painful. Therefore, I suggest a less rigorous touch when pulling the foreskin down the shaft, if pulled too far. Whenever masturbation techniques are used, and as always, open communication is imperative.

Masturbation is a wonderful way to get to know your partner's body, what pleases him or her, while providing opportunity for eye contact, communication, safe sex practices, and as a way to prevent pregnancy.

CHAPTER SIX

AFTER GLOW

The candles are blown out, the music is turned off, heart and respiratory rates have returned to normal, and only the after glow remains. So what is after glow and why is it important to the sexual experience? Is it more important for women than for men? Why can't we just roll over and go to sleep?

First of all, after glow is very important to the overall sexual experience. I believe it is as important to the overall experience as is foreplay. It is a time for communicating to each other about the level of pleasure experienced, and to give thanks to our partners for sharing in the process of sexual pleasuring.

It is a time for reaffirming and reassuring your partner's skills and techniques, offering suggestions for greater enhancement and arousal. After glow offers a sense of completion and satisfaction to the sexual experience. It is a time for you to voice sentiments of love and devotion. It

is a time for intimacy; a shared pillow, and hugging and cuddling as each of you drift off to sleep.

Unfortunately, after glow can also be a very uncomfortable time. Which brings me to the second question; is it more important for women than for men? Well, I have never heard of a man complaining that his partner simply went to sleep after sex. This doesn't mean it doesn't happen, I just have not come across this complaint from men in my research, teaching, or counseling.

However, there are some women who may become upset if and when their partner rolls over and immediately goes to sleep after orgasm. Although I am sure more explanations exist, I will offer the two most prominent reasons for what we have come to believe is fairly typical male behavior (generally speaking, of course!).

A friend and counselor of mine offered weekly meetings for men, in which they would discuss a variety of "male issues." Many years ago, we were discussing issues of intimacy and he said that from his experience—personally, professionally, and in his work with other men, he believed that men feel intimacy much more strongly and deeply than women.

He said after orgasm, the reason men fall asleep, watch television, eat, or simply leave, is because the closeness and connection they feel to their partner is so strong, it actually repels them. He said it is as if the intensity is too overwhelming, so in a sense they “go away,” in an effort to avoid the intense feelings they are experiencing.

I like this explanation. My hope is that many women will embrace this story, helping them avoid taking personal responsibility for their partner’s “avoidance” behavior.

Another explanation is simply one of a physiological nature. Sex is exercise. It is an exertion on the internal organs, nervous system, muscular system, as well as, the entire body in general. After sex there is a release and a state when the body is once again in a relaxed state where all systems are functioning at a normal rate. If your partner (or you for that matter) is relaxed enough to fall asleep, then perhaps that is a wonderful testimony to the level of intensity experienced by you or your partner.

Of course keep in mind that women are multi-orgasmic (capable of reaching orgasm many times) and the average time (generally speaking) it takes

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a male to achieve another erection (the refractory period), is approximately twenty minutes. Therefore, sleep may be more like a nap if both partners become sexually aroused again.

Finally, the time after orgasm carries with it a certain vulnerability and softness. It is truly the “glow” of the “after” and is of vital importance to the health and well being of the relationship.

PART THREE

CHAPTER SEVEN

SACRED SEX

Today, couples are searching for commitments that offer a spiritual and sacred element in their relationships. Some of you may be wondering how the words “sacred” and “sex” can be used together when they almost seem (at least in our culture) to be dichotomous in meaning. My hope is that by the end of this chapter, you will begin to understand why these two words are perfectly matched.

A very important part of partnering is in the sharing of a spiritual connection. Although experienced in a multitude of ways, a spiritual connection helps us “Drop Into Soul” with our partners, seeing them completely through the eyes of love.

Much of what is written in the following chapters may be gender-specific, and the material does seem to be somewhat age-specific as well. I say this with reasonable certainty due to the changes in our relationships that many of us may experience over the passages of time.

Remember that many relationships are based on physical attraction. Returning then to our “U,” we see that the bottom is normally the “make it or break it” mark. At this stage, we either part ways or begin to define our relationship in ways that may include the physical aspects, but are no longer necessarily dependent upon them. Although the sexual component is of utmost importance, an emotional and spiritual connection begins to increase in meaning and significance.

If a couple is married, typically their emotional bonds grow, while their sexual relationship does not. Over time and as we age, many of us begin to ask, “Is this it? Is this as good as it gets?” And of course, we know what the end result is as we consider that fifty percent of all marriages end in divorce.

So how do we avoid becoming a statistic? How do we escape the clutches of divorce and keep our marriages exciting and our sex passionately alive as well?

In many cases, I believe the answer lies in creating a relationship based on the union of mind, body, soul, and spirit. Think of it as holistic partnering. It is what I hear many people are

seeking in the new millennium. And few people are willing to settle for less than this in their relationships, because they understand the value that lies in this type of union.

Sacred sex is a very important part of this union. It allows for full body orgasms, where couples describe the merging of their bodies as they feel themselves become one with each other. It has been described to me as an out-of-body experience. Some say they visit other places, galaxies, and places unknown during these moments of perfect harmony and unity. For the most part, I hear from individuals and couples that complete sexual and spiritual union with their partner's can not even be described—it can only be felt and experienced.

Recently I was speaking with my good friend Fede. He was talking about a recent breakup with a woman that he said he believed was his soulmate. He said that he felt connected to this woman in every way and that although he is now dating others, nothing he feels for them has come close to the intimacy and spiritual union he shared with his previous girlfriend. One of the things he said they experienced was great sex. After much discussion, we both agreed that this kind of

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connection is the pulse of living—the very driving force that gives our lives meaning.

My friend said that he has had the experience of sacred sex. When defining just exactly what it is, he could only state those things that he has felt. Others have described it similarly. Sex on a soul level is what sacred sex is all about. It is the deep gazing into each other's eyes, the feel of each touch, given with deliberation and presence. It is as if the hundredth touch is as exciting as the first touch. It is the verbal and the nonverbal statement to our beloved that we are with him or her—fully present; one hundred percent in attendance and in participation of the union of our minds, bodies, souls, and spirits.

Strangely enough this idea comes to us from the East, approximately 5,000 years ago, in the ultimate form of sacred sex that we have come to know as “Tantra.”

CHAPTER EIGHT

TANTRA

At the present time I do not claim to be an expert in Tantra, although someday I intend to be. I am extremely interested in Tantra as a form of sacred sex and have read and researched much in this arena. My intentions are to provide you with the information that I feel will give you a general basis for understanding. If you find you are interested in learning more about Tantra, I suggest you consider further research and reading. I have provided a “Bibliography” section at the end of this book, and many of the books listed are about Tantra.

What is Tantra?

Tantra is defined as spiritual sexuality. It is closely associated with yoga and Zen, and is defined as a path to enlightenment. It can be traced to India as Hinduism and Buddhism became prevalent around AD 500.

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The word “Tantra” is Sanskrit, the sacred language of Hinduism. Also from the Sanskrit language is the word “Kama” that is defined as sex/love, undivided, and indivisible. The seventh century Tantric scripture is called the “Kama Sutra.”

Tantra is derived from the root word “tan,” which means to expand, extend, and spread. It specifically refers to a series of Hindu books written over two thousand years ago. They contain many disciplines, meditations, and sexual rituals. Tantra is a spiritual science, which means it is also mystical. It blends philosophy, psychology, and physiology. It is known as an erotic journey of self-discovery.

Tantra is nicknamed “the science of ecstasy.” Its focus is on the prolonging of physical contact between lovers. The philosophy behind Tantra is that every experience is to be lived with a sense of sacredness, heightened awareness, and yet with a playful action. Tantric sex purports that the greatest source of energy is sexual, and orgasm is viewed as a divine and cosmic experience.

Early Hindu practitioners of Tantra experienced sexual play and sexual union as a form of celebration. They viewed sex as a form of bonding,

affirming the union of their souls. Tantric sex is based on the belief that our partners are divine. In our partner we are able to find expressions of joy as we honor him or her. Sex is no longer seen as just an act resulting in orgasm. Rather, it is viewed as a very special way to bring awareness and passion into our everyday consciousness.

In Tantra, there are no divisions between what is seen as good and bad or acceptable and unacceptable. Sexual activity is seen as useful and of benefit as long as it is not offensive to either partner. Tantric philosophy does not condemn the body. It attempts to realize consciousness and awareness through the senses. From a spiritual perspective, it offers enlightenment, acceptance, and unity. Its ultimate goal is spiritual consciousness. Tantra is in a sense a spiritual science that delves into the subconscious and unconscious mind.

Tantra demands purity of mind. What is most necessary is that each partner responds toward the other with utmost respect and honor, thus bringing a sense of sacredness to the sexual experience. Tantra encourages unconditional loving. When approached from a soul level, sex becomes truly

sacred and divine. An important aspect of Tantra is creating a balanced relationship through the act of equally giving and receiving.

Why Tantra?

Tantra is mainly for sexual and spiritual pleasure. The main focus is on communication so that ultimate pleasure may be achieved. From the sexual aspect, Tantra may help to unify and sustain a relationship. Its application applies to the growth potential of individuals and couples. It assists couples in opening and expanding to transformational lovemaking and spiritual union. It is believed to strengthen marriages and spiritual awareness.

Tantric sex is believed to promote vitality and health. As opposed to the belief that sex is for orgasm only, Tantra's perspective is that sex is for physical and harmonious well being and for the building of sexual energy between partners. Couples engaging in Tantric practices often refer to themselves as equals or teammates. They are in sync with one another. Tantric partners balance and harmonize their desires, drives, and moods. It teaches us to expand outside our need to reach

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goals, as orgasm is no longer seen as the most important aspect of sex. In fact, by focusing on orgasmic experience, many other pleasures may be missed.

Love is the basis for Tantra. The act of sacred sex is impossible without love, and of utmost importance is love of Self. Tantra focuses on being in the moment and the art of touching and being touched. It is the art of consciously loving your partner and yourself. With Tantric sex, spiritual goals are as important as sexual ones.

Although only ten percent of Tantra is actually devoted to sexual experiences, it is nonetheless an important arena to explore and study. If you were a student of Tantric sexual practices, you would find yourself immersed in an intensive study of the mental, physical, and sexual processes. These areas of study are meant to enhance an awareness of the senses through the promotion of touch and exploration. Penetration is avoided to prolong sexual arousal and orgasm.

Tantric practices provide couples with exciting ways to reach altered states, as well as extended orgasms (both physically and energetically). Men benefit from Tantra by experiencing energy

orgasms. These orgasms are felt as waves of energy moving throughout the body without ejaculation. In addition, men learn to honor a woman's sexuality and to surrender to her. They are encouraged to withhold ejaculation as long as possible, and to engage in the sexual experience sensitively and sensually, until a woman reaches total sexual pleasure. Often, women who have been raped or molested seek Tantric practices as a healing tool to release pain, anger, and sadness.

Using all five senses is instrumental in the act of Tantric sex. Sounds include heartbeats, breathing, and cries of arousal and pleasure. Touching includes caressing every square inch of your beloved's body. Sight involves the use of eye contact as you savor the sight of your partner's body. Taste is the flavor of the skin, saliva and genital secretions, while smell provides aromas of perfume and cologne, incense, candles, soap-scented skin, and natural genital scents.

Sensory exploration includes touching, seeing, smelling, tasting, and hearing. In Tantra, it is not necessarily how you sense your partner, but simply that you sense them on a soulful level. For example, when you touch your beloved, also look deeply into

his or her eyes. Use a gentle touch to relax the body and to stimulate the energy.

It is believed that before a couple can experience Tantric sex, each partner must free their minds from negative attitudes regarding sex. To fully enjoy the pleasures of Tantra, we must think of sex in an open and positive way. Then, when practicing with a willing and loving partner, physical sex becomes a joyous experience of freedom, love, and spirituality.

Tantric Techniques

When sacred sex is desired and Tantric practices utilized, it is important to know the difference between common and somewhat well known sexual techniques, and those techniques unique to Tantric sex. Although the information may seem similar to that presented in Chapter Eight, I assure you that the results differ greatly.

Tantra is not about quick sex. It is not about the kentucky fried sex spoken of previously. It is not shake and bake either. It is sacred and honorable and needs to be treated as such. Therefore, when engaging in Tantric practices, it is important that you set aside time for sex. Tantra is based on rituals

and these rituals require that you set aside time for sexual activity.

Furthermore, because of the sacredness of Tantra, it is not meant to be experienced or shared with anyone other than a loving partner. It is not recommended for couples uncommitted or couples engaging in casual sex. As a precursor to Tantric practice, genital hygiene is required.

So how do you begin? Create a sacred space for your Tantric practices. Choose a room that is dimly lit so that candles may offer additional lighting as well as providing soothing scents to awaken the sense of smell. Flowers add color to the setting and you may wish to use feathers or silk scarves to heighten the sense of touch. Privacy is a necessary element and you may wish to unplug your telephone so that you will not be interrupted.

To ensure proper hygiene, you and your partner may wish to bathe together. Again, the use of candles is suggested, and you may wish to have soft music playing in the background. During the bathing ceremony, it is important that you bathe each other and the use of a loofa sponge is advised. Make sure the water is warm enough so that the bath is one of leisure, void of time constraints.

Always the act of being “present” is necessary so that the connection between you and your partner is firmly rooted and established.

Before, during, or after the bath, the feeding ceremony may be a part of your Tantric practices. Different types of foods are eaten to heighten the senses. You may wish to feed certain foods or beverages to your partner or place them on his or her body to be licked or eaten. I suggest foods that are desired by both partners, are bite-size, and are easily fed to each other.

Touch is one of the basic senses and is used as a means to stir and direct energy. When touching or massaging your partner, let go of any expectations. Focus on the present and the act of conscious touch. Try to maintain full hand contact, allowing the palm of your hand, the fingers, and thumbs to rest on your partner’s body. Provide a steady flow of movement.

Touching is a pleasurable experience and is referred to as “kissing of the hands.” To enhance the pleasure, vary the rhythm of the strokes, the pressure and the tempo. Repeating a stroke over and over may become boring or painful.

One particular touching technique is called the “static touch.” Rest both hands upon your partner and do not move them. Consciously direct the flow of energy from your right hand into and through your partner, feeling it return to your left hand. Another touching method is a gentle pinching and kneading touch, called “squeezing.” Tapping or slapping may arouse passion, and here it is of utmost importance to be conscious of your partner’s desires. Tantra does not promote sadomasochism practices.

Kissing ranges from a small kiss on the cheek to deep, long, and passionate kisses that release energy throughout the body. When kissing sensually, the sexual responses of the body are felt and passion is ignited. It is believed that by kissing in a deep and intimate way, the male and female energies become balanced and harmonized. Tantra discusses several basic techniques for kissing.

“Lipping” is the method used to contact the moist and soft part inside the upper and lower lips. “Tasting” utilizes the tongue to lick your partner’s lips and touch the inner cheek or explore the roof of the mouth and tongue. Nibbling on your partner’s lips may be considered “love bites” and then there

are the “blowing” and “sucking” kisses which are used across any and all areas of the face and body.

A particularly passionate kiss is known as the “upper lip kiss.” Suck gently on your partner’s upper lip, using your lips and tongue to gently pull on the area stretching from inside the upper lip, directly above the front teeth. This area is known as the female frenulum and is stimulated in much the same way as the clitoris. As you suck on your partner’s upper lip, have her suck on your lower lip. Visualize the energy that runs from this area in the mouth to your clitoris. You may experience clitoral stimulation, and quite possibly orgasm from this form of kissing. Whether you are touching or kissing, it is as important to give as it is to receive. Tantra is about creating balance by equally giving and receiving.

Okay, so you have created a sacred space for loving; have bathed together to ensure cleanliness; and have been giving and receiving massages and lots of kisses. Now we begin the most important aspect of Tantric sex—breathing, which is the foundation of Tantra. The act of breathing allows for the energy to freely flow throughout the body.

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Tantra practices allow for the breath to help release the tension in the spine to provide for more freedom of movement. The key to relaxing is breathing. The act of breathing deeply allows for you to fully feel the presence of your body. It is possible to reach orgasm using only the breath.

Before we discuss the various techniques for proper breathing, I suggest you and your partner sit across from each other, naked, and legs crossed. Look deeply into each other's eyes and begin to rock back and forth. Move your chest forward as you inhale, and back as you exhale. Breathe in unison and as you do, you will begin to feel the sexual energy rise from the genitals upward toward the heart.

At this point, you may begin to feel the boundaries of your own bodies melt away as you begin to feel a connection that can only be described as sacred and divine. You may feel as if you are nowhere and everywhere all at the same time. Words may be useless as you speak a thousand words through the language of your eyes. You may feel a quintessential and unifying love as you and your partner become one with God.

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As you continue rocking, utilize the “Harmonizing Breath” which requires both of you to breathe simultaneously, holding the breath for several seconds before exhaling. After several minutes, a second technique called “Reciprocal Charging” may begin. This breathing method involves opposite breathing, where one partner inhales as the other exhales. It is important to gaze into each other’s eyes and feel the energy as it moves in and out with each inhale and exhale.

This is a good time for the woman to straddle her partner with her legs wrapped around his back. He is still sitting in a crossed leg position and she simply crosses her legs at the ankles, behind his back. This position is called the “Mula Bandha” (Root or Basal Lock). Avoid penetration at this time. Continue rocking and breathing using a variation of the “Reciprocal Charging” and “Cosmic Intercourse” techniques.

The “Cosmic Intercourse” breathing technique includes four parts: slow inhalation; several seconds of held breath; slow exhalation; and holding of the breath or a pause before beginning the next inhalation. First, inhale slowly. Then hold the

breath for several seconds. Slowly release the breath, pause, and begin again.

Remember to focus on the exchange of energy as you both are giving and receiving energy from each other. Gaze into your partner's eyes, thinking about the love that you feel for him or her and focus on the wonderful qualities that initially attracted you to each other.

Breathing techniques can help a man delay ejaculation. If he feels that he is going to reach orgasm before he and his partner are ready, he may wish to visualize the semen moving away from his genitals as he inhales; pulling the breath and the semen toward the heart.

Many of the techniques used to help preserve or control ejaculation are used in an effort for men to have greater pleasure during the sexual experience. Although ejaculation is important, it is not the sole purpose for lovemaking. According to Tantric practices, the difference between orgasm and ejaculation is that ejaculation is external and orgasm is internal.

Internal methods for ejaculation control are pelvic contraction (PC) muscle manipulation, shifting focus, and breath control. The PC muscle

manipulation technique (also known as the “Kegel” exercise) is important because, by building a strong PC muscle, men may obtain harder erections and experience longer lasting orgasms. A strong PC muscle is beneficial in creating more intense orgasms for both men and women. The PC muscles are the ones used to stop the flow of urine during urination. To test for the strength or weakness of these muscles, contract the internal pelvic muscles while urinating. To strengthen them, make a habit to squeeze these muscles at least twice during urination.

As previously mentioned, breathing is normally quickened as orgasm nears. Many of us tend to breathe from the top of the chest, in short and shallow breaths. By slowing and deepening the breath, it will help change the focus and energy flow to delay ejaculation.

The external practices include the technique known as “the pull.” As you near ejaculation, either you or your partner may pull down on the scrotum, holding it firmly for thirty seconds. Do not squeeze the testicles as this may cause a painful sensation. Another external technique is to apply pressure to the base of the penis. Again, apply a firm pressure

for approximately thirty seconds. Lastly, is a technique called the “squeeze” and involves squeezing the area around the frenulum.

Tantra teaches men how to achieve “energy orgasms.” These are often referred to as full body orgasms, void of ejaculatory fluid. Some men say it is like riding an orgasmic wave—without the water. In addition to controlling premature ejaculation, a technique used to create energy orgasms is to stop all forms of stimulation as you feel yourself coming close to the edge of ejaculating. Relax the genital and anal muscles while you continue taking slow and deep breaths. To further delay ejaculation, press your tongue against the roof of your mouth. Repeat these processes as much as necessary.

The benefits of ejaculation control are many. Those practicing Tantra believe that a man’s ejaculatory fluid is the release of positively charged energy, which explains much of his fatigue after sexual activity. On the other hand, women release a negative charge, creating feelings of renewal and restored energy. When a man controls the release of his energy by delaying and even avoiding ejaculation, both partners greatly benefit.

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I have spoken with men who claim to have experienced orgasms without ejaculatory fluid. They confessed that when it first happened, it was somewhat frightening, as they had never known that this was a possibility. However, they all agreed that the orgasmic feeling was one that was felt throughout their bodies and was a greatly desired experience.

Now that you are aware of the various methods for ejaculation control, you are ready to move into the arena of sexual contact. First, we will discuss the experience of oral sex. The importance of oral sex in adulthood is not surprising. Consider that an infant's first experience of comfort and pleasure comes from the breast as he or she seeks to reduce hunger. A child may then begin to suck the thumb and attempts to place a variety of objects into the mouth.

The level of saliva in the mouth is based on one's emotional state. If the mouth is parched and dry, it may be due to fear. During a sexually excited state, the mouth may fill with saliva. Similarly, we find the same holds true for the vagina.

One position for oral pleasuring is called "Kakisana." In American culture we call this

position “Sixty-nine.” Lie on your right sides, facing each other, with your heads opposite your genital regions. If you are a man, you will place your right hand underneath your partner’s thighs, cradling your head between them. Now lick your right thumb and index finger and place your index finger over her anus in an effort to create a seal. The thumb is then placed gently inside the vagina. Place your mouth and tongue on her Labia Majora and Labia Minora (outer and inner lip areas), gently licking and stroking the clitoris.

If you are a woman, lick the middle finger of your left hand and place it over your partner’s anus, again creating a seal. Use the other fingers and the thumb of your right hand to touch and caress his scrotum. Place his penis into your mouth and caress his perineum, testicles, and penis. (See Chapter Seven for more detailed instructions.) If desired, both partners may simultaneously reach orgasm.

One very intimate experience is to share the semen through a kiss after orgasm (providing there is fluid). If you wish for your semen to be sweeter in taste, try eating raw vegetables and fruit. Eating

meat, taking certain medications, and experiencing stress can give the semen a bitter taste.

A recommended position for intercourse is the “Circle Dance from the Hips.” If you are male you will lie on your back while your partner sits astride you, your penis inside of her. The woman then is able to vary the motion and speed, lifting herself up slightly and then lowering slowly. Maintain eye contact and communicate **always** and **all ways** about what does and does not feel pleasurable. Continue the breathing techniques and conscious energy exchanges.

Remember the “Mula Bandha?” The man is in lotus posture, woman astride with her legs wrapped around his back, her feet either crossed at the ankles or resting on the floor or bed. If necessary, place a pillow, towel, or blanket under her buttocks for extra support. For purposes of intercourse, now insert the penis into the vagina (check for lubrication). Grasp each other’s wrists and lean back, holding onto each other for support. Either you or your partner can control the movement of penetration. With this position, perhaps the most pleasure is experienced as you pull each other close

and then vary the level of friction and penetration as you lean back again.

Another position is called the “Yoni Asana” or the “Womb” posture. Your male partner sits in a chair with his legs bent at the knees, the soles of his feet resting on the floor. You will then straddle him and wrap your arms around his neck. With this position, you may find it easy to adjust the depth of penetration and the angle of the penis.

Tantric sex offers a variety of motions for penetration. In addition to a back-and-forth motion, the circular pelvic and side-to-side movements are also suggested. These variations are pleasant for both partners and assist in delaying ejaculation.

The angle of entry also influences pleasure. By varying the angle of penetration, it is possible to heighten the sexual experience, delay ejaculation, and enhance the orgasmic experience.

By learning to respond to each other’s emotional and physical needs and through methods of harmonizing and balancing, patterns of arousal and orgasm are achieved. To restore balance and harmony or even simply to maintain them, it is important to remember and to practice the basics of Tantric sex. These include maintaining an open

mind and heart, and engaging in a “nurturing meditation” (spoon position) for at least ten minutes a day, particularly when you feel tired or stressed.

Learn to consciously communicate. By deeply appreciating each other the energies of passion and intimacy are freely experienced and greatly enhance the quality of the sexual experience.

In addition, squeeze the PC muscles every day and practice the breathing techniques every day, as well. Men, do not ejaculate one out of every four times you engage in sexual activity (even masturbation), and after intercourse stay physically connected with your partner. In fact, one of the requirements of Tantra is that you remain inside your partner, even in a softened state.

Don't become impatient if you find these practices and techniques uncomfortable or awkward. Tantra is an art form and it takes time to become an accomplished practitioner. Remember that, in Tantra, every touch is a conscious touch. Keep your eyes open as much as possible in an effort to keep the bond of intimacy flowing freely. Exchange energy by equally giving and receiving. Finally, always regard your body and your partner's body as divine and sacred.

TANTRA

Tantra is more than sex; it is a way of life. The less effort involved, the more fulfilling your experience will be. It encourages you to celebrate life to the fullest and to enjoy sensual pleasures. As you develop a high level of intention, you may feel a transformation of your mind, body, and spirit.

Tantra Testimonials

The following testimonials are from previous students enrolled in my “Human Sexuality” courses. Every semester one of their requirements is to read a book on Tantra. In addition, I present them with information from my knowledge, research, and understanding.

Many students have written testimonials regarding their experiences with Tantra. I will offer several of these to you, in hopes of further showing support for this incredible form of “Sacred Sex.” I have omitted the names of the students for anonymity.

SEX TALKS

“I really enjoyed learning about Tantra and I feel I will benefit greatly from the information. This Tantric way of life is a way of thinking and feeling on many more planes than sexual. Once this way of thinking has been adapted there will be much more happiness in your life. When I apply the things I learned to my own relationship I realize how beneficial these techniques are. When I find myself with negative energy or anger at my partner I make a conscious effort to stop and think.

“I was really glad I was exposed to Tantra and it is something I will carry with me forever. I believe these are the keys to sustaining love. More than anything, you learn to honor yourself and your partner, which makes you look at them in a much more positive light.”

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## TANTRA

*“At first I thought that Tantra was just another kinky type of sex. Now I know that it isn’t just sex but a dynamic way of peaceful existence. The sexual part of Tantra can be so much more fulfilling, but if you don’t take it seriously you would never be able to achieve the sexual satisfaction on the highest of all planes that Tantra can offer. The power you can achieve through the visualization process, creating the circle of energy between two people while making love, must make you feel as if you are a god or goddess. If people would or could have the opportunity to learn Tantric sex prior to relationships, I believe that individuals would not bounce around from person to person as much as they do today. Tantra sex deepens the relationship both on the spiritual and physical level. It really sounds worth trying.”*

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SEX TALKS

“I really enjoyed learning about Tantra. First and most importantly, it expanded my sexual limits, by broadening my knowledge. I was unaware of the intense spirituality of sexual intercourse that could be made possible through Tantra. I was unaware of the bonding on a higher level, also shown through Tantra. Now I look at sex in a more symbolic way.”

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## TANTRA

*“I am a Tantra practitioner. Tantra is the most amazing experience that a person can share with their significant other. The beauty of lying together and holding each other is the most ecstatic feeling in the world. To be able to reach an orgasm just by touching and kissing each other is mind blowing. But it is totally possible. My fiancé and I have been practicing Tantra from the very beginning of our relationship without even knowing it. We feel Tantra is something that comes to couples in a natural state of mind, not something that can be forged or duplicated. As a Tantra believer and follower, I am here to say that it works, and it is well worth it!”*

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SEX TALKS

“A full body orgasm...wow! What could be better? Well, to be totally honest with you I personally had never heard of Tantra before, but let me tell you something—once I did finally hear about it, you better believe that I was wanting to know all about it. Tantra is a wonderful thing and it goes deeper than just pleasing your partner. It is a mind and spirit thing that has an awesome physical aspect to it.”

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*“While practicing Tantra you are able to have sex, make love, whatever one wishes to call it, without worrying about what another thinks of you. You don’t have to worry about egos or the pressures of expectations. You are able to make your sexuality into something joyous and wonderful. If you allow sex to become a moment to experience, unconcerned with having an orgasm as your goal, then you will achieve a quality and a sense of joy with the one you love.*

*“I have found that you become one with your body in Tantric sex. You find a love for your body as well as, for your partners.’ You become less embarrassed about showing off your body to your partner, because you feel a beauty within yourself.*

*“In Tantric sex you are not just focusing on having an orgasm. You are able to enjoy making love. You take time to please your partner, as well as yourself. You learn to share in the passion of lovemaking. By exploring Tantra I was able to discover new joys in my sex life. I am now spontaneous*

## SEX TALKS

*and have become more loving toward my husband. I am now able to enjoy the sacredness of my body, mind and the spirit of love.”*

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"I believe sex is something very sacred and spiritual. It should be shared with someone you love and respect and who gives you respect and love in return. Tantra, however, is more than just love and respect. It is a union of two people with a higher power. In a way I wish we were taught this sexual tradition as children, like those of ancient India. I wish people of today would have the same openness about sex and making love. I think it is truly sad that most people are ashamed of their bodies and are ashamed to talk about sex. Somewhere down the line, sex has been turned into a horrible wrong done only by sinners and whores. Unless of course you are married, then it is okay only if it is done in the home, in private, and not talked about. Where did we get so lost? Why can't people understand how important and how divine making love is?"

"I don't think we should be teaching our children how awful and bad sex is. I think they should be taught how sacred and wonderful it is, with the right person. I am

SEX TALKS

not saying that everyone should go out and have sex with everyone else and enjoy it. I just think people should be able to make love to the one they love, and not be ashamed to do so. Tantra is a beautiful art form that should be shared with others. It is a wonderful way to heal and to be united with a partner for a lifetime.”

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## TANTRA

*“Tantra is slowly and surely changing my perception on my love life and relationships with women. Through the teachings of Tantra I have become more aware of all aspects of my life, not just those dealing with sex. My eyes and mind seem much more open to new things and I am experiencing a feeling that I never imagined could exist. Instead of watching the world, I am in it.”*

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"I have personally enjoyed learning about Tantric sex. In the beginning I thought I was not sure what I was getting into because I had never heard about Tantra. Through our readings and lectures, I found that there was much to be learned.

"I have learned that Tantric sex is something that is very real and very true and is nothing that should be taken lightly. Through studying and understanding Tantra, one's relationship, love life and one's life in general can be gradually improved. I definitely enjoyed learning this new experience and will continue to explore all aspects of this subject. I believe that it is in everyone's best interest to be introduced to the subject of Tantra. I believe that their life will be greatly enhanced!"

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## CHAPTER NINE

# IS IT REALLY JUST ABOUT SEX?

Yes and no. Yes, because it is largely our reason for partnering in the first place. And no, because the realm of sex is really so much more than “just sex.” It is about successful partnering and relationships that provide us with passion, compassion, honor, and respect. It’s about finding a sense of peace, balance, and harmony in our homes and within our marriages.

If you are questioning whether successful partnering is a primary concern for many adults, visit your local bookstore and check out the numerous authors and publications regarding sex and relationships. Each offers a different perspective with suggestions they hope will help you have a satisfying relationship.

This book is really just one more of those perspectives. I believe that my viewpoint suggests a somewhat simplistic approach to a very complex issue.

But the key to the complexity is simple—communicate!

Now, just for a moment, let's assume that successful relationships are based on nothing more than just great sex. I know it sounds superficial and shallow, but humor me for just a minute! If we accept this idea as truth, then how will we want to relate to our partner and have our partner relate to us? Obviously, the first step here would be to communicate about sex. Say what we mean and mean what we say. Tell our partner what we like and what pleases us. Sounds easy. Yet, I think by now we may all agree that it is much more difficult than ever imagined.

Part of the reason for this lack of communication is that, for some insane reason, we may all believe that we are sexual professionals and sexual pleasuring is just something we know how to do. We don't discuss our sexual needs with our partners because we are already supposed to know what those needs are and how to meet those needs. So

## IS IT REALLY JUST ABOUT SEX?

instead, we fumble around in a hit and miss kind of way, embarrassed or ashamed to admit that we may not have a clue as to what or why we do what we do.

Then, as if to add insult to injury, we assume that sex will get better over time and so we grow comfortable with the silence, repetition, and in too many cases, lack of orgasm. The more time goes by, the less likely we are to discuss our sexual needs and desires.

Even when each partner is genuinely eager to please the other, without appropriate communication, both may assume the other is completely satisfied. I have heard women say that they fear hurting their partner's feelings by confessing that they do not reach orgasm. So yes, guys, it's true: some women fake orgasm. When I question women as to the reasons for faking, they respond with answers like, "I don't want to hurt his feelings because he really is trying to please me." Sadly, some women say that their partners are not interested in their sexual pleasure, and if they try to talk about it, their partners become angry or frustrated.

Fortunately, this is rare and it is definitely my belief that men are very much interested in pleasing their partner. They would do just about anything to have them open up and communicate with them regarding what to do, how to do it, and when and where. However, I am amazed by the number of men who tell me their partners will not talk about sex at all, and how much they wish they would.

During the course of writing this book, I engaged in many conversations with a variety of people about sex. One of the issues that arose was that of expectations. The only thing I have to say about expectations is the same thing I say about assumptions. They do not allow for the errors and clumsiness existing within the sexual experience. Expectations rob us of the freedom to navigate and discover the wonder and the beauty of our partner's body.

Particularly prior to our first sexual contact with a new partner, we might want to erase any expectations of their sexual abilities. Consider your partner and your relationship as an unopened gift. You have no idea what is inside—you only know

that you are thrilled at the prospect of discovering the contents.

Another issue that was discussed was that of sexual spontaneity. Unplanned and unprepared sex has a certain excitement that adds to sexual arousal and pleasure. If sex becomes too planned, then it may lose some of its appeal. So remember the “Y” means yes, and the “N” means now. Say “yes” to spontaneous sex and enjoy it thoroughly for the joy and fun it offers.

Now, I will get to the final point of this book. You may have read this book and decided that the information it contains holds nothing that you can use. Great! This means one of two things—you are having wonderfully satisfying sex and don’t need to improve, or you are not having wonderfully satisfying sex and you wish to improve. Wonderful! Because regardless of the status in your current sexual relationship, the one thing this book is guaranteed to do is promote **talking** about sex. That my dear readers, is really its sole/soul purpose.

My wish for you would be that by reading this book your minds are open and your hearts and bodies are willing to engage in the act of “sacred

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sex.” Perhaps most importantly is that you are NOW **talking** about what you both desire and need. My hope is that you have become more comfortable with your body’s and that you may allow yourselves to enjoy whatever sexual experiences you choose.

In conclusion, it is my greatest desire that, as a result of reading this book, you have altered a bit of your perspective. Perhaps you have even changed your mindset in a way that allows for sex to be seen as a divine and sacred thing shared between two people in a loving and committed relationship. If not, at least I have given you something to talk about!



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