

**SECRET PRINCIPLES**  
**OF**  
**PLEASURE**



A LOVERS MANUAL OF SECRETS

BY

INIOSE

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PART I

MINDSET:

THE PSYCHOLOGY OF SEX

## Introduction: The Inner game of an amazing lover

How would you like to get inside the mind of someone who knows the secrets to a woman's body... with an intricate knowledge of the anatomy and physiology of sex, with techniques that have been tried and perfected with repeatable results over and over again?

How would you like to apply these secrets and know that you are going to be the best lover a woman has ever had and will ever have in her lifetime? How would a woman respond to someone with these kinds of skills?

Well, I'll start by describing my mindset - Opening you up to my inner game.

When I'm with a woman, I know that I'm the best lover she has ever had and will ever have in her lifetime. I also know that because of this, I have the options to pick and choose from among the most beautiful women out there. Does it give me confidence? – Yes.

But let me add a caveat. Being the best lover a woman has ever had can have negative repercussions. There is a dark side – so use with caution. This material can make women so obsessed with you that you may want to only use it with a woman that you truly want to give ultimate pleasure to – who you see yourself with in the long term.

I've seen the dark side of using this material – hell, I'm **still** seeing that dark side as I have three women who are either obsessed with me or stalking me currently.

In the past I've had more women than I can count become obsessed with me.

For your own sake and sanity, use this material responsibly. Remember with power comes responsibility.

What I am giving you are the keys to a lover's body and how to give them ultimate pleasure unlike any they've had before or will ever have again.

That's it – plain and simple... and the honest truth.

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## It's very clear – Sex is here to stay...

Like it or not – sex is here to stay so we might as well get comfortable with it. There's probably no other area of human experience that is fraught with so much controversy, angst, repression, expression, taboo, sizzle and just plain old fascination. It's one of those things that we all think about that we're not SUPPOSED to think about.

But its biology – it's in our hormones, in our DNA, it's the way we're hardwired. To use a computer analogy, you can change the human software from culture to culture and generation to generation – spanning across both societal norms and taboos, but the hardwiring doesn't change.

### IT'S WHAT KEEPS OUR SPECIES ALIVE

So understand that at the most primitive level, what motivates us is biological and instinctual. Now of course depending on what culture you grew up in and the filters that society has created for you – you may have certain beliefs and attitudes towards sex that may not be entirely helpful to you.

Themes that come to mind are, "Sex is bad" "Sex is dirty" "Nasty people like sex" "If I like sex that makes me nasty"

These views often create guilt and angst about our sexuality. But I'll lead you along the path of a different view...

The reason why the topic of sex is so emotionally charged is because of the **barriers** that we as a society have created to keep it on the down low.

Sex is indeed pleasurable – and anything that is that pleasurable has to be controlled... otherwise what would happen if everyone just did it with everyone? Chaos... We would be a hedonistic society much like ancient Rome.

What would you say if I told you that we **ARE** a Hedonistic society? That this is more the norm than not? Go to any college campus across America and behind the closed doors you'll see my point proved. Go to night clubs and lounges – visit Internet dating sites and you'll find those who love sex for the sake of sex. You'll find people with multiple partners.

Society has taught us that sex and commitment go hand and hand. But the reality is, most people have sex without being committed. In many cases the

commitment is implied but not spoken, in other cases there is no expectation of commitment whatsoever. – The one night stand is more the norm than not. I'll just ask you... have you ever had a one night stand? If you haven't, do you know someone who has?

FOR EVERY PERSON WHO IS MONOGAMOUS, THERE ARE  
10 WHO ARE NOT - FOR EVERY PERSON WHO HAS NEVER  
HAD A ONE NIGHT STAND, THERE ARE 10 WHO HAVE -  
FOR EVERY VIRGIN BEFORE MARRIAGE, THERE ARE 10  
WHO AREN'T.

## **Meeting in the Middle...**

Women are getting past the notion that to sleep with someone takes away from them in some way. This is what society would have them believe. And many women will still ardently argue this because to believe otherwise may challenge their perception of themselves. I believe that sex is about giving not taking. Sex makes you more – not less.

Men are getting past the notion that Sex is the most important thing in a relationship. The only way to get past this notion is to have had the opportunity for sex for its own sake and to have found it empty.

In this way, Men and Women are meeting in the middle and finding connection there.

I won't comment on whether I think that this is a good or a bad thing – I'm just opening the closed doors of our views on sexuality to give you a peek...

## It's like the two sides of a coin...

For as long as men and women have been getting it on, we've tried to figure out what each other wants. In fact, one of the only mysteries in the human psyche that Freud admittedly could never figure out was the question, "What do women want?"

Well I have the answer – and what's more, I'll show you how you can carry over this principle not only in your sex life, but into your relationships – to give the person that you're with the most amazing, fulfilling experience EVER.

It's like the two sides of a coin. Each side represents a certain "*Energy*" in a relationship. During my travels to the East, I found that they call this energy the **YIN and the YANG** – and there is always a little bit of each within the other, and you need both of them to make a balanced and potentially powerful connection.

On one side you have the YANG energy. This is the active energy. I think of it representing all things that connect with excitement, spontaneity, adventure, physical chemistry, lust, the naughty but fun side of pleasure, novelty, doing new things, exploring... Keep in mind that some relationships are dominated by this kind of energy but lack the other. These relationships can be like a whirlwind, always changing, always exciting, but they tend to fizzle out fast. This energy BRINGS people together and makes them attracted to each other.

On the other side you have YIN energy. This is the passive energy. I think of this energy representing all things that connect with comfort, connecting emotionally, having things in common, rapport, being slow and sensual, doing things that give you security and trust. Whenever you have a relationship that's dominated by this kind of energy you can have a strong emotional connection, but things can get boring. This energy KEEPS people together.

SO THE PRINCIPLE IS, GO FOR BALANCE.

If you have too much attraction and excitement and not enough emotional connection, you end up with a fling. If you have just emotional connection and not enough attraction and excitement, you end up with just a friend. So you need BOTH.



## **What do Women want? What do Men want?**

So let me get back to answering the question of the ages, “What do women want?”

My answer: Women want a balance of both of the things that I just talked about. Some may want more or less of the other, but in essence they need both. When you ask a woman what she wants in a guy she may say, “I want a guy that’s looks good, that’s fun, that can make me laugh, that’s intelligent...” She’s really saying that she wants YANG energy and all the things that are connected to it. Or she may say, “I want a guy that has a stable job, that’s ambitious, that is honest, that can communicate with me...” She’s really saying that she wants YIN energy and all the things that are connected with it.

And in all likelihood, she’ll tell you in so many words that she wants a balance of BOTH.

Now, we’ve been talking about relationships here – how can we apply this to sex?

Great question and I have the answer for you. In sex, you can let the YANG energy dominate things – where it’s all about being spontaneous, exciting, naughty, fun, and the chemistry is everything. And then you can also have sex where the YIN energy dominates things – where it’s all about feeling the emotional connection, the love making, the closeness, the slow sensuality of it. We need both the unexpected which excites us and the expected which makes us feel comfortable. When a couple falls into one type of sexual mode – whether it be the YANG or the YIN modes, without changing it up, then it gets old and stales out.

## **The biggest erogenous zone...**

There's a difference between sex that is mechanical and sex that sizzles!

Have you ever been with someone who just went through the motions – who just laid there or acted like they weren't into it?

Not much fun...

Now let me ask you this... have you ever been with someone who made you anticipate every touch – where you couldn't wait to be with this person... where your heart raced and breath quickened... where every touch was electric and stimulating? And then this person kissed you and it sent shivers down your back, where you can feel yourself getting aroused and fully into the moment where you can't think of anything else but how much you want to be with this person...

Whew!

So what was the difference? I'll tell you what it was... It is the connection between what's going on in your mind and your body.

**THE BIGGEST EROGENOUS ZONE IS THE MIND**

Now it wouldn't be enough for me to just tell you this without telling you some of the ways to stimulate the mind.

First of all realize that sexual tension is created out of a having a sexual desire and then holding back on it. Barriers are a good thing.

Another way to explain it is that sexual tension is created whenever you are both moving away from something (physically) and moving toward it (mentally) at the same time – or saying this another way, whenever you want something (physically) on one level but don't want it on another level (mentally) – or saying it another way, whenever you hold back on one level (physically) but give in on another (mentally). Wanting something but not being able to have it... There are many different variations, but the underlying theme is the same –

To understand how to build desire let me give you a metaphor. Have you ever blown up a balloon? You start blowing it up and the bigger and bigger that it gets, the higher and higher the pressure inside – As you blow up the balloon you know that it gets to a certain point where it's ready to burst... the anticipation is building – you know that it's going to be anytime now... and you keep blowing air into,

slow and steady... the walls of the balloon pressing inward with ever increasing resistance... until... POP!

## **The way that things go down...**

Everyone has their own notion of the way that things are supposed to go down when it comes to sex. Much of this is based- on past experiences, as it's what we're used to is what we're comfortable with.

Some people need to have the lights off, missionary position, - some need to be turned on mentally and then physically – some get turned on physically and then mentally. Most of have our own sequences in the way that sex happens. Part of being a good lover is knowing yourself and knowing your partner – what is your partner sequence? What is yours?

Sometimes what makes sex stimulating is the idea that we can break out of what we're used to and venture into new territory – offering us a newfound sexual freedom. Letting go of guilt and what holds us back – allowing us to explore the landscape of our own sexualities.

EXPLORE. DREAM. DISCOVER.

Mark Twain said, "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

## **We all see the World differently, we all experience sex differently...**

I'll let you in on a secret.

In general when it comes to sex, there are two types of people – those who are physically sexual and those who are emotionally sexual. Most of the time, we have elements of both – but let me illustrate to make this concept more clear. Imagine an onion. On the outside you have one layer which you must peel away to get to the inner layer.

In this way some of us are primarily outwardly physical in the way that we experience sex and the world in general. We are physical creatures, who experience the world through touch – who connect through touch... who get to the inner layer of our emotions through our physical selves. We have a “do it now” mentality and we would rather take action than just think about it all day long. When we're with someone, we need to be touched – we need affection and physical contact to feel connected emotionally.

Then there are those of us who are primarily outwardly emotional in the way that we experience sex and the world in general. We are emotional creatures, who experience the world through our emotions – we connect to others through deep relationships, where we open up parts of ourselves and share who we are inside. We need to be understood, we need to dream, we need to feel connected emotionally. In this way we can open up physically and share our body with our lover – adding a physical dimension to the very real emotional connection that already exists. We need to feel emotionally connected to get turned on physically.

These two filters are the ways that we can understand ourselves as well as our lovers. Knowing and understanding your partner's primary sexual filter and carrying this understanding over into the way that you relate to and approach your lover's sexuality is enough to put you well on the way to being the best lover they've ever had.

## **Give – Take...**

It's all about give and take. Your focus should always be on giving. Because when both people are giving, then both people are receiving.

If you happen to be lucky enough to be with a lover who is giving – who gets pleasure out of giving to you, then you know exactly what I'm talking about here.

This is the type of person who gets turned on by getting **you** turned on... after all, this is how it's supposed to be. All good lovers are this way.

In fact the whole focus of this book is to make you a better lover so that you can **GIVE** someone the kind of experience sexually that they've never had – that they've always wanted... that they will want over and over again.

THE BEST LOVERS ARE THE BEST GIVERS

They do what it takes to make their lover feel amazing. There is no better feeling than to know that you are the best that your lover has ever had and that you do it like no one else can.

Put your lover's pleasure before your own. That's right. Because when someone is so fulfilled sexually then there's nothing that they won't do for you sexually – doors will open that never have before and they'll keep coming back for more.

## **The difference between Love and Lust...**

I've heard it said that the difference between Love and Lust is that Love is demonstrating what you can GIVE to a person whereas Lust is focused on what you can GET from them.

Now, in the throes of sex you can't deny that Lust takes over sometimes— where you want them to do things that make you feel good sexually... where it becomes about you and your pleasure – but Sex is a team sport. It takes two (or more) to play. Balance the giving and receiving of pleasure – balance love and lust. And to play well, you've got to enjoy giving them pleasure. And taking turns allowing them to give you pleasure – switching back and forth.

### **GOOD SEX IS LIKE A DANCE**

And in this dance, both partners take turns taking the lead. Some women may not like the idea of taking the lead – but all this really means is taking the initiative to control how you give pleasure to your partner.

Feedback is very important as well. A good lover not only reads their partner's sexual feedback as to what is working for them, but also gives feedback. It's a huge turn on for a lot of men and women to feel, hear and see their partner getting fully sexually aroused.

Just think back to when you were with a lover who was so turned on that they couldn't control themselves – where their breathing quickened, their voice became low, skin flushed and they couldn't hold back their body's movements, arching their back – moaning in pleasure, grabbing you hard... pulling you in... fully immersed in the moment.

Give feedback – and know how to read feedback to know what you're doing right.

## **Getting to Exploration and Getting past hang-ups...**

So what is it that gets us to the point where we can open up sexually and begin to explore sexually? Well, being open to exploration is a sign that things are working – the connection is there, the attraction... the comfort is there.

Exploring is about knowing your boundaries and moving past them – it's about letting down the barriers of what you knew before. There has to be a certain level of comfort for exploration to occur – for example someone isn't going to be open to doing something they've never done before if they don't feel comfortable.

There is however an interesting situation in which sexual exploration can occur out of the bounds of a comfortable relationship – The extreme being Anonymity... the situation where two people meet, have chemistry, yet have the comfort of knowing that no one will ever know what happens or that they'll ever see the other person again. The one night stand. And so there are no perceived consequences to their living out their fantasies. Physical connection alone.

Yes, this happens. This works for some people, and it's because they live in a world that represses their sexuality so that they have to experience the thrill of it in secret and without true emotional connection. Some people opt for this because they may have emotional connection elsewhere – or may just be closed off emotionally.

Whether you feel that this is good or bad, the reality is that it's one way that people explore the bounds of their sexuality - And it's based in Anonymity.

The traditional way to exploration is where you are with someone who you can connect with both emotionally and physically – where you can build a level of connection and closeness, while exploring your desires and theirs.

### **INCREASE THE COMFORT LEVEL FIRST**

The key here is to know where your partner is at and what they want out of the interaction. Do they just want a sexual relationship – is that all they're ready for? Or do they want more – do they want an emotional relationship – with the sex being secondary? Never pressure – just meet them where they're at.

The next step to getting past hang-ups is to talk about them – if you're with someone that you have a healthy emotional relationship with, you can test the



waters by bringing certain sexual topics up... like positions, ways of having sex, experimentation... Again talking is just another vital way to increase the comfort level.

The next way to increase comfort is for you to go first – Now I don't mean for you to break out the whips and chains the first time you're together sexually... You have to meet the person where they're at sexually and make them aware that you're open to exploration first.

Ease into it – don't overwhelm someone with anything that's too far out there.

Test the waters and open up slowly as you get them to open up as well.

In general, if you give them pleasure like they've never had before, they'll do everything that they can to give you pleasure as well to match.

### NEXT INCREASE THE SEXUAL DESIRE

Stimulate them mentally, then physically – tantalize their senses... sight, sound, smell, touch, taste. You can make sex a 5 course dinner or even have a theme for each time that you have sex.

This is where one day the theme is visual sexual stimulation – where it's all about what they can see, about showing them your body and theirs together – moving together, in and out, up and down - where you can see every detail of how sex is happening... watching you orgasm, you watching them... watching their facial expressions, them watching yours...

And then there can be another day where the theme is about sexual touch – where it's all about the tactile stimulation... where you might rub them from head to toes and give them an erotic massage... where you touch them slowly and lightly and build up the anticipation. Where you move your body over theirs – and focus on the way that it feels as your bodies move together...

Then there's taste, smell, and sound. You can use your imagination to create scenarios for each one of these. With taste, you may experiment with foods like chocolate syrup, whipped cream, strawberries – or just the way that your lover tastes as you put your tongue on them. With smell you may let your lover smell how turned on you are - smelling your musky scent, your skin, use incense, perfume, cologne... With sounds you may focus on the way that your bodies

moving in and out of each other – the wetness, the noises your lover makes, music, talking dirty or sensually to each other... Here's another secret:

EVERYONE HAS A PREFERRED SENSORY MODE

So tantalize the senses – and know that your lover may prefer one sense over another... and be stimulated by one sense over another. Be aware of this when you're having sex and use this knowledge to give your lover exactly what turns them on the most.

## **Sexual Balance – The 60/40 Rule...**

Good relationships aren't based on sex alone. Here's a secret to keeping things fresh and alive. I imagine it like this –

### **THE RED ROSE**

Let's say you have a beautiful long stemmed red rose. As you look at this rose, your eyes are drawn to the deep red petals that glisten with dew... the fragrance of the rose fills the air. Sex is like the rose flower – and the connection is like the stem that feeds the flower.

For a relationship to thrive and grow there has to be 60 percent connection – where you focus on doing things together outside of the bedroom and focus on building a sense of closeness and comfort, as well as doing things together that you both enjoy... exploring new things, having fun together. This connection is the stem that feeds the flower of sexuality.

Remember the Yin energy and the Yang energy? Stimulate each other outside of the bedroom by doing things that are new, fun, exciting, adventurous, - and build closeness outside of the bedroom by doing things that bring you closer together, like sharing meaningful experiences, exploring each other's hopes and dreams, and building trust.

The other 40 percent of sexuality takes care of itself – as it grows out of this close connection in the same way that a red rose grows out of a healthy stem.

PART II  
SKILLSET:  
FOREPLAY  
AND  
SEXUAL TECHNIQUES

## Windows to the Soul...

We've all heard it said that the eyes are the windows to the soul – We connect through the eyes, we can stir desire, arouse passion, and bring about a deep sense of closeness through eye contact. In fact, the first stage of connection is most often through our eyes. You can penetrate a lover's body just as much with your eyes as you can with your body.

Here is my secret for arousing a lover with my eyes. Again this may be seen as magical thinking, but so much of being a sensual lover is what happens in the mind. I first connect with my eyes, usually my left eye with their left eye as we talk. Then I take on the most sensual thoughts of the two of us making the most passionate erotic connection – physically and mentally. Now verbally, we may just be talking about the weather, but my eyes and my voice are colored by a different intent. Remember this...

YOUR INTENT CREATES THE UNDERLYING MEANING OF  
THE INTERACTION

Next, I focus in on taking in their very essence through my eyes – like a wisp of smoky energy that connects with me as I take a deep breath in as they're looking at me. Now can they pick up on this? Definitely – and not always on a conscious level. They may notice that you are especially seductive and attractive – that they find themselves wanting more of you – that they feel a deep connection with you as they look into your eyes.

THE FEELING AND INTENT THAT YOU PUT BEHIND YOUR EYES AS  
YOU LOOK DEEP INTO THEIRS IS WHAT WILL DRAW THEM TO YOU  
— EVEN BEFORE YOU EVER TOUCH THEM

## **Touch is everything...**

There is nothing like being touched the right way by a lover... touch has the power to entice, to build desire, to soothe, to calm, to tease... Touch has been shown to release chemicals in our brain that give us pleasure, make us feel good, make us want more.

But I've come across a secret that makes a definite difference in the way that touch is both given and received. There's a difference between ordinary touch and "Sensual" touch.

THE FEELING THAT YOU PUT BEHIND YOUR TOUCH IS  
WHAT MAKES IT SENSUAL

What I'm talking about here is the energy or put another way the "intent" behind your touch. You see, there is energy and intent behind every action that we take and everything we do in life – and touch is no different.

Just try an experiment here. You need to have a partner or friend who can give you some objective feedback. There are two parts to this experiment. First just touch their arm just like you would in any everyday situation – no particular emotion behind it.

Then, wait a little while – fill your mind with sensual thoughts of the two of you in bed (or wherever you want to be getting it on) – and imagine the two of you making the most passionate, sensual, erotic connection... now touch them.

Ask them if there was a difference in the way that you touched them or in the way that they experienced your touch. Now if they're in tune with their own body and their own perceptions – you'll find that there is indeed a definite difference. Even if it's just perception alone – the perception of what's behind the touch on an unconscious level, sets up the context for the touch. It's almost as if the sensual intent behind the touch changes everything – as the touch is just a physical manifestation of a connection on a much deeper level. In fact, one secret of great lovers is to:

CREATE CONNECTION ON THE DEEPER MENTAL LEVELS  
AND THE PHYSICAL LEVEL WILL FOLLOW

And what's interesting is that you can touch people like this who you really don't know that well, or who you may have an interest in – and you'll find that the fires of desire are much more easily stirred within them. Yes, it may be magical thinking, but so much of being a sensual lover is – there is so much that is in the mind, which carries over into the way that you walk, talk, breathe and act. Now in general there are two types of touch – light and heavy. But there's more to it than just that.

Here's another secret about touch.

TOUCH - LIKE EVERYTHING, TELLS A STORY.

And a good story has an introduction, middle, a building of tension, and a release and climax.

Let your touch be the same way.

I will start with light touching in places that are non-obtrusive. In places like the arms, hands... And that sets the premise.

As the premise is set, you move to the middle of the story where comfort builds and sexual tension starts. This sexual tension gradually builds and builds until it overwhelms the both of you and the climax of it brings you to the next level.

But this next level isn't the same for everyone. Everyone has their own model for the way that they used to things happening sexually. For many, touch progresses to kissing, and kissing to sex. For others touch may lead directly to sex.

Developing sexual tension and progression of physical intimacy can be non-linear. Take what they give you and amplify it – whether it be touch, kissing, foreplay... The secret here is:

AMPLIFY WHAT YOUR PARTNER GIVES YOU — BECAUSE  
THE CLIMAX OF THAT WILL TAKE YOU TO THE NEXT LEVEL

And here's another secret:

YOU CAN TOUCH YOUR LOVER USING OTHER PARTS OF  
YOUR BODY OTHER THAN YOUR HANDS IN THEIR MORE

INTIMATE PLACES AND IT BE NOT ONLY PERMISSIBLE, BUT  
IT CAN BUILD THE SEXUAL TENSION.

Yes, you can touch parts of your lover's body with parts of your body that you wouldn't otherwise be able to touch with your hands right away. Because you aren't touching them with your hands, some part of them may think that you aren't touching in those places purposefully – and so it becomes permissible. An example of this is when you meet someone out at a lounge or bar. If you're a man, she may be sitting at the bar and turn to face you as you begin to talk. Light touching ensues. Touching places that are non-obtrusive like her arms, shoulders, outer thigh.

Then let's say that you two really begin to hit it off and you want to escalate the physical tension – you may be sitting facing her with your legs entangled with hers... in other words, your leg in between hers. As you lean in and talk in her ear, your knee presses up against her in between her legs – and she presses herself into you.

If you're a woman, you may unconsciously brush your breast up against a man who you feel attracted to.

What I'm saying here is that touch doesn't just happen with the hands. You can escalate touch in ways that can go much further and create more tension by using other parts of your body to touch more intimate parts of your partner's body. Now that your touch has set a premise, let it become comfortable. Let your lover become comfortable with your touch and touching you.

Touching in places like the thighs, the shoulders – giving a shoulder massage are all ways that you can build comfort with touch.

Now that touch has become comfortable I begin moving the comfortable touch into places that are more sensitive. These places are places like the back of the neck, behind the ears, running fingers through the hair, lightly stroking the insides of the thighs, the insides of the arms, running fingers along the curve of the stomach...



These are places that are more sensitive because they have more nerve receptors. And a light sensual touch in these areas can really build up the desire and the sexual tension fast.

There comes a point where the sexual tension is so intense, that the transition to heavy touch in these same places becomes natural. Imagine with me now as you touch your lovers body with a heavy, passionate touch in these sensitive places – along the insides of their thighs, running your fingers along their stomach – and on down.

The transition to kissing or the next level is completely natural at this point.

## **Kiss Kiss Kiss Me...**

What's in a Kiss? Some would say that within the first 10 seconds of a kiss, they know if they are going to be with the other person for the long term or if it's not going to work out.

Your kiss, like your touch – should tell a story as well. There is an introduction, a middle, a building of tension, and a climax.

LET YOUR KISS TELL A STORY

Now since everyone kisses differently, and likes different things in a kiss, how do you kiss in a way that will turn on your partner?

Here's a secret.

THEY WILL KISS YOU IN THE SAME WAY THAT THEY WANT  
TO BE KISSED.

Match them – that's right... Match them.

If they kiss in a way that is light, just using their lips, sucking on your lips from time to time – while focusing mostly on the way that your bodies touch each other – then mirror exactly what they do to you. Kiss them in the way that they kiss you. Touch them the way that they touch you. That puts you in a place where kissing becomes not only comfortable, but where you can begin to build the passion and lead to a climax – the climax of kissing being taking it to the next level.

If they kiss you in a way that's outright passionate, using wet kisses, sucking on your tongue and open mouthed – kissing down your neck and behind your ears, then do the same with them.

I will often use kissing in the same way that I use touching – moving from areas like the lips and neck, to places that are more intimate like the chest, the stomach, the inner thighs, and back up the stomach to the chest and lips again. Remember, what makes a story amazing, and a lover amazing as well, is how the tension builds. Resist the desire to touch them or kiss them between their legs at this point. You are building the tension, because when you build tension

in this way – the last thing you want to do is to release it. The climax of this stage will carry you to the next phase.

In fact another secret is:

THE CLOSER THAT YOU COME TO RELEASING THE  
TENSION — WHILE NOT ACTUALLY DOING IT — THE MORE  
YOU'LL BUILD IT

In fact, one of my favorite things to do is to use my mouth much like I would my touch – starting with light kisses in sensitive areas... and progressing to open mouthed, sucking kisses – moving along sensitive areas, like the neck, the back of the neck, the chest, stomach, and down to the insides of the thighs – moving up and down and up along the other side – skipping over the middle between the legs and moving up to the stomach, chest, neck and then lips again.

## Nipple play...

Nipples are fascinating to watch and interact with. They are a temperature gauge, they contract and pull up erect when cold – and do the same when sexually excited.

They are tied in to our neurochemistry and cause the release of oxytocin in our brain when stimulated – this is the chemical that increases a sense of bonding which makes sense because a nursing mother can have amazing bonding with her infant during breastfeeding.

Oxytocin causes uterine contractions as well – which is why infants are put to the breast as soon as they are born so that the suckling on the mother's nipples can cause the uterus to contract and thus help to stop any bleeding from childbirth. And it's these uterine contractions that can in fact make orgasms more intense. Some women can have orgasms from nipple play alone!

And the bonding effect of the oxytocin explains why women whose partners give them orgasms feel so much more connected to them. This is one of the secrets of amazing lovers.

GIVE YOUR PARTNER AMAZING ORGASMS AND THE  
CONNECTION WILL DEEPEN BETWEEN YOU AND THEY'LL  
BEGIN TO LOVE YOU EVEN MORE

It's biology after all. It's how we're hardwired and how nature intended things to be. In fact if they didn't feel connected and attached to you before, amazing orgasms will cause them to start feeling this way. I would venture to say that the path to developing true attachment and connection between lovers is through touch and orgasm.

Again, nipple play is like telling a story. I'll start off lightly teasing – touching with light fingers, running my four fingers over her nipples, letting it glide in and out of the spaces in between my fingers – then heavier touching as I cup her whole breast – in a full breast massage... and then kissing, at first light and then I move to open mouthed sucking, grasping the breast in my hand, moving up to kissing her mouth while holding her breast.

Then you can tease the nipple itself with your tongue. As you take it into your mouth and move your tongue around it – not only sucking it but teasing it with your tongue much like you would take a grape into your mouth and twirl your tongue around it without breaking it. That's about the same amount of sucking pressure that you want to start off with and then go with the flow of what your partner gives you.

You may find that the intensity of your stimulation and the pace of your touching builds and increases as the desire and sexual tension builds.

One secret that good lover's share is to:

IMMERSE YOURSELF FULLY IN THE MOMENT... BE A PART  
OF THE SEXUAL VIBE, LET IT COME TO LIFE... FEEL IT,  
MOVE WITH, LET IT MOVE YOU

## **I come from a land down under...**

Ah... the thrill of moving down below the waist. When the tension is at its peak and you and your lover are in the throes of passion. Kisses are hot and heavy – hands are moving fast and hard over each others bodies... you are pulling each other in... and this desire to be so close is overwhelming.

I've found that the transition to stimulating your lover below the waist is natural when you've done exactly as I've outlined before this.

You can begin by using your mouth, your fingers, or even other parts of your body as you grind into each other.

I'll start with the grinding first. If you're kissing on a couch, it's only natural that as the passion builds, you lay your lover down as you move on top of them. They can then wrap their legs around you as you grind your hips together. If you're a man and your lover has a skirt on, you can unbutton your pants and grind your erect penis into her through her underwear as you kiss her. If you're a woman, you can move your body over a man's... pulling him into you, opening your legs and wrapping them around him. Grinding is the culmination of a good make out. If you use your fingers, you can run your fingers up and down her legs, increasing the pressure as the passion builds, and touch her through her underwear at first – beginning by rubbing her clitoris in a circular fashion and then as you slip your hand underneath her panties, slipping a finger deep inside – as you take her wetness in your fingers and spread it all around her labia.

I'll get into the manual stimulation techniques a little later, but in general I like to use three fingers to massage a woman's labia. I'll put the pad of my middle finger on her clitoris and the other two fingers along the sides of her clitoris as a massage in a circular fashion.

The reason for this is because of anatomy. One secret that many people don't know, including many Doctors, is that the clitoris is shaped like a three pronged fork. That's right...

The tip of the middle prong sticks out when it is excited, and just like a man – it gets an erection. It becomes stiff and harder and the foreskin of the clitoris covers most of it, allowing only the tip to be exposed when you pull the foreskin

back. From the tip, the clitoris extends upward anywhere from two to three centimeters and it meets at the base of the pubic mound. At this spot, it branches out on both sides like a three pronged fork, and follows down on both sides of a woman's labia.

In fact you can give a woman a clitoral orgasm without even touching her "button" – essentially just by massaging the sides of her labia – and if you use your fingers to feel along the sides of her vagina along the top on either side of her clitoris, you'll feel the firmness of her other clitoral prongs. The secret here is:

THE CLITORIS IS SHAPED LIKE A THREE PRONGED FORK

Use three fingers to stimulate the entire clitoris – and use a woman's natural wetness to make your touch more stimulating... If she isn't wet, you've either gone too fast, or there is something wrong. Back up and get her stimulated mentally. In women who are post-menopausal, vaginal dryness may be common, so in these women be sure to use either your saliva or some other lubricant to massage them. One of the secrets to good clitoral massage is to:

KEEP IT WET

Now transitioning to oral stimulation. I'll go into specific techniques later on, but for now, I'll just talk about transitioning to oral play. I'll kiss a woman over her body – over her neck, breasts, and then down to her stomach... kissing with deep, open mouthed kisses, holding her hips in my hands as she opens her legs to let my body slip down in between them.

As I kiss her stomach, I'll move down to the middle and pull her pants down slightly – exposing her pubic mound, and I'll kiss that spot with deep, open mouthed kisses – taking her flesh into my mouth and sucking on it slightly. By this time a woman is usually grinding her hips and arching her hips upward to meet my mouth. I'll pull off her pants completely at this point and then spread her legs exposing her vagina fully to me. I'll then move my mouth to the insides of her thighs, and suck on her flesh – taking it into my mouth and moving my tongue

around it while inside my mouth. My hands are usually reaching upwards, moving along the sides of her hips – up her stomach and then grasping her breasts.

Remember, it's all about building the tension and anticipation so after she can't take any more, I'll move my mouth up to the middle over her vagina and just blow on it.

Then I'll take my tongue – and make it hard and pointy, pull her legs way back over her head and slip it deep inside of her... burying it deep inside her as I move it around. Then I'll take my tongue and make it wide and soft – and slip it all the way up from her hole to the top where her clitoris is. And start to work on her clitoris.

Whew! More on that later.



## **Finger Lickin' good**

I've already told you about the three pronged fork of a woman's clitoris so keep that in mind.

Remember that women vary on how they enjoy clitoral stimulation. Some want a harder pressure, some want a lighter pressure, some like to be stimulated on the sides of the clitoris, some directly on it. Some prefer deep vaginal stimulation.

The secret here is this:

PAY ATTENTION TO WHAT YOUR LOVER RESPONDS TO —  
AND THEN DO MORE OF IT

One secret of how to gauge what works is to put a finger inside of her and leave it there while you stimulate her clitoris and labia. When she is enjoying something, her vagina will reflexively tighten up as the muscles involuntarily contract.

USE A WOMAN'S INVOLUNTARY VAGINAL CONTRACTIONS  
AS A GAUGE TO HER PLEASURE

When her vagina contracts, you know you're doing something right – so keep doing it. Also remember that doing it harder and faster doesn't necessarily make it more pleasurable. Most of the time doing it slow and steady, at just the right spot, in just the right way – is enough to build to the climax steadily and surely. For the women reading this, a man's body reacts much the same way to pleasure. There are muscles at the base of the penis called the pubococcygeal muscles, that contract involuntarily with both pleasure and during orgasm. You can put your fingers on this spot while you pleasure your lover and feel the muscles tighten involuntarily while you stimulate him. In fact, orgasm can be likened to an involuntary localized seizure of sorts, sending waves of pleasure chemicals into the brain and through the body. It is the pubococcygeal muscles that contracts over and over again involuntarily during orgasm. This is why one of the ways of making orgasm more intense is to press on this muscle just before orgasm, holding it back – while you let the pleasure build and build to even more

intense levels until it finally breaks through because of its extreme intensity. This works in both men and women.

## **Just for your tasting pleasure...**

Oral play is probably one of the most pleasurable parts of foreplay. Most women will tell you that a tongue feels a whole lot better than a finger. And as a man, I can tell you that a tongue feels better as well.

Let your oral play tell a story. As you've read before, in any story there is an introduction, middle, a building of tension and a climax.

Start with learning how to use your tongue. Think of your tongue and lips now as a tool for giving pleasure. Become aware of how your tongue feels in your mouth – how it can become pointy and hard, and how it can become wide and soft.

The tongue is like no other muscle in the body. Where in skeletal muscles there are striations – or cross-linked fibers that follow a certain pattern, in the tongue there are no organized patterns. The patterns are completely random – which is why the tongue can twist around and move in all different directions. Some people can make U's and even W's with their tongues. Some can make loops.

You can also use your tongue in ways that can entice - sending waves of pleasure through your lover's body. One of my favorite things to do is to put one hand on a woman's mound pulling back her flesh while tonguing her exposed clitoris – and I'll alternate between placing my entire mouth over her clitoris while swirling my tongue around it on the inside of my mouth... and then pulling the foreskin back and flicking it very quickly back and forth with just the tip of my tongue. I love it when I've given a woman so many orgasms that the slightest flick of the tip of my tongue on her clitoris makes her leg muscles twitch involuntarily and I do this over and over again.

You can also tilt your head sideways and take a woman's labia in between your lips and go up and down them.

Another favorite: When you put a woman's legs far back over her head as you thrust your pointed hard tongue deep inside her hole – swirling it around the inside of her vagina. And then move your head so that your tongue moves in and out of her hole. It drives them crazy.

And another thing that drives a woman crazy is having her go on all fours like the doggy position – as you taste her vagina from behind. It's just an erotic position that's almost always a turn on.

Another erotic position for oral play is having her stand up as you sit on the couch or bed, and she puts her hands against the wall as she grinds her vagina into your mouth.

For women reading this, you can give your man more pleasure by putting your fingers around the base of his penis, and pushing down so that his penis stands more erect – and take the head of his penis into your mouth and you swirl your tongue around it on the inside of your mouth. Use your tongue to go up and down the sides of his shaft, and then take his entire penis into your mouth as you inch it down further and further into your mouth – until you swallow it. If you don't know how to do this, just practice and learn how – I can tell you as a man that it feels amazing.

## Secret Technique: The Uterus Orgasm

Here is a secret technique for driving a woman crazy with pleasure. Step by step here's how it goes:

- 1) In this technique, you put your 3<sup>rd</sup> and 4<sup>th</sup> fingers of your right hand inside her vagina, palm facing up.
- 2) You reach back as far as you can and put your finger tips into a spot known as the anterior fornix.
- 3) You use the palm of your other hand to press in on the mound of flesh thus creating even more pleasure.
- 4) You begin to move your finger in a "Come here" motion – slowly curling them back and forth.
- 5) As you do this, you put your tongue on her clitoris and alternate between flicking it with the tip of your tongue and sucking on her clitoris, while taking the whole clitoris in your mouth and swirling your tongue around it.
- 6) Keep this motion up with your fingers and let her pleasure build. The slower that her pleasure builds, the more intense her orgasm will be – until you can feel her vaginal muscles squeezing your fingers tightly and you can feel her vaginal secretions flowing into your palm
- 7) Once you get to the phase where she's moaning with pleasure but hasn't had an orgasm yet, you can just put your fingers into a "hook" with 3<sup>rd</sup> and 4<sup>th</sup> fingers curled upward as you move your hand in and out of her vagina, stroking the inside of the top of her vaginal canal with pads of your curved finger tips.
- 8) You'll probably be able to feel the muscles of her vagina squeezing down and you move your fingers in and out of her.
- 9) Continue until orgasm

## Secret Technique: Bottoms up Orgasm

Here's a variation of the Uterus orgasm technique.

- 1) You have a woman lie on her stomach and put the 3<sup>rd</sup> and 4<sup>th</sup> fingers of your right hand inside her palm down.
- 2) Then you put your left hand on her mound underneath – thus bringing your hands together palm to palm.
- 3) If you've done this while a woman is in the plateau stage of the sexual cycle, while her vagina is dilated out and ballooned inward, then you can pretty much bring her to a continuous orgasm for as long as she can take it. – Maybe even as long as an hour.

## Secret Technique: Inside - out massage

Another thing that you can do while you have your fingers inside a woman is to notice how you can feel the ribs of her vaginal muscles inside.

- 1) Now say you have your 3<sup>rd</sup> and 4<sup>th</sup> fingers inside her. Try actually spreading your fingers apart and then rubbing these muscles from the inside.
- 2) This would be in the 3 and 9 o'clock positions. Rubbing back and forth on these inside muscles can be very pleasurable.
- 3) Continue until orgasm

## Secret Technique: The Triangle

A technique that I have to give my friend Alex credit for is a three finger based method. The so called "Triangle Method"

- 1) You insert your middle finger into a woman's Vagina, palm facing upward.
- 2) Your index and ring fingers move close to each other along the sides of her clitoris.
- 3) As you move your middle finger in and out along the spongy tissue at the top of her vaginal canal (also known as the g-spot) your index and ring fingers rubs along the sides of her clitoris.
- 4) Continue until orgasm



## Secret Technique: The Real Butterfly

In this technique you have a woman's pelvis positioned on top of a pillow – elevating her hips. This one is pretty advanced and takes some practice.

- 1) Put your hands together – palms facing inward with your fourth fingers curled back.
- 2) Insert your index and middle fingers of each hand into the woman's vagina. You may have to start out with just the index fingers of both hands if she is especially tight or has a small hole.
- 3) Your thumbs move along the sides of her clitoris and as you move your index fingers in and out, your thumb moves along the sides of her clitoris – massaging it up and down.
- 4) When she is beginning to moan with pleasure from this, you slip both your pinky fingers into her ass – moving them in and out along with your other fingers. Again, you may need to start with only one pinky finger if she's not used to it.
- 5) At the plateau phase of a woman's enjoyment, you'll have your thumbs on her either side of her clitoris, the four fingers of both your index and middle fingers inside her vagina, and both your pinky fingers in her anus – moving it all in and out in a steady rhythmic motion.
- 6) If you want to take it even further, you can put your tongue on her clitoris
- 7) Continue until orgasm
- 8) Now that one takes coordination and skill!

### Secret Technique: Front door rear stimulation

This method is similar to the Uterus orgasm method previously mentioned, except it is the posterior fornix that is stimulated.

- 1) To do this, you face your palm downward as the woman lays down on her back
- 2) You reach back far into her vagina and find the posterior fornix which is at the lip of her cervix on the bottom side of her vaginal canal
- 3) You curve your fingers back and forth, massaging this point with your finger tips, using a “come here” motion
- 4) When she gets closer to orgasm, you curve your fingers into a “hook” and move your fingers in and out of her applying gentle pressure with your fingertips in this spot.
- 5) You can vary the speed and pressure by speeding up and slowing down, and by applying more or less pressure
- 6) You can add your tongue on her clitoris for added intensity
- 7) Continue until orgasm
- 8) As an aside, if she really enjoys this type of stimulation, it’s a clue that she’ll probably really enjoy anal as well

## Secret Technique: Rear end Stimulation

Well there's a lot that can be said about how to perform anal stimulation. If your partner is open to it, it can be very pleasurable. Some women (about 30%) have a uterus that is flexed back – known as a retroflexed uterus. In women with an anteroflexed uterus, uterine orgasm occurs through traditional vaginal penetration.

However women with a retroflexed uterus don't get the uterine stimulation doing regular intercourse – and many don't even know what they are missing. A uterine orgasm is an orgasm where not only the muscles of the vagina contract, but the uterus itself contracts, along with the legs and all the muscles of the pelvis – making for one intense orgasm.

Women with a retroflexed uterus are more likely to get uterine stimulation through anal sex – it's why some women have the most profound orgasms this way.

So how do you tell if a woman has a retroflexed uterus? Well, in women who have an anteroflexed uterus, the cervix is located at the top edge along the back of the vaginal canal. In women with a retroflexed uterus, the cervix is straight back to along the bottom edge in the back of the vaginal canal.

Now, there is a right way to provide anal stimulation. The anal sphincter is a set of circular muscles that are under voluntary control. There are also many nerve fibers in this area making for a painful experience if not done right.

So, step by step:

- 1) First of all, make sure your partner is comfortable. The fear of having fecal material or having a bowel movement during stimulation is very real. An enema may help to alleviate this anxiety.
- 2) Next, make sure that you use plenty of lubrication. Dryness and anal stimulation equals extreme pain.
- 3) Use a lubricated finger first. The sphincter muscles are tight and need to be relaxed gradually.
- 4) As you insert the pad of your lubricated finger, circle her sphincter and feel her muscles. There is a tight muscular section near the entrance to her anus – but beyond that there is soft tissue.
- 5) It is this tight muscular area near the entrance which must be gradually relaxed. Use one finger and then two. If you have a plug, then insert it slowly after lubricating it. These are nice for relaxing these muscles because you can just leave it in while you stimulate her vagina and clitoris
- 6) Over time these muscles become used to the dilation and relax in a dilated state
- 7) Once the sphincter is relaxed, you can proceed with anal stimulation and penetration

## Intercourse Secrets

So now we've gotten to the climax of foreplay – and by this time, your partner has had several orgasms. They can't take it anymore – they want to be inside or want you to be inside them

Now there are several ways to categorize intercourse techniques. There are positions, and there are techniques. What I want you to focus on as an amazing lover is not only the positions – but what you **do** in these positions.

What makes techniques different from strictly positions, is the **way** that you do what you do. I'm talking about moving hard and fast, and then soft and slow, and going deep versus shallow.

Remember how in the beginning of this book, I talked about the Yin and the Yang energy. We'll the same energy principle applies here. Sex can be fast, stimulating, exciting, adventurous, and erotic – and it can also be slow, sensual, close, and passionate.

The most basic position is the missionary position. But don't discount it because of how basic it is. You can get a lot of mileage from this basic position.

Keep in mind that you should focus not just on the position, but on what you **do** in that position – how your body moves, whether you're moving shallow and fast or hard and slow.

I personally like to alternate between shallow and fast movements, where only the head of my penis goes in and out of a woman's vagina – and then go hard and deep... where she can feel the full length of my shaft entering her deep inside.

## Sexual Technique: Heels over head

In this technique, the man is on top and has ultimate control over the speed and depth of the penetration. It is also visually stimulating to both as both the man and the woman can see the penetration.

- 1) The woman lays down on her back, legs up over the mans shoulders
- 2) The man sits upright and places his hands on the back of her exposed thighs pushing them down further back over her head with a gentle pressure
- 3) The man can then enter the woman's vagina with his penis and use his hands to move her body – It helps to have a spring bed where you can bounce your partner up and down.
- 4) The man can then vary the depth of penetration moving from shallow and fast to deep and fast and alternating back and forth
- 5) Deep penetration is also easier because the woman's legs are far back allowing the man's full length to move inside her.
- 6) Once inside deep, it always adds pleasure to "grind" and move the hips together so that different angles can be explored
- 7) This brings me to the next technique – the Taoist Thrust

## Secret Technique: The Taoist Thrust

This method is all about the thrusting. It can be done in any angle and in any position. The key to it is the thrust. I've personally found that women can have extreme orgasms when I use this method combined with the heels over head position. Here's how to do the Taoist Thrust. It is guaranteed to have a woman moaning with pleasure.

- 1) Start with the position of your choice. For illustration I'll use the heels over head position.
- 2) The man moves shallow and fast for a total of 9 times
- 3) The man moves shallow and fast 8 times followed by 1 deep thrust
- 4) The man moves shallow and fast 7 times followed by 2 deep thrusts
- 5) The man moves shallow and fast 6 times followed by 3 deep thrusts
- 6) The man moves shallow and fast 5 times followed by 4 deep thrusts
- 7) The man moves shallow and fast 4 times followed by 5 deep thrusts
- 8) The man moves shallow and fast 3 times followed by 6 deep thrusts
- 9) The man moves shallow and fast 2 times followed by 7 deep thrusts
- 10) The man moves shallow and fast 1 time followed by 8 deep thrusts
- 11) The man thrusts 9 times deep
- 12) Repeat the cycle over and over again

## Secret Technique: Stand up sex

I love to use this technique when I greet a woman at the door – it always starts out with a passionate kiss and as the desire builds, the sex can be both sudden and overwhelming. Maybe that's what makes it so much fun.

- 1) You greet your lover at the door, or it could be any time you're both standing up kissing each other
- 2) As the desire builds you move your hands down to explore your lover's body
- 3) The pants come down and the dress goes up and the man's erect penis rubs on the woman's wet labia between her legs
- 4) The man eases his penis inside and once inside the woman's - you both can continue to kiss, and move hips together, moving in and out, fast and slow, shallow and deep.
- 5) If the woman is up against the wall, she can wrap both her legs around the man while he holds her hips up in the air and bounces her on his penis, her back against the wall. This also allows for very deep penetration.
- 6) When both are standing together, as hips move together back and forth, the angle of the man's penis allows for both clitoral and rear stimulation from the vagina.
- 7) Moving fast and deep is very easy, doesn't require much physical exertion, and is very enjoyable for both lovers. The visual stimulation as both can look down and see the penetration, is also very enticing.



## Secret Technique: Shallow angle sex

This is one technique that gives both the man and the woman intense stimulation, by maximizing the surface area during intercourse. To illustrate this concept. I'll describe it with the woman on top facing forward, the man lying down on his back. It can also be done with the man on top, adjusting his angle for shallow penetration.

- 1) The woman moves her hips backwards and forwards so that the mans erect penis penetrates her.
- 2) She can control the depth of penetration this way
- 3) She then tilts her hips forward so that only the head of the man's penis is entering her vagina and the shaft of his penis moves along her perineum and anus. The perineum is the space between the vagina and the anus and the muscles there (called the pubococcygeal muscles) are the ones that contract rhythmically during orgasm.
- 4) In this way, the woman gets perineal and external anal stimulation from the shaft of the man's penis.
- 5) This method also helps to loosen up the anal sphincter and can be a good transition to anal sex

### Secret Technique: Holding back orgasm to intensify it

Orgasm can be intensified simply by holding it back for as long as one can. One way to do this is by massaging the perineum during sex. This is the place between the vagina and the anus in women and between the scrotum and the anus in men.

- 1) As this area is massaged, when your lover feels an orgasm coming on, press on this spot to hold those pubococcygeal muscles in place as your lover tries to hold back the orgasm
- 2) As the orgasm builds, it will reach a certain point where the strength of it breaks through and the pubococcygeal muscles begin to contract.
- 3) As these muscles contract, massage the perineum in time with the contractions to add to the strength and pleasure of the orgasm

## Secret Technique: Maximizing the pleasure of doggy style

Doggy style can be erotic and sensual. The angle provides stimulation along the top front and the rear bottom edge of a woman's canal. This gives a man the feeling of having pressure on the bottom of his penis at the base of his shaft as well as allowing him to thrust deep inside a woman. Taoist thrusting can apply here as well. The key is to experiment with different angles.

Oftentimes, the angle that is most stimulating is where the woman has her ass all the way up in the air, knees apart, with her shoulders down on the bed.

This allows for maximal stimulation from the angle, as well as visual stimulation for the man as he watches himself move in and out of the woman's vagina. He can also grasp her hips to control the speed and depth of penetration.

Alternate this position with both people laying flat on top of each other. The woman's legs can be held together as the man's penis moves in and out of her.

This position can transition into anal sex as well, as the man pulls his penis in and out of her and presses it, sliding in her between her ass cheeks as she arches her ass up in the air.

## Getting Kinky and Creative

Everyone has fantasies and desires. Giving your lover a safe and accepting space to live out these fantasies can be exciting for both of you. You may be surprised to find that your conservative librarian girlfriend is a closet nymphomaniac with the most perverted thoughts!

The first step in opening the door to fantasy has to be building comfort. It has to be ok and both people have to be accepting and non-judgmental. Oftentimes, one may have fantasies that are never revealed simply because they fear that their lover wouldn't be accepting.

But the door to fantasy often times will swing wide open once both partners feel comfortable and secure, and are curious enough to take a peek.

Exploration is a level of connection that not many couples get to, and exploring with an open-minded lover can be very fulfilling. Exploration stimulates the YANG energy in a relationship. It makes things exciting, new and stimulating. It can make hearts race, can re-ignite passion, and can even save relationships that have been too comfortable and predictable – those that have swung too far over to the YIN side of energy.

Remember that the key to healthy sexual relationships is to have a balance of both the YIN and the YANG energies – balancing closeness and comfort, with excitement and fun. Exploration is just one way to spice things up.

## Aftercourse

You and your lover are breathless, you've both had IN10SE pleasure and orgasms, and you collapse into each other's arms. The chemicals released in the brain include oxytocin and vasopressin, as well as dopamine and norepinephrine. These are bonding chemicals. They make us feel close to each other. Now is the time to hold each other, caress lightly, to talk softly and to talk about how good it felt.

A woman is especially vulnerable emotionally during this time, so it is important to be caring as a man, and to hold her and make her feel cared for and safe. If you take the time as a man to do this, your woman will grow closer to you emotionally and attachment happens naturally.

I like to use soft caresses over a woman's body – touching her soft vagina from time to time and caressing it gently – caressing her breasts and holding her head to my chest.

Use this time to deepen the connection between you and your lover. It is during this time that we are feeling the after effects of all the chemicals surging through our bodies. Aftercourse is for bonding.

## Coming back for more

Women naturally have a shorter refractory period than men do. The refractory period is the space between orgasms where one can re-enter the excitement phase of the sexual cycle.

This is why women can have multiple orgasms.

Now, lately there have been advances in Medicine that have shortened this refractory period in men. Medications like the big “V” have made multiple orgasms in men possible as well.

So it is possible to be the energizer bunny, yet you don’t have to be to be an amazing lover. Follow the secrets and principles described in this book and you’re guaranteed to have your lovers coming over and over again for more.

## Bonus: Advanced Root Chakra Massage

This is probably one of the most powerful techniques for giving a partner pleasure. You probably won't learn this technique anywhere else because those who do know it have kept it secret for fear of this technology falling into irresponsible hands. It is that powerful.

The context that I'm giving this to you is for giving pleasure. But there is more to it than just that.

This method is based on a melding of the senses. In this method, what is visualized becomes what is felt, what is felt is visualized. Your words, touch, and guided imagery all meld together to give your lover an amazing sensual experience.

There are three components to this technique that make it work. They are sensual touch, guided visualization/imagery between you and your lover, and your voice.

Here it is step by step:

- 1) Have your lover lay down naked on her back – set the atmosphere by lighting candles, burning incense, and playing soft sensual music. Make sure you have massage oil on hand. The only thing that should exist in this time and place is you and your lover. There should be no distractions.
- 2) As you rub the massage oil in between your palms – have your lover close her eyes, and say, ***“Take a deep breath – that’s right... and imagine the most pleasurable feeling that you’ve ever felt... take your time with it... think about what you were doing – what it was like to feel it, where you feel it, how it feels...”***
- 3) ***“If you were to feel it now, where is it that you feel it the most?”***  
Watch where she indicates.
- 4) Put your warmed hands on that spot and say, ***“Now if you were to feel this feeling grow more intense right here in this place, right where I’m touching you – notice what it’s like now as it takes on a color... what color is it?”*** Let her tell you about the color – how it feels, the temperature of it... Have her describe it in detail. Remember that when

you name something you make it real, when you describe it, you bring it to life. Bring this feeling to life.

- 5) Then put your hands on this spot and say, ***“Now I want you to see this colored energy as you feel this amazing feeling right where I’m touching... and as I rub this place with my hands, notice how the more pressure I place, the brighter this color gets... the more intense this energy grows... and how I can make it flow right along with my hands where I rub you... you can feel it moving through your body...”***
- 6) Remember that the magic of this is that it is a shared visualization. You must visualize this ball of energy along with her as you move it through her body – rubbing along the surface of her skin.
- 7) Move your hands along her stomach, up to her chest, her breasts, and her shoulders, back down to her chest, her stomach, and her pubic area.
- 8) As you move your hands over to her pubic area say, ***“Now I want you to see this energy grow and become brighter – becoming more and more intense as it begins to give off sparks of energy... and as I move my hands around and around, you can notice that the energy grows and spreads outward.”***
- 9) Keep moving your hands in a circular motion over her pubic area
- 10) Then say, ***“Now I want you to notice how I can take this energy outside of your body and into my hands – taking away the feeling completely...”*** As you take your hands off of her entirely. This may be jarring for some but for reasons that go beyond explanation here, it is only momentary. She may gasp or sigh at this point.
- 11) Then say, ***“Notice how I can take this energy and put it right back in here (as you touch her pubic area again) and how you feel it even MORE intensely right here in this place... that we share together... this place of pleasure that we’ve created together...”***
- 12) You can repeat this several times, each time guiding her with your words and imagery to see/feel the energy as even more and more intense.



- 13) You can then put this energy right onto your penis so that every time you thrust deep inside her, she feels the energy deep inside – and every time you pull out, she feels it move out of her – as you move in and out, so does the energy. You do this by saying, ***“Now I want you to see how I can take this energy and put it right into me and how I can move inside you now like this... (as you penetrate her) and you can feel this intense energy moving inside you along with me – and how when I pull out, you feel this energy leaving your body... and how with each thrust it grows and grows... feel it come, feel it go, feel it come, feel it go... feel it grow even more and more intense with each thrust...”***
- 14) The climax of this guided imagery is sex and orgasm – as you have guided them to feel with their body what their mind is visualizing. You can believe that the sex will be the ultimate pleasure, beyond anything that they have ever known before.