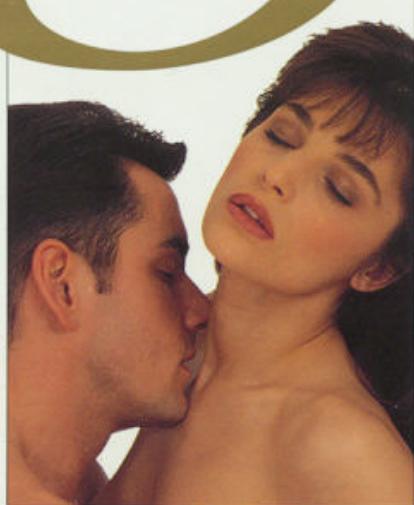




ANNE  
HOOPER'S

# KAMA SUTRA



CLASSIC  
LOVEMAKING  
TECHNIQUES  
REINTERPRETED  
FOR TODAY'S  
LOVERS

# CONTENTS

INTRODUCTION 6

PREPARING FOR LOVE 14

TOUCHING AND CARESSING 24

KISSING AND MOUTHPLAY 44



KAMA SUTRA POSITIONS 66



ANANGA RANGA POSITIONS 90

PERFUMED GARDEN POSITIONS 108



THE POSITIONS OF THE TAO 136

BEFORE AND AFTER LOVE 150

INDEX 158

ADDITIONAL READING 160

ACKNOWLEDGMENTS 160

# INTRODUCTION

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*When I was first asked to write a commentary for a new edition of the Kama Sutra, I was less than enthusiastic. In the '60s and '70s there seemed to be dozens of versions*



*of the Kama Sutra. All were removed from my own lifestyle, and I didn't feel there was much I could relate to in the text. Although I'm fascinated by human sexual nature, I'm not very interested in sex practiced as a style of gymnastics. I would defend freedom for the aficionado of sophisticated sexual positions, but I've never felt that athletic poses had much to do with my own sex life. So it was with reluctance that I sat down and began to read a copy of the Burton and Arbuthnot translation, which was first published in 1883 and which I have quoted extensively in this book. To my surprise, I got far more out of the experience than I'd thought possible. I began to understand the sense of humor behind some of the more exotic poses and realized that many of the poses were not just about sex—they were also about the union of body and mind. Some of the sexual poses in the Kama Sutra are yoga positions, and the goal of yoga is to create mental and physical harmony. The Kama Sutra makes sense in our sophisticated world in that we still strive for the experience of ecstasy.*

The Kama Sutra and its associated texts, the Ananga Ranga, The Perfumed Garden, and the Tao, are not as baldly sexual as we might assume. There is a connection between these ancient writings and life in the 20th century. It's a connection that centers on feelings. Although it is possible for us to interact sexually with many people, unless we have also cultivated some love

and warmth toward the person who is arousing us, we won't get near the real goal of *kama*. The concept of *kama* involves the "enjoyment of appropriate objects by the five senses of hearing, feeling, seeing, tasting, and smelling, assisted by the mind together with the soul." As a concept, *kama* is just as relevant to us now as it was to the Indians in around AD 400.

The *Kama Sutra* may have been produced at any time between AD 100 and AD 400, and it was written in an India that no longer exists. In those days, the ideal citizen cultivated an ideal life. He surrounded himself with friends, made love as if it were an art form, ate and drank well, was interested in painting and music, and regarded himself as a fair lord and master.

The *Kama Sutra* was written for the nobility of ancient India, by a nobleman. Vatsyayana thought of life as consisting of *dharma*, *artha*, and *kama*. *Dharma* was the acquisition of religious merit; *artha* was the acquisition of wealth; and *kama* was the acquisition of love or sensual pleasure. These ideals are not that dissimilar from the codes we live by today. Although we aren't so focused on religious merit any more, we do pursue self-knowledge and personal growth; most of us would like to

have enough money to enjoy a comfortable lifestyle; and most of us would like to be involved in a loving sexual relationship. The main difference is that the world today is far more egalitarian than it was in the time of Vatsyayana. The *Kama Sutra* was intended as a sort of businessman's textbook—only the subject matter is



Indian painting,  
18th century.

not money, but sex. It was aimed at men because women had very low status then. That isn't to say that women's needs are ignored in the text—they aren't. Pages of detail are aimed purely at exciting the female partner. The instructions concerning female stimulation are explicit. The "work of a man" includes kissing, pressing, stroking, and scratching, and, if a woman should fail to be satisfied by the act of intercourse, Vatsayana suggests, "the man should rub the yoni [vulva] of the woman with his hand." He even advocates specific sexual positions to suit the sexual match of a couple. "High" congress (see *The Position of the Wife Of Indra*, page 71) permits the maximum penetration when a man with a small lingam or linga (penis) makes love to a woman who has a deep vagina.

"Low" congress (see *The*

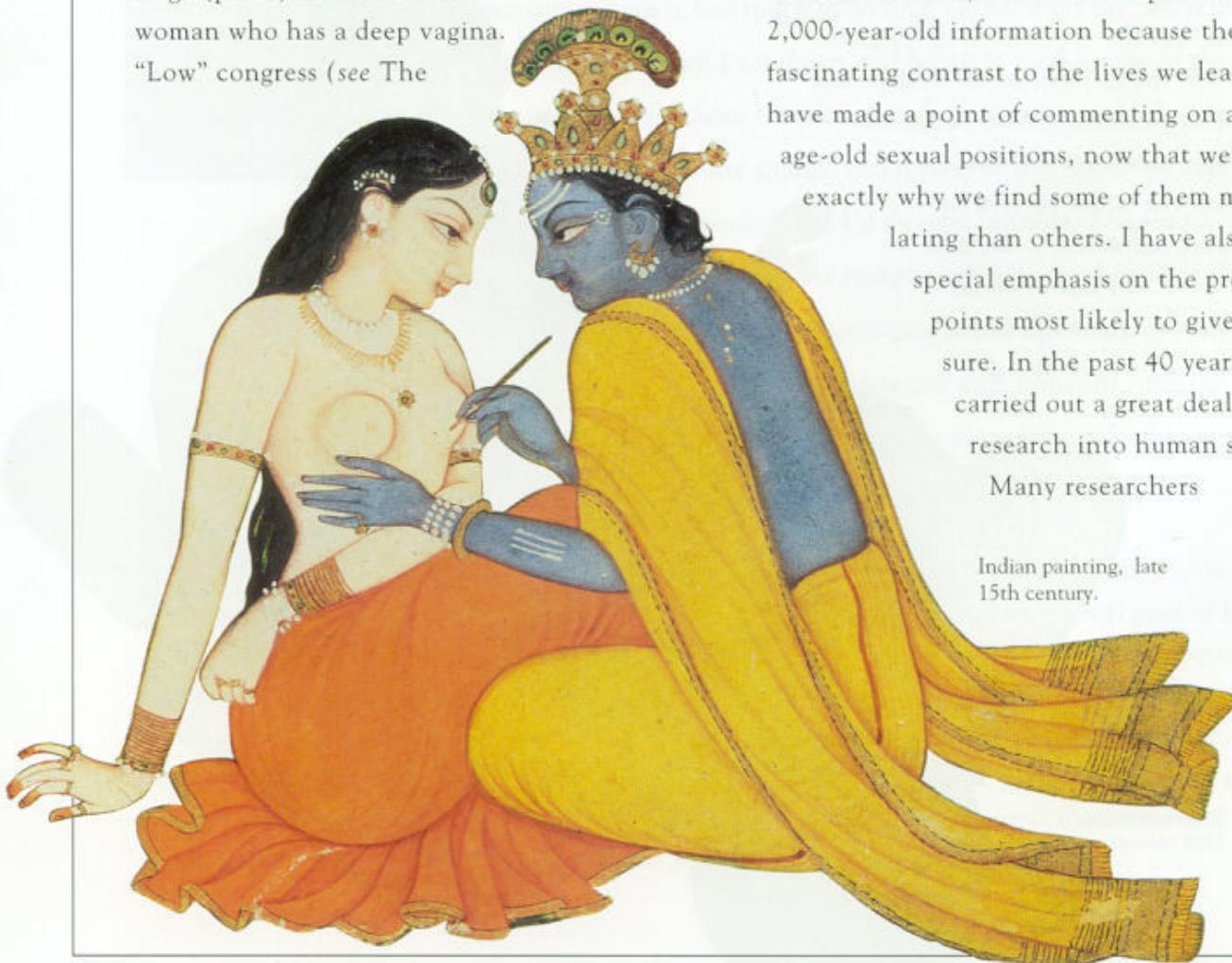
*Twining Position*, page 75) allows easy penetration for a man with a large penis and a woman with a small vagina.

Although the *Kama Sutra* tends to be thought of as a book about sex, it is also a book about manners, conduct, and the arts that a cultivated individual was meant to practice. Although some of the things in the original manuscript would be thought of as peculiar in modern times (the art of teaching parrots and starlings to speak, for instance), there are many sensual arts, such as the use of perfumes, music, and foods, which all translate well into modern sexual practice.

In this version of the *Kama Sutra* I have not only selected the parts of the original text that are still relevant; I have also kept some chunks of 2,000-year-old information because they are in fascinating contrast to the lives we lead today. I have made a point of commenting on aspects of age-old sexual positions, now that we know exactly why we find some of them more stimulating than others. I have also placed special emphasis on the pressure points most likely to give us pleasure. In the past 40 years, we have carried out a great deal of research into human sexuality.

Many researchers

Indian painting, late 15th century.



and sexologists, such as Masters and Johnson, Kinsey, and Shere Hite, have documented a wide range of sexual activity, from masturbation to foreplay and intercourse. One of the many tragedies of Hitler's Third Reich was that it resulted in the destruction of decades of sexual research, which American researchers only truly caught up with in the 1970s. On a more personal level, can you imagine anyone in your family handing down the small print of sexual experience from one generation to another? I would be very surprised if your parents told you the intimate details of their own sexual experiences. We don't talk openly about these things. Texts about love and sex, such as the *Kama Sutra*, are few and far between, but they provide us with a valuable historical and cultural perspective on sex.



ancient text, so I decided to take a look at some of the other early sex manuals.

The *Kama Sutra* was just one of the many Eastern love texts to be translated and printed in the Western world, and for this we must thank the famous Victorian explorer Sir Richard Burton and his colleague Forster Fitzgerald Arbuthnot. The *Ananga Ranga*, *The Perfumed Garden*, and the *Tao*—which are also featured and quoted in this book—have a lot to offer as well.

Detail from Persian illustration, showing lovers embracing and drinking wine.



#### THE ANANGA RANGA

Two years after the publication of the *Kama Sutra* in the West, Burton and Arbuthnot brought out the *Ananga Ranga*. This text was aimed specially at preventing the separation of husband and wife. As the author, Kalyana Malla, says, "The chief reason for the separation between the married couple and the cause, which drives the husband to the embraces of strange women, and the wife to the arms of strange men, is the want of varied pleasures, and the monotony which follows possession." Written around AD 1172, the *Ananga Ranga* is a collection of erotic works, including details from the *Kama Sutra*. Its title translates into "Stage of the Bodiless One," a reference to the story of how Kama, the Hindu god of love, became a bodiless spirit when his physical body was burned to a pile of ashes by a stare from the third eye of the god Shiva.

The book appeared shortly before the start of the Crusades—a time of great cultural exchange between East and West. The returning Crusaders brought many new practices back to Europe with them, including some concerned with sex. The tough warlords of the Crusades who survived the

years of fighting had enjoyed the education they subsequently experienced in Arabian, North African, and Syrian harems. Skilled lovemaking was one gain; so, too, were some of the niceties



Indian painting,  
late 17th century.

of erotic refinement, such as cleanliness and sexual foreplay. It is thanks to these imported Arabian ideas that, in the period after the Crusades, we in the West learned the secrets of how to make love well.

#### THE PERFUMED GARDEN

It wasn't until Victorian times, however, that any written volume reflecting the ancient and highly imaginative Arabian erotic culture appeared in the West. *The Perfumed Garden* is a translation of an old Arabic manuscript found around the mid-1800s in Algeria by a French officer stationed there. The author of the original manuscript, Sheikh Nefzawi, probably lived in 16th-century Tunis.

When, on later pages, you read some of the details from *The Perfumed Garden*, you will be aware that Sheikh Nefzawi was a man who possessed far greater knowledge of human anatomy and sexual response than did the early Hindus. Perhaps this isn't surprising considering that the Arabs were famed as doctors and could be found at work in many outposts of the Old World. In practical terms, much of Sheikh Nefzawi's advice is well grounded and based on common sense, although it is not always accurate—for example, he recommends that some sexual positions be avoided in that they "predispose for rheumatic pains and sciatica."

Although he may not actually have identified the area we now call the G-spot, he still had a good idea that certain sex positions produced particularly pleasurable sensations in women. It soon becomes clear that Sheikh Nefzawi himself must have been very sexually experienced.

*The Perfumed Garden*, like the *Kama Sutra*, deals with more than just the mechanics of sex. Sheikh Nefzawi also writes about sensual foods, aphrodisiacs, and the types of men and women he perceives as sexually desirable.

*The Perfumed Garden* was the third of Sir Richard Burton's publications for the Kama Shastra Society (*shastra* means "scripture" or "doctrines," and the Kama Shastra Society existed to translate rare and important texts concerned with love and sex). The original text of *The Perfumed Garden* includes a large section on homosexual practices, which Burton diligently translated. He had just completed this chapter on homosexuality when he died (on October 20, 1890), and his wife, who was opposed to the project, threw the new translation into the fire.

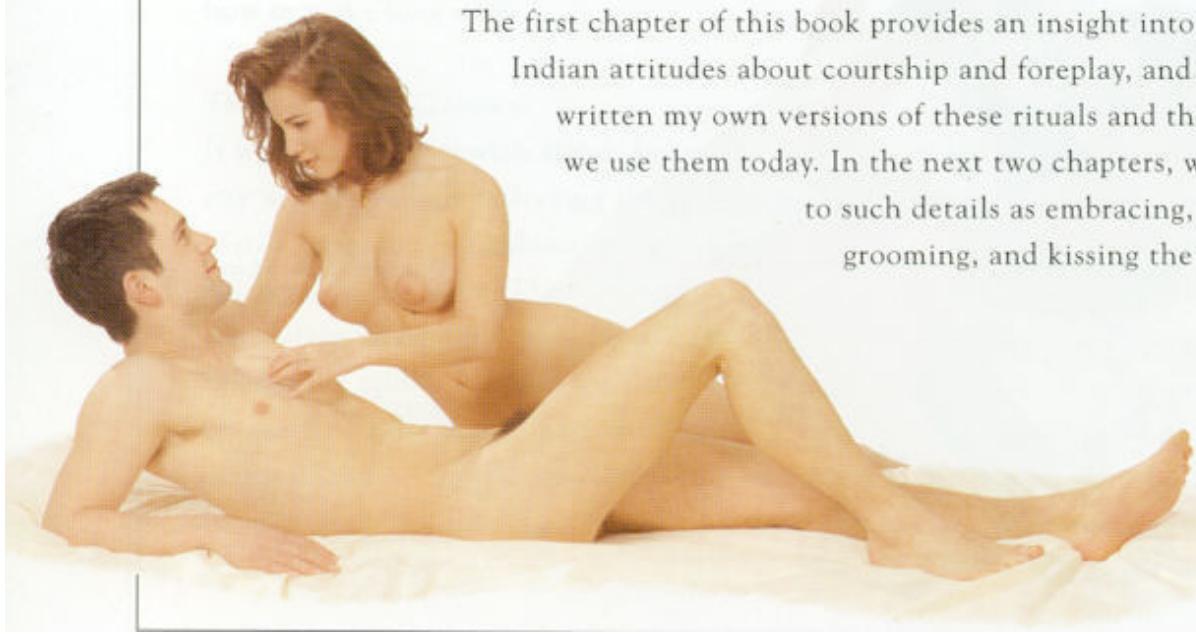
# USING MY KAMA SUTRA

The original *Kama Sutra* text dealt with a lot more than just sex, but in this book, I have concentrated on the information that relates specifically to sexual foreplay and lovemaking and, where necessary, I have supplemented it with suggestions of my own. For example, I was rather surprised to see that the art of massage wasn't mentioned in the original *Kama Sutra*, and I have included a section on sensual massage (see pages 34–39) on the grounds that it is always a wonderful way to begin lovemaking. Moreover, in the final chapter of the book, I discuss another subject that the *Kama Sutra* never tackled: safer sex. Using a condom is an essential part of modern sex, but rather than viewing it as a chore, I have described ways to make it an integral and erotic part of lovemaking (see pages 154–5).



On the pages based on the *Kama Sutra* and other ancient love books, the text set in italics is an interpretation of the original texts, and my accompanying text, set in a plain typeface, is a commentary that aims to place that interpretation in a modern context. Any additional information that I think complements the text is set in boxes.

The first chapter of this book provides an insight into the ancient Indian attitudes about courtship and foreplay, and I have written my own versions of these rituals and the way that we use them today. In the next two chapters, we move on to such details as embracing, mutual grooming, and kissing the lips.



**FOREPLAY**  
Stimulation of the erogenous zones heightens desire.

**LOVEMAKING POSITIONS**

Varying the position you use—whether you are lying down (*left*), standing (*below*), or in any other posture—influences the emotional as well as the physical aspects of lovemaking.

Leaving marks on each other's skin is not a practice we endorse today, yet the idea that pleasure can sometimes be close to the experience of pain is not so alien to us. Try to keep an open mind when reading the section on scratching (*see pages 40–41*). All the practices described in the *Kama Sutra* are open to interpretation, and we can often modify them to meet our own needs.

Who would have thought there are so many different types of kisses? And does it really matter? I think it does. Different types of kisses have different meanings. Light, sensitive kisses are provocative and can set the scene for lovemaking; deep tongue kisses can be as erotic as sex itself. The pages on kissing and mouthplay (*see pages 46–63*) should help you assess and adapt your own techniques.

Most of this book is, however, devoted to sex positions (*see pages 66–149*). Because the *Kama Sutra* offers a limited choice, I have supplemented those it describes with positions from other ancient love texts, including the *Ananga Ranga*, *The Perfumed Garden*, and the *Tao*. If the positions are very athletic, or seem difficult, I don't hesitate to say so! I just hope they will inspire you to achieve new heights of ecstasy with your partner.





# PREPARING FOR LOVE

*“In all these things connected with love, everybody should act according to his own inclination.”*



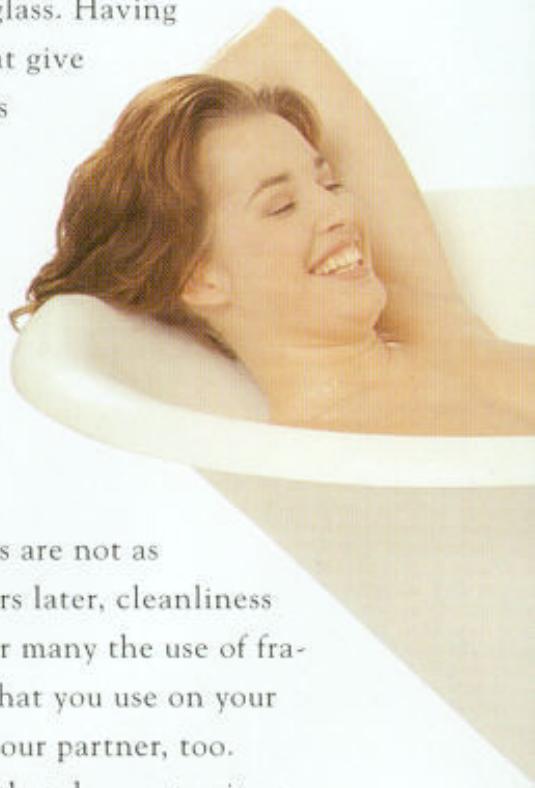
# PREPARING THE BODY

In the Hindu tradition that produced the *Kama Sutra*, the human body is seen as a vehicle for expressing spirituality—not, as in the West for many centuries since, as a sinful thing. Sex is celebrated as a sacrament, and the erotic statues and wall carvings seen in Hindu temples throughout India pay testimony to this ancient



belief. The Hindu tradition regards the body as deserving of being treated with reverence, and in the section describing the "life of a citizen," the *Kama Sutra* details the care it should receive: "Now the householder, having got up in the morning and performed his necessary duties, should wash his teeth, apply a limited quantity of ointments and perfumes to his body, put some ornaments on his person and collyrium [a medicated eye lotion] on his eyelids and below his eyes, color his lips with alacktaka [a dye], and look at himself in the glass. Having then eaten betel leaves, with other things that give fragrance to the mouth, he should perform his usual business. He should bathe daily, anoint his body with oil every other day, apply a lathering substance to his body every three days, get his head (including face) shaved every four days, and the other parts of his body every five or ten days. All these things should be done without fail, and the sweat of the armpits should also be removed."

Cultural preferences change, and the details are not as important as the principle. Two thousand years later, cleanliness remains a priority for nearly all lovers, and for many the use of fragrances enhances lovemaking. Be sure that what you use on your hair and body appeals not just to you but to your partner, too. Whether you are male or female, a fragrance that does not suit you will probably turn your lover off—whereas one that enhances your essence can only make good sex better still.

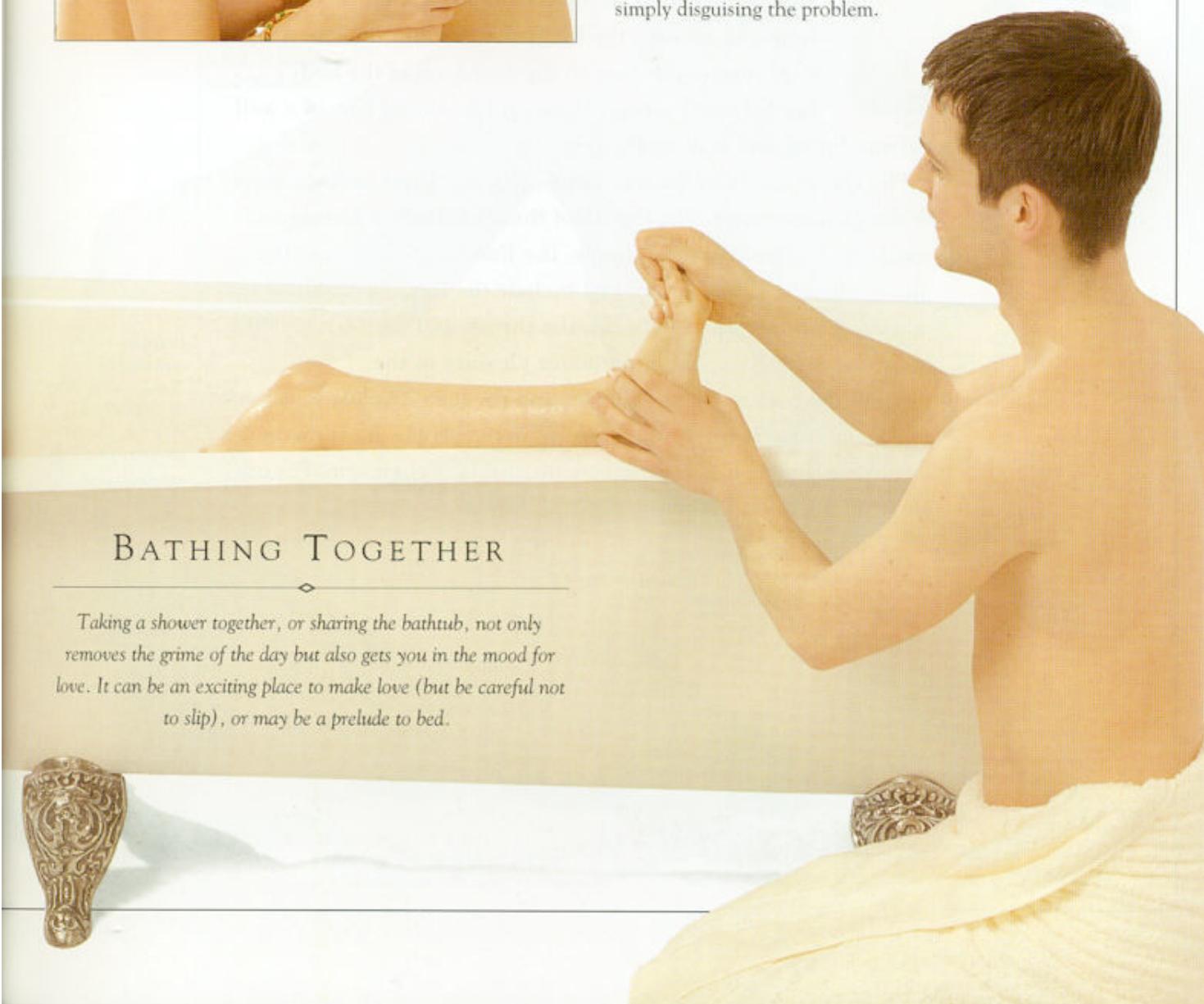




## PERFUMING THE BREATH

Body odor alone dampens sexual passion, but when it is combined with bad breath it can kill desire stone dead. Not for nothing does the Kama Sutra recommend remedies for improving the breath. Fortunately, there is a wide range of breath fresheners on the market, and they are probably more effective than the betel leaves suggested by Vatsyayana.

THOSE WHO SUFFER from bad breath are often unaware of the problem—sometimes because their partner does not want to mention it. If you suspect you may be suffering from it, ask your partner to be honest with you. However, when bad breath is serious and constant, the sufferer should seek medical advice rather than simply disguising the problem.



## BATHING TOGETHER

Taking a shower together, or sharing the bathtub, not only removes the grime of the day but also gets you in the mood for love. It can be an exciting place to make love (but be careful not to slip), or may be a prelude to bed.

# THE EROGENOUS ZONES

It is said that the most potent sexual organ is the brain. The most obvious meaning of this wise dictum is that, without the free play of the imagination, sex can become a soulless and mechanical activity. Male or female, what good lovers have in common is a sensitive and imaginative appreciation of those parts of the body



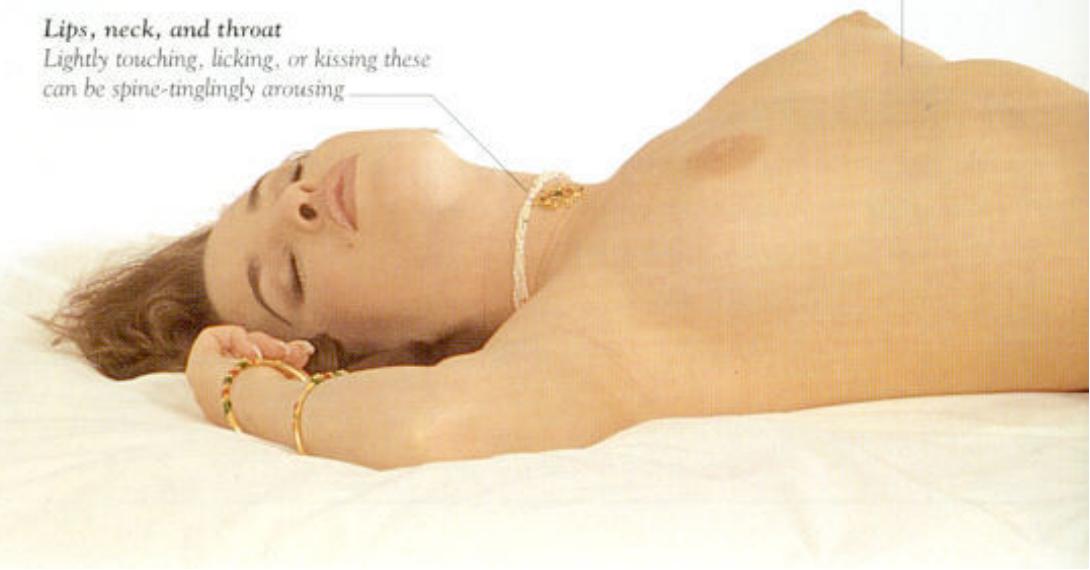
that are rather clinically referred to as the erogenous zones. Perhaps we should call these the pleasure zones, for it is by tapping their erotic potential that you can complement the more extreme joys of which the body is capable. No one who is sexually active would deny that the genitals are one of the primary erogenous zones, along with the brain and the skin. But to concentrate on them to the exclusion of the body's myriad other pleasure zones is like eating part of a well-balanced meal and leaving the rest.

The classic books on Eastern sexual practice share an awareness of the pleasure zones. They speak of these in terms of kissing and touching. Of the kiss, for example, the *Kama Sutra* says that the places where it should be applied include the lips, the inside of the mouth, the forehead, the cheeks, the throat, and the breasts. Most of us also appreciate the potential for pleasure in the nipples, the buttocks, the earlobes, and the feet. The list is as long as you and your partner want it to be. Some people are turned on by having their calves touched, or the inside of their arm. For others, it is anywhere they have skin!

## Lips, neck, and throat

Lightly touching, licking, or kissing these can be spine-tinglingly arousing

**Breasts and nipples**  
A woman's breasts and nipples are very sensitive, and gentle fondling, squeezing and kissing can be highly arousing



## BEST FOOT FORWARD

The feet have reflex connections with the rest of the body, and when stimulated they not only generate pleasurable sensations within themselves but also transmit them all over the body and limbs, and even the head.

IN SOME PEOPLE'S MINDS, the only link between sex and the feet is foot fetishism. However, a clue to the potential of the feet as a source of pleasure lies in their significance in massage and Eastern medicine. The toes are particularly sensitive.

### Ankles and calves

Stimulation of some parts of the ankles, calves, and toes can be surprisingly sensual

### Thighs

The sensitive inner thighs can be stroked, licked, or kissed for erotic pleasure

### Buttocks

These are visually stimulating and richly endowed with nerve endings



## THE SENSUAL SKIN

The skin is the largest organ of the human body, richly endowed with sensitive nerve endings that respond to the lightest touch and the smallest changes in temperature or pressure. For example, on average there are about 1,500 sensory receptors, including touch-sensitive nerve endings, in every square inch of a woman's skin. The skin's sensitivity to stimuli varies from one part of the body to another, and the erogenous zones are among the areas that are especially sensitive to touch.

## THE BREASTS

**“He should always make a point of pressing those parts of her body on which she turns her eyes.”**

A woman's breasts play a major role in sexual attraction. Woman is the only prim female who has swollen mammary glands when she is not producing milk, which highlights the role of the breasts as being more than simply a means of feeding her young. In addition to serving to attract the male, the breasts are undeniably one of the most significant pleasure zones.

THE NIPPLES AND THE surrounding areas (the areolae) are highly sensitive to touch, and some women can reach orgasm by manual or oral stimulation of the nipples alone. Having their nipples rubbed and kissed and their breasts gently squeezed is more important to most women than many men realize. Even those men who are aware that breast stimulation has great potential for giving pleasure often devote less time to the breasts than their partners would like.

### Kissing and licking

The nipples are very sensitive, and kissing, licking, and sucking them gently can be highly arousing



## THE BUTTOCKS

Some men find a woman's behind more arousing than her breasts, especially when the buttocks are accentuated by tight clothing. Like the breasts, female buttocks are usually more pronounced than male ones, and with both breasts and buttocks it is their roundness—for most men preferably coupled with firmness—that lies at the heart of their appeal. Although women are less turned on visually than men, some do find the shape of men's buttocks attractive and even sexually arousing. Those who express a preference tend to favor a firm, compact bottom.

LIKE HER BREASTS, a woman's buttocks act both as an attractor, encasing the genitals as they do, and as a source of pleasure. It can be mutually stimulating if the man squeezes, rubs, and lightly slaps them, as well as kissing and biting them gently. The woman may find it enjoyable to do the same for her partner.



### ANAL SENSITIVITY

If you think of a clockface centered on your partner's anus, with 12 o'clock being the point nearest the vagina (or the testicles), the most sensitive and sexually responsive points are at the 10 o'clock and 2 o'clock positions.



**Variations**  
Use light strokes and kisses, and firm but gentle squeezing and kneading

# CREATING THE MOOD

Just as it is important to prepare the body for love, so you should pay careful attention to the room where you and your partner make love. Now, as in the time of the *Kama Sutra*, the way a couple feels about the setting for lovemaking is of prime importance, and in addition to decorating the room with flowers and using fragrances,

as Vatsyayana suggests, there are a number of other things you can do to create the right atmosphere.

First, make sure that in cold weather the room is warm enough (but not stuffy), and that in hot weather it is refreshingly cool. It is a good idea to provide background music that enhances the mood—neither too raucous or agitated, as this will not be conducive to a tender exchange, nor too soporific, which will make you feel sleepy. Tastes in music vary widely, but it is important to choose something that makes you and your partner feel relaxed and at the same time alert and attentive to each other.

Naturally you will not want to be disturbed, so if you do not have an answering machine, it may be best to unplug the phone or leave it off the hook.

Finally, sexual passion and overindulgence in food and drink may be linked in the popular image of the complete sensualist, but in practice the combination seldom works. While it is often tempting to preface your lovemaking with a lavish meal, or even worse, with a surfeit of alcohol, neither will do anything for you and your partner, whether just one or both of you have indulged. Lovemaking is usually best on a satisfied but not overfull stomach, and certainly with a clear head.





#### SCENTING THE ROOM

Give your bedroom a seductive scent by using incense, heated essential oils, or scented crystals.



#### PURFUMING THE SKIN

When you bathe, use delicately scented bath oils to perfume and soften your skin. If you prefer a shower to a bath, use a scented shower gel.

#### OILS AND LOTIONS

Make your foreplay more seductive by smoothing scented massage oils and lotions into each other's skin. For maximum effect, try giving each other a sensual massage (see pages 34-39).





### THE SETTING FOR LOVE

Despite the differences between the modern world and the India of the *Kama Sutra*, when we are preparing for lovemaking we would do well to follow the advice of Vatsyayana, who tells us that the room, "balmy with rich perfumes, should contain a bed, soft, agreeable to the sight, covered with a clean white cloth, low in the middle part, having garlands and bunches of flowers upon it, and a canopy above it, and two pillows, one at the top, another at the bottom. There should also be a sort of couch besides, and at the head of this a sort of stool, on which should be placed the fragrant ointments for the night, as well as flowers, pots containing collyrium and other fragrant substances, things used for perfuming the mouth, and the bark of the common citron tree."

#### FLOWERS

Fresh, fragrant flowers, such as roses, will both decorate and perfume your room.



#### CHAMPAGNE AND SILK

A well-chilled bottle of vintage champagne and seductive silk lingerie or nightwear are two of the traditional ingredients for a romantic evening, whether at home or in a hotel.

#### SOFT LIGHT

The gentle, flickering glow of candlelight is much more romantic than electric light but, for safety, keep the candles well away from your bedding and other flammable materials. Scented candles will perfume your room as well as casting a soft, seductive light.





# TOUCHING AND CARESSING

“Women, being of  
a tender nature, want  
tender beginnings.”



# EMBRACING



In discussing the embrace, the *Kama Sutra* begins by dividing it into eight kinds, which form two groups of four. The first group, which “indicate the mutual love of a man and woman who have come together,” are the Touching Embrace, the Piercing Embrace, the Rubbing Embrace, and the Pressing Embrace. The second group, embraces that occur “at the time of the meeting,” are the Twining of a Creeper (*Jataveshtitaka*), Climbing a Tree (*Vrikshadhirudhaka*), the Mixture of Sesamum [sesame] Seed with Rice (*Tila-Tandulaka*), and the Milk and Water Embrace (*Kshiraniraka*). In addition to these eight embraces, *Vatsyayana* lists “four ways of embracing simple members of the body”—these “simple members” being the thighs, the *jaghana* (the middle part of the body), the breasts, and the forehead. In describing these embraces, *Vatsyayana* was probably just categorizing observed behavior rather

## THE TOUCHING EMBRACE

*The Kama Sutra*, in describing this move, says that “when a man under some pretext or other goes in front of or alongside a woman and touches her body with his own, it is called the touching embrace.”

BETWEEN LOVERS, contrived “accidental” contacts of this type, initiated by either partner, are a playfully erotic way of showing affection.



## THE RUBBING EMBRACE

*"When two lovers are walking slowly together, either in the dark, or in a place of public resort, or in a lonely place, and rub their bodies against each other, it is called a rubbing embrace."*

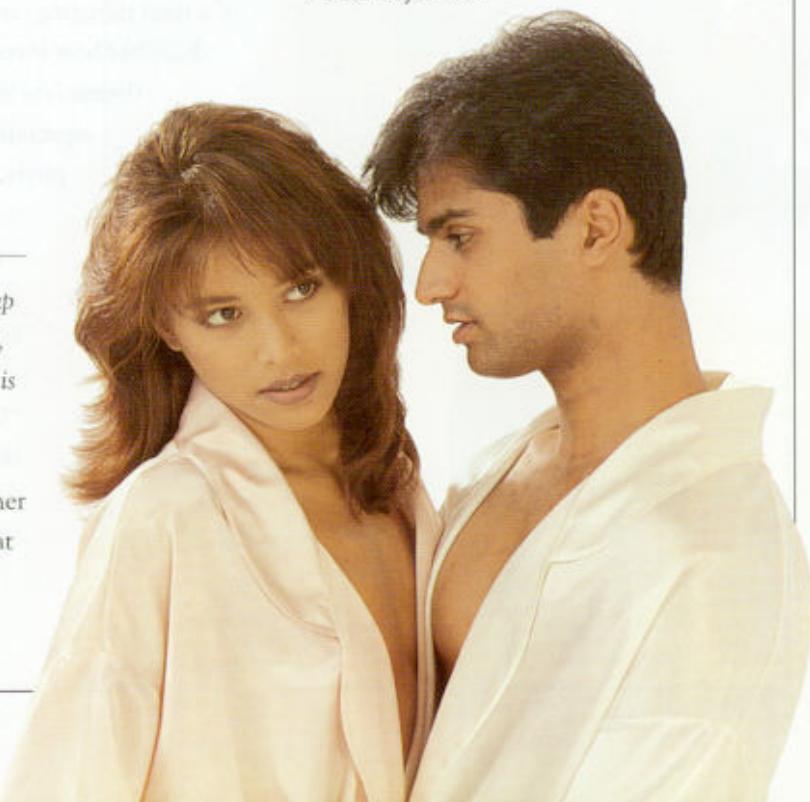
THIS IS A FAMILIAR form of physical contact between lovers, especially younger ones, who when walking together often put an arm tightly around their partner's waist.



## THE PRESSING EMBRACE

*"When on the above occasion [of the Rubbing Embrace] one of them presses the other's body forcibly against a wall or pillar, it is called a pressing embrace."*

MISCHIEVOUSLY LUSTFUL behavior of this sort is, like the Rubbing Embrace, common among young lovers. Being pinned against a wall by a lover is something few people would object to.



## THE PIERCING EMBRACE

*"When a woman in a lonely place bends down, as if to pick up something, and pierces, as it were, a man sitting or standing, with her breasts, and the man in return takes hold of them, it is called a piercing embrace."*

HERE, THE WORD "pierces" is clearly a figure of speech rather than a literal description, and probably means simply that she brushes her breasts against the man as she bends.

## EMBRACING AND LOVEMAKING

Vatsyayana divides the four embraces that are given at "the time of the meeting" into two groups. The Twining of a Creeper and Climbing a Tree are used when the lovers are standing but not in sexual union, while the Mixture of Sesamum Seed with Rice and the Milk and Water Embrace are adopted during congress.

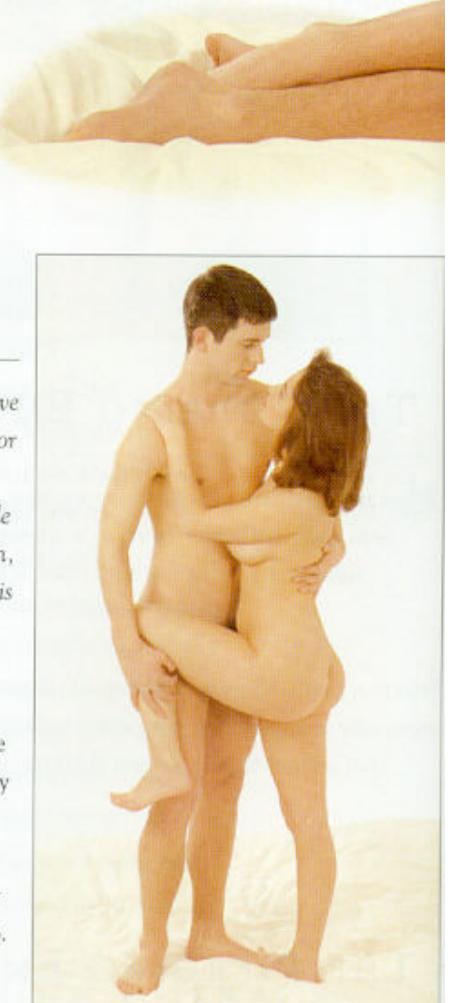
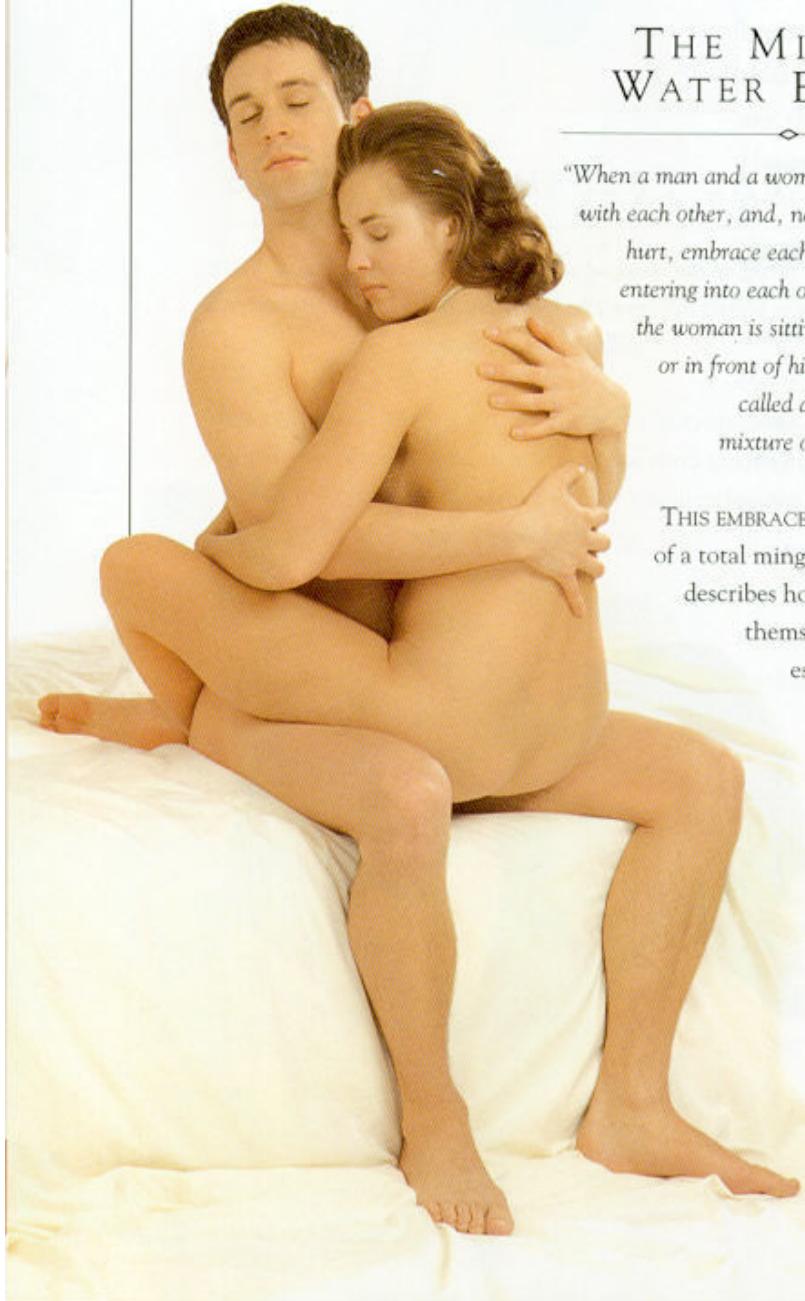
### THE MILK AND WATER EMBRACE

*"When a man and a woman are very much in love with each other, and, not thinking of any pain or hurt, embrace each other as if they were entering into each other's bodies either while the woman is sitting on the lap of the man, or in front of him, or on a bed, then it is called an embrace like a mixture of milk and water."*

THIS EMBRACE has a name evocative of a total mingling, and it graphically describes how lovers try to lose themselves in each other, especially early in their physical relationship.

### CLIMBING A TREE

*"When a woman, having placed one of her feet on the foot of her lover, and the other on one of his thighs, passes one of her arms round his back, and the other on his shoulders, makes slightly the sounds of singing and cooing, and wishes, as it were, to climb up to him in order to have a kiss, it is called an embrace like the climbing of a tree."*





## THE MIXTURE OF SESAMUM SEED WITH RICE

"When lovers lie on a bed, and embrace each other so closely that the arms and thighs of the one are encircled by the arms and thighs of the other, and are, as it were, rubbing up against them, this is called an embrace like the mixture of sesamum seed with rice."

THE NAME OF THIS embrace poetically evokes the total intermingling of bodies and limbs, maximizing skin-to-skin contact, that is described here.

## THE TWINING OF A CREEPER

The Kama Sutra describes this as "when a woman, clinging to a man as a creeper twines round a tree, bends his head down to hers with the desire of kissing him and slightly makes the sound of sut sut, embraces him, and looks lovingly toward him, it is called an embrace like the twining of a creeper."

FROM THIS DESCRIPTION, it appears that Vatsyayana assumed the woman would be shorter than the man, which was probably as common in his time as it is today. The *sut sut* to which he refers is his way of trying to put inarticulate sounds into words.





### THE AROUSAL OF MALE DESIRE

"The whole subject of embracing," says the *Kama Sutra* (quoting "some verses on the subject"), "is of such a nature that men who ask questions about it, or who hear about it, or who talk about it, acquire thereby a desire for enjoyment. Even those embraces that are not mentioned in the *Kama Shastra* [the Holy Writ of Kama] should be practiced at the time of sexual enjoyment, if they are in any way conducive to the increase of love or passion. The rules of the *Shastra* apply so long as the passion of man is middling, but when the wheel of love is set in motion, then there is no motion and no order."

### THE EMBRACE OF THE THIGHS

*"When one of two lovers presses forcibly one or both of the thighs of the other between his or her own, it is called the embrace of the thighs."*

IN ADDITION TO BRINGING the thighs together intimately, this move can also bring the lovers into contact with each other's genitals, helping to increase arousal and desire.



### THE EMBRACE OF THE JAGHANA

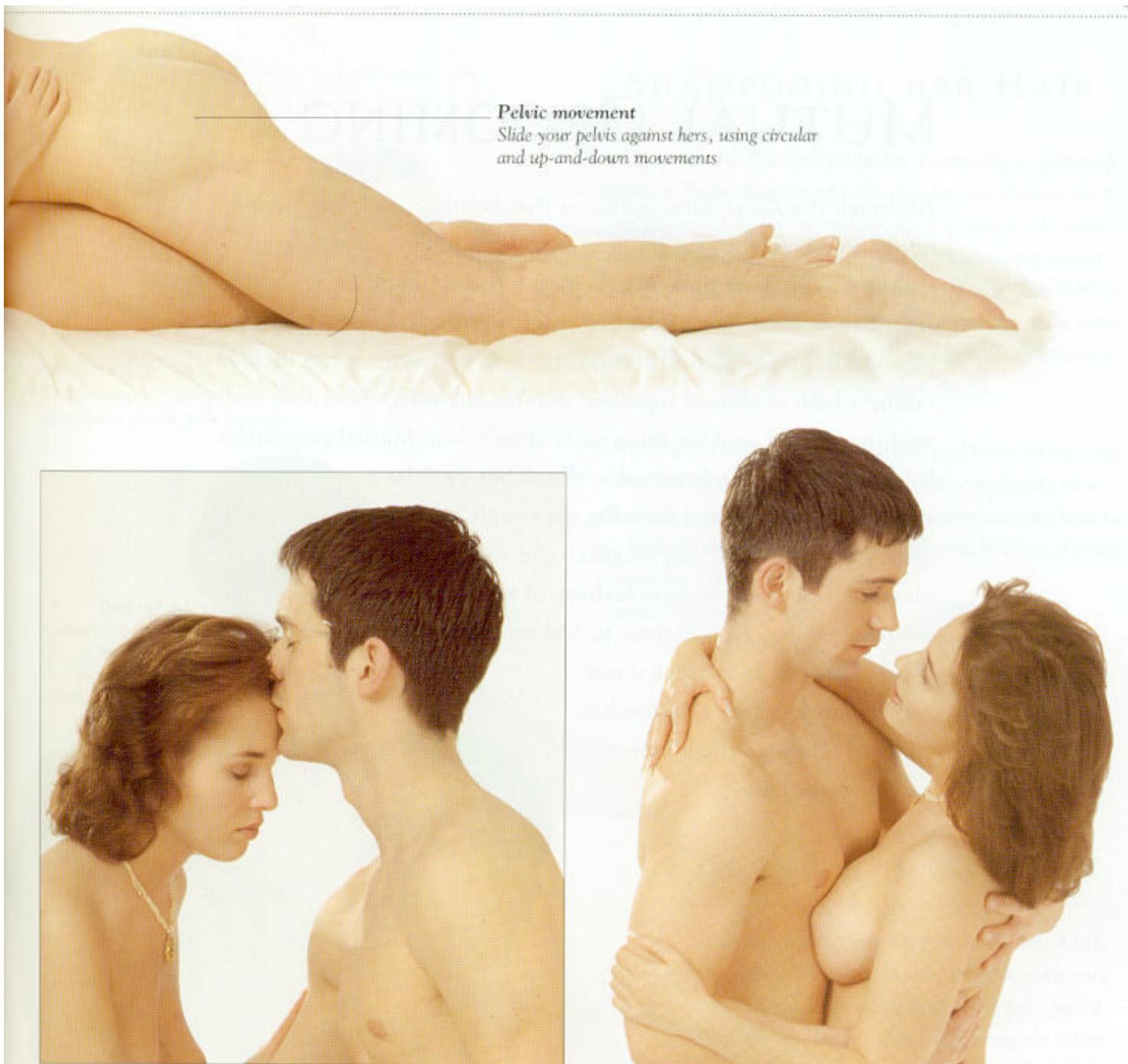
*"When a man presses the jaghana, or middle part of the woman's body, against his own, and mounts upon her to practice, either scratching with the nail or finger, or biting, or striking, or kissing, the hair of the woman being loose and flowing, it is called the embrace of the jaghana."*

THE WORD *jaghana* is the term the *Kama Sutra* uses to describe the area between the navel and the thighs. This embrace is clear prelude to intercourse, but most lovers today would dispense of the ritualized scratching, biting, and striking that Vatsyayana recommends.



#### Full arousal

*From this position, lovers move naturally on to intercourse once both are fully aroused*



#### Pelvic movement

*Slide your pelvis against hers, using circular and up-and-down movements*

### THE EMBRACE OF THE FOREHEAD

*"When either of the lovers touches the mouth, the eyes, and the forehead of the other with his or her own, it is called the embrace of the forehead."*

AFFECTIONATE NUZZLING, especially when combined with kissing, is a useful way to foster intimacy and confidence as well as to enhance arousal.

### THE EMBRACE OF THE BREASTS

*"When a man places his breast between the breasts of a woman and presses her with it, it is called the embrace of the breasts."*

UPPER-BODY CONTACT like this provides both partners with nipple stimulation, and makes an interesting change from the more usual manual or oral caresses.

# MUTUAL GROOMING

Although the *Kama Sutra* indicates that bodily cleanliness should not be overlooked by lovers, it says nothing of mutual grooming. Cultural differences probably account for what many today would regard as an omission: lovers can enjoy a great deal of shared pleasure in preparing for lovemaking. This preparation can include taking a bath or shower together, shaving the man's face, and washing, drying, and brushing each other's hair. Mutual grooming is by no means an indispensable ritual, but by delaying the consummation of love, and focusing the couple's attention on each other's attractions, it can heighten the anticipation of pleasure. It also encourages feelings of tenderness, trust, and caring, enabling each partner to feel protective toward the other. This can help break down inhibitions in a new relationship, and will reinforce the bonds of an established one.

## SHAVING HIS BEARD

The *Kama Sutra*, surprisingly, recommends that a man shave no more often than every four days. But today, even if a woman thinks a few days' stubble makes her partner look more rugged, she will most likely prefer not to be grazed by his growth when he kisses her. As an alternative to asking him to shave before making love, she could try shaving him herself.

SHAVING IS NOT JUST for men, because many women shave their legs and armpits and some shave off their pubic hair; some people find a hairless pudendum very erotic. If a woman shaves her pubic hair, she will need to shave it regularly, because new growth will soon be strong enough to irritate her partner's skin.

**Lather well**  
Apply a generous layer of foam to ensure a smooth shave with no cuts





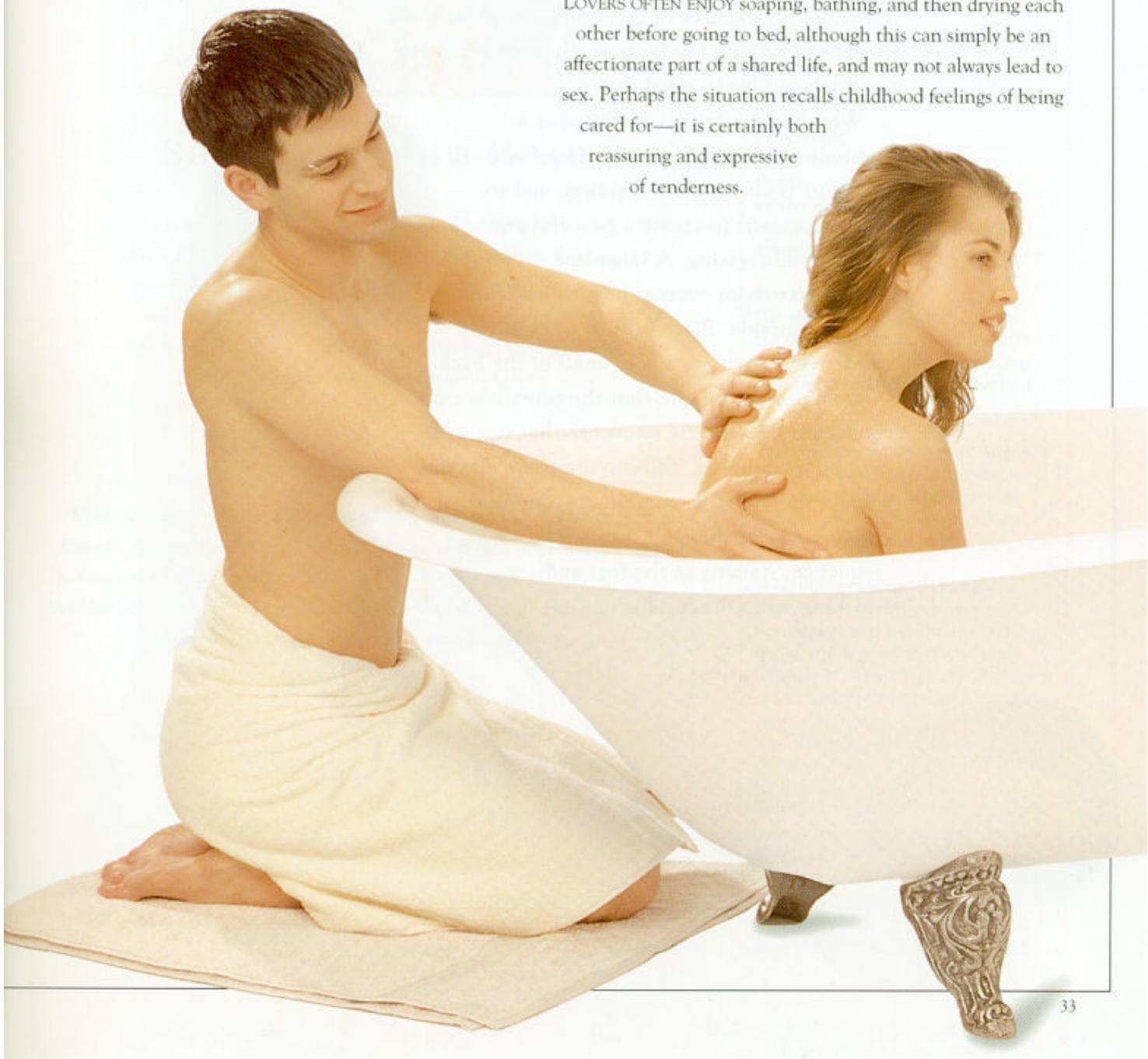
#### NECK MASSAGE

Before shampooing your lover's hair, help her relax by giving her a gentle neck massage.

## SHAMPOOING HER HAIR

Vatsyayana says that some people see shampooing as a form of embrace, but he disagrees with this view because shampooing is not performed during lovemaking, nor is it done for the same reasons as an embrace. As a prelude to a lovemaking session, however, it is a sensuous form of mutual grooming. Whether it is the hair that is washed or, as in the original meaning of the word "shampoo," the body is washed and massaged, it can be a very intimate experience when shared.

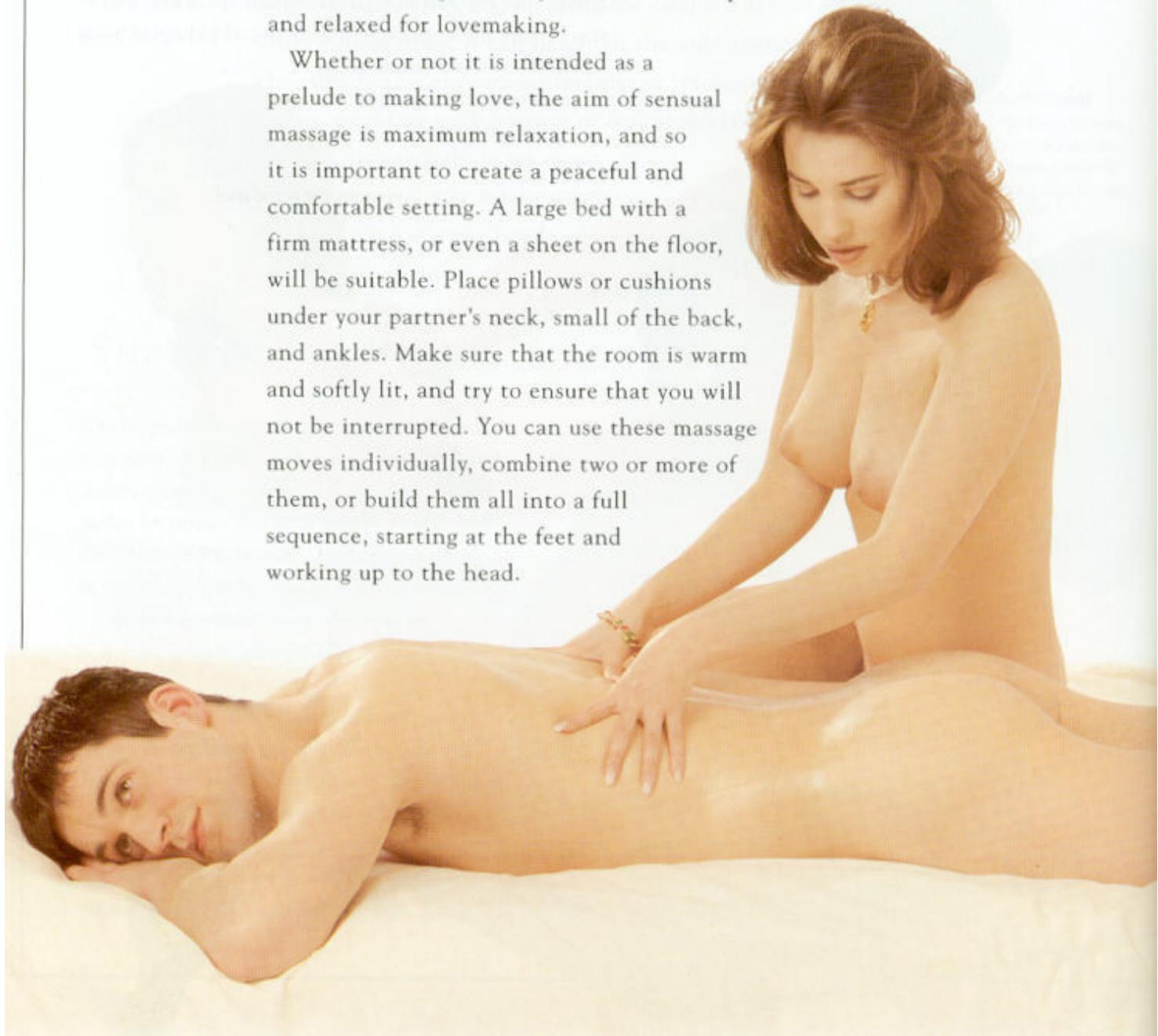
LOVERS OFTEN ENJOY soaping, bathing, and then drying each other before going to bed, although this can simply be an affectionate part of a shared life, and may not always lead to sex. Perhaps the situation recalls childhood feelings of being cared for—it is certainly both reassuring and expressive of tenderness.



# SENSUAL MASSAGE

Massage is not described in the *Kama Sutra*, but for thousands of years it has been valued as a means of soothing away tiredness and tension. And yet, because we link touch with sex, we tend to steer clear of touching each other for fear of being misunderstood. This habit can even extend, inappropriately, to our partners, so that we concentrate on purely sexual expression, avoiding any systematic sensual touching. By ignoring the power of massage, many lovers miss out on a source of great pleasure as well as a means of making the body much more receptive and relaxed for lovemaking.

Whether or not it is intended as a prelude to making love, the aim of sensual massage is maximum relaxation, and so it is important to create a peaceful and comfortable setting. A large bed with a firm mattress, or even a sheet on the floor, will be suitable. Place pillows or cushions under your partner's neck, small of the back, and ankles. Make sure that the room is warm and softly lit, and try to ensure that you will not be interrupted. You can use these massage moves individually, combine two or more of them, or build them all into a full sequence, starting at the feet and working up to the head.





## SHOULDERS AND HEAD

Massage the front of the shoulders, the sides of the neck, the cheeks and the jaw, and then the temples and forehead. Run your fingers lightly over the chin and around and over the lips, eyes, and nose, all of which by now should be pleasantly sensitized. Many people also like to have the top of the head massaged, with an action similar to that used in washing hair.

## BACK AND SPINE

When massaging the back, use gentle, erotic pressure and work upward from the buttocks, keeping your hands outspread and level with each other and your thumbs pushing inward along the spine. Work up to the base of the neck and then out to the shoulders before bringing your hands slowly down the sides to the buttocks. Repeat this massage about ten times, or more if your partner wishes it.



## THE BASIC MASSAGE STROKES

You can learn the essentials of massage fairly quickly, and all of the following actions are recommended.

### EFFLEURAGE

Glide your palms across the skin, putting your body weight behind the movement. This action should be used first and last on each area.

### KNEADING

With your hands gently curved, knead the flesh with a smooth, regular movement.

### PÉTRISSAGE

Move the balls of your fingers or thumbs in a circular motion to soothe away any muscular tension along the spine. Do not, however, massage the spine itself.

### HACKING

Giving a series of brisk chops with the side of the hand, as in karate but gentler, is known as hacking. Keep your fingers relaxed rather than stiff.

### TAPOTEMENT AND CUPPING

Tapotement involves drumming with a light tapping action. Cupping is pounding the body with alternate hands that are cupped with fingers together and thumbs folded in.

Whichever massage technique or stroke you use, always keep your movements even, rhythmic, and symmetrical, and follow each one through where appropriate. Always use a suitable oil (see page 37), and agree with your partner on the amount of pressure to be used, since this should always be a matter of pleasure for you both. Also, you should learn to forgo your own needs temporarily and concentrate instead on your partner's enjoyment. By doing so, you will attain the prized goal of being able to give and receive pleasure fully.

## USING MASSAGE OIL

All massage oils work best when they have been prewarmed by rubbing them for a few seconds between the hands. Used cold, they come as a shock to the skin. Oil each area before you attend to it rather than oiling the whole body first: apply a small amount to the part you intend to massage, and rub it into the skin with smooth but firm strokes. After the massage, the oil can be left to soak into the skin.

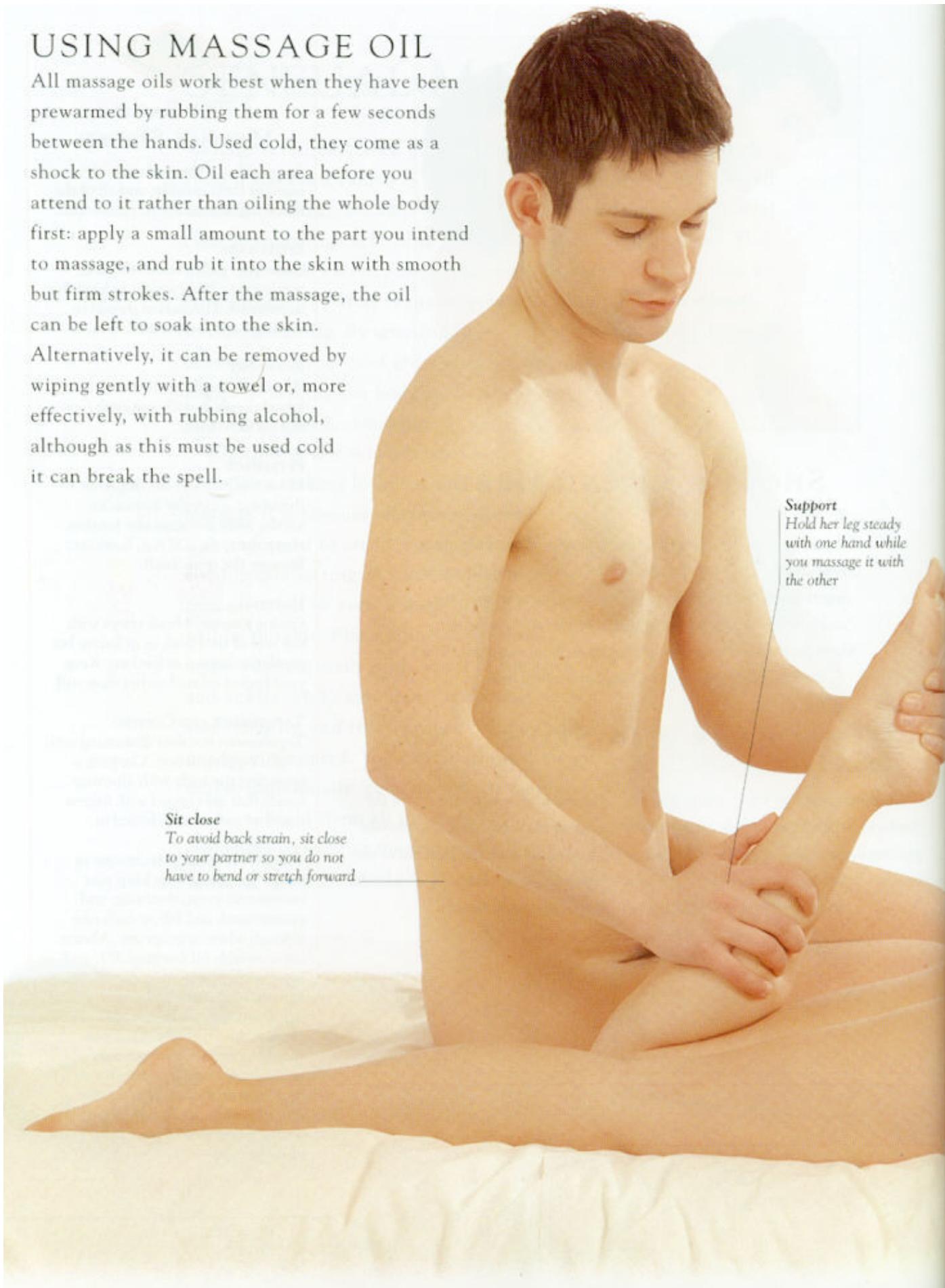
Alternatively, it can be removed by wiping gently with a towel or, more effectively, with rubbing alcohol, although as this must be used cold it can break the spell.

### Sit close

To avoid back strain, sit close to your partner so you do not have to bend or stretch forward

### Support

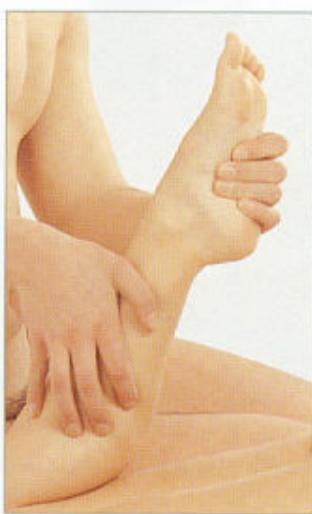
Hold her leg steady with one hand while you massage it with the other





#### DOWNTWARD LEG STROKES

Draw your hand smoothly down from ankle to knee, and squeeze the calf muscles gently with your fingertips.



#### UPWARD LEG STROKES

Using the same sort of action as when making a downward stroke, draw your hand back up the leg from knee to ankle.

## FEET AND LEGS

With your partner lying facedown, start by massaging the toes—stretching, kneading, and bending each one upward—before softly rubbing the areas between them. Next, run the palms of your hands firmly over the soles of the feet and then along the tops. Raise each leg in turn and gently rotate each foot a few times until it feels loose and relaxed. Gradually move up the leg, paying special attention to the ankles, calves, and backs of the knees and the thighs.

#### Position

Massaging your partner's calves, ankles, and feet is easier if she lies facedown



## MASSAGE OILS AND ADDITIVES

You can massage your partner with dry hands, but your movements will be smoother, especially if you are new to it, if you use a massage oil or an oil-free massage lotion. There is a wide variety of suitable oils, many derived from nuts (particularly coconut) or vegetables. Plain oils such as almond, olive, grapeseed, and sunflower can be applied straight to the skin, or used as bases for perfumed essential oils such as patchouli, sandalwood, ylang-ylang, jasmine, and rose. Make up enough scented oil for one session by adding up to a dozen drops of essential oil to 1 fl oz (30 ml) of base oil.



Bottles of massage oil



## BUTTOCKS

Move your hands in a decisive circular motion over your partner's buttocks, pressing firmly at first—most people enjoy downward pressure here—and then increasingly lightly until your hands are just brushing the skin. Then knead and squeeze each buttock in turn.

## ARMS AND CHEST

Starting at the front of the shoulders, work your way down the chest to the abdomen, and lightly massage the breasts and nipples. Then massage the arms, using a gentle kneading action and again working downward. After this, work your way up from the thighs using circular movements of your hands (the right hand clockwise, the left hand counterclockwise). Knead the thighs and the groin and move slowly to the pubic area and navel, where gentle pressure is very pleasurable. Pass over the ribs, then trace the shape of the breasts or pectorals with your fingertips and massage them gently.

### Hand action

When you massage up from the thighs, move your hands in a circular fashion





## MASSAGE FOR SEXUAL AROUSAL

You can make love better when your body is loosened up by a massage, but if you want to use massage to arouse, rather than just to relax each other, switch from the more vigorous techniques to very gentle actions. For example, tracing a line with the fingertips back and forth across the nipples and chest, or the lower abdomen, can be far more exciting than the more forceful movements of conventional massage.

Many other areas respond to an insistent, "feathering" touch; these include the earlobes, the sides and nape of the neck, the insides of the arms and thighs, the navel, the buttocks, the calves, and the toes. You need not restrict yourself to using your hands: lie on your partner and rub your body against his or hers, or use your feet and toes to explore hidden crevices and provide each of you with novel sensations. If the right chemistry exists between a couple, almost every area of the body is highly sensitive to the erotic touch of the lover and can be stimulated so as to give pleasure and heighten anticipation.



## THE UPPER BACK

When you massage the upper back, work on the muscles between the shoulder blades and at the base of the neck. Then bring your hands back down, massaging your partner's sides with your fingertips. Knead the shoulders and, reducing the pressure, the back of the neck.

# SCRATCHING

While acknowledging that lovers often use their fingernails to express passion on parting or meeting, or on reconciliation after a quarrel, the *Kama Sutra* says that pressing and scratching with them during lovemaking are techniques restricted to those who find them pleasurable. In the India of the *Kama Sutra*, as in other cultures before and since, marks of passion on a young woman's breast or throat served to tell the world that she was spoken for.



Such marks excite admiration, Vatsyayana explains, so that "even when a stranger sees at a distance a young woman with the marks of nails on her breast, he is filled with love and respect for her." The same goes for a man bearing nail marks. Marks are also exchanged, says the *Kama Sutra*, to remind lovers of each other when they are apart: "If there be no marks of nails to remind a person of the passages of love, then love is lessened in the same way as when no union takes place for a long time." Wives, however, should not be seen bearing such mementoes of love, although it is acceptable for a married woman to have them on her private parts. "In short," Vatsyayana concludes, "nothing tends to increase love so much as the effects of marking with the nails and biting."

**Nail pressure**  
Press hard enough to leave marks but not so hard as to break the skin



## SCRATCHING

While it does not suggest that using the fingernails is to everyone's taste, it is clear that the Kama Sutra regards them as a useful weapon in a lover's armory.

IF LEAVING love marks is based on passion rather than anger or cruelty, both partners may find it fun from time to time.



## THE RITUALIZED BLOWS OF LOVE

The Kama Sutra discusses various ways in which harmless ritual striking can be used by both partners to express their feelings and heighten excitement before and during intercourse. Four kinds of blows are described, using the back of the hand; the fingers, slightly contracted; the fist; and the palm of the hand. The blows are most effective on the shoulders, the head, the space between the breasts, the back, the midriff, and on the sides.

Modern lovers might well use light blows on each other spontaneously, but violence is a very taboo subject in our society—people are afraid of it, and with good reason. And although the Kama Sutra suggests that the woman should return the man's blows, many

women are frightened and repulsed by such behavior. Those who enjoy ritualized violence are stigmatized in our society, as well as being the butt of many jokes. But the aficionados of spanking, for example, will tell you that a light spank, with the flat of the hand, doesn't actually hurt. It provides a brief, arousing tingling sensation, and if you get enough of these light sparks, your body becomes very aroused. There is an emotional dimension, too. Because the act of striking someone, however ritually, is an aggressive one, many people find that artificial aggressive act can be provocative enough to engage the emotions, to annoy you so that you retaliate and thus bring about a mock fight. This raises your adrenaline levels, and when these are heightened you become turned on.



With the back of the hand



With the fingers



With the fist



With the palm of the hand

# HAIR PLAY

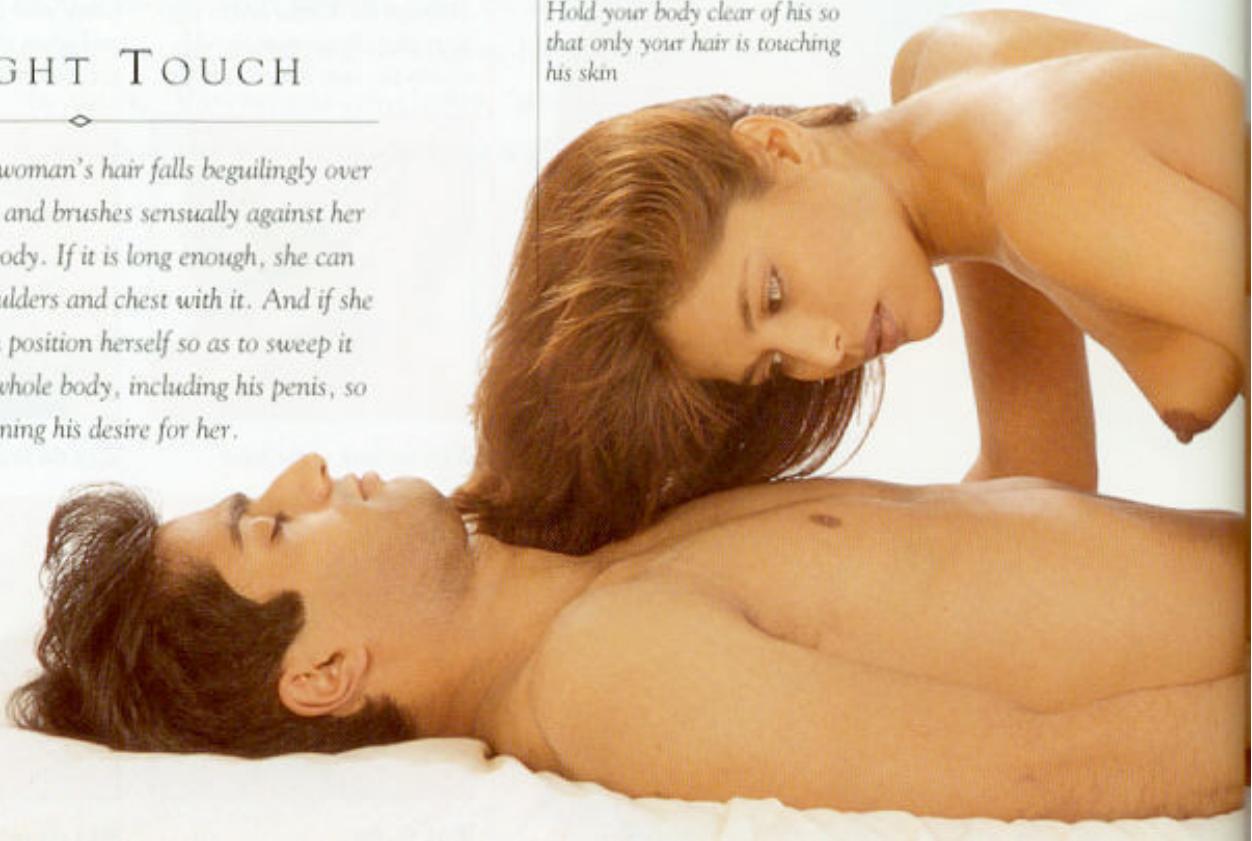
The *Kama Sutra* acknowledges the eternal fascination that a woman's hair has for a man, stating that among the arts she should learn is that of "dressing the hair with unguents and perfumes and braiding it." The power that her hair exerts is reciprocated when, by praising and fondling it, her partner arouses feelings of desire in her, which he then undertakes to satisfy. In Vatsyayana's time, long hair would have graced women and men alike. Now as then, it is a valuable asset in love play. Pubic hair can also feature in the preliminaries to lovemaking, and for lovers, the sight and feel of each other's pubic hair heralds the imminent joys of intercourse. But fondling the pubic hair need not be confined to foreplay, for after lovemaking it can reciprocate tenderness just as eloquently as it can signal the desire to make love again. It should be touched gently—the hairs being stroked rather than pulled.

## A LIGHT TOUCH

When it is long, a woman's hair falls beguilingly over her face or breasts and brushes sensually against her partner's naked body. If it is long enough, she can even enfold his shoulders and chest with it. And if she is on top, she can position herself so as to sweep it teasingly over his whole body, including his penis, so heightening his desire for her.

### Controlled touch

Hold your body clear of his so that only your hair is touching his skin



## REVEALING THE NECK

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Clean, lustrous hair can be a powerful aphrodisiac, inviting lovers to toy with it and bury their hands in it. Its texture and sheen are attractive in themselves, but when the hair is lifted to reveal a soft, delicate neck, the joy is even greater.

SOMETIMES A MAN will choose this way to make his desire known to a woman, and the animal connotations of an approach from behind usually provide additional excitement for both partners.



## TACTILE PLEASURE

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Loving touch is one of the most important parts of an intimate relationship, and by running her fingers through her partner's hair while he plays with hers, a woman can increase the tactile pleasure for both of them.

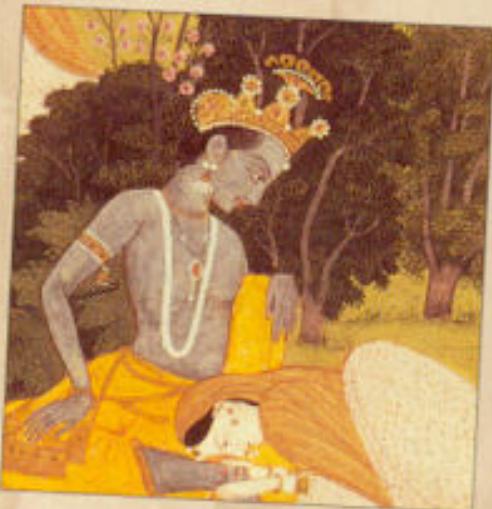
LOVERS CAN TAKE this a step further by brushing each other's hair or by giving each other a gentle scalp massage.





# KISSING AND MOUTHPLAY

*“Men and women, being of the same nature, feel the same kind of pleasure.”*



# KISSING

The mouth is among the most sensitive parts of the body, and the most versatile—you can use your lips or tongue to kiss, lick, suck, nuzzle, or nibble any area of your partner's body. Kissing is an art in itself, and the *Kama Sutra* recognizes its power of expression by describing in detail the different forms of kissing and when each type of kiss is appropriate. Whatever its intensity, a kiss on the lips combines the three senses of touch, taste, and smell, each of which can produce a strong emotional response. Kisses range from fleeting contact to a deep penetration with the tongue, when the rhythm of the penetration can be matched to that of simultaneous intercourse. In between lie many variations, and perhaps the *Kama Sutra* describes types of kisses in great detail because the skill was as often overlooked then as it is now.



THE BENT KISS



THE TURNED KISS

*The Kama Sutra's Bent Kiss is what occurs when "the heads of two lovers are bent toward each other, and when so bent, kissing takes place."*

ONE OF THE MOST NATURAL ways to kiss your lover is with your head angled slightly to one side, which permits maximum lip contact and deep tongue penetration. It's a superb means of expressing passion during foreplay and a great way to heighten the excitement of intercourse.

*"When one of them turns up the face of the other by holding the head and chin, and then kissing," says the *Kama Sutra*, "it is called a turned kiss."*

GENTLENESS AND LOVING tenderness are the principal emotions evoked by a kiss of this type, which is a good one to use at the beginning of foreplay or when you are making love very slowly in a face-to-face sitting or standing position.

## THE STRAIGHT KISS

*This is the name that the Kama Sutra gives to a kiss in which "the lips of two lovers are brought into direct contact with each other."*

WHEN LOVERS KISS like this, with their heads angled only slightly to each side, tongue penetration is impractical.

Because of this, the straight kiss is not a means of expressing intense passion, but it is a gentle way of showing affection and expressing the initial stages of desire. It's the kind of kiss that new lovers often use in the earliest, most tentative moments of their physical relationship.

### **Use your hands**

*When kissing, use your hands to caress, stroke, and fondle your lover's body*



## THE PRESSED KISS

*There are two versions of this kiss, the first being when "the lower lip is pressed with much force." The second, shown here, is "the greatly pressed kiss," in which one of the lovers holds the other's lower lip and then, after touching it with the tongue, kisses it with "great force."*

THESE ARE NOT really kisses, more an erotic prelude to kissing.

**Increasing sensuality**  
You can make this kiss  
more sensual by kissing  
your partner's upper and  
lower lips in turn

## THE KISS OF THE UPPER LIP

According to Vatsyayana, when a man "kisses the upper lip of a woman, while she in return kisses his lower lip, it is called the kiss of the upper lip."

IN HIS DESCRIPTION of this kiss, Vatsyayana talks about the woman returning the man's kiss—he takes the initiative—and the name refers to his upper lip when it could just as easily have referred to her lower lip.

Later on in his discussion of kissing, however, he makes it clear that kisses can be initiated by women as well as by men. This principle should apply to all areas of lovemaking: women should not be afraid to make the first move.

### Positions

Like most kisses, this one can be given from a sitting, standing, or lying position



“Whatever things may be done by one of the lovers to the other, the same should be returned by the other.”



## THE CLASPING KISS

When either the man or woman “takes both the lips of the other between his or her own, it is called a clasping kiss. A woman, however, only takes this kind of kiss from a man who has no mustache. And on the occasion of this kiss, if one of them touches the teeth, the tongue, and the palate of the other with his or her tongue, it is called the fighting of the tongue. In the same way, the pressing of the teeth of the one against the mouth of the other is to be practiced.”

HERE, WE HAVE the Kama Sutra describing what we would nowadays refer to as French kissing, and the author makes it clear that the initiative can come from the woman just as easily as from the man. In this type of kissing, scrupulous oral hygiene is, of course, essential.



## A YOUNG GIRL'S KISSES

In his chapter on kissing, Vatsyayana says that when a couple makes love for the first time, kissing should be done moderately, and not continued for a long time. He later lists the places that should be kissed, then describes three kinds of kisses that a young girl might give her partner. The places to be kissed are, he says, “the forehead, the eyes, the cheeks, the throat, the bosom, the breasts, the lips, and the interior of the mouth. Moreover the people of the Lat country kiss also on the following places, viz., the joints of the thighs, the arms, and the navel.”

However, he seems to have some reservations about the kissing habits of the people of the Lat country, because he then goes on to say, “But Vatsyayana thinks that though kissing is practiced by these people in the above places on account of the intensity of their love, and the customs of their country, it is not fit to be practiced by all.”

He names the young girl's kisses the Nominal Kiss, the Throbbing Kiss, and the Touching Kiss, and describes them as follows:

### THE NOMINAL KISS

“When a girl only touches the mouth of her lover with her own, but does not herself do anything, it is called the nominal kiss.”

### THE THROBBING KISS

“When a girl, setting aside her bashfulness a little, wishes to touch the lip that is pressed into her mouth, and with that object moves her lower lip, but not the upper one, it is called the throbbing kiss.”

### THE TOUCHING KISS

“When a girl touches her lover's lip with her tongue, and having shut her eyes, places her hands on those of her lover, it is called the touching kiss.”

## THE KISS THAT KINDLES LOVE



As its name suggests, this is a kiss that a woman can use to arouse her partner when he is asleep and she is feeling amorous: "When a woman looks at the face of her lover while he is asleep, and kisses it to show her intention or desire, it is called a kiss that kindles love."

FROM HIS DESCRIPTION of this kiss and of the Kiss That Turns Away, it is clear that Vatsayana had no problem with the idea of a woman initiating sexual activity. Nearly 2,000 years later, however, many men still find it difficult to accept the woman taking the lead in lovemaking. But using seductive kisses is often a very effective way of awakening your lover and turning him on, especially in the morning.

Whether or not it will work if he has fallen asleep after making love is another question.



### PLAYING THE KISSING GAME

The Kama Sutra describes a kissing game for lovers to play: "As regards kissing, a wager may be laid as to which will get hold of the lips of the other first. If the woman loses, she should pretend to cry, should keep her lover off by shaking her hands, and turn away from him and dispute with him saying, 'Let another wager be laid.' If she loses this a second time, she should appear doubly distressed, and when her lover is off his guard or asleep, she should get hold of his lower lip, and hold it in her teeth, so that it should not slip away, and then she should laugh, make a loud noise, deride him, dance about, and say whatever she likes in a joking way, moving her eyebrows and rolling her eyes. Such are the wagers as far as kissing is concerned, but the same may be applied to pressing, scratching, biting, and striking."

## THE KISS THAT AWAKENS

This version of the Kiss That Kindles Love is for a man to use on his partner: "When a lover coming home late at night kisses his beloved, who is asleep on her bed, in order to show her his desire, it is called a kiss that awakens. On such an occasion the woman may pretend to be asleep at the time of her lover's arrival, so that she may know his intention and obtain respect from him."



## THE KISS THAT TURNS AWAY

According to the Kama Sutra, "When a woman kisses her lover while he is engaged in business, or while he is quarreling with her, or while he is looking at something else, so that his mind may be turned away, it is called a kiss that turns away."

A WARM, LINGERING kiss (or kisses) can take your lover's mind off other things and, like the Kiss That Kindles Love, direct it toward thoughts of lovemaking. If your partner is one of those men who thinks that his sexual role is to be active, and finds it difficult simply to relax and let you give him pleasure, you can overcome his resistance by following your kisses with a sensual body massage. Move on from this to a more directly sexual form of activity, such as massaging his genitals or even oral sex, and any reluctance on his part will soon evaporate.

**Use your hands**  
Supplement your kisses with strokes and caresses

**Where to kiss**  
Gently kiss her neck,  
ears, back, cheeks,  
and lips



## KISSING THE BODY

Although the lips and breasts are especially sensitive to the touch of the mouth, most parts of the body, including the limbs, respond to kissing; in general, the closer to the genitals, the more intense and irresistible the pleasure. There is no need for either partner to remain passive, because body kisses can be enjoyed by both partners at the same time, especially if they lie together head to foot. The *Kama Sutra*—without giving any details—says that, according to where on the body it is given, the intensity of a kiss should vary: it should be moderate, contracted, pressed, or soft.



### BREAST KISSING

The most effective kisses are those that are applied lightly to the fullness of the breast, while the nipples may be sucked or nibbled gently. The nipples deserve special attention, because for many women, nipple stimulation is powerfully arousing.

THE ATTENTIVE LOVER devotes considerable time to kissing and fondling his partner's breasts, because for most women this produces a response that is as emotionally satisfying as it is physically exciting. Often, if her breasts are ignored in favor of her genitals, a woman feels cheated.

#### Thighs

Kissing the thighs creates very erotic sensations

#### Back and spine

Lightly kiss or lick along the length of your partner's spine





## EVEN MORE TYPES OF KISSES

Among the *Kama Sutra*'s many descriptions of kisses is one called the Demonstrative Kiss. It is given when "at night at a theater, or in an assembly of caste men, a man coming up to a woman kisses a finger of her hand if she be standing, or a toe of her foot if she be sitting, or when a woman is shampooing her lover's body, places her face on his thigh (as if she was sleepy) so as to inflame his passion, and kisses his thigh or great toe."

Another kiss described is the Transferred Kiss, which is when a person "kisses a child sitting on his lap, or a picture, or an image, or figure, in the presence of the person beloved by him." A third type, the Kiss Showing the Intention, is when a person "kisses the reflection of the person he loves in a mirror, in water, or on a wall."

*Kissing your lover's reflection in a mirror or elsewhere is just not possible, unless you are in love with yourself— you end up kissing your own reflection.*



## KISSING AND LICKING

Pay special attention to sensitive areas like the breasts and the nipples, the insides of the thighs, and the backs of the knees. The greater your self-control in delaying penetration, the richer the rewards when it does occur.

COVERING YOUR PARTNER'S body systematically with kisses, or exploring it all over with your tongue ("tongue bathing"), is an excellent way to heighten anticipation.

**Stroking and kissing**  
Enhance the effect of your kisses by combining them with sensual strokes of your hands and fingers



# BITING

In the Indian erotic tradition, biting is an important part of the lover's repertoire, and the *Kama Sutra* catalogs the different kinds of bites in detail. Bites can be given almost anywhere on the body and range from a playful nip, more teasing than erotic, or sustained sucking that leaves a pronounced mark (today probably the most common definition of a love bite), to a forceful grip with the teeth at the height of passion. Most couples find no place in their lovemaking for this last kind of biting, and are sensible not to, because at orgasm the jaws often go into spasm and clamp shut, and can inflict a serious wound.

## THE BITING OF A BOAR

*For marking the shoulder, the Kama Sutra suggests this bite, which it describes as consisting of "many broad rows of marks near to one another, and with red intervals... This is impressed on the breasts and the shoulders; and these two last modes of biting are peculiar to persons of intense passion."*

RESEARCH HAS REVEALED that women are given to biting during lovemaking, while many men feel somewhat ambivalent about it and even more so about being bitten. It has been suggested, by way of explanation, that because men are generally more muscular than women, it comes more naturally to them to express their passion through forceful bodily gestures rather than by biting.





## THE BROKEN CLOUD

The Kama Sutra describes this as the "biting which consists of unequal risings in a circle, and which comes from the space between the teeth," and specifies that these marks are to be impressed upon the breasts.

MOST COUPLES WHO ENJOY giving love bites draw the line at breaking the skin, preferring to suck their partner's flesh, often with the intention of leaving a mark as a token of possession. This type of ritual biting, intended to raise the skin into the spaces between the teeth, rather than to pierce the skin, serves a similar purpose.



## THE BITES OF LOVE

The Kama Sutra lists eight different types of ritualized biting for use in lovemaking. In addition to the Broken Cloud and the Biting of a Boar, these are:

### THE HIDDEN BITE

"The biting that is shown only by the excessive redness of the skin that is bitten, is called the hidden bite."

### THE SWOLLEN BITE

"When the skin is pressed down on both sides, it is called the swollen bite."

### THE POINT

"When a small portion of the skin is bitten with two teeth only, it is called the point."

### THE LINE OF POINTS

"When such small portions of the skin are bitten with all the teeth, it is called the line of points."

### THE CORAL AND THE JEWEL

"The biting that is done by bringing together the teeth and the lips is called the coral and the jewel. The lip is the coral, and the teeth the jewel."

### THE LINE OF JEWELS

"When biting is done by all the teeth, it is called the line of jewels."

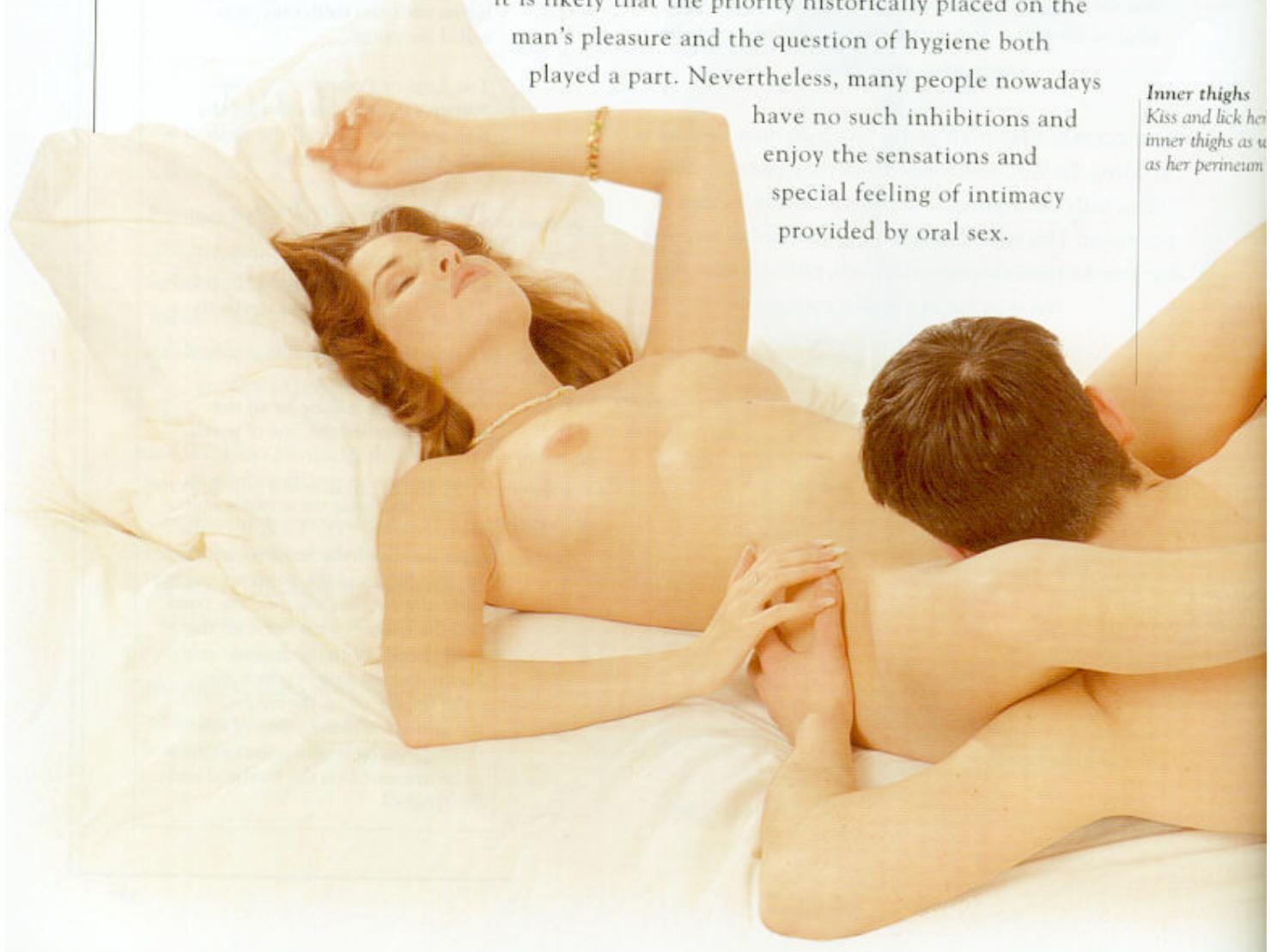
Vatsyayana also specifies where on the face and body these various bites are to be used: "The lower lip is the place on which the hidden bite, the swollen bite, and the point are made; again the swollen bite, and the coral and the jewel bite are done on the [left] cheek... Both the line of points and the line of jewels are to be impressed on the throat, the arm pit, and the joints of the thighs; but the line of points alone is to be impressed on the forehead and the thighs."

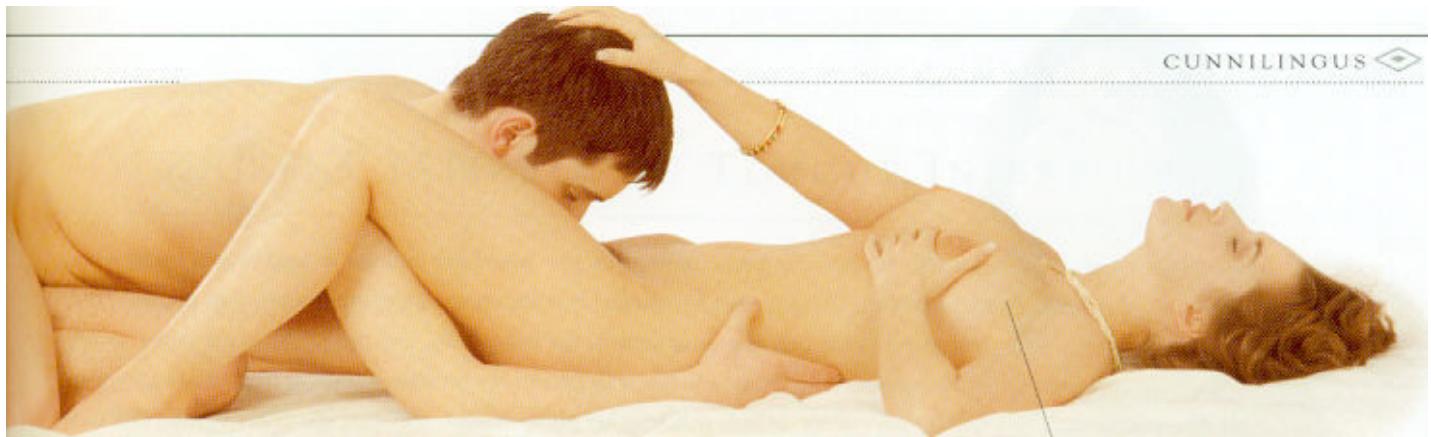
# CUNNILINGUS

It is perhaps not surprising that the author of the *Kama Sutra* expresses an ambivalent, even coy, attitude to oral-genital contact. For even now, although oral sex is widely enjoyed and more freely discussed than ever before, there are people of all ages (including some who are otherwise sexually active) who disapprove of cunnilingus and fellatio, or who at least never practice them. In addition, while there are those who condemn both, there are many others who disapprove of cunnilingus but are so not so dismissive of fellatio. Their view echoes that of Vatsyayana, who concentrates on the pleasure the man derives from fellatio and covers cunnilingus very summarily. We cannot be sure what his reservations about cunnilingus were, but it is likely that the priority historically placed on the man's pleasure and the question of hygiene both played a part. Nevertheless, many people nowadays

have no such inhibitions and enjoy the sensations and special feeling of intimacy provided by oral sex.

**Inner thighs**  
Kiss and lick her inner thighs as you as her perineum





## CLITORAL STIMULATION

The clitoris is probably the most sensitive part of a woman's body, and it responds best to gentle stimulation from the lips and tongue. Position yourself so that you can stroke your tongue upward over the shaft and head of her clitoris. Your partner can be standing, sitting, or lying on her back; if she is one of the many women who enjoy protracted cunnilingus and can experience a series of orgasms from it, she will usually be more comfortable lying down. Stimulate each side of the clitoris in turn, always from underneath. Use featherlight strokes on the head of the clitoris, and try flicking the underside of the shaft from side to side with the tip of your tongue.

**Self-stimulation**  
Caress your breasts and nipples to give yourself extra stimulation

## STIMULATING THE PERINEUM

When she opens her legs wide, you can get between them to lick her perineum. The perineum is the area between the vagina and the anus, and in most women it is rich in nerve endings and so is very sensitive to being touched, stroked, or licked. Stimulation of the perineum can be highly arousing.



## CLITORIS AND PERINEUM



**LIICKING THE CLITORIS**  
Lick upward, and always be gentle because the clitoris is very sensitive.

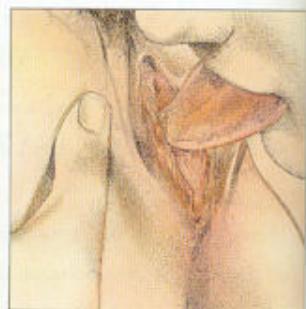
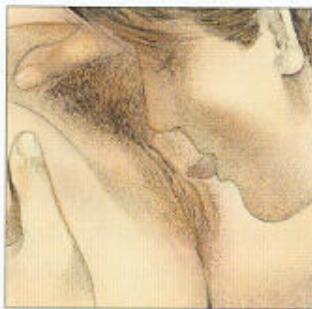


**LIICKING THE PERINEUM**  
Using the tip of your tongue, make featherlight strokes up and down her perineum.

## GENITAL KISSING

When you give your lover oral sex, a good way to create a slow but highly erotic crescendo of arousal is to kiss and lick her abdomen, her lower belly, and the insides of her thighs, slowly working in toward her genitals. Move on from this to kissing and licking her pubic mound, the outer lips of her vagina, and then her clitoris. A gradual approach such as this, perhaps even starting at her breasts and nipples and then working downward, helps build sexual tension, and is also useful if she is a little unsure about indulging in oral sex and needs a gentle introduction to genital kissing.

### LABIA AND VAGINA



#### licking the labia

Run your tongue along and between the labia (large lips) of her vagina, and kiss them.

#### penetrating strokes

Use both deep and shallow strokes, moving your tongue up and down as well as in and out.





## STIMULATION AND VAGINAL LUBRICATION

A woman's vagina produces a natural lubricating fluid when she is sexually stimulated, and cunnilingus is one of the best ways of stimulating her. This lubrication, besides allowing the vagina to receive a fully erect penis without discomfort, actually changes the way in which genital touch is experienced, making it pleasurable and full of sensuality. The actual stimulation doesn't have to be focused exclusively on the vagina itself, although it is usually more effective when it is. The sexiest and most erotic method of getting a woman to lubricate is through foreplay and by just turning her on.

Those women who do not produce very much natural lubricant should use one of the many water-soluble creams and jellies that are specially formulated for use as vaginal lubricants. These are inexpensive, and available from any pharmacy.

## TONGUE INSERTION

After arousing your lover by kissing and licking her clitoris and perineum (see page 57), increase the stimulation by also darting your tongue in and out of her vagina. Start off by using just the tip of your tongue, then use the blade, and later alternate between shallow strokes with the tip and deep strokes with the blade. One of the secrets of giving good cunnilingus is to vary the strokes to give her an ever-changing range of sensations. Don't continue for too long with the same stroke unless she asks you to.

### Relax

Lie back, relax, and enjoy the pleasure he is giving you

### Hand action

Use your hands to give her extra stimulation



# FELLATIO

While the *Kama Sutra* devotes far more attention to fellatio than it does to cunnilingus, its coverage of the former is nevertheless strange from a modern point of view. Vatsyayana describes *Auparishtaka*, or "mouth congress," as an activity predominantly practiced by eunuchs on their masters. He tells how eunuchs



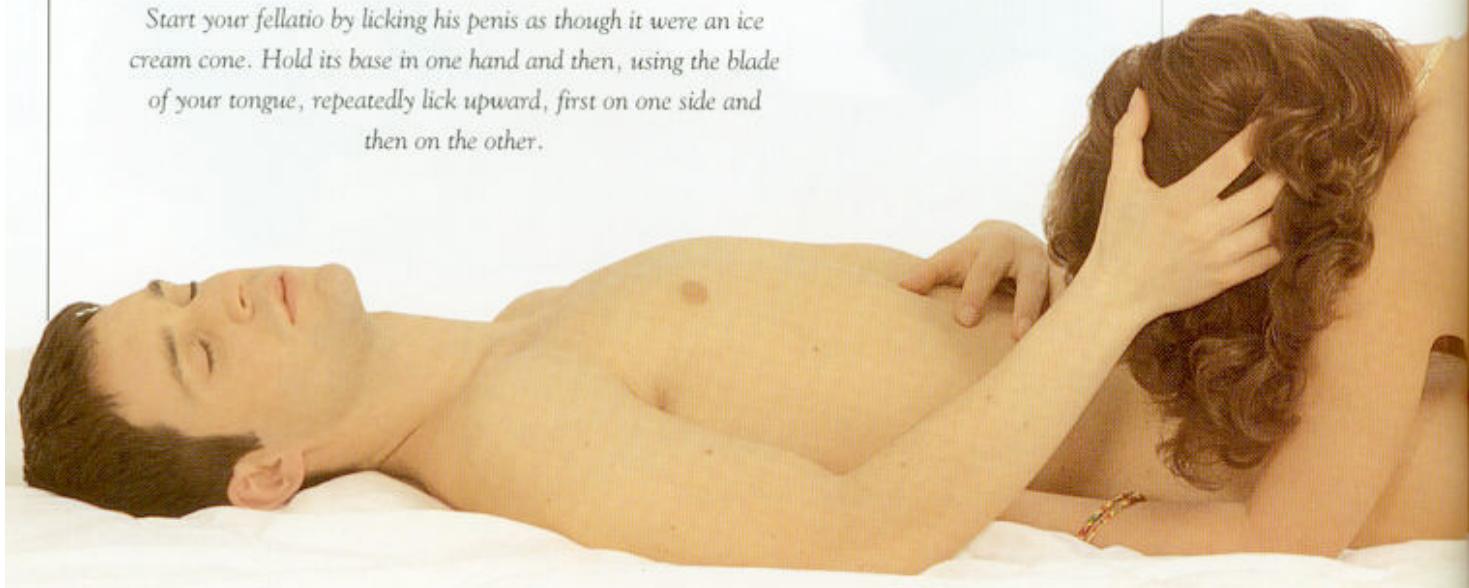
"disguised as females" led the life of courtesans, whose duties included fellatio, while "eunuchs disguised as males keep their desires secret, and when they wish to do anything they lead the life of shampooers." Vatsyayana goes on to explain how, under the pretense of shampooing (washing and massaging the body), the eunuch fondles and excites his master, eventually pleasuring him with eight kinds of fellatio, one after the other. Master and servant play a tantalizing game in which "at the end of each of these, the eunuch expresses his wish to stop, but when one of them is finished, the man desires him to do another, and after that is done, then the one that follows it, and so on."

Nowadays, gay men continue to share the pleasures of fellatio, but at the same time it is a highly satisfying complement to cunnilingus in a heterosexual relationship.

## LICKING THE PENIS

Start your fellatio by licking his penis as though it were an ice cream cone. Hold its base in one hand and then, using the blade of your tongue, repeatedly lick upward, first on one side and then on the other.

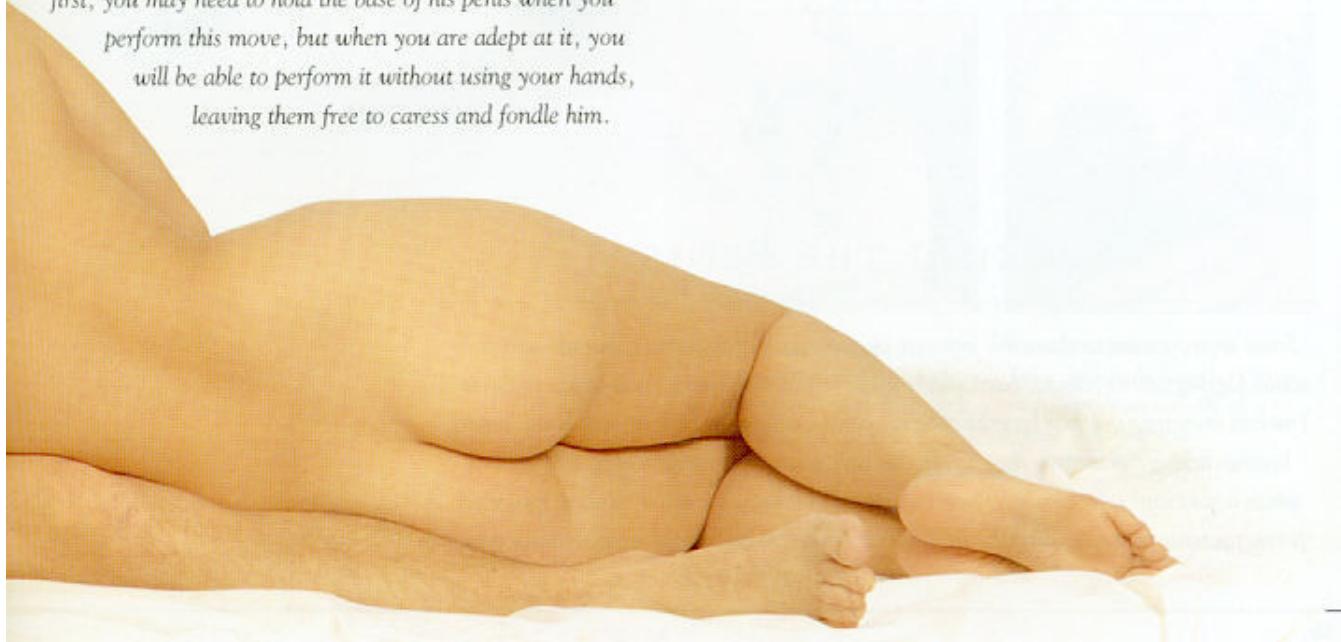
*Put her in charge  
Try to relax and let your partner decide on how she wants to pleasure you*





## THE BUTTERFLY FLICK

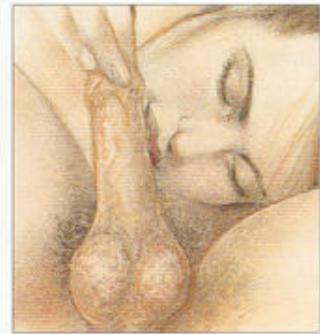
This highly effective fellatio technique consists of flicking your tongue lightly along the ridge on the underside of his penis. At first, you may need to hold the base of his penis when you perform this move, but when you are adept at it, you will be able to perform it without using your hands, leaving them free to caress and fondle him.



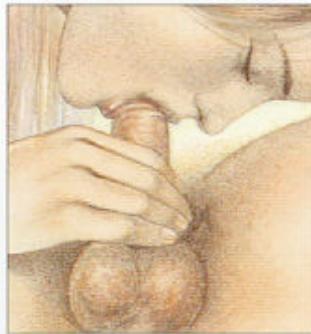
## USING YOUR LIPS



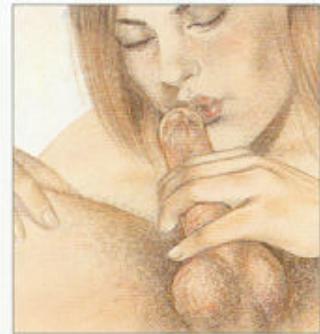
**THE NOMINAL CONGRESS**  
Take his penis in your hand, place it between your lips, and move it around in your mouth.



**BITING THE SIDES**  
Cover the end of his penis with your fingers, then kiss and gently nibble the sides.



**PRESSING INSIDE**  
Take his penis into your mouth, press it with your lips, and then take it out.



**PRESSING OUTSIDE**  
Press your lips against the end of his penis, and kiss it as if drawing it out.

## ORAL SEX ETIQUETTE

If your partner is going to give you fellatio, make sure that your penis is scrupulously clean. During fellatio, always let your partner know if you feel that you are about to climax, so that she can withdraw your penis before you do so if she does not want you to ejaculate in her mouth.

## LICKS AND KISSES



### RUBBING

After kissing his penis, lick it all over and pass your tongue over its end.

### KISSING

Holding his penis in your hand, kiss it as though you were kissing his lower lip.



## SUCKING THE PENIS

Some women want to share this intimate pleasure with their partner, but are nervous about gagging during fellatio, particularly when he becomes excited and wants to thrust. You can overcome this fear by encircling the penis with one or both hands before kissing, licking, or sucking the end. In this way you will be in control of the depth to which it goes into your mouth. There is no need to take in the whole penis to give your partner intense pleasure, because the glans (the bulbous end) is the most sensitive part.



*“There are some men, some places, and some times, with respect to which these practices can be made use of.”*

## THE CONGRESS OF A CROW

According to the Kama Sutra, “when a man and woman lie down in an inverted order, i.e., with the head of one toward the feet of the other, and carry on this congress, it is called the congress of a crow.”

THIS TERSE ACCOUNT of simultaneous oral sex in fact describes the classic “Sixty-Nine,” in which the two partners perform simultaneous fellatio and cunnilingus. Whatever oral-genital stimulation lovers give each other individually, Sixty-Nine should allow them to do together. This may seem like an ideal arrangement that ensures truly mutual joy, but in reality it may prove awkward, and less satisfactory than practicing fellatio and cunnilingus in turn.

### MOUTH WORK



**SUCKING A MANGO FRUIT**  
Take his penis about halfway into your mouth, and then suck it vigorously.



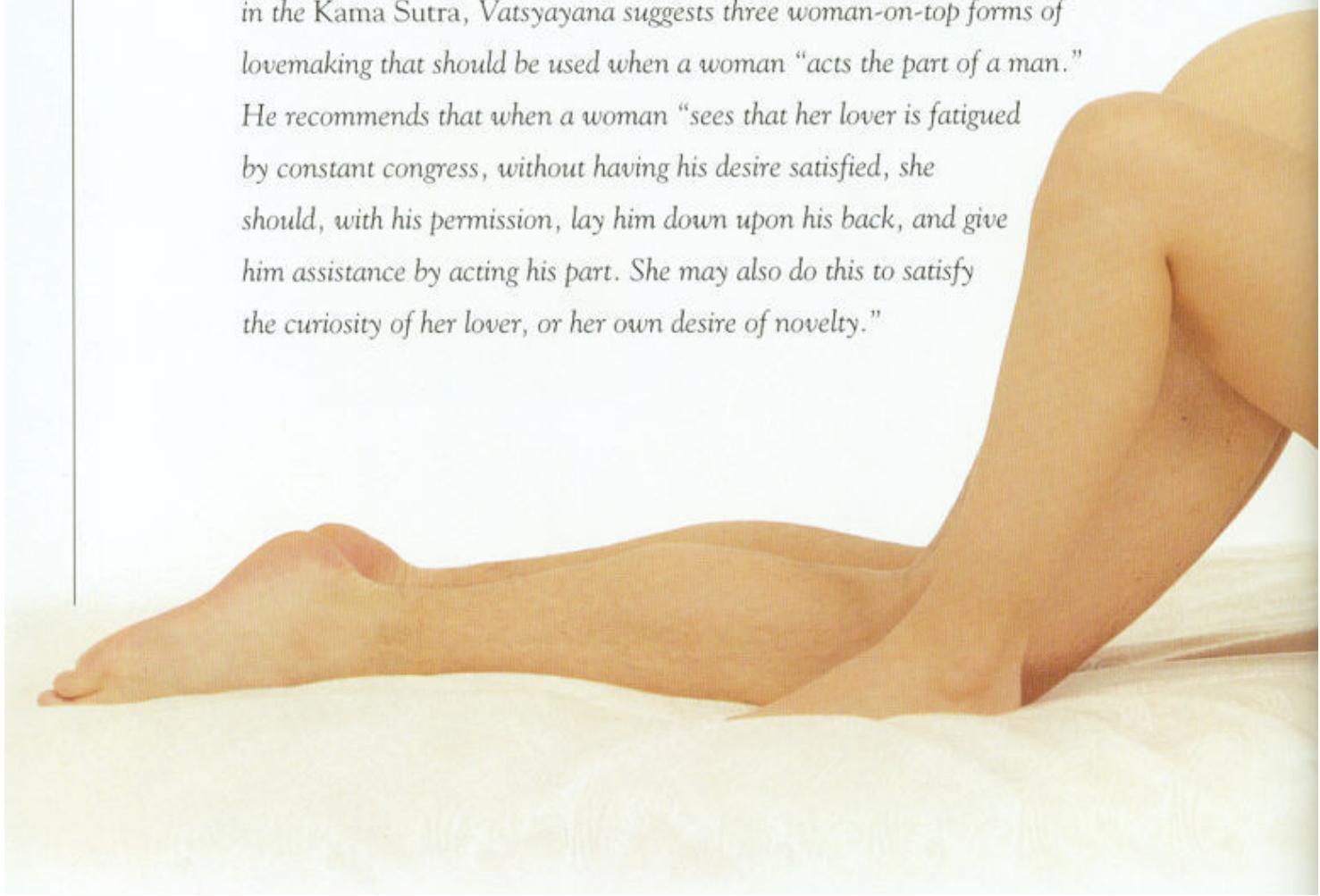
**SWALLOWING UP**  
Take the whole length of his penis into your mouth, as if trying to swallow it.

# KAMA SUTRA POSITIONS

In most people's minds, the words Kama Sutra evoke a beguiling blend of the exotic and the erotic, conjuring up visions of large numbers of impractical, bizarre, or even



impossible lovemaking positions. In fact, the work describes only about two dozen positions, and most of these are relatively easy to accomplish if the woman is reasonably supple. Its author, Vatsyayana, lists eight basic positions that had been described by an earlier writer, Babhravya, and attributes the descriptions of most of the rest to another early author, Suvarnanabha. Most of these sexual positions involve the woman lying on her back with her legs in a variety of postures, but later in the Kama Sutra, Vatsyayana suggests three woman-on-top forms of lovemaking that should be used when a woman "acts the part of a man." He recommends that when a woman "sees that her lover is fatigued by constant congress, without having his desire satisfied, she should, with his permission, lay him down upon his back, and give him assistance by acting his part. She may also do this to satisfy the curiosity of her lover, or her own desire of novelty."





## THE YAWNING POSITION

*Lovemaking that begins with a straightforward man-on-top position, in which both partners' legs are outstretched, often develops quite naturally into the Yawning Position, in which the woman raises her thighs and parts them widely.*

THE BARRIER PRESENTED by the woman's thighs in this position does not allow for very deep penetration, and it is unlikely that her clitoris will receive much stimulation. Offsetting this, though, is the undeniable eroticism of the position. Her genitals are displayed, and the helplessness she feels when in this position can be a powerful turn-on.

**Press inward**  
Pressing your legs against his sides will make it easier to keep them raised

**Lean forward**  
Gently lean forward as you thrust against your lover's thighs



**Thigh angle**  
Changing the angle of your thighs in relation to your body is an easy way to vary the depth of penetration

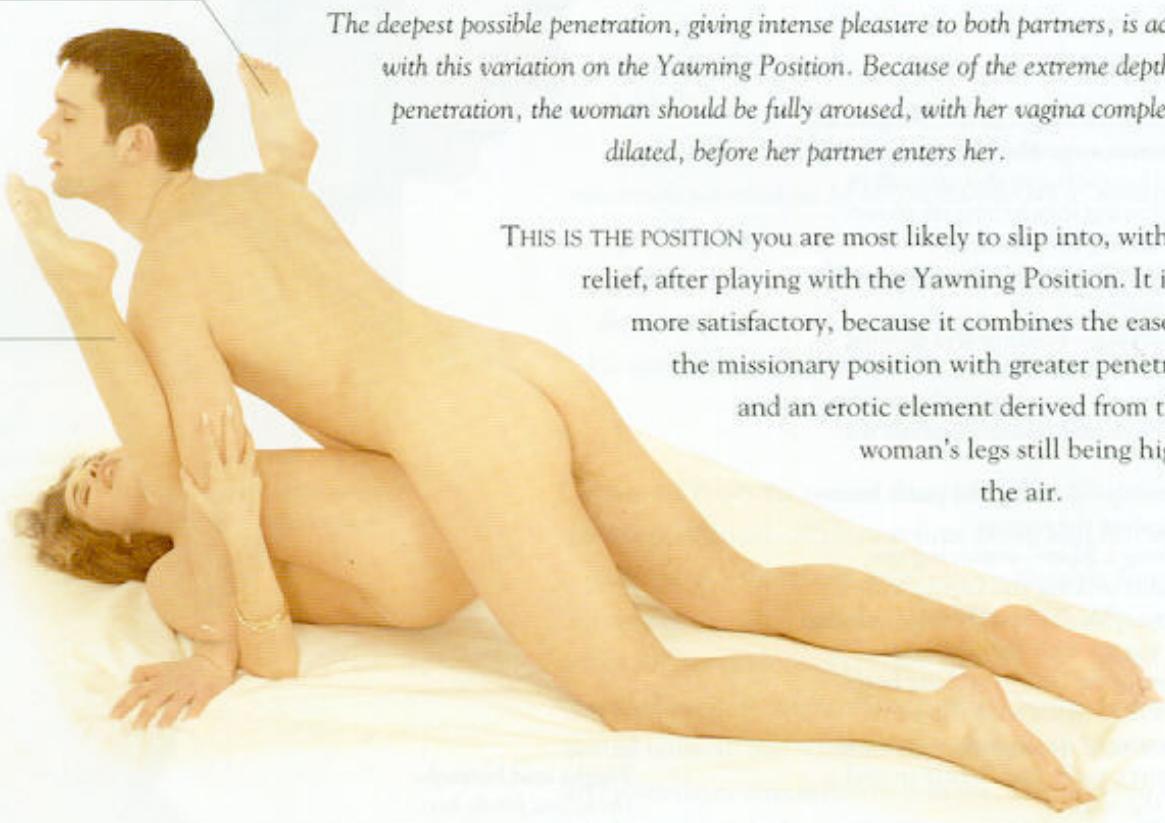
**Foot positions**  
Place one foot on either side of his head

**Brace yourself**  
Rest your calves  
on his shoulders  
and brace yourself  
against his body as  
he thrusts

## THE VARIANT YAWNING POSITION

The deepest possible penetration, giving intense pleasure to both partners, is achieved with this variation on the Yawning Position. Because of the extreme depth of penetration, the woman should be fully aroused, with her vagina completely dilated, before her partner enters her.

THIS IS THE POSITION you are most likely to slip into, with some relief, after playing with the Yawning Position. It is far more satisfactory, because it combines the ease of the missionary position with greater penetration and an erotic element derived from the woman's legs still being high in the air.



**Support**  
Prop yourself up  
on your arms

**Eye contact**  
Look into your  
lover's eyes to  
increase your  
feelings of  
intimacy

## THE WIDELY OPENED POSITION

With her head thrown back, the woman arches her back and raises her body to meet her partner, opening her legs wide and giving an angle of entry that ensures deep penetration.

THE GENITAL CONTACT OFFERED by this position is likely to bring more satisfaction to the woman than to the man. This is because it gives her clitoris full exposure to the friction of intercourse, but he may miss the feeling of tight containment he gets when she closes her legs against his penis.





### A MAN'S DUTY TO HIS PARTNER

The *Kama Sutra* places the obligation on the man to satisfy his partner, and to help him achieve this aim offers the following suggestions on movements during lovemaking:

- ◆ *Moving Forward*—straightforward penetration
- ◆ *Churning*—holding and moving the penis in the vagina
- ◆ *Piercing*—penetrating the vagina from above and pushing against the clitoris
- ◆ *Pressing*—pushing the penis forcefully against the vagina
- ◆ *Giving a Blow*—removing the penis and striking the vagina with it
- ◆ *Blow of the Bull*—rubbing one side of the vagina with the penis
- ◆ *Blow of the Boar*—rubbing both sides of the vagina with the penis
- ◆ *Sporting of the Sparrow*—moving the penis rapidly and lightly in and out of the vagina.

*The man's duty as described here is very penis-oriented by present-day standards. There are, however, some good ideas for stimulating the female genitals — we have almost forgotten that using the penis as a kind of vibrator can be immensely arousing.*

#### Bend your knees

*Bring your legs back as far as you can, then bend them at the knee so that your calves press against the backs of your thighs*

**Thighs and buttocks**  
*Stroke and fondle her thighs and buttocks*



## THE POSITION OF THE WIFE OF INDRA



### CARESSING HER BREASTS

If your partner keeps her knees parted, you can reach down to stroke and fondle her breasts. Do not attempt this, however, if it forces you to push hard against her feet and cause her discomfort.

### Be gentle

Lean gently against your partner's feet, and hold on to her thighs to help you control your thrusting

Achievable only by the loosest of limb, this position is recommended by the Kama Sutra as suitable for the "highest congress"—lovemaking in which the vagina is fully open, ensuring maximum penetration. Most couples who try it, however, will probably use it simply as a brief interlude between less demanding postures. The position is named after Indrani, the beautiful and seductive wife of the Hindu deity Indra. He was the king of the gods in the early Vedic writings, and also the god of rain and thunder.

I THINK WE HAVE TO assume that the Wife of Indra achieved a sense of deep sexual tension from being bundled up into a package. A woman can achieve considerable arousal by tensing her vaginal muscles, which happens when the legs are drawn up as close as possible to the body. In the buildup of sexual excitement, tension is vital. Orgasm is the relief of sexual tension, and without enough tension, it is very hard and sometimes impossible to achieve. The areas around the pelvis, in particular in the thighs and buttocks, fill with sexual tension, and it is possible to aid and enhance climax by deliberately building such tension. Bioenergetic exercises, such as flexing the thighs and buttocks or practicing the Kegel exercises (see page 77), can help in building up sexual tension.

“Such passionate actions and amorous gesticulations or movements, which arise on the spur of the moment, and during sexual intercourse, cannot be defined, and are as irregular as dreams.”

# THE POWER OF TOUCH

Touch is an important and enhancing aspect not only of sexual relationships but also of many other forms of human contact. For example, patients in comas respond positively to routine touch by nurses, and research shows that babies who are touched often are soothed more easily, and are likely to show better emotional and physical development, than those deprived of frequent touch.

## SIDE-BY-SIDE CLASPING POSITION

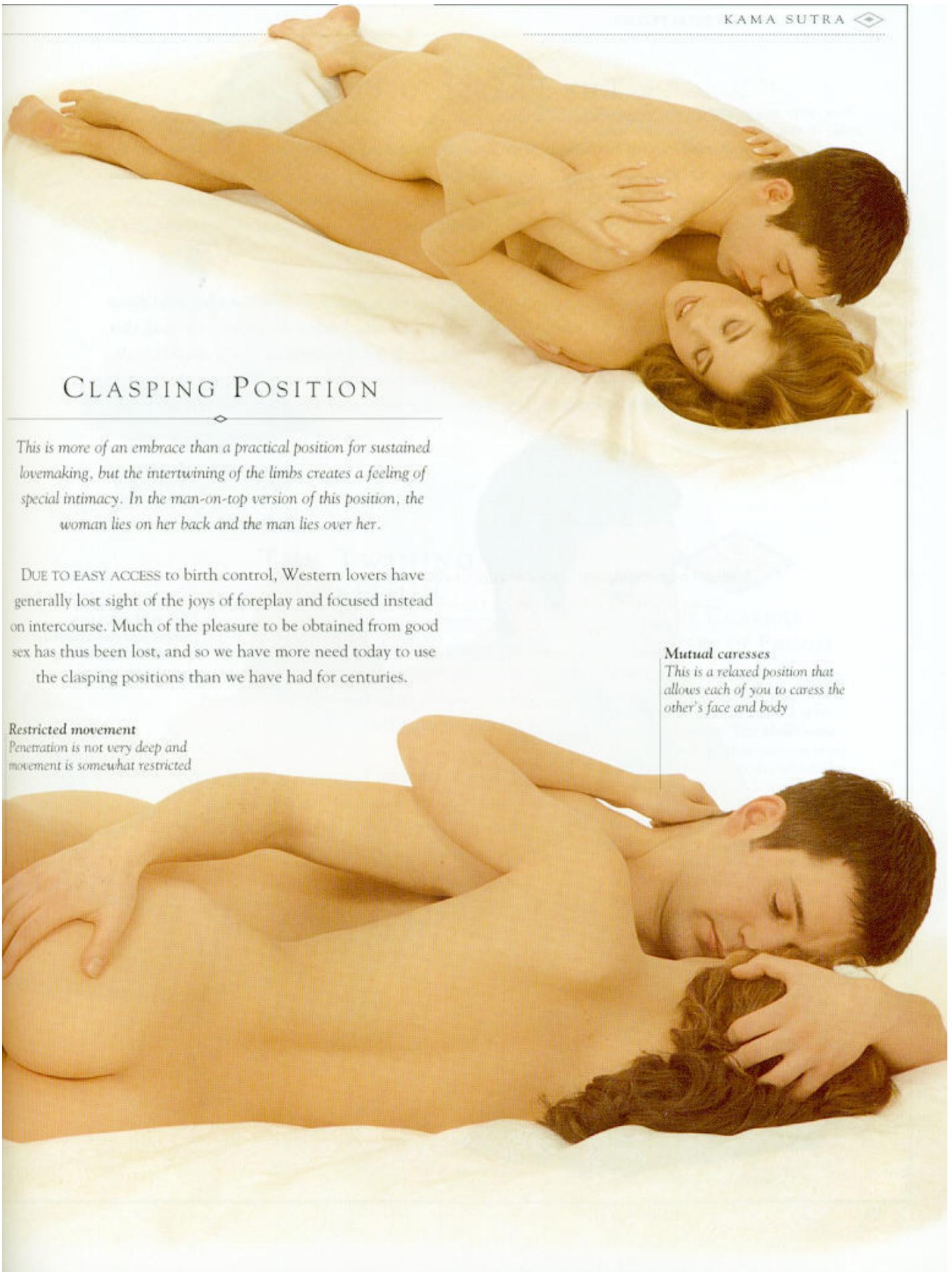
*For the gentle, relaxed, side-by-side version of the Clasping Position (see opposite), the Kama Sutra suggests that the man should always lie on his left-hand side and the woman on her right, but the choice of sides is yours.*

SUCH A CLOSE, LOVING embrace is highly reassuring, especially in the early days of a sexual relationship when lovemaking can be a cause for anxiety. Just the act of wrapping yourself lovingly around your partner and keeping it at that for a while can allay any anxieties, giving a comforting, unhurried start to being sexual together. A couple in an established relationship will also find great pleasure and reassurance in adopting this position when they make love. Its gentle intimacy will allow them to express and thus reinforce their feelings of loving tenderness toward each other.

### Intertwined legs

Both partners' legs are outstretched and wrap around the other's





## CLASPING POSITION

This is more of an embrace than a practical position for sustained lovemaking, but the intertwining of the limbs creates a feeling of special intimacy. In the man-on-top version of this position, the woman lies on her back and the man lies over her.

DUE TO EASY ACCESS to birth control, Western lovers have generally lost sight of the joys of foreplay and focused instead on intercourse. Much of the pleasure to be obtained from good sex has thus been lost, and so we have more need today to use the clasping positions than we have had for centuries.

### Restricted movement

Penetration is not very deep and movement is somewhat restricted

### Mutual caresses

This is a relaxed position that allows each of you to caress the other's face and body

## THE PRESSING POSITION

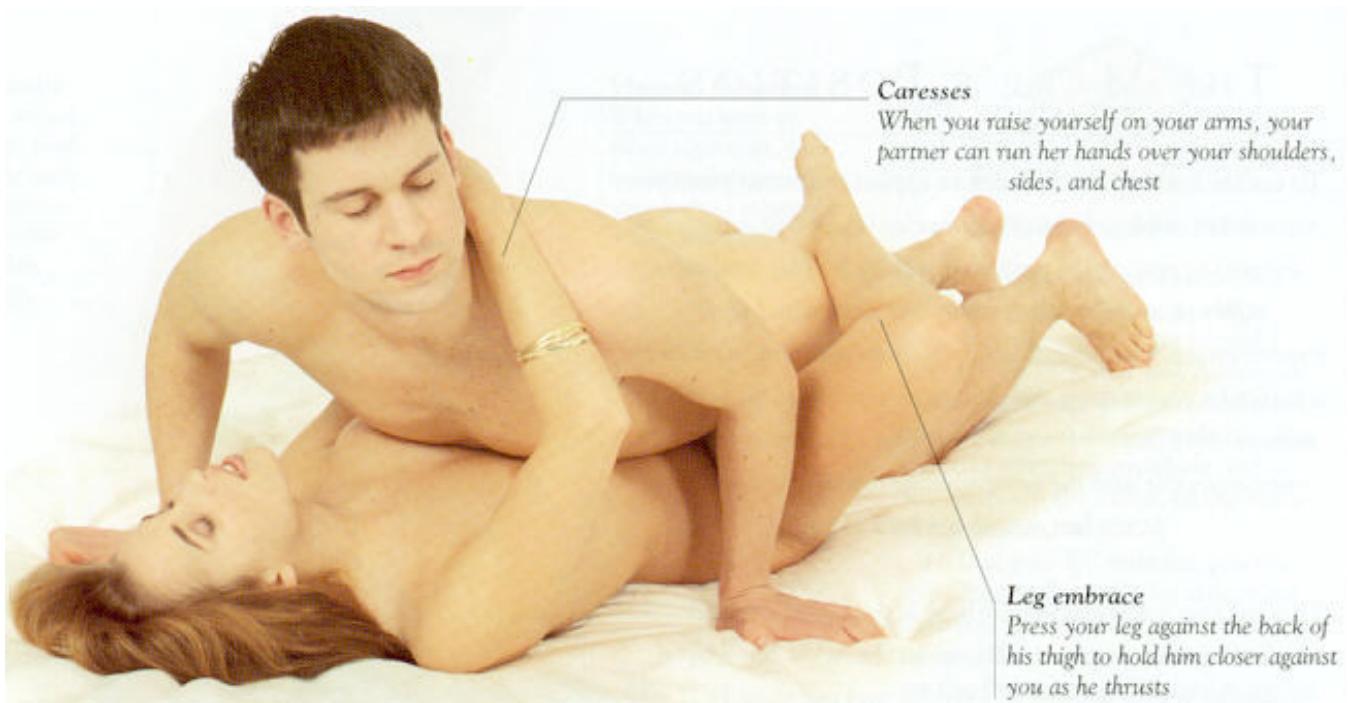
*In the most fulfilling lovemaking, as the Kama Sutra and the other ancient manuals of love teach us, a sequence of positions unfolds in which the lovers slip effortlessly from one embrace, and one rhythm, to another, like dancers. In this way, the Clasping Position (see page 73) leads naturally to the Pressing Position. Here, the woman grips her partner's thighs with her own to tighten her vagina around his thrusting penis.*

WHAT IS WONDERFUL about spontaneous lovemaking is that it can flow like a beautiful dance where every inch of the body feels as if it is coming to life. Looked at in terms of arousal, that, of course, is exactly what happens. When the body reacts to intimate touch, the skin itself "erects" as tissues beneath it fill with fluid and muscle tension mounts. The more the partners roll around together and press their limbs against each other, the greater the sexual charge.



**Squeeze with your thighs**  
Vary the sensations for both of you by raising your thighs while squeezing him between them

**Push with your feet**  
Pushing your feet against the insides of his legs will help you grip him tighter



#### Caresses

When you raise yourself on your arms, your partner can run her hands over your shoulders, sides, and chest

#### Leg embrace

Press your leg against the back of his thigh to hold him closer against you as he thrusts

## THE TWINING POSITION

Giving powerful expression to her desire to weave herself about her partner, the woman uses this variation on the Pressing Position (see opposite). She places one leg across her lover's thigh and draws him to her.

AS THE CHOREOGRAPHY of the dance progresses, the breast tissues swell, the nipples erect, the muscles begin to tense, and the labia, clitoris, and penis become erect. As both partners become increasingly excited, their chests may display a sex flush—a patchy redness under the skin, beginning from below the rib cage and spreading up and across the breasts.



## THE CHAKRAS: CENTERS OF ENERGY

The idea of the *chakras* was already in existence at the time the *Kama Sutra* was written and is still very much alive today. The chakras are centers of energy that occur at seven points in the astral body, which the yogis believe surrounds the physical body. Six chakras are located along the equivalent of the spine in the physical body, while the seventh crowns the head. Sexual activity is one way of arousing the awesome energy known as *kundalini*, which lies dormant—and is therefore often depicted as a coiled serpent—at the base of the spine, in the *Muladhara* chakra. A person trained in yoga can direct this force from chakra to chakra, revitalizing body and spirit alike. Throughout yogic history, adherents have regarded the ability to arouse and control the flow of *kundalini* as a means of achieving *moksha*, or release from the cycle of life and death (the word also describes the female orgasm).

## THE MARE'S POSITION

To use this technique, which can be applied in various positions, the woman employs her vaginal muscles (those that contract at orgasm) to squeeze the penis as if milking it. This produces a highly pleasurable sensation in both vagina and penis.

Experimentation will reveal which positions are most fulfilling for a particular couple using this technique. For some, the best is the man-on-top Clasping Position (see page 73), but others find it more enjoyable with the woman sitting astride the man, either facing him or with her back to him.

THIS TECHNIQUE SHOWS that there is nothing new under the sun. Since about the 1970s, we in the West have been teaching young women to exercise and use their PC (pubococcygeal) muscles through the use of Kegel exercises (see opposite). This helps them improve their vaginal tone after having babies, to improve their orgasmic response (stronger vaginal muscles will lead to more powerful orgasms), and to give their male partners extra stimulation.

### Arousing kisses

Enhance her arousal by kissing, licking, and nibbling her shoulders and upper arms

### Choice of position

When she sits facing away from you, either lean back like this or lie flat on your back

### Self-stimulation

Lean back slightly to expose your clitoris for stimulation with your fingertips





**Sensual pressure**  
Increase the sensual pressure on his penis by pushing the backs of your legs against his shoulders while you squeeze him with your thighs

**Vigorous thrusting**  
When you want to thrust vigorously, hold her legs tightly against your body to reduce the risk of your penis slipping out

## THE RISING POSITION

The woman raises her legs straight up, above the shoulders of the man, who kneels in front of her and introduces his penis into her vagina. By pressing her thighs together, she squeezes him and increases the friction as he moves inside her, producing exquisite sensations for both partners.

SINCE HIS PARTNER'S calves and feet are in easy reach of his hands, the man can either caress them or hold them to steady himself during vigorous thrusting.



### PRACTICING THE KEGEL EXERCISES

The PC (pubococcygeal) muscle exercises most commonly used to tone vaginal response are named after Dr. A. H. Kegel, the American gynecologist who popularized their use. You can do these simple but very effective exercises anywhere and at any time—in the office, in the home, in the garden.

To find your PC muscles, practice stopping the flow of your urine next time you go to the bathroom. The muscles that you use to stop the flow are the PC muscles. Practice stopping the flow several times, to get used to controlling the muscles. Then lie down, slip a finger into your vagina, and contract the PC muscles again. See if you can feel the contractions.

◆ The main Kegel exercise consists of contracting the PC muscles for three seconds, relaxing them for three seconds, then repeating. Try doing this ten times on three separate occasions every day.

◆ Do the exercise faster so that your vagina "flutters." Do this ten times, three times a day.

◆ Pretend that inside your vagina is an elevator. Your job is to move it to the top of your vagina, making three stops on the way. When it reaches the fourth and highest stop, hold it there for a while before letting it descend to the "ground floor," again pausing at each stop on the way. Try this exercise twice a day.



Testing your muscle contractions.

## THE HALF-PRESSED POSITION

From the Rising Position (see page 77), the woman stretches one leg straight out, past her partner's side, and bends her other leg at the knee, placing the sole of her foot on his chest. Because this position constricts the vagina, the man should take care not to thrust too hard; otherwise, the woman will feel discomfort rather than intense pleasure.

BY STRETCHING OUT one leg, the woman gives her clitoris some chance of connection with the movement of intercourse—which she cannot do in the Pressed Position (see opposite) because her clitoris is tucked away between her thighs. Stretching is in itself a sexy sensation, and this may encourage the woman to move carefully under her man so that the shaft of the penis gets some extra vaginal vibration. Having one of the woman's feet flat on his chest is likely to increase the intensity of the man's feelings, just as it does when, at other times, she tenderly places her hand or head there. It can be a surprisingly loving gesture should he choose to caress her foot, possibly even raising it to kiss as a demonstration of affection.

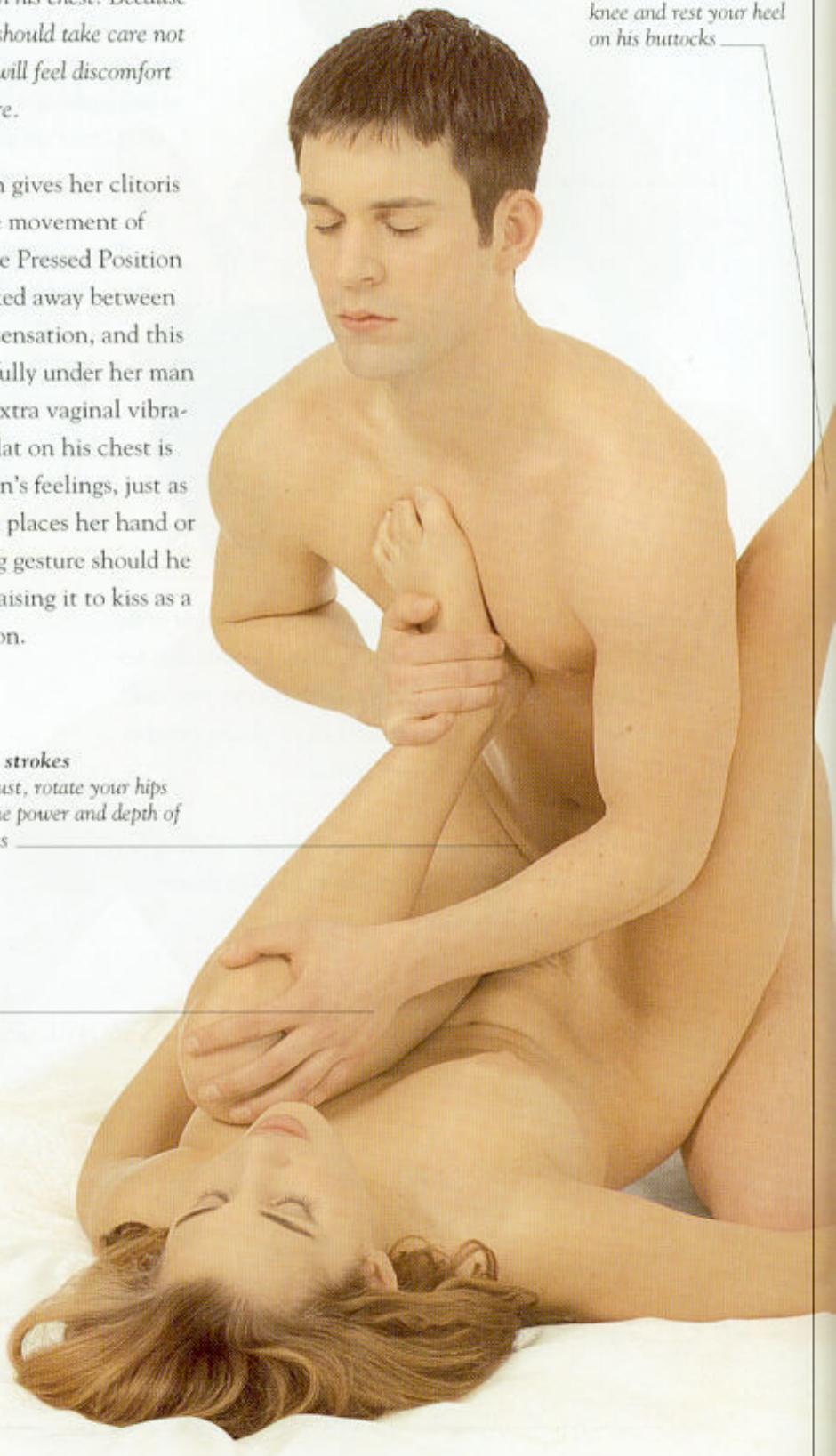
### Leg angle

If holding your leg straight out becomes tiring, bend it at the knee and rest your heel on his buttocks

*Vary your strokes  
As you thrust, rotate your hips  
and vary the power and depth of  
your strokes*

### Caresses

*Use one hand to fondle her foot  
and the other to stroke the inside  
of her thigh*





**Use your toes**

Push the soles of your feet against him, and press your toes into his chest

**Foot manipulation**

Gently squeeze and knead her ankles and the tops of her feet



**REFLEXOLOGY**

According to the theory of reflexology, foot massage has beneficial effects on other parts of the body. The man should take each of his partner's feet in turn, massage it, and then hold it behind the ankle with one hand and slowly rotate it with the other. This will create an arousing sensation in the woman's pelvis and groin.

*Caressing his thighs  
Fondle and stroke his thighs, timing your hand movements to match the rhythm of his thrusting*

## THE PRESSED POSITION

*Instead of putting only one of her feet on the man's chest, as in the Half-Pressed Position, the woman draws her thighs back to her chest, bends her legs at the knee, and places the soles of both her feet against his chest. The sensations for both partners will be subtly different from those produced by the Half-Pressed Position, but the man must find a depth and force of penetration that avoids causing pain to her shortened vagina.*

THIS POSITION, LIKE the Half-Pressed, is one in which the woman assumes a submissive posture. This can create arousing subconscious emotions in both partners, enabling the woman to feel vulnerable and the man to feel powerful.

## ACROBATIC POSITIONS

The lovemaking positions shown here form a sequence of rather acrobatic moves in which the woman diligently folds and unfolds her legs during the liaison. I don't think they should be taken too seriously; for example, most women wouldn't be able to assume the lotus position under normal circumstances, let alone during sexual intercourse.

### THE SPLITTING OF A BAMBOO

*This aptly named position calls for a simple evolution from the basic man-on-top posture, yet requires considerable suppleness in the woman. She raises one leg and puts it on her partner's shoulder for a while, then brings that leg down and raises the other. This sequence can be repeated over and over again. "Splitting the bamboo" in this way makes the vagina squeeze the penis and, whatever the rate at which the woman changes the position of her legs, it is a stimulating cycle of movements for both partners.*

POSITIONS SUCH AS THIS remind me of the way young couples use their bodies and have fun inventing crazy sex positions during the early days of their physical relationship.



## FIXING OF A NAIL

*Instead of putting her leg on her partner's shoulder, as in the Splitting of a Bamboo, the woman places her heel on his forehead. Her leg and foot then resemble a hammer driving in a nail, represented by his head.*

HAVE FUN WHILE making love—no one has decreed that sex should be a solemn business. Positions such as this are meant to be enjoyed in a lighthearted manner.

### Maintaining rhythm

*To help you keep your balance and maintain the rhythm while you are thrusting, hold her knees against your chest*



**Leg movement**  
*As you thrust, her raised leg will move, altering the tension between vagina and penis and varying the sensations*

## THE CRAB'S POSITION

*In this highly pleasurable position, which constricts the vagina around the penis, the woman bends and draws in both legs and rests her thighs on her stomach, rather like a crab retracting its claws. The man again thrusts from a kneeling position.*

PLAY IS AN IMPORTANT PART of the early stages of any relationship, and play in sex is no exception. When indulging in playful behavior, for instance by adopting positions such as this, we subconsciously learn a lot about each other.

## THE LOTUS-LIKE POSITION

*Imitating the familiar yoga position, the woman draws in her legs and folds one over the other as neatly as possible, and again the vagina is pulled up to meet the penis.*

MOST WOMEN who try this challenging position find that they cannot hold it for long, if indeed they can achieve it at all.



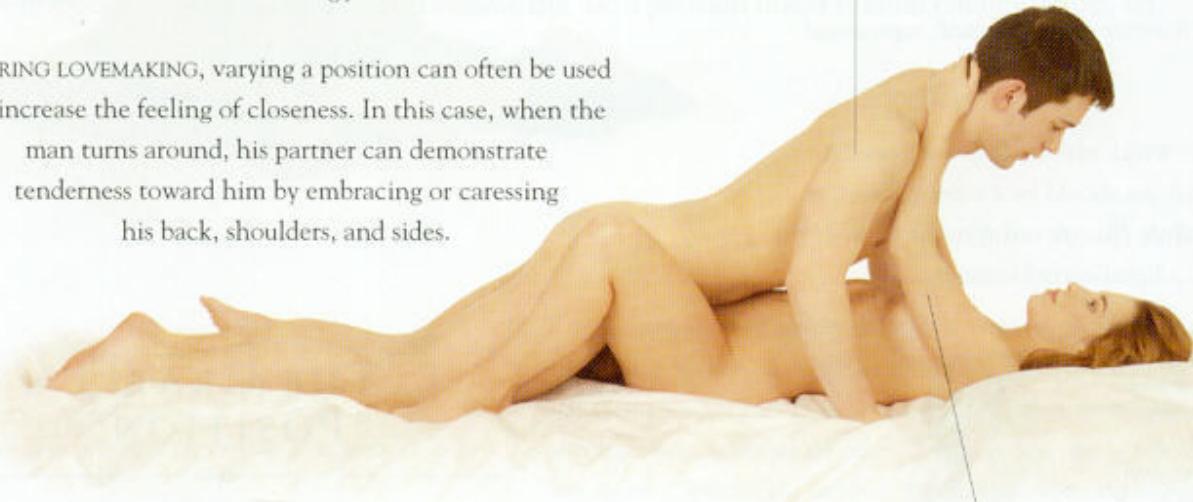
## THE TURNING POSITION

When a couple is making love in the basic man-on-top position, the man can, with practice, lift one leg and turn around without withdrawing from her.

DURING LOVEMAKING, varying a position can often be used to increase the feeling of closeness. In this case, when the man turns around, his partner can demonstrate tenderness toward him by embracing or caressing his back, shoulders, and sides.

### Supporting your body

Throughout this sequence of moves, you will need to support yourself on your arms and hold your upper body clear of your partner



### FIRST STAGE

The first stage in the series of moves that make up the Turning Position is to begin your lovemaking in the basic man-on-top ("missionary") position. The man should lie with both legs between those of his partner.

**Caresses and strokes**  
Use your hands to give him arousing caresses during his tricky maneuvers



### Buttocks

Fondle his buttocks and stroke the backs of his thighs



# EROTIC SCULPTURES

Over many centuries, the *Kama Sutra*, the *Ananga Ranga*, and the other classic Eastern texts on love placed great emphasis on the standing positions. The special status of these positions is reflected in the fact that they appeared far more commonly than lying or sitting positions in the erotic sculptures that traditionally adorned temple walls.



## Tight hold

*Clasp your hands tightly together behind his neck*

## THE SUSPENDED CONGRESS

*The man leans against a wall, the woman puts her arms around his neck, and he lifts her by holding her thighs or by locking his hands beneath her bottom.*

THIS IS A POSITION THAT calls for a fair amount of strength in the man. If the woman is light, however, he may be able to support her with one arm around her waist, using the other hand to caress her.

## Thigh grip

*Grip his waist with your thighs and push your feet against the wall*



#### HEIGHT DIFFERENCE

Making love while standing face-to-face can be difficult if the man is much taller than the woman (or vice versa). The problem can often be alleviated by him standing with his feet apart and bending his knees slightly, or by her standing on tip-toe, but most people find it impossible to maintain these postures for very long.



#### Thrusting

Hold her thigh to help control your movements when you thrust

#### Deeper penetration

Spread your thighs by wrapping one of your legs around his for deeper penetration

#### Balance

Stand with your feet slightly apart for extra balance

## THE SUPPORTED CONGRESS

The lovers achieve the support referred to in this position's name either by bracing themselves against one another or by leaning against a wall.

SOMETIMES, WHEN SUDDEN passion overwhelms them, a couple may prefer to dispense with the preliminaries and make love standing up. The advantage of leaning on a wall is that with the woman firmly supported, the man finds it easier to thrust vigorously.

## WOMAN-ON-TOP POSITIONS

The *Kama Sutra* recommends three movements for use when, for one reason or another, during lovemaking the woman adopts a position on top of her partner ("acting the part of a man"). She is most likely to do this either as a variation for its own sake or when her partner is tired but she is still not satisfied. Vatsyayana sees these positions as transitional, with the man eventually resuming the active role.

### THE TOP

According to Vatsyayana, this movement requires considerable dexterity and is achieved only through practice. While sitting astride her partner, the woman raises her legs to clear his body and swivels around on his penis. While she is perfecting this maneuver, the woman should take care not to lose her balance; otherwise, she may hurt both herself and her partner.

THIS POSITION AND its variant, the Swing, although just about possible, really have to be the ancient Indians' idea of a joke. Most of the damage the moves could cause would be endured by the male partner. In the case of the Top, he could end up with an injured penis. This is not a position to be encouraged.

#### Change angles

By leaning forward or back you can change the angle of penetration and subtly vary the sensations for both of you



**Steady yourself**  
Put a hand on his waist or chest to help you keep your balance



## THE SWING

---

The Kama Sutra suggests that, in this variation on the Top, the man should lie with his back arched. However, this is only feasible if the man has a strong back, and even then it is unlikely that he could sustain the posture for very long. It is more practical for him either to lie flat or, as here, to prop himself up on his arms.

THE ORIGINAL version of the Swing, as described in the *Kama Sutra*, is not really a practical option, and there is a real chance of him hurting his back. The version shown here, however, is perfectly safe.

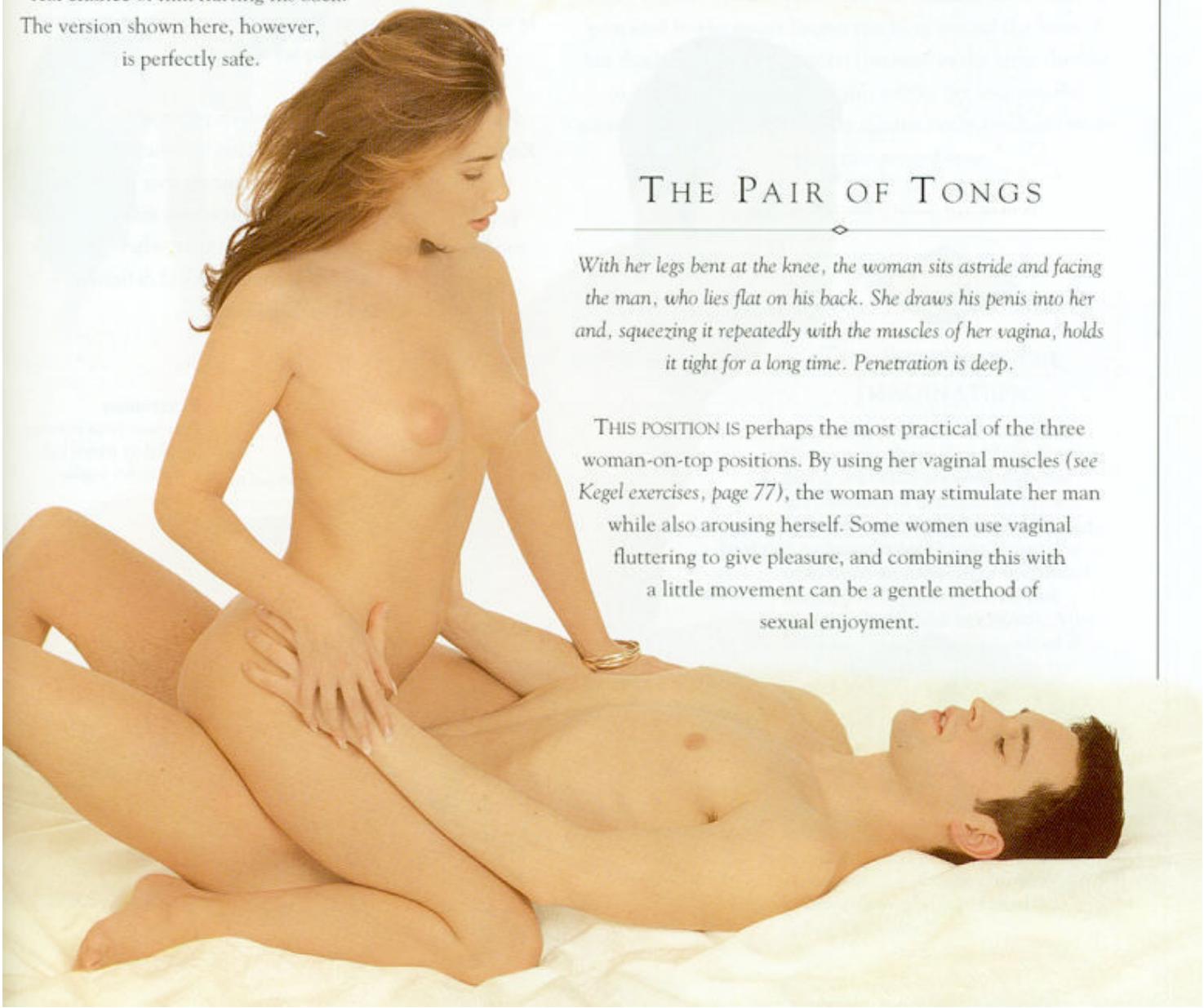


## THE PAIR OF TONGS

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With her legs bent at the knee, the woman sits astride and facing the man, who lies flat on his back. She draws his penis into her and, squeezing it repeatedly with the muscles of her vagina, holds it tight for a long time. Penetration is deep.

THIS POSITION IS perhaps the most practical of the three woman-on-top positions. By using her vaginal muscles (see *Kegel exercises*, page 77), the woman may stimulate her man while also arousing herself. Some women use vaginal fluttering to give pleasure, and combining this with a little movement can be a gentle method of sexual enjoyment.



“A man should gather from the actions of the woman of what disposition she is, and in what way she likes to be enjoyed.”

SIDONIUS

## THE ELEPHANT POSTURE

This is one of a number of “animal” postures listed in the Kama Sutra and, like the Congress of a Cow (see opposite), it is also described in the Ananga Ranga. The woman lies with her breasts, stomach, thighs, and feet all touching the bed, and the man lies over her with the small of his back arched inward. Once he is inside her, the woman can intensify the sensations for both partners by pressing her thighs closely together.

REAR-ENTRY POSITIONS allow deep penetration, but the Kama Sutra makes it quite clear that it is the association in the imagination with animals mating that gives these positions an extra eroticism. This is very different from modern thinking about animals and sex, where fantasies about a day at the zoo would definitely be considered startling.



## THE CONGRESS OF A COW

The powerful symbolism of mating animals can serve to heighten passion for many couples. In this challenging variation on the more common rear-entry postures in which the woman kneels, she supports herself on her hands and feet and her partner mounts her like a bull. It makes deep penetration possible and allows the man to control the depth and power of his thrusts.

BY EMULATING THE INTERCOURSE of animals, rear-entry positions achieve a special aspect of arousal for both men and women. Although it is much harder for a woman to enjoy orgasm in these positions, the additional stimulation provided by the man's fingers reaching around the front of her thigh to stroke her clitoris (perhaps in the same rhythm as his thrusting) can be highly erotic. So, too, can the sensation of his front pounding against her buttocks, close to her sensitive perineum and anus.



### THE POWER OF THE IMAGINATION

In his chapter on sexual congress, Vatsyayana, the author of the *Kama Sutra*, implicitly acknowledges the impossibility of listing every known lovemaking position. Instead, he suggests that, by seeking inspiration from the mating habits of the animal kingdom, imaginative lovers can greatly extend their repertoires. After his description of the Congress of a Cow, Vatsyayana says that "in the same way can be carried on the congress of a dog, the congress of a goat, the congress of a deer, the forcible mounting of an ass, the congress of a cat, the jump of a tiger, the pressing of an elephant, the rubbing of a boar, and the mounting of a horse. And in all these cases the characteristics of these different animals should be manifested by acting like them."

#### Timing

By holding her hips or waist, you can push and pull her in time with your own movements

#### Firm support

Keep your feet apart and the palms of your hands flat on the floor



# ANANGA RANGA POSITIONS

*The Ananga Ranga shares common origins with the Kama Sutra, but was written up to 1,500 years later, probably in the late 15th or early 16th century. Therefore, it*



*is much closer in time to the Arabian classic The Perfumed Garden, although it is culturally very different. The Ananga Ranga was translated into Arabic; as a result, it exerted a strong influence on the sexual attitudes of the Islamic world. The late-medieval India of the Ananga Ranga was, like the Arab world, much more ordered than that which produced the Kama Sutra. Sexuality was freely expressed within and outside marriage in the time of Vatsyayana, but Kalyana Malla, the author of the Ananga Ranga, reflected a rigid society that censured extramarital sex. The major practical difference between the two Indian classics is that the Kama Sutra was written for lovers, married or otherwise, while the Ananga Ranga does not question the sanctity of marriage and explicitly offers instruction to the married man. Equally clear is the author's motive for writing the Ananga Ranga in the first place—to protect marriage from the sexual tedium that, then as now, can so easily set in.*



## KNEELING/LYING POSITIONS

In the *Ananga Ranga*, the various lovemaking positions described are divided into five main groups, known as *bandha* or *asana*.

Those positions in which the woman lies on her back, and the man enters her while kneeling between her legs, are termed *uttana-bandha*, or supine postures.



### LEVEL FEET POSTURE

In this position, the first *uttana-bandha*, the man lifts his partner's body, bracing himself against her, and places her outstretched legs over his shoulders. If the partners are just the right size, she can rest her buttocks on the bed but, although this is not as demanding, it is less mutually stimulating.

COPLES WHO LIKE DEEP penetration find that the *uttana-bandha* positions are good ones. The man gets a sense of control because he can move her into the most comfortable shape to suit his need to penetrate, while she acquires a sense of helplessness that can be powerfully erotic.

**Increase the pressure**  
Close your thighs to increase the pleasurable pressure on his deep-plunging penis

## RAISED FEET POSTURE

Lying on her back, the woman bends her legs at the knees and draws them back, in the words of the Ananga Ranga, "as far as her hair." Her partner enters her from the kneeling position.

BECAUSE THE MAN is kneeling, he does not need to use his hands to support himself or to maintain his balance, so he can comfortably use his hands to caress his partner and fondle her breasts. And by raising her hips with both hands, he can penetrate her at an angle that allows his penis to stimulate the front wall of her vagina, along which is located the highly sensitive G-spot.



### Caress her breasts

Because your hands are free, you can use them to stroke and fondle her breasts

## THE G-SPOT



A super-sensitive area on the vagina's front wall, the G-spot is about a half to two-thirds of the way in. If pressed firmly (by the penis or a finger), it creates a powerfully erotic sensation. Research indicates that not all women possess a G-spot, but many of those who have one know that it can be capable of triggering orgasm.

## THE REFINED POSTURE

Instead of resting on her partner's shoulders, as in the Level Feet Posture, the woman's legs pass on either side of his waist. This allows deep penetration, and greater stimulation is possible if the man raises the woman by using his hands to support her buttocks.

WHEN HE IS LIFTING HER and supporting her buttocks, he can apply a little gentle pressure to draw the buttocks away from the anus and perineum. This will provide her with extra erotic sensation.



Stroke his chest  
Reach up and stroke his chest, shoulders, and nipples

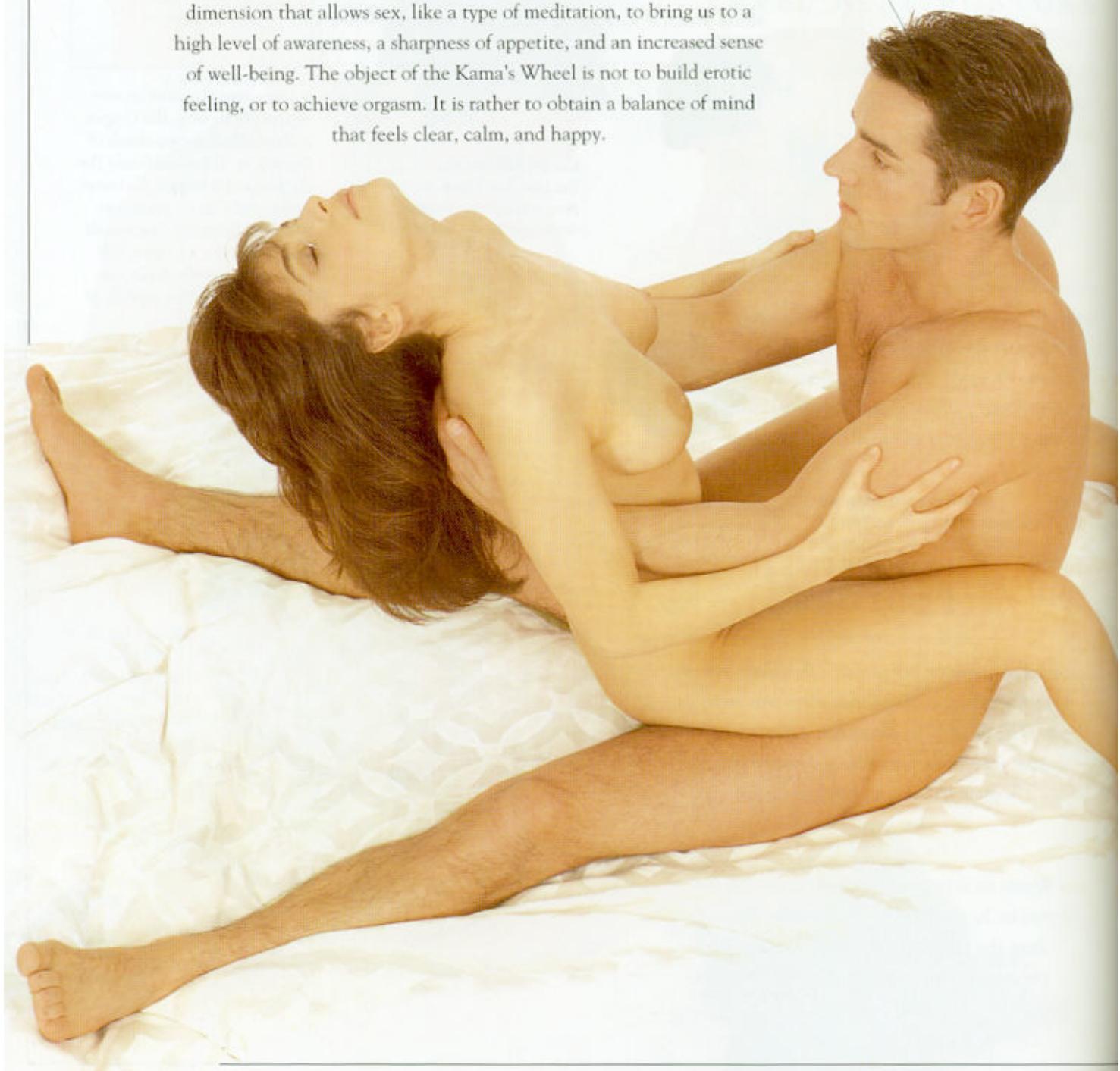
## KAMA'S WHEEL

The man sits with his legs outstretched and parted, and his partner lowers herself onto his penis, extending her legs over his. He then passes his arms on either side of her body, keeping them straight. In this way he completes the spoke-like pattern of limbs that gives the position its name.

KAMA'S WHEEL illustrates a dimension of sexuality that most of us simply don't practice and probably find hard to comprehend. It's a dimension that allows sex, like a type of meditation, to bring us to a high level of awareness, a sharpness of appetite, and an increased sense of well-being. The object of the Kama's Wheel is not to build erotic feeling, or to achieve orgasm. It is rather to obtain a balance of mind that feels clear, calm, and happy.

### Face-to-face

This position allows you to kiss with ease and enjoy looking at one another





## THE INTACT POSTURE

While lying on her back, the woman raises her legs and bends them at the knee, so that they rest against her partner's chest when he kneels between her thighs. Before entering her, he puts his hands below her buttocks and lifts her up slightly.

THE INTACT POSTURE IS another lovemaking position where the woman is treated like a package and the man makes the moves. If control and helplessness are important aspects of your relationship, then this could be extremely arousing mentally, although in sexual terms it is not particularly satisfactory for the woman.

### **Extra stimulation**

*After penetration, support her on your thighs so that your hands are free to give extra stimulation to her clitoris or to caress her breasts*

## THE PLACID EMBRACE

According to the Ananga Ranga, this position received its name from the poets of old and was "a form of congress much in vogue." The woman lies on her back and the man, kneeling, lifts her buttocks and enters her. By crossing her ankles behind his back, she can draw him closer to her and increase the feeling of intimacy.

THE OVERRIDING FEELING associated with this move is that of great tenderness. It encompasses a pure embrace in that she twines both her arms and her legs around her lover as an expression of love and trust.



### **Hand hold**

*Reach up and clasp your hands around his neck*

### **Back support**

*Lean forward, and slip your hands under her back*



## THE EFFECTS OF AGING ON MEN

It is now believed that as many as one in three cases of male sexual dysfunction is caused by physical problems, many of which are the result of the aging process. We know that the effects of aging can include damage to the arteries that supply blood to the penis, which may cause impotence. Aging can also inflict weakness of the valves of the veins that hold the blood in the erect penis, and this may cause loss of erection. In addition, it is likely that the hormonal changes that are a part of aging result in a lower sex drive and less genital sensation.

There are methods of repair and cure for some of these conditions; any man experiencing such problems should always seek medical advice.

## THE GAPPING POSITION

Pillows or cushions are used to arch the woman's body and to raise the man to the required height. The opening of the vagina receives strong stimulation, and for this reason some women value the position as a prelude to deeper penetration.

RAISING THE PELVIS with cushions, so that the genitals are more open than they are when she is lying flat, was a favorite sex therapy technique in the 1950s for women who didn't reach orgasm. The theory behind this technique is that if the clitoris is exposed to the thrust of intercourse, it is more likely to be stimulated. However, stimulation is usually achieved more efficiently by nimble fingerwork.



### **High arousal**

Because your legs seem to point to and frame your vagina, the position can be highly arousing for both of you

## THE ENCIRCLING POSITION

According to Kalyana Malla, the Encircling Position is "very well fitted for those burning with desire." While lying on her back, the woman raises her feet off the bed a little and crosses her calves so that her legs form a diamond shape. Then the man lies over her and enters her, as in the simple man-on-top position.

FOR HER, THERE ARE shades of bondage attached to this position, which, combined with the fact that her pelvis is opened wide and her clitoris is exposed, gives a very sensual approach to intercourse.

Penetration is not particularly deep, but her very openness is an intriguing idea for her lover.



### **Hand support**

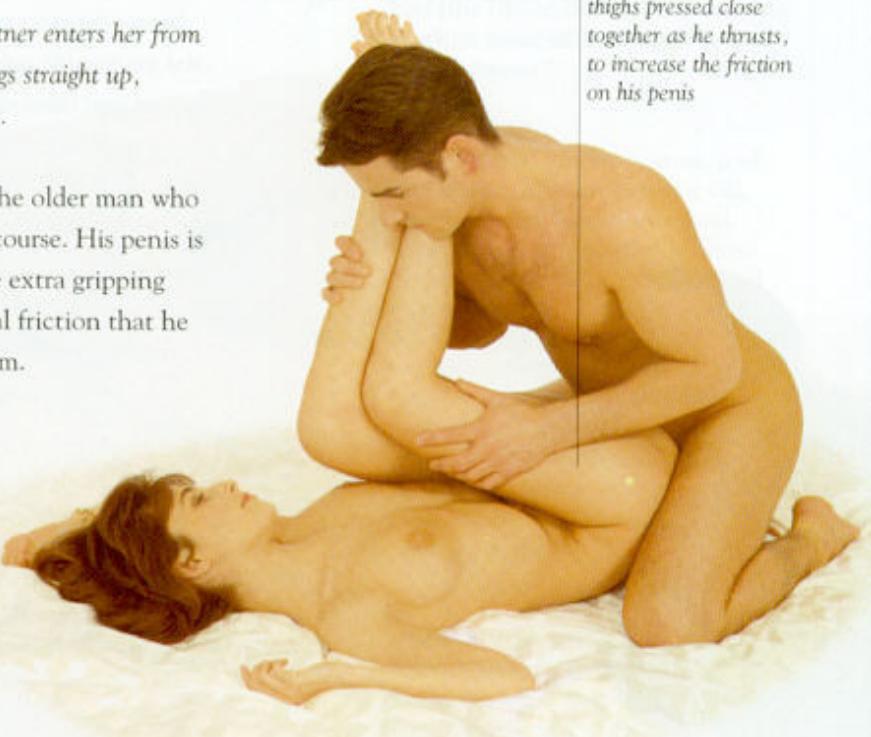
Support yourself on your hands to avoid putting too much pressure on her crossed legs

## THE SPLITTING POSITION

Here, the woman lies on her back and her partner enters her from the kneeling position. He then lifts her legs straight up, resting them on his shoulder.

POSITIONS SUCH AS THIS are excellent for the older man who needs a more robust sensation during intercourse. His penis is snugly contained by her vagina, and the extra gripping sensation of her thighs gives the additional friction that he needs to bring him to orgasm.

**Increasing sensation**  
Keep your knees and thighs pressed close together as he thrusts, to increase the friction on his penis



## SIDE-BY-SIDE POSITIONS

The *Ananga Ranga* describes three positions in which the woman lies on her side with her partner facing her. These are termed *tiryak-bandha*, or transverse positions, and two of them are shown here; in the third, the Cupped Position, the lovers lie with their legs out straight.

### THE CRAB EMBRACE

*In this warm and inviting variation on the basic side-by-side position, the man enters the woman and lies between her thighs. One of her legs remains beneath his, and she passes the other over his body, just below his chest.*

PENETRATION IS DEEP, but the man's movements may be restricted. Like all the side-by-side positions, it is useful when either partner is tired but still passionate. When describing a side-by-side position, the *Kama Sutra* says that the man should lie on his left side and the woman on her right. This rule is not mentioned by Kalyana Malla, but the suggestion was no doubt prompted by the fact that, then as now, most men were right-handed. However, if the man is left-handed and wants to caress his partner with that hand, or if the woman wants to caress her partner with her right hand, it makes sense to reverse the position.



#### Loving caresses

*Use your free hands to caress each other's arms, face, torso, buttocks, and thighs*

#### Leg position

*Put your uppermost leg over his body, and rest the back of your knee on his hip*





## THE FOUR ORDERS OF WOMEN—PART 1

Kalyana Malla, the author of the *Ananga Ranga*, divided women into four types, according to their temperament. The first two of these Four Orders of Women are the Padmini and the Chitrini.

### THE PADMINI

"She in whom the following signs and symptoms appear is called Padmini, or Lotus-woman. Her face is pleasing as the full moon; her body, well clothed with flesh, is soft as the Shiras [a tall fragrant tree] or mustard flower; her skin is fine, tender, and fair as the yellow lotus, never dark-colored, though resembling, in the effervescence and purple light of her youth, the cloud about to burst. Her Yoni [vulva] resembles the opening lotus bud, and her Love-seed (Kama-salila, the water of life) is perfumed like the lily that has newly burst. She walks with swan-like gait, and her voice is low and musical as the note of the Kokila bird [the Indian cuckoo]; she delights in white raiment, in fine jewels, and in rich dresses."

### THE CHITRINI

"The Chitrini, or Art-woman, is of middle size, neither short nor tall, with bee-black hair; thin, round, shell-like neck; tender body; waist lean-girthed as the lion's; hard, full breasts; well-turned thighs and heavily made hips. The hair is thin about the Yoni, the Mons Veneris being soft, raised, and round. The Kama-salila (love-seed) is hot, and has the perfume of honey, producing from its abundance a sound during the venereal rite. Her eyes roll, and her walk is coquettish, like the swing of an elephant."

The Kama-salila mentioned in these descriptions is the woman's vaginal secretions, which were thought to be the female counterpart of the male's semen.

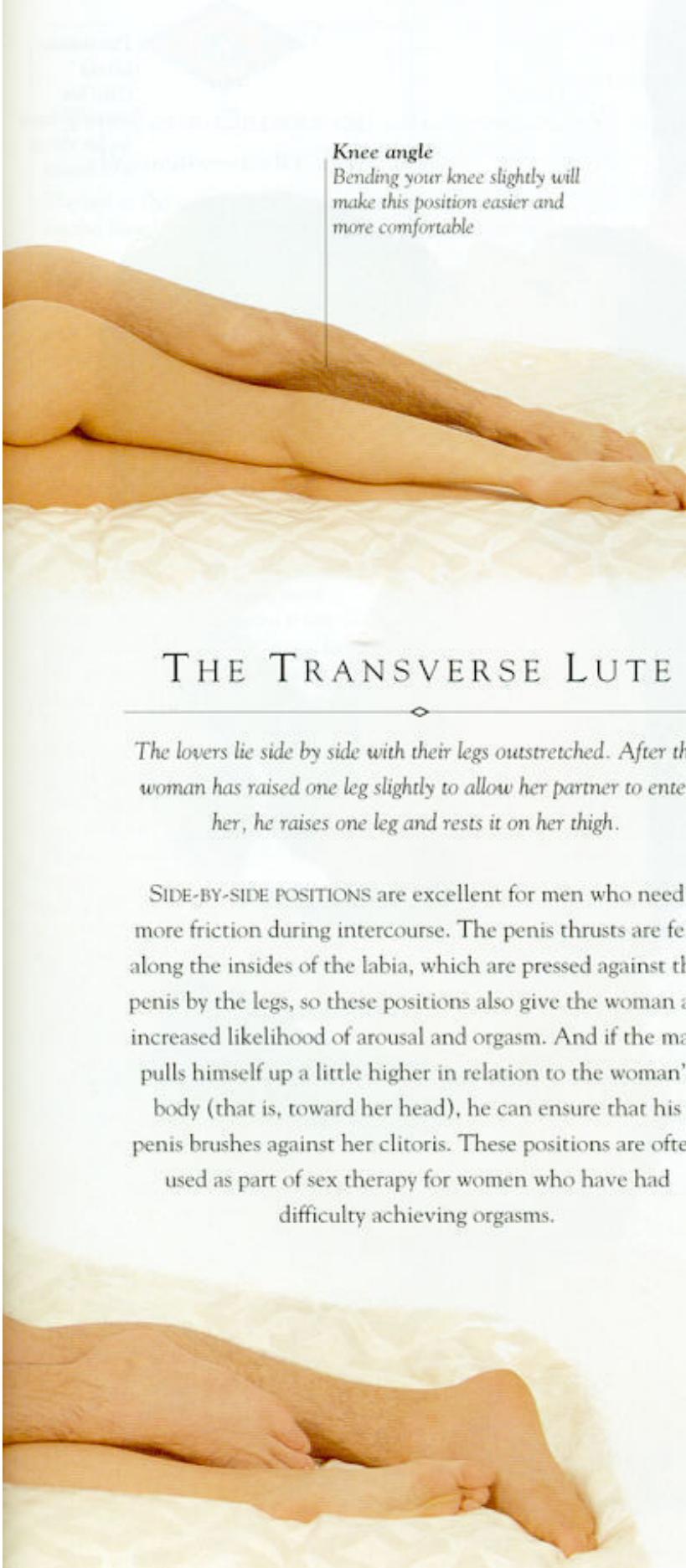
### Knee angle

Bending your knee slightly will make this position easier and more comfortable

## THE TRANSVERSE LUTE

*The lovers lie side by side with their legs outstretched. After the woman has raised one leg slightly to allow her partner to enter her, he raises one leg and rests it on her thigh.*

SIDE-BY-SIDE POSITIONS are excellent for men who need more friction during intercourse. The penis thrusts are felt along the insides of the labia, which are pressed against the penis by the legs, so these positions also give the woman an increased likelihood of arousal and orgasm. And if the man pulls himself up a little higher in relation to the woman's body (that is, toward her head), he can ensure that his penis brushes against her clitoris. These positions are often used as part of sex therapy for women who have had difficulty achieving orgasms.



## SITTING POSITIONS

The following six positions are forms of what the Ananga Ranga terms *upavishta*, or sitting posture.

### THE LOTUS POSITION

In this most straightforward of sitting positions, which Kalyana Malla describes as a favorite, the man sits cross-legged and the woman sits on his lap, facing him, and lowers herself onto his penis. The Ananga Ranga suggests that the man place his hands on his partner's shoulders, but he can just as comfortably, and perhaps more affectionately, put his arms around her body or about her neck.

THE SITTING POSITIONS can be friendly, charged with eroticism, youthful, comic, acrobatic, or fun,

depending on your frame of mind. They are mainly positions with which to give the male a treat, for it is the woman who tends to do all the work. One of the great strengths of the Indian love texts, however, is that although they always appear to be written from a male point of view, they are very fair, given their era, in paying attention to the sexual needs of both partners.

#### Caresses

Use your hands to stroke each other's neck, shoulders, arms, and back

Passionate kisses  
Give her arousing kisses on her throat and breasts





## THE FOUR ORDERS OF WOMEN—PART 2

The last of the Four Orders of Women are the Shankhini and the Hastini.

### THE SHANKHINI

"The Shankhini, or Conch-woman, is of bilious temperament, her skin being always hot and tawny, or dark yellow-brown; her body is large, her waist thick, and her breasts small. Her Yoni is ever moist with Kamasalila, which is distinctly salt, and the cleft is covered with thick hair."

### THE HASTINI

"The Hastini [the Elephant-woman] is short of stature; she has a stout, coarse body, and her skin, if fair, is of dead white. Her hair is tawny, her lips are large; her voice is harsh, choked, and throaty, and her neck is bent. Her gait is slow, and she walks in a slouching manner; often the toes of one foot are crooked. Her Kamasalila has the savor of the juice that flows in spring from the elephant's temples."

Bend your knees  
Sit with your knees bent  
and your feet flat on the bed

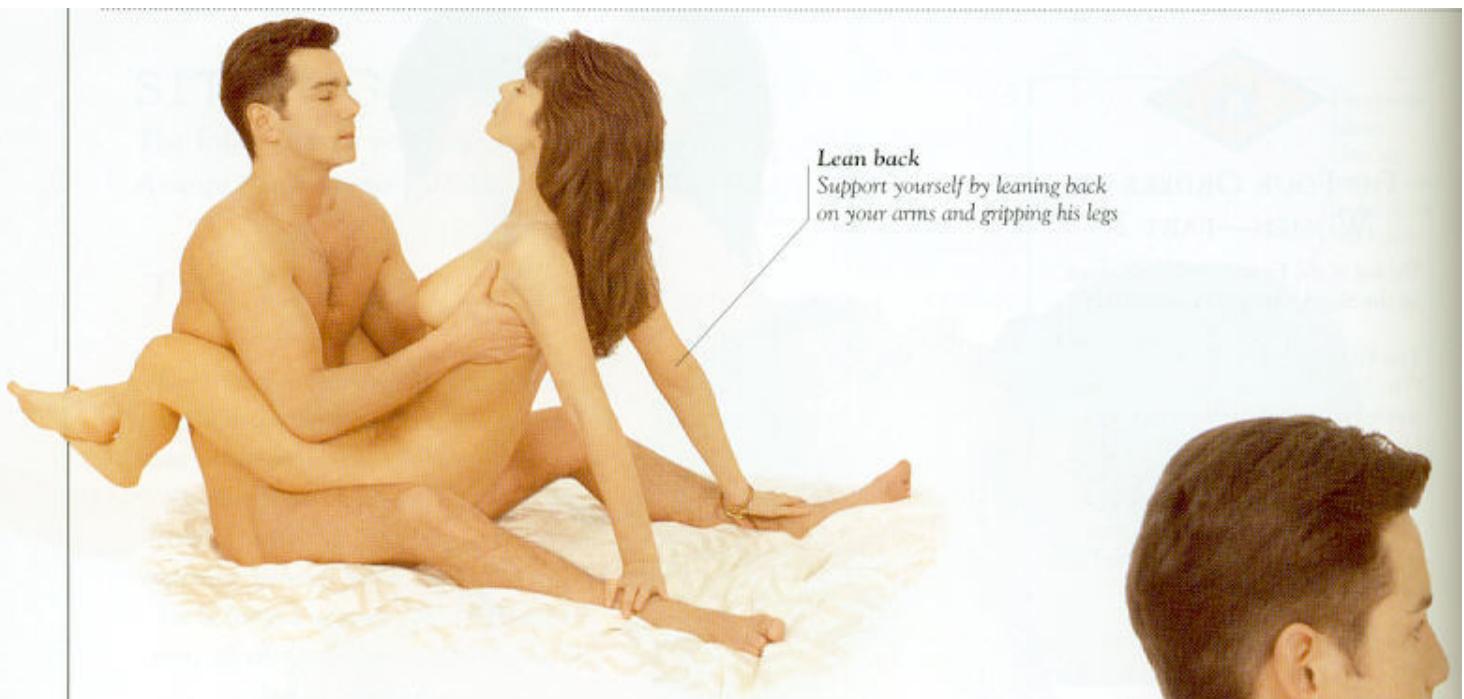


## THE ACCOMPLISHING POSITION

*This variation on the Lotus Position requires the woman to raise one leg slightly, perhaps using her hand to help her keep her balance. Having one leg raised changes the tension between her vagina and his penis.*

LIKE THE OTHER face-to-face positions, this one allows the couple to kiss and the man to fondle the woman's breasts. However, the man's thrusting movements are restricted.





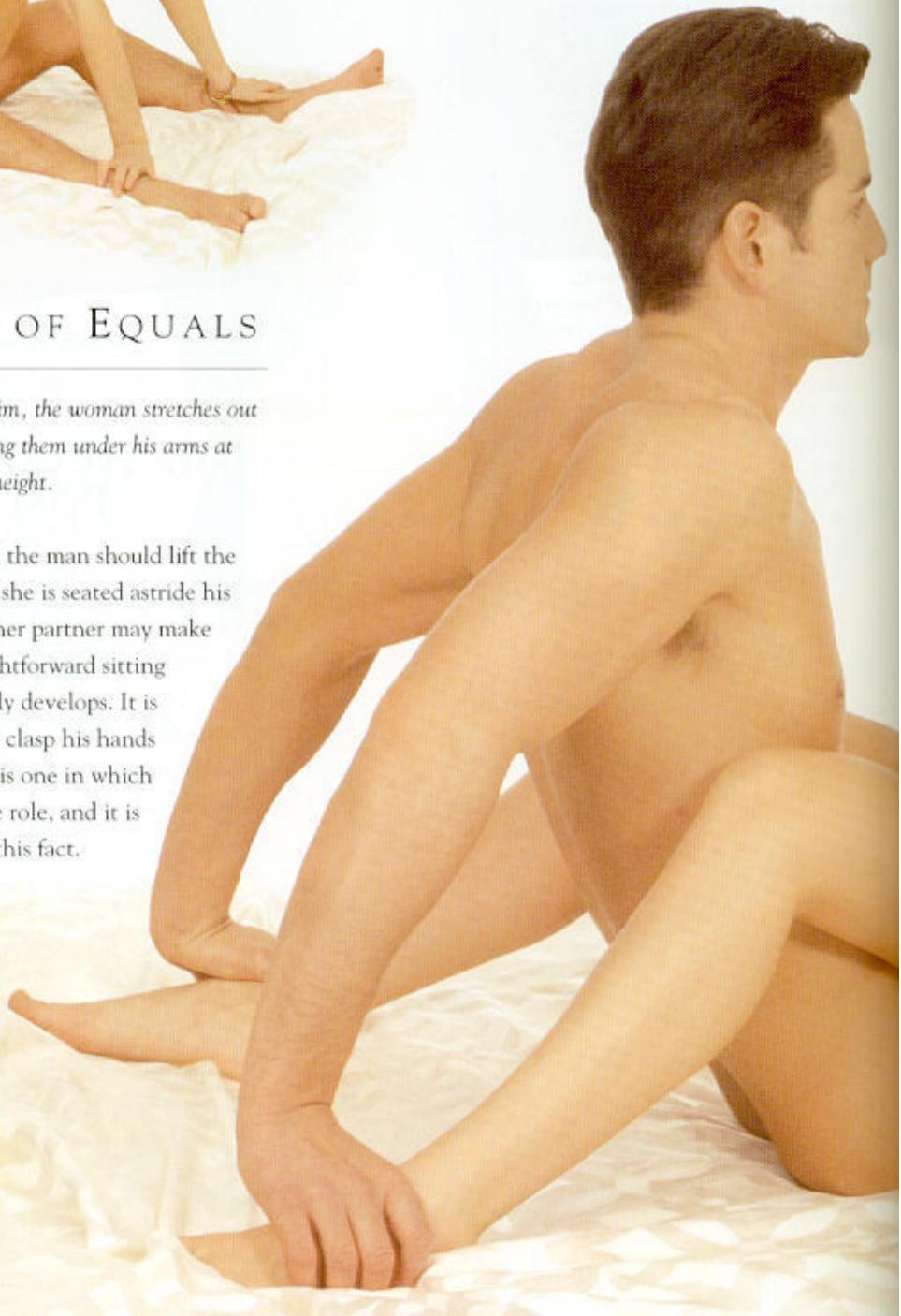
**Lean back**

*Support yourself by leaning back on your arms and gripping his legs*

## THE POSITION OF EQUALS

*Sitting astride the man and facing him, the woman stretches out her legs alongside his body, passing them under his arms at about elbow height.*

ACCORDING TO Kalyana Malla, the man should lift the woman's legs into position when she is seated astride his lap, but in the heat of passion either partner may make the adjustment from the straightforward sitting posture out of which this usually develops. It is further suggested that he should clasp his hands about her neck, but the position is one in which the hands can play a more active role, and it is worth taking advantage of this fact.



## THE SNAKE TRAP

In this position, the woman sits astride the man, facing him, and each partner holds the other's feet. This arrangement allows the couple to rock themselves back and forth in a stimulating seesaw-like movement but, since it restricts thrusting, it is best adopted when the man is tired, or is satisfied and is making love again for his partner's pleasure.

BOTH OF THE POSITIONS on this page are examples of play. There is no way in which they serve any real purpose with regard to sexual stimulation, but they can be delightful for just "fooling around."

### Eye contact

You can either maintain loving eye contact, or watch the action "down below"



## SEXUAL TENSION AND MULTIPLE ORGASMS

The American sex researchers Hartman and Fithian recommend that a couple aiming for multiple orgasms should take intercourse slowly; they should not do a great deal of vigorous thrusting, but should let their desire and response develop gradually, without pressure.

The reason is that in order to enjoy multiple orgasms, men and women need a far greater buildup of sexual tension than they do for a single climax. To achieve that greater buildup, time is needed to tease and tantalize the senses, so it is unwise to wear yourself out by treating your lovemaking as a gymnastics session.

The various sitting positions suggested by the Ananga Ranga can be useful in this context. Because they do not allow for any vigorous thrusting, they are not too tiring, and they allow couples more control over the buildup of sexual tension than is possible with many other positions.

## THE PAIRED FEET POSITION

*The man sits with his legs wide apart while the woman lowers herself onto him, with her legs over his. When full penetration has been achieved, he presses her thighs together.*

NEITHER PARTNER CAN move very much in this position, but the pressure of the woman's thighs constricts her vagina, producing pleasurable sensations for man and woman alike. A further benefit is the feeling of intimacy that characterizes all the face-to-face sitting positions.

### Thigh stroking

*Gently stroke and squeeze her thighs while you are pressing them together*



### Relaxed posture

*Lean back on your elbows and let your body relax*



## THE THREE ORDERS OF MEN

Just as Kalyana Malla divided women into four types, so he divided men into three: the Shasha, or Hare-man; the Vrishabha, or Bull-man; and the Ashwa, or Horse-man.

### THE SHASHA

"The Shasha is known by a Linga [penis] that in erection does not exceed six finger-breadths, or about three inches [7.6 cm]. His figure is short and spare but well-proportioned in shape and make; he has small hands, knees, feet, loins and thighs, the latter being darker than the rest of the skin. His features are clear and well proportioned; his face is round, his teeth are short and fine, his hair is silky, and his eyes are large and well opened. He is humble in his demeanor; his appetite for food is small, and he is moderate in his carnal desires. Finally, there is nothing offensive in his Kama-salila or semen."

### THE VRISHABHA

"The Vrishabha is known by a Linga of nine fingers in length or four inches and a half [11.4 cm]. His body is robust and tough, like that of a tortoise; his chest is fleshy, his belly is hard, and the frogs [insides] of the upper arms are turned so as to be brought in front. His disposition is cruel and violent, restless and irascible; his Kama-salila is ever ready."

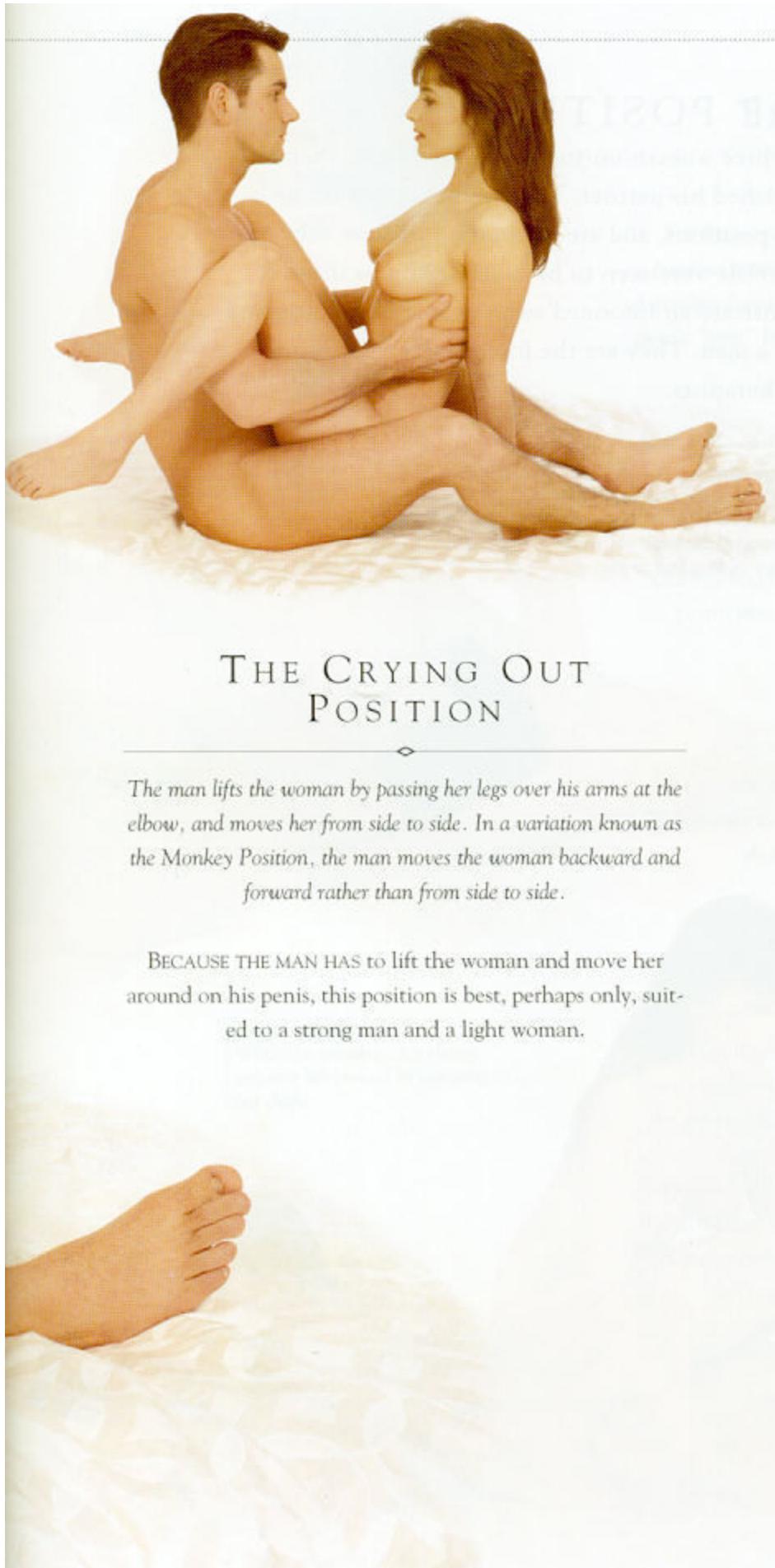
### THE ASHWA

"The Ashwa is known by a Linga of twelve fingers or about six inches [15 cm] long. He is tall and large-framed, but not fleshy, and his delight is in big and robust women, never in those of delicate form. He is reckless in spirit, passionate and covetous, glutinous, volatile, lazy, and full of sleep. He cares little for the venereal rite, except when the spasm approaches. His Kama-salila is copious, salt, and goat-like."

## THE CRYING OUT POSITION

*The man lifts the woman by passing her legs over his arms at the elbow, and moves her from side to side. In a variation known as the Monkey Position, the man moves the woman backward and forward rather than from side to side.*

BECAUSE THE MAN HAS to lift the woman and move her around on his penis, this position is best, perhaps only, suited to a strong man and a light woman.



## WOMAN-ON-TOP POSITIONS

The *Ananga Ranga* gives details of three woman-on-top positions for use when the man is tired or when he has not satisfied his partner. These positions are termed *purushayita-bandha*, or role-reversal positions, and are fascinating because they make it clear that women's sexual needs were seen to be as important as those of men. The methods suggested demonstrate an informed awareness of how a woman's sexual response differs from that of a man. They are the forerunners of techniques that are advocated by modern sex therapists.

### Comfort

*Put a pillow under your head  
to make yourself more  
comfortable while you watch  
her making love to you*

### THE ORGASMIC ROLE-REVERSAL

Kalyana Malla likens the woman's posture in this position to that of a "large bee" and asserts that she "thoroughly satisfies herself." She squats on the man's thighs, then inserts his penis, closes her legs firmly, and adopts a churning motion.

BECAUSE OF THE freedom of movement that this position gives to the woman, she can control the speed, angle, and amount by which she moves her pelvis in circles and from side to side. She can also add extra variety to the sensations she feels by varying the depth of penetration.



## THE ASCENDING POSITION

*For the woman whose "passion has not been gratified by previous copulation," the Ananga Ranga recommends the Ascending Position. Sitting cross-legged on the man's thighs, she should "seize" his penis and insert it into her vagina, then move herself up and down.*

AS IN SIMILAR POSITIONS, the woman can alter the angle of her partner's penis to give herself the kind of stimulation she wants; in particular, she can ensure that the G-spot (see page 93) receives attention. She can also stimulate her clitoris, and this, combined with her movement on the penis, may well be enough to bring her to orgasm.

### Extra stimulation

While she stimulates her clitoris, enhance her arousal by caressing her thighs

## THE INVERTED EMBRACE

*The man lies on his back. The woman lies on top of him and inserts his penis. Pressing her breast to his and steadyng herself by gripping his waist, she moves her hips in every direction.*

LIKE THE OTHER woman-on-top positions shown here, the Inverted Embrace puts her in control of the movements of lovemaking. The feeling of power that this gives can increase her excitement—just as the man's pleasure can be increased if he is not afraid of relinquishing control.



# THE POSITIONS OF THE TAO

Taoism is an ancient system of religious and philosophical belief whose foremost proponent was Lao Tzu, who was born around 604 BC. Although its central text, the

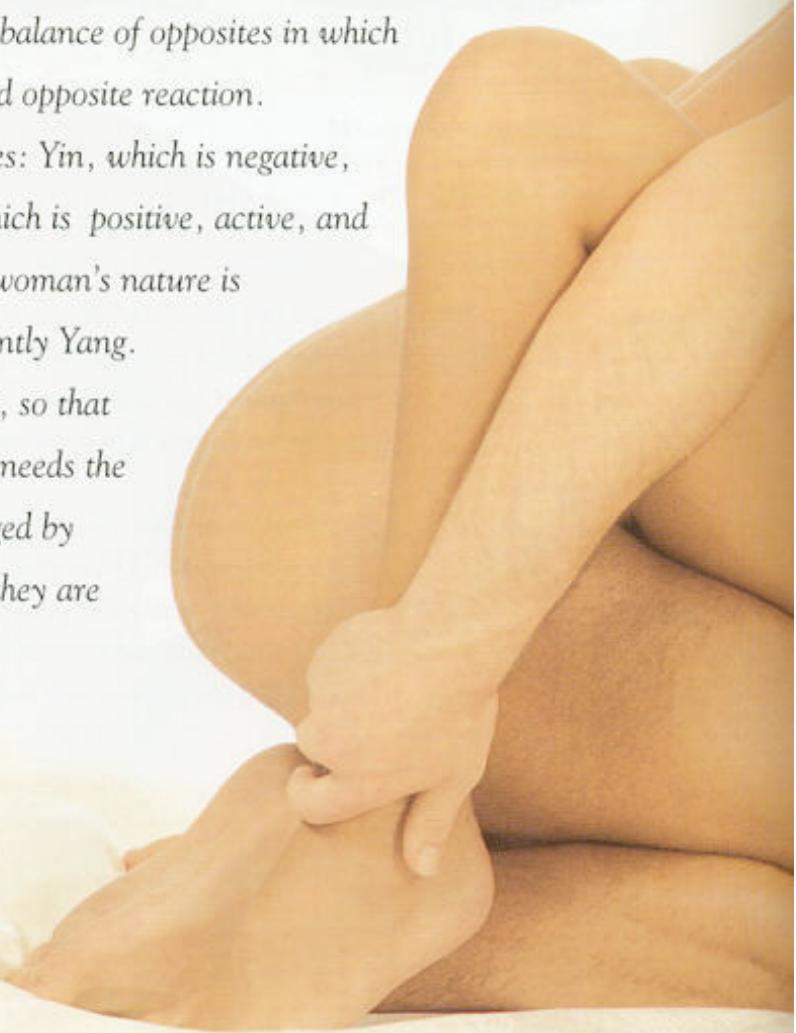


Tao Te Ching, has traditionally been ascribed to Lao Tzu, scholars now date it to some two centuries after his time. At the heart of Taoism is the belief that ultimate harmony exists in the universe and can be attained by following the Tao. The word literally means "the path," but in Taoism it also signifies the functioning

of the universe. To the Taoist, life is a balance of opposites in which everything that occurs has an equal and opposite reaction.

Animating all that exists are twin forces: Yin, which is negative, passive, and nourishing, and Yang, which is positive, active, and consuming. The major component of woman's nature is seen as Yin, while a man is predominantly Yang.

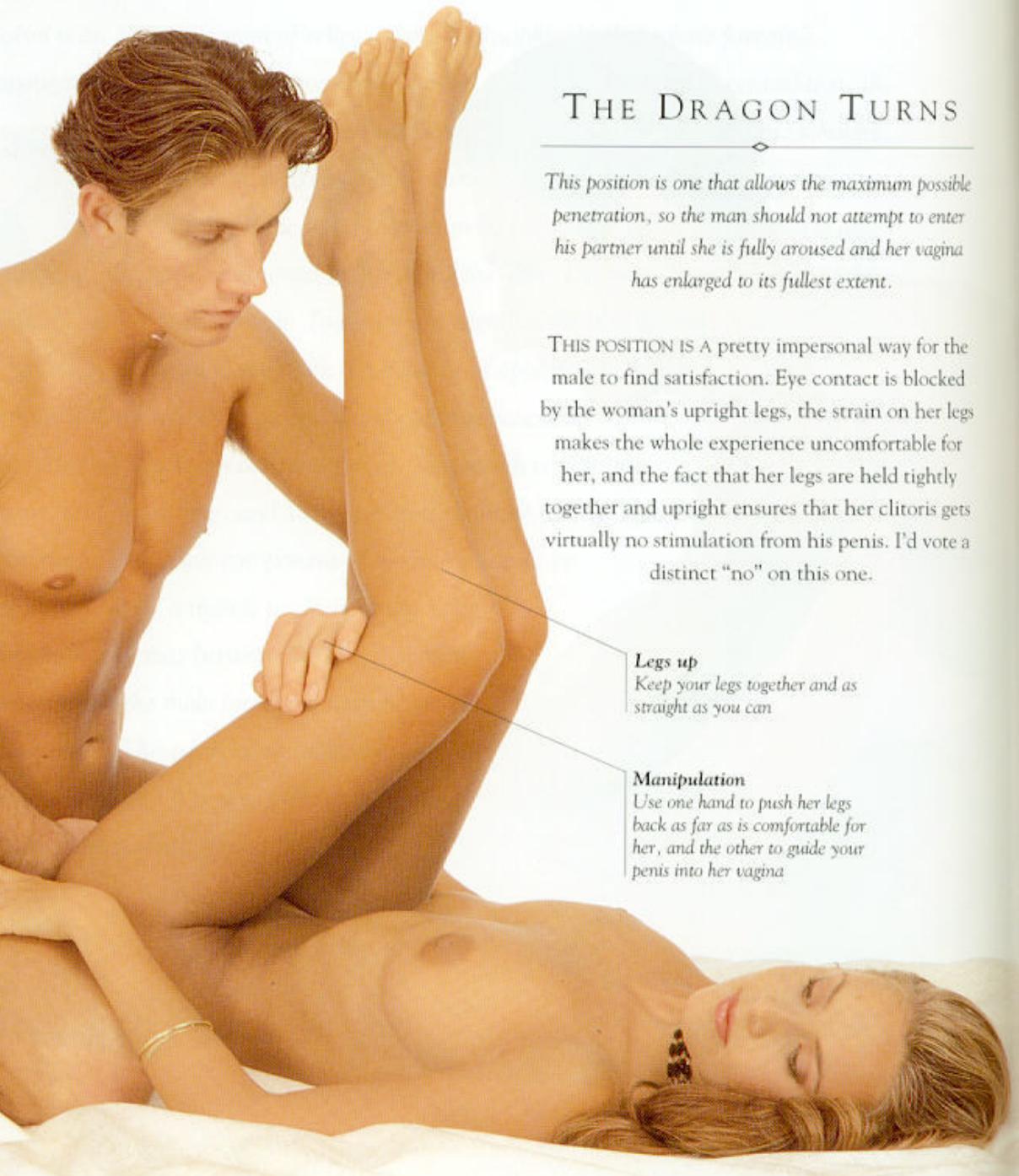
An imbalance exists between the sexes, so that woman needs the male force and man needs the female force. These forces are exchanged by sexual union, and it is at orgasm that they are at their most potent.





## THE FOUR BASIC POSTURES

In the Taoist book *T'ung Hsüan Tzu*, the author, Li T'ung Hsüan, describes 26 positions for lovemaking, nearly all of which are variants of four basic postures. These basic postures are the Intimate Union (man-on-top); The Unicorn's Horn (woman-on-top); Close Attachment (side-by-side and face-to-face); and The Fish Sunning Itself (rear-entry).



### THE DRAGON TURNS

*This position is one that allows the maximum possible penetration, so the man should not attempt to enter his partner until she is fully aroused and her vagina has enlarged to its fullest extent.*

THIS POSITION IS A pretty impersonal way for the male to find satisfaction. Eye contact is blocked by the woman's upright legs, the strain on her legs makes the whole experience uncomfortable for her, and the fact that her legs are held tightly together and upright ensures that her clitoris gets virtually no stimulation from his penis. I'd vote a distinct "no" on this one.

**Legs up**  
*Keep your legs together and as straight as you can*

**Manipulation**  
*Use one hand to push her legs back as far as is comfortable for her, and the other to guide your penis into her vagina*

## A SILKWORM SPINNING A COCOON

While lying on her back, the woman raises and spreads her thighs to expose her clitoris to powerful stimulation

ONE OF THE GREAT BENEFITS to the woman is that when holding her legs wide open she can imagine her vagina as a flower. Then, as she is stimulated, she can picture the flower opening, blossoming into orgasm. This kind of mental imagery helps many women reach climax.



### Be responsive

Put your hands on his shoulders, cross your feet behind his back, and pull yourself up and down in response to his movements

### Change the tension

Use your free hand to lift her legs up onto yours, changing the tension between penis and vagina



### Leg position

Keep your legs together and rest them on top of his

## TWO FISHES

Like a pair of spawning fish bending their tails around each other, the lovers lie side by side. After penetration, he lifts her legs onto his.

FOR SIDE-BY-SIDE intercourse to feel satisfactory, the man needs quite a long penis; otherwise, only a short part of it can remain comfortably inside her vagina, and it can easily slip out.

## BUTTERFLIES IN FLIGHT

The man's movement is limited unless his partner is very light, but this position is useful when he is tired or when the woman wants to assume the male role and make love to him. Once the penis has been inserted, both partners stretch out their arms on either side of them, evoking the butterflies of the position's name.

THE TITLE OF THIS position is immensely evocative—the movement of the woman with her arms (wings) outstretched could, indeed, be undulating like that of a fluttering butterfly.

### Push with your feet

Place your feet on his, and push against them to move yourself up and down on him



## MANDARIN DUCKS

Its name inspired by the mating of mandarin ducks, this side-by-side, rear-entry position allows the man to thrust freely.

THERE IS SOMETHING SLY and seductive about slipping into your partner from the rear, especially if she has not been expecting it.

For example, if she is asleep it can be a great way of waking her up.

### Stretched legs

Both of you should stretch your legs out fully





## THE LANGUAGE OF TAO

Like the classic Indian and Arabic writers on love, the compilers of the many Taoist "pillow books" (sex instruction books) reveal a fertile imagination in their descriptions of sexuality. Among the many evocative terms that occur repeatedly are:

### THE MALE SEXUAL ORGAN

Jade Stem, Coral Stem, Male Stalk, Turtle Head, Red Bird, Heavenly Dragon Pillar

### THE FEMALE SEXUAL ORGAN

Coral Gate, Jade Gate, Cinnabar Gate, Vermilion Gate, Jade Pavilion, Golden Lotus, Open Peony Blossom, Receptive Vase, Pearl on the Jade Step (clitoris), Jewel Terrace (clitoral area)

### ORGASM

The Great Typhoon, Bursting of the Clouds

### SEXUAL UNION

The Mists and the Rain, The Clouds and the Rain, The Delight of the Couch

## SWALLOWS IN LOVE

*Another position with a name inspired by the courtship of birds, this gentle, man-on-top posture offers only moderate penetration but gives lovers an opportunity to express tenderness and mutual possession very eloquently.*

THE PARADOX OF THIS position is that it is a method of feeling close to each other yet, through our stretched bodies, separate. This typifies the whole experience of intercourse: while intercourse may often create a feeling of mental fusion, the reality is that only the individual can experience his or her own sexuality.

**Hold him**  
Grasp his waist with both hands

### Knee bend

Bend your legs at the knee before he enters you

**Forearm support**  
Take your weight on your elbows and forearms



## THE PINE TREE

This position is ideal if the man's penis is short, because it provides deep penetration and, by using her entwined legs, the woman can pull herself up and down in rhythm with her partner's thrusts.

THIS IS A deep-penetration version of the good old missionary position, and the woman shows her enthusiasm for her man by wrapping herself around him.

### Hold on

After entering her, hold the back of her neck with one hand and her foot or ankle with the other



### Hold him

Grasp his waist with both hands

### Crossed feet

Wrap your legs around his waist and cross your feet behind his back



## THE GALLOPING HORSE



### Feet in

Bend your knees  
and tuck your feet  
in next to his

Like a bareback rider clinging to the mane and tail of a speeding horse, the man holds on to his partner's neck and foot, and so is able to thrust despite the restrictions of his kneeling position.

THE BEST WAY to make this complicated position work is to move up and down, but if the man is tall and the woman is small and light, forget it. It would either be impossible or positively dangerous should he fall over.

## SEAGULLS ON THE WING

In most man-on-top positions, the penis thrusts downward in the vagina, but here, the penis and vagina are parallel, so that for both partners the sensations are somewhat different.

THERE'S SOMETHING ABANDONED about her slipping half off the bed and him thrusting wildly. But although his angle of thrust is interestingly different, his position means that her clitoris gets even less stimulation than usual. To help her get the most out of this posture, clitoral stimulation by his or her fingers would greatly add to the enjoyment.

### Feet on the floor

Lie with your buttocks resting comfortably on the edge of the bed and your feet on the floor, if they will reach



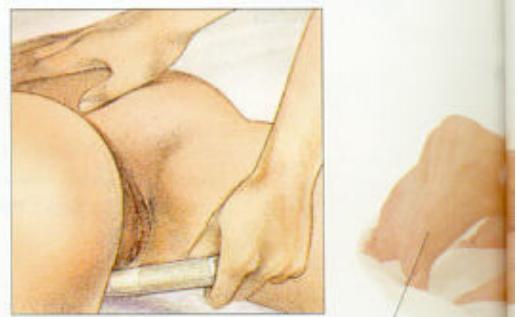
### Keep upright

Kneel between her legs,  
and keep your back  
straight to maintain  
the correct angle  
of penetration

## CICADA ON A BOUGH

Many couples find the relative anonymity of rear-entry positions exciting, from time to time, because they can fantasize more easily when they are not looking at each other. This position also provides intense stimulation to the front wall of the vagina and so to the highly sensitive G-spot.

IT'S HARDER TO GIVE EXTRA stimulation to the clitoris here, because the woman's genitals will be firmly lodged against either the pillow or the bed. This drawback can be overcome by using a vibrator, positioned so that every time her lover bears down on her, her genital area is pushed against it.



### USING A VIBRATOR

To stimulate her clitoris, slip a vibrator between her pelvis and the pillow. Switch it on before penetration.

**Toe hold**  
Grip the bed  
with your toes  
when you thrust



**Firm support**  
Sit on a firm chair,  
preferably one with a  
supportive back

## THE GOAT AND THE TREE

Although the man's movements are restricted, his hands are free to fondle his partner's face and breasts and stimulate her clitoris.

This last possibility can prove useful because the woman is otherwise unlikely to reach orgasm in this position.

THIS DELIGHTFUL GAME could easily grow out of fooling around in casual circumstances. If she happened to sit on his knee during conversation; if she happened to kiss him as he was talking and he returned the kisses; and if one thing turned into another, before you know it, she could take him by surprise.

**Gentle rocking**  
Sit astride him with your  
feet on the floor, so that you  
can rock gently backward  
and forward on his penis

**Increase penetration**

Lifting your buttocks, or raising them by placing a pillow beneath you, will allow increased penetration

**Shoulder hold**

Grasp her shoulders or upper arms as you thrust

**Waist hold**

Grasp her waist to help you thrust

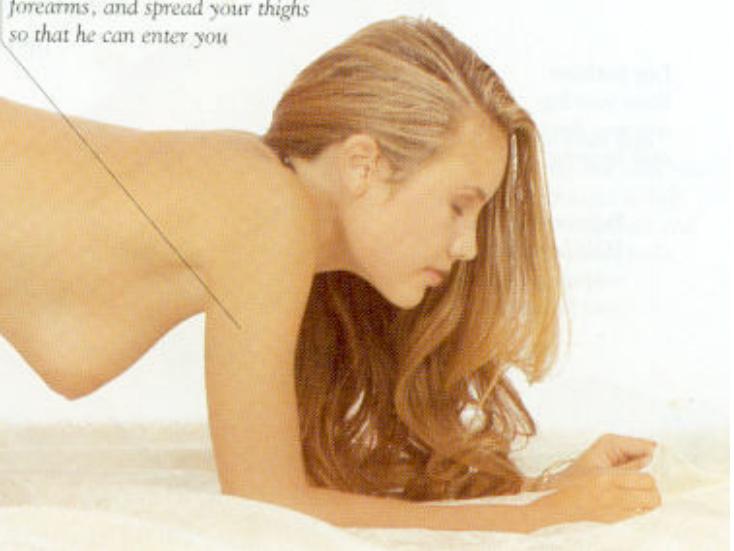
## THE WHITE TIGER

Many women find being penetrated from behind particularly stimulating, and this rear-entry position has the added advantage that the man can enjoy a view of his partner's buttocks.

ONE OF THE BEST WAYS to make this position memorable for the woman is for the man to reach forward with one hand, so that he can stroke her clitoris with an upward motion on each of his forward thrusting strokes. This will add to her sense of excitement and arousal.

**Kneeling posture**

Support yourself on your forearms, and spread your thighs so that he can enter you



## A PHOENIX PLAYING IN A RED CAVE

*The vivid imagery of this posture's name hints at the deep penetration that it allows, but it may prove tiring for the woman if it is sustained for long. The man should wait until the woman is fully aroused before he attempts penetration.*

THIS IS A WONDERFULLY evocative title for a position in which the woman lifts her legs to present the "red cave" for her lover's penis to "play" in. Because she is not able to move much, this is a position where the man should first use his penis as a dildo, rubbing it up and down her inner labia, then across or around her clitoris. On penetration, he might attempt some of the Movements of Love suggested by *The Perfumed Garden* (see pages 125 and 133).



**Leg position**  
Bring your knees back toward your chest and use both hands to hold your feet up high

**Gentle pressure**  
Lean gently forward against her thighs, without pushing too hard

## A HUGE BIRD ABOVE A DARK SEA

This is another position that allows deep penetration. By lifting her legs, the woman changes the angle of entry of the penis so that, compared with the basic missionary position, stimulation is more intense for both partners.

BY PLACING HER LEGS over her partner's arms, the woman is both literally and figuratively making herself very vulnerable.

Many women would feel emotionally unable to adopt this particular position unless they were deeply in love, so there is powerful meaning involved in it as well as profound physical sensation.

**Leg position**  
Raise your legs and pass them over his arms

**Support her legs**  
Hold her waist and support her legs with your forearms



**Keep your balance**

Put one hand around his neck and the other on his leg to help you keep your balance

**Support her buttocks**

Steady yourself with one hand and support her buttocks with the other

## A SINGING MONKEY

Neither partner enjoys much freedom of movement in this position—the man even less than the woman—but the couple can caress each other and look into each other's eyes, which can increase the feeling of closeness.

WHAT MAKES THIS DIFFERENT from similar woman-on-top positions is the placing of his hand under her buttocks; many women find this highly erotic, yet most men make little use of it.

In addition to holding her buttocks, he can stretch them a little away from her perineum and anus, which can create very pleasurable sensations for her.

**Use your legs**

Tense and relax your leg muscles to help you move back and forth on his penis

## LATE SPRING DONKEY

Named to reflect the mating behavior of donkeys in the late spring, this is not a position most women would want to adopt for any length of time.

Not only is it demanding for the woman, it can also be painful and so should be attempted only with care.

A SIDE EFFECT of trying this position is that after a few minutes with her head pointing at the floor, the woman gets a rush of blood to the brain, her breathing becomes constricted, and her perception of the sexual activity is changed. If she is able to climax in this position, this could all add up to a spectacular orgasm, but if she is not so lucky she is likely to end up with an appalling headache.



**CONTROL OF MOVEMENT**  
Holding her waist allows you to thrust without losing your balance. It also helps you keep your penis from slipping out and lets you control the depth of penetration.

**Straight legs**  
Keep your legs as straight as you can and place your hands flat on the floor

**Relax**  
Lie on your back with your legs and feet relaxed

**Foot action**  
Brace your feet against his to help you move



## THE TAOIST PILLOW BOOKS

Over many centuries, probably from as early as 2,500 years ago, the wisdom of the Taoists concerning sexual practice was enshrined in "pillow books." Of these, the best known is the *T'ung Hsüan Tzu*, written by the seventh-century physician Li T'ung Hsüan.

Even today, the candid texts and beautiful but very explicit illustrations of the pillow books appear pornographic to some Western eyes. By contrast, to the Chinese who used them they were indispensable guides, not just to the mechanics of sex, but to living a long and full life in which uninhibited sexual expression played a central role.

Conversely, despite their candor and explicitness, the Taoist pillow books share some common ground with the less liberated aspects of the present age in excluding homosexual and lesbian practices. This exclusion was almost always justified on the philosophical basis that true sexual union is the interplay of equal and opposite forces as embodied in the two complementary sexes. Similarly, the books do not cover any form of sadomasochistic practice.

## CAT AND MICE SHARING A HOLE

*Like other woman-on-top positions, this allows her to control the movements and rhythms of lovemaking. Although strenuous effort is usually required if either partner is to reach orgasm, this striving together can be mutually exciting.*

I FIND THIS A disappointing position, considering the evocative title—my own version would include active stimulation by the hands and fingers. For example, he has both hands free, so he can caress any part of her body that he can reach, including her buttocks, breasts, and possibly her clitoris. She has little opportunity to give him any manual stimulation, unless she can support herself on one hand.

**Keeping a rhythm**  
*Push alternately against your hands and feet to move yourself backward and forward on your partner's penis*





# BEFORE AND AFTER LOVE

“Those things that increase passion should be done first, and those for amusement should be done afterward.”



# SAFER SEX

Although sexual diseases were already in existence by the time the *Kama Sutra* was written, Vatsyayana makes no mention of them. People have always sought to avoid such infections, but the practice of "safer sex" is a very recent phenomenon. What has prompted this change in sexual behavior is the dramatic spread of AIDS (Acquired Immune Deficiency Syndrome). The term "safer sex" describes sexual activity that is unlikely to expose the participants to infection by HIV (the Human Immunodeficiency Virus), which is the cause of AIDS. The basis of safer sex is avoiding the exchange of bodily fluids (semen, vaginal secretions, and blood), because this exchange is the commonest way in which the virus is passed on. The most effective way of minimizing the risk of transmitting HIV infection during intercourse is to use a latex condom (see page 154) with a spermicide containing nonoxynol-9.

## MINIMIZING RISK

When complete trust exists between partners, and each is confident enough of the other's sexual history to be reasonably sure that there is no risk of HIV infection, safer sex is irrelevant. But there is always the risk that any new partner will be infected. New partners should always practice safer sex. Blood tests for exposure to HIV can serve as an indicator that infection is unlikely.



## NON-PENETRATIVE SEX

As sensitive lovers know, penetration need not occur every time a couple has sex. Dry kissing, embracing, stroking, and massage all express closeness eloquently and with minimal risk of HIV infection. Mutual masturbation may be used in the same way, but to be extra safe the active partner should not allow any semen or vaginal fluid to come into contact with her or his fingers or hands in case there are any cuts, abrasions, or open sores on them.

Oral sex is a high-risk activity, particularly if the bodily fluids it produces are swallowed. A degree of protection is provided by using a condom during fellatio and a latex barrier ("dental dam") during cunnilingus, although neither method is totally safe.

In accepting non-penetrative sexual activities as a valuable part of their relationship, men and women who have any reason to suspect that they might transmit the virus to each other will come to rely less on coital sex. When intercourse does take place, they should always use a condom.



## HIV AND THE DEVELOPMENT OF AIDS

When HIV gets into the bloodstream, it attacks the immune system, the complex mechanism that enables the body to defend itself against disease. This damage eventually leaves the body vulnerable to other infections and liable to contract otherwise rare illnesses, including certain types of cancers and pneumonias. When a person with HIV begins to be affected by such illnesses, he or she is said to have developed AIDS. It is these illnesses, not HIV infection itself, that will eventually cause the death of a person with AIDS.

When a person is infected with HIV, the virus will be present in his or her blood. It will also be present in the semen of infected males and in the vaginal secretions of infected females. Anyone coming into intimate contact with these infected bodily fluids, as can happen during unprotected sexual intercourse, will be at high risk of contracting the virus themselves.

Once HIV has entered the blood, there is as yet no way of eradicating it, and AIDS will usually develop in about eight to ten years. You cannot, however, contract HIV from simple, everyday contact with someone who is infected. For example, you cannot catch it by shaking hands with them, or from their coughs and sneezes, or by touching objects they have used.

# CONDOMS

The condom plays a central role in the practice of safer sex. Not only does it substantially reduce the risk of HIV infection, it also offers effective protection against other sexually transmitted diseases (and pregnancy). The main objections to the use of condoms are that putting them on interrupts the flow of lovemaking and that they reduce sensation for the man. The answer to the first problem is to get into the habit of making the task an erotic experience for both partners and an integral part of foreplay (*see below*). The second objection is to some extent valid, but in any case, some loss of sensation is surely a small price to pay for protection against HIV and other infections, including syphilis and herpes.

## PUTTING ON A CONDOM



### SQUEEZE OUT THE AIR

When you place the condom onto the end of his penis, squeeze it gently to ensure that it contains no air.



### ROLL IT DOWN THE SHAFT

Use the other hand to roll the condom down the shaft of his penis to the base, using a slow and even action.



### WITHDRAWAL

Remind him to hold the condom on his penis after ejaculation and to withdraw before his erection subsides.



## USING A CONDOM

*Make slipping a condom onto your lover's penis a loving, sensual, and erotic action, and turn it into an integral part of your lovemaking. Begin by giving him a delicate genital massage, and then change your hand action from massage to gentle masturbation.*

REMOVE THE CONDOM carefully from its packet, squeeze out the air by holding the tip between thumb and forefinger (a trapped air bubble could cause it to split during intercourse), and use slow, sensuous movements to roll it into place. If your partner is not circumcised, gently push back his foreskin before unrolling the condom.



## CHOOSING AND USING YOUR CONDOMS

Condoms must be of dependable quality—for maximum safety, avoid obscure brands and fancy (especially bumpy) patterns, and check the use-by date. Just as importantly, a condom must be used correctly, because if it is not tight it might slip off the penis or leak semen into the vagina during intercourse.

Condoms must never be reused, and you should be careful to avoid bringing them into contact with oil-based products such as massage oils and creams, baby oil, and petroleum jelly (including Vaseline). Condoms are made of latex, and this material is damaged and weakened by contact with oil. If you need to use a lubricant, choose a water-based product such as K-Y Jelly.

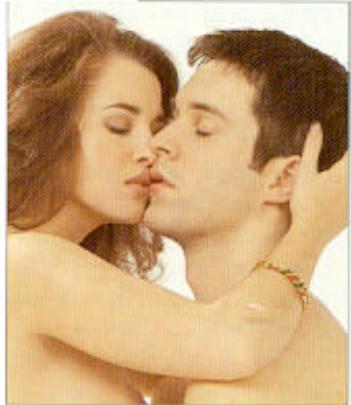
Some men and women dislike using condoms, but this is a learned aversion that can be unlearned relatively easily. As an alternative, try using female condoms, which fit into the vagina rather than over the penis. For protection against infection during oral sex, use oral shields ("dental dams") for cunnilingus and condoms for fellatio; flavored condoms can make fellatio through a condom more enjoyable for a woman.



**MALE AND FEMALE CONDOMS**  
The female condom (top), which is relatively new on the market, fits inside the vagina. The male condom (bottom) fits over the penis.

# PROLONGING THE MOOD

Partners who genuinely care for each other will want to prolong the unique closeness that lovemaking brings, by staying close emotionally and physically. Having just reaffirmed a continuing intimate bond, some couples find that after making love they can talk more easily about things that matter to them either as a couple or as individuals. It is important to



be able to communicate about what you enjoy most about your sexual relationship, and indeed to feel free to tell your partner if there is anything about your lovemaking that you would like to change. Some couples talk about these things while making love, while others find it easier afterward, as they look back on the pleasures, and the occasional disappointments, they have shared. Often, though, a couple will want to resume their lovemaking, in which case it might be

necessary for the woman to masturbate the man to get him erect again. If they do not intend to make love again, but the woman was not able to reach a satisfactory climax, the considerate thing for the man to do would be to masturbate his partner to help her achieve orgasm.





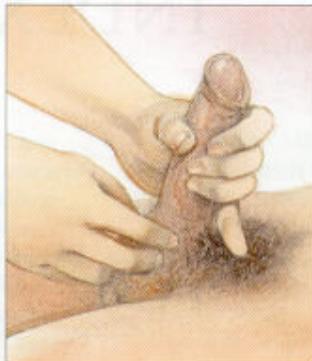
## WHAT TO DO AFTERWARD

The *Kama Sutra*, mindful that lovers wish to prolong the special mood of intimacy that lovemaking creates between them, advises them on the sensual delights they should share immediately afterward. The details have, inevitably, changed a lot over the centuries, but the principles behind Vatsyayana's main recommendations still make sense:

"At the end of the congress, the lovers with modesty, and not looking at each other, should go separately to the washing room. After this, sitting in their own places, they should eat some betel leaves, and the citizen should apply with his own hand to the body of the woman some pure sandalwood ointment, or ointment of some other kind.

"He should then embrace her with his left arm, and with agreeable words should cause her to drink from a cup held in his own hand, or he may give her water to drink. They can eat sweetmeats, or anything else, according to their likings, and may drink fresh juice, soup, gruel, extracts of meat, sherbet, the juice of mango fruits, the extract of the juice of the citron tree mixed with sugar, or anything that may be liked in different countries, and known to be sweet, soft, and pure."

## REKINDLING THE EXCITEMENT



### RENEWING AN ERECTION

Gently fondle his testicles with one hand while sliding the other up and down his penis.



### ENHANCING AROUSAL

Brush the head of his penis by making featherlight, circular strokes with your palm.

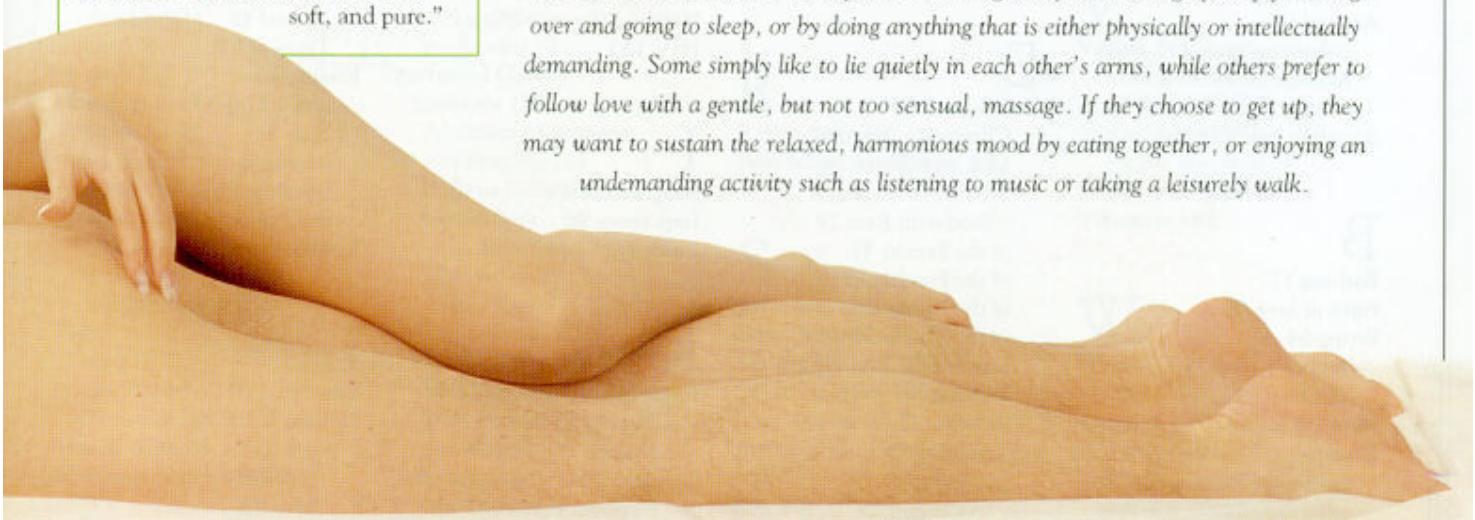


### HELPING HER TO ORGASM

If your partner has not been able to reach a climax during intercourse, or if she wants more orgasms but you are not yet ready to make love again, help her by using your fingers to stimulate her clitoris. Gently run your fingertips along the underside, on each side, and on top of it.

## SUSTAINING THE HARMONY

Most lovers do not want to dissipate the warm glow of lovemaking by simply turning over and going to sleep, or by doing anything that is either physically or intellectually demanding. Some simply like to lie quietly in each other's arms, while others prefer to follow love with a gentle, but not too sensual, massage. If they choose to get up, they may want to sustain the relaxed, harmonious mood by eating together, or enjoying an undemanding activity such as listening to music or taking a leisurely walk.



# INDEX

## A

Acrobatic lovemaking 80  
After lovemaking 157  
Aging, effects on men 96  
AIDS 153  
Ananga Ranga positions 90  
Accomplishing 101  
Ascending 107  
Crab Embrace 98  
Crying Out 105  
Encircling 97  
Gaping 96  
Intact 95  
Inverted Embrace 107  
Kama's Wheel 94  
kneeling/lying 92  
Level Feet 92  
Lotus 100  
Orgasmic Role-Reversal 106  
Paired Feet 104  
Placid Embrace 95  
Position of Equals 102  
Raised Feet 93  
Refined 93  
side-by-side 98  
sitting 100  
Snake Trap 103  
Splitting 97  
Transverse Lute 99  
woman-on-top 106  
**Arbuthnot, F. F.** 9  
**Arousal**  
enhancing male 157  
massage for 39  
of male desire 30  
**Avoiding risk** 152

## B

Bathing 17  
Bites of love 55  
Biting 54  
Broken Cloud 55  
of a Boar 54  
Blows of love 41  
**Breasts**  
as erogenous zones 20  
caressing 71  
embrace of 31

kissing 52  
**Burton, Sir Richard** 9  
Butterfly flick 61  
**Buttocks**  
as erogenous zones 21  
massage 38

## C

Candles 23  
Chakras 75  
Champagne 23  
**Clitoris**  
licking 57  
stimulation of 57  
using vibrator on 144  
**Condoms** 154  
choosing 155  
male and female 155  
putting on 154  
using 155  
Congress of a Crow 63  
Creating the mood 22  
**Cunnilingus** 56  
clitoral stimulation 57  
genital kissing 58  
licking the labia 58  
stimulating the perineum 57  
stimulating the vagina 58

## E

**Embraces**  
Climbing a Tree 28  
Milk and Water 28  
Mixture of Sesamum Seed with Rice 29  
of the Breasts 31  
of the Forehead 31  
of the Jaghana 30  
of the Thighs 30  
Piercing 27  
Pressing 27  
Rubbing 27  
Touching 26  
Twining of a Creeper 29  
Embracing 26

and lovemaking 28

**Erection**  
problems 96  
renewing 157  
**Erogenous zones** 18  
breasts 20  
buttocks 21  
feet 19  
skin 20  
**Erotic sculptures** 84

## F

**Feet**  
as erogenous zones 19  
massage 37  
reflexology 79  
**Fellatio** 60  
**Flowers** 23

## G

**Grooming** 32  
**G-spot** 93

## H

**Hair**  
shampooing 33  
touching 42  
**Height difference** 85  
**HIV** 153

## I

**Imagination** 89  
**Impotence** 96  
**Indra** 71

## K

**Kama Sutra positions** 66  
Clasping 73  
Congress of a Cow 89  
Crab's 81  
Elephant Posture 88  
Fixing of a Nail 81

Half-Pressed 78  
Lotus-like 81  
Mare's 76  
Pair of Tongs 87  
Pressed 79  
Pressing 74  
Rising 77  
Side-by-Side  
Clasping 72  
Splitting of a Bamboo 80  
Supported Congress 85  
Suspended Congress 84  
Swing 87

Top 86  
Turning 82  
Twining 75  
Variant Yawning 69  
Widely Opened 69  
Wife of Indra 71  
woman-on-top 86  
Yawning 68

**Kegel exercises** 77

**Kisses**  
Bent 46  
Clasping 49  
of a Young Girl 49  
of the Upper Lip 48  
Pressed 47  
Straight 47  
That Awakens 50  
That Kindles Love 50  
That Turns Away 51  
Turned 46  
Types of 53  
**Kissing** 46  
and licking 53  
body 52  
breasts 52  
female genitals 58  
male genitals 62

**Kissing Game** 50

## L

**Lao Tzu** 136  
**Licking**  
body 53  
clitoris 57  
labia 58  
penis 60

perineum 57  
vagina 58  
**Lighting** 23  
**Li T'ung Hsüan** 138  
**Lotions** 23  
**Lovemaking positions**  
    Ananga Ranga 90  
    Kama Sutra 66  
    Perfumed Garden, The 108  
    standing 131  
    Taoist 136  
    woman-on-top  
        Ananga Ranga 106  
        Kama Sutra 86

**M**

**Malla, Kalyana** 9, 90  
**Man's duty** 70  
**Massage**  
    arms 38  
    back 39  
    basic strokes 35  
    buttocks 38  
    chest 38  
    feet 37  
    for sexual arousal 39  
    head 35  
    legs 37  
    neck 33  
    reflexology 79  
    sensual 34  
    shoulders 35  
    torso 35  
    waist 35  
**Massage oil**  
    additives 37  
    types of 37  
    using 36  
**Masturbation**  
    for her 157  
    for him 157  
    using the penis 70  
**Men**  
    duty of 70  
    praiseworthy 111  
    Three Orders of 105  
**Mouth work** 63  
**Movements of love** 125,  
    133  
**Mutual grooming** 32

**N**

**Naming**  
    the female parts 118  
    the male parts 128  
**Nefzawi, Sheikh** 10, 108  
**Nominal Congress** 61  
**Non-penetrative sex** 153

**O**

**Oils**  
    scented 23

**Oral sex**  
    Congress of a Crow 63  
    cunnilingus 56  
    etiquette 62  
    fellatio 60

**Orgasms**  
    helping her to reach 157  
    multiple 103

**P**

**Penis**  
    biting 61  
    butterfly flick 61  
    kissing 62  
    licking 60  
    pressing 61  
    rubbing 62  
    sucking 62  
    swallowing 62

**Perfumed Garden**  
    positions 108

    Alternate Movement  
        of Piercing 124  
    Belly to Belly 129  
    Coitus from  
        the Back 127  
    Driving the  
        Peg Home 131  
    Eighth Posture 115  
    Eleventh Posture 117  
    First Posture 110  
    Fifth Posture 113  
    Fitter-In 133  
    Fitting on of  
        the Sock 122  
    Fourth Posture 112

Frog Fashion 118  
Gripping with  
    the Toes 120  
Interchange in  
    Coition 130  
Love's Fusion 128  
Ninth Posture 116  
One Who Stops  
    at Home 134  
Pounding on  
    the Spot 126  
Race of the Member 132  
Rainbow Arch 125  
Reciprocal Sight of  
    the Posterior 123  
Second Posture 110  
Seducer 135  
Seventh Posture 114  
Sixth Posture 113  
Stopperage 119  
Tail of the Ostrich 121  
Tenth Posture 117  
Third Posture 111  
With Legs in the Air 120

**Perfuming**  
    breath 17  
    room 23  
    skin 23

**Preparing the body** 16  
**Prolonging the mood** 156  
**Pubococcygeal muscles**  
    exercising 77  
    using 76

**R**

**Reflexology** 79  
**Rekindling excitement** 157

**S**

**Safer sex** 152  
**Scratching** 40  
**Setting for love** 23  
**Sexual tension** 103  
**Shampooing** 33  
**Shaving** 32  
**Silk** 23  
**Skin** 20  
**Sustaining harmony** 157

**T**

**Tao Te Ching** 136  
**Taoist language** 141  
**Taoist pillow books** 149  
**Taoist positions** 136  
    Butterflies in Flight 140  
    Cat and Mice Sharing  
        a Hole 149  
    Cicada on a Bough 144  
    Dragon Turns 138  
    Galloping Horse 143  
    Goat and the Tree 144  
    Huge Bird Above a  
        Dark Sea 146  
    Late Spring Donkey 148  
    Mandarin Ducks 140  
    Phoenix Playing in  
        a Red Cave 146  
    Pine Tree 142  
    Silkworm Spinning  
        a Cocoon 139  
    Singing Monkey 147  
    Swallows in Love 141  
    Seagulls on  
        the Wing 143  
    Two Fishes 139  
    White Tiger 145

**Touch, power of** 72  
**T'ung Hsüan Tzu** 138

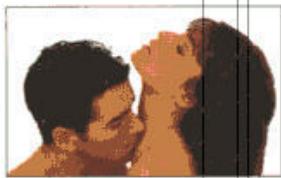
**V**

**Vagina**  
    licking labia 58  
    lubrication 59  
    stimulation 59  
    tongue insertion 59

**Vatsyayana** 7, 66  
**Vibrators** 144

**W**

**Women**  
    Four Orders of  
        part 1 99  
        part 2 101  
    ideal 127  
    inspiring affection in 123  
    praiseworthy 114



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