

GIZELLE KING

SEX 101:

SEX POSITIONS

**21 SEX POSITIONS TO CHANGE
YOUR SEX LIFE OVERNIGHT**

Sex 101: Sex Positions

21 Sex Positions To Change Your Sex Life Overnight

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Table of Contents

Introduction

Chapter 1 Women On Top Position

Chapter 2 Standing Position

Chapter 3 Spooning Position

Chapter 4 Doggy Style Position

Chapter 5 Squatting Position

Chapter 6 Legs Up Position

Chapter 7 Scissor Position

Chapter 8 Facedown Plank Position

Chapter 9 Chair Position

Chapter 10 G Spot Position

Chapter 11 Reverse Cowgirl Position

Chapter 12 Edge Of The Bed Position

Chapter 13 Missionary Position

Chapter 14 L Shape Position

Chapter 15 Forward Spooning Position

Chapter 16 Pushup Position

Chapter 17 Wheelbarrow Position

Chapter 18 69 Position

Chapter 19 Blowjob Position

Chapter 20 Face Sitting Position

Chapter 21 Face Down Position

Conclusion

Book Previews

Introduction

Thank you for downloading the book *Sex 101: Sex Positions: 21 Sex Positions To Change Your Sex Life Overnight*. This book has 21 popular sex positions that will make you an expert in the bedroom. These positions are favorites to many people around the world. These positions are not only for beginners but for the experienced sexual deviant as well.

These 21 positions will bring your sex life to a whole new level. Use this visual guide with your partner and you will be a bedroom favorite for sure. There are many different positions out there than just these 21 but all of these positions can be tweaked a little bit for different experiences. So make sure to experiment with these positions and have fun.

Use this book as a tool to change your life for the better. Be open minded and I hope this book will help lead your sex life in a positive direction. **Don't forget to checkout previews of my other bestselling books at the end.** Thank you and please enjoy.

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Chapter 1 Women On Top Position



This position is great for both partners because it allows for deep penetration which will maximize pleasure for both. This position is also really easy to get into. The guy just lays on his back and has the women sitting on him with her legs bent. The really great thing about this position is that it allows the women to go at whatever speed and stroke that she wants until she gets hit at the right spot. This position is mostly for the women because she is the one in control and is putting in most of the effort here.

The man isn't completely useless however. He can add some upward hip thrusting in order to even deepen his penetration of the girl. If you want to take the straddle position to the next level then the man can also bridge his back upward and have her ride him like a bucking bronco. If the man sits up while the girl is straddling him then he can kiss her and be face to face with her for more intimacy.

The straddle also has another variable that makes this position one of the best. The girl can have herself facing in many different directions other than just forward. She can be reversed, or straddling one leg. Doing this will help her find just the right spot for the ultimate climax. This is a very popular position and if you're a women it will show how wild and experienced you are.

Chapter 2 Standing Position



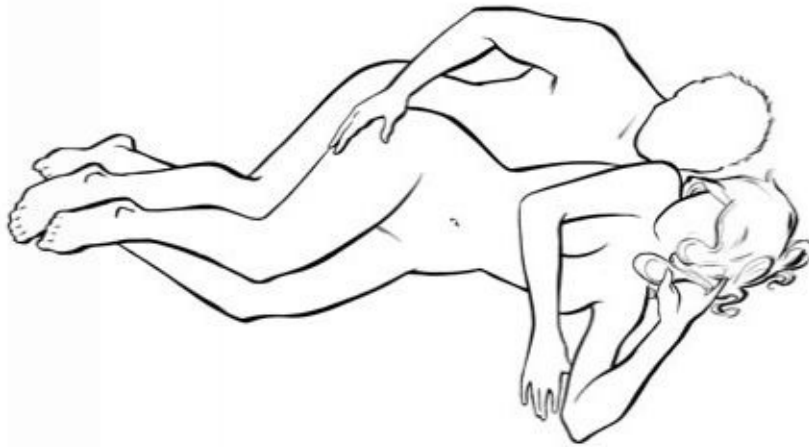
The standing sex position is another hot and steamy sex position for many reasons. This position allows the man to be complete control and to put the girl into many different positions. If you're creative with this position this can be an all time favorite for both you and your partner.

In this position the man is in control so he is mostly deciding where to position the women. You can put her on a counter, over the side of the couch, over the bed rail and many more. You can penetrate her face to face or from behind in this one. If you're really strong then you can pick up the girl and hold her up in the air. But beware because this can be very strenuous and can be really tiring. But most people don't even notice while they're in the heat of the moment. Whatever you choose will sure be steamy and unforgettable.

If you take her from the front then you will be face to face and this will make the moment more intimate. Facing her will penetrate her at a different angle and will leave her breathless.

You can also enter her from behind and doing so will allow for really deep penetration. When you're behind her you can be a lot more aggressive because most times she will be leaning up against something. Doing this will also allow you to hit the g-spot nicely. This is always a favorite for many couples.

Chapter 3 Spooning Position



The spooning position is a great position for many couples. Many people are cuddlers and this position will allow you to cuddle before or after sex if you want. A lot of women like to be cuddled and have sex while in this position.

The man is mostly in control during this position and can easily enter from the back. If the woman arches her back then you can penetrate her deep and hit her g-spot. It's sort of like a doggy style position but on your side and laying down. It's both fun and interesting.

You can also put the girl's leg up in the air to allow for some different areas to be hit so she can feel you deep in her unlike ever before. Get creative with this position and it could be a favorite.

This position is also great for morning sex. You can be cuddling with your partner and slip your manhood in to get the mood and day started off on a great foot.

Chapter 4 Doggy Style Position



Doggy Style position is a favorite to many. This is an excellent position and if you're not doing it then you should start because this will heat up your sex life really quick. This position is when a person bends over, is on all fours, or lies on their stomach for intercourse.

There are advantages for both the man and women in this position. The man gets the pleasure of being pressed up on the buttocks of his partner. If you're a butt man then this is a superb position for you. If you're the girl in the position then you will be penetrated deep. The other positive to this position is that the man gets to grab onto the love handles of the girl and can use them to really thrust himself into her for optimum pleasure.

If you're the girl and you're new to a relationship and are wanting to really turn on your new partner then definitely use the doggy style to get him excited. This is a position that will impress your partner and will give him a good idea of what to expect in the future.

Chapter 5 Squatting Position



The squatting position is amazing for both involved. This is when the guy is laying on his back and the girl is literally squatting down on him. This position feels great for both.

The squatting position is a really good workout for the girl and not so much for the guy. This position will allow the girl to do whatever she wants. If she is really good with her hips then she can do a booty dance on top of him. If she does this then she will be a favorite to her man that is for sure.

Doing this will allow for some great sex. The guy will feel pleasure like never before while the girl will have her best spots hit by the guy. She can be rough if she wants to and this will make her man go really deep and have her eyes go roll back into her head. For the guy this will be nice and smooth. The girl can also squat in the reverse cowgirl position. Just adjust your position until you find the most comfortable spot.

Chapter 6 Legs Up



Legs up in the air is when a girl has her legs up in the air and she's on her back. The guy is penetrating her deep while he is usually grabbing onto her ankles or is grabbing her tight where her legs are bent. You can grab her tightly in this area so you can hold on while you are going deep into her with hard thrusts.

This position can be done in multiple ways. Most times the guy is on his knees while he's on the bed or couch and is thrusting himself into her. You can also do this position on the edge of the bed. Doing this on the end of the bed will allow you to get deeper into her. This will also allow you to position yourself so you can thrust harder.

Another way to get deep inside her is if you put your hands on the back of her thighs. This will make her feel all of you. If you do this then you can get more leverage and you can go deeper, harder, and faster.

Chapter 7 Scissor Position



The scissor position is when a girl is laying on her side and the guy is laying on his side. Both people are facing each other during this position. The girl then puts her leg over his top leg so he is in between her legs with both of his legs together. She is usually grabbing around his waist or she's arching her back outward.

The man can get some deep thigh thrusts in here during this position. This position does take some practice in order for the girl to really get the most out of it. Make sure to keep re-positioning yourself in order to find where the perfect spot is for both of you. The guy should place himself a little lower than where the girl is at.

Since the guy is a little lower in position during this then he has the ability to kiss on her neck and breasts easier. This will turn your girl on while you're slowly penetrating her deep.

Chapter 8 Face Down Plank Position



This position is a variation of the doggy style. The girl is laying facedown on the bed, couch or floor and the guy is behind her. You can spread her legs out if you want during this position or you can have her legs tightly squeezed together. If you have her legs spread out then you can go in between them and enter her that way. If you have her legs together then you can put your legs over the top of her and position yourself that way. Either one of these ways will work great but it's up to you to find out what works best for you.

For this position to work best the girl on her stomach must arch her butt up into the air. This will allow the man to become really deep in her. Using the bed as a spring board you can thrust into her with force bouncing her butt up into you. Use your hands to push down on her lower back as well. Doing this will let you go harder and faster.

Chapter 9 Chair Position

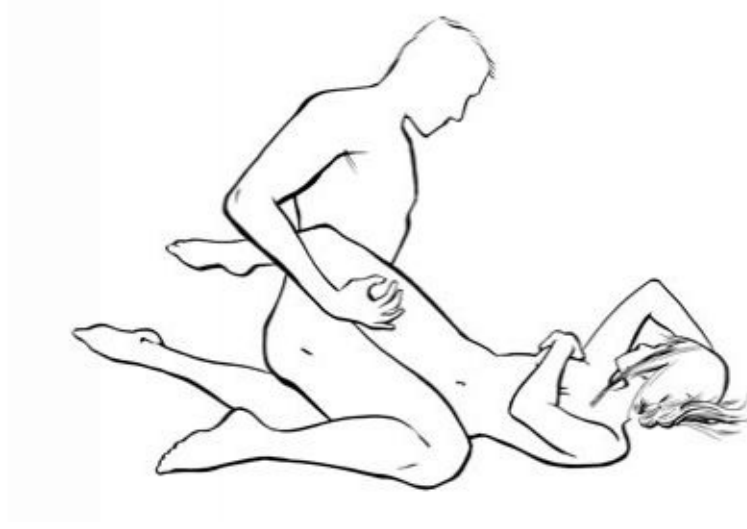


Chair position is an interesting and unique position that many don't think of trying. This position is when the guy is sitting in a chair and the girl is riding him. The girl can be facing him or she can have her back to him.

The guy can have his legs spread apart so that the girl is riding or sitting on him in between his legs. He could also have his legs together so that the girl has her legs hanging over his forward or backward.

This position is mostly made for the girl to do all of the work. A good way for a girl to make this position more interesting would be for her to start off giving her man a lap dance. This will set the mood and make the transition nice and smooth. He will definitely enjoy this. The guy can still thrust upward to penetrate her more.

Chapter 10 G Spot Position



The G Spot Position is like a mix of the scissor position and the plank position. This position is great for hitting a girl's g spot. The girl is facedown and the guy is straddling her leg so that he is positioned between both of them.

Placing yourself in between her legs will let you enter her nice and slow. A guy with any size will be able to hit a girl's g spot from here. So try this one if you're lacking in size and you'll be ok.

Another trick to this position is if you grab the girl's arms and pull them back towards you. This will give you something to grab onto so you can get especially deep inside her. Use this on the first night of sex and you'll be one of her favorites in no time.

Chapter 11 Reverse Cowgirl Position



Reverse cowgirl is a variation of the straddle position. This is when a girl is riding the guy and she is facing away from him so her back is all he can see. This position is a basic position that many use right from the beginning. Even though this position is a beginner position it is still amazing for both partners.

This position is mostly for the women to do all the work. She is full control when she is positioned here. She can use her butt to go up and down in order to get full penetration while still pleasuring the guy. This position bends the guy at a certain angle giving him maximum pleasure.

The guy who is in this position will have a perfect view of her butt. Since her butt is right in front of him some men like to give some spankings in order to turn her on even more. Do this and see if it's something she will like.

Chapter 12 Edge Of The Bed Position



This position is focused on having sex from the edge of the bed and is fun for both the guy and girl. The man sits on the edge of the bed with his legs hanging down to the floor.

The girl in this position can position herself in 2 different ways. She can straddle him while looking forward at him which will allow for more kissing and personal intimacy. She can also be facing away from him so that her butt is pressed up against him. She can dangle her legs over his or she can have them flat on the floor if she can reach. Either one of these positions will be great.

The guy in this position can be sitting up to face her or he can be have his back laying on the bed. Sometimes having his back on the bed and his feet flat on the ground will allow for him to thrust himself upward so he can penetrate her deep and hard. He can also extend his arms out and grab her breasts so she can be even more pleased.

Chapter 13 Missionary Position



Missionary position is a basic position that a lot of girls love. This will probably be the first position that you use when having sex for the first time. Even though it is very basic it is still an enjoyable sex position for ultimate pleasure.

This position is really easy to get into. The girl lays on her back and the guy is on top of her. Since the girl is on her back this leaves the guy in complete control of the situation. Being in complete control allows the guy to be creative. There are different ways that you can make the missionary position fun and enjoyable.

To make this position more enjoyable you can do a couple things. You can put one or two legs up on your shoulders. This will help you get deep inside her and help you hit some areas that you wouldn't be able to hit if you were doing it just regular old missionary position. You can also put her legs to the side so that her back is flat but her bottom half is twisted over. This is great and will allow you to hit her g-spot more effectively.

Chapter 14 L Shape Position



This position is really interesting and easy to get into. It is also a position that is not used as often as it should be. It is pretty self explanatory as how to actually get into this position. The girl lays on her back with her legs up in the air. While her legs are up in the air the man lays perpendicular to her with his shaft entering her while he is laying on his side.

This position is made for the more sensual kind of stroke rather than a fast and hard stroke. If you're the guy then you can either lay flat on your side or have yourself propped up on one elbow or arm which will allow you to get some leverage so you can work your hips into her a little more aggressively. You can also grab her leg and hold on for more grip. Many men like this one to add a little something different to their sex life.

This position isn't the most common of all of the them but when it is used it will allow you to feel yourself inside her in a different way than you're used to.

Chapter 15 Forward Spooning Position



This position is another variation of the spooning position and is very easy to get into. The girl and guy are facing one another while laying on their sides. This will allow for more of an intimate sexual position.

The guy in this position is the one who is doing most of the work. He has to position himself a little lower than the girl in order to get himself inside her easily. If he is larger than average than he may be able to do this position a little bit higher up but most times it is still the best idea to have yourself located a little bit below her.

While the guy is below her he will be able to thrust into her nice and smooth. This position is another one that will most likely be used at a more intimate and slower time. It is hard to do this position to get really deep inside her but you can still find and hit different spots that will pleasure her tremendously. While making love to her make sure you kiss on her neck and play with her breasts. She will climax faster and will appreciate this so much more.

Chapter 16 Pushup Position



The pushup position is exactly what it sounds like. The guy is in a pushup position while he is making love to the girl. Even though the guy will always be in the pushup position the girl can be in different kinds of positions to fit her and his needs. She can be on her back with her legs up in the air which will allow for the guy to get extremely deep in her. This position feels amazing and you and your partner will want to do this one over and over again.

Another way that the pushup position is great is the girl is laying on her stomach with her butt up in the air. This way the guy can really slam down hard into her without any stopping. This will let the guy get deep inside her because he is thrusting at a downward angle with all his weight on top of her. The butt will act like a cushion for him and will help him to bounce up and down. Do this position and it will not only heat up your love life but it will also get you into really good shape in the long run.

Chapter 17 Wheelbarrow Position



The wheelbarrow position is another unique position that takes some creativity in order for you to pull it off. It is done most of the time when the guy is standing up and while the girl has her face in the ground and her legs up in the air. The guy will grab the girl by the ankles or thighs and will place himself in between so that it resembles a person pushing a wheelbarrow.

Grabbing her by her thighs will let you push and pull her back and forth so that you can get some nice deep strokes going inside her. You can also have the girl bent over the edge of the couch or chair and still pull off this position. Doing it this way will not be so physically straining for the girl and this will help her go longer and give the guy more pleasure.

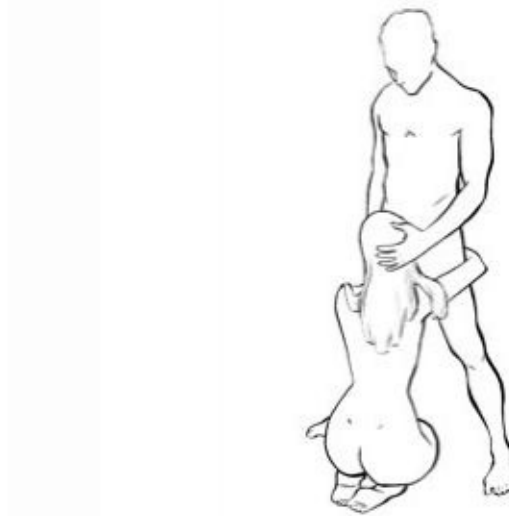
Chapter 18 69 Position



The 69 position is one of the most popular sex positions out there. This position is great for both gay and straight relationships as well. This position focuses on pleasuring the partner orally. The 69 position is really easy to explain. One person is on their back and the other person is laying on top of them with but reversed.

During this position both people can be pleased at the same time with having intercourse. The girl can get eaten out and the guy can get his penis sucked on at the same time. It really is the best of both worlds. The girl can use her mouth to play with the guy's penis and to get him off. The guy can then use his tongue or mouth to play or suck on the girl's vagina. Either way you can't really do anything wrong here.

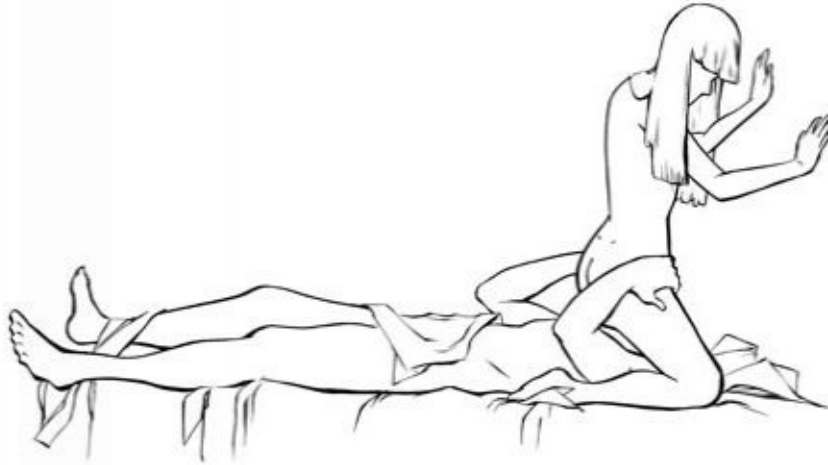
Chapter 19 Blow Job Position



The blow job position is another really common sexual position that is most times used before someone has sex for the first time. This is a position made for the guy to get pleasure over the girl. The guy can get a blow job from basically any position. The guy can be standing and the girl can be on her knees while giving his satisfaction. A guy could also be sitting on a chair and the girl can suck on his penis from there as well. Either way the girl does it will be just fine with the guy when it comes to this position.

To take this position there are a few different things a guy and girl can do. The girl can make sure not to use her teeth when performing a blow job on the guy. This will not feel good at all because the tip of the penis is very sensitive. This is a big turn off. Sucking like a lollipop is a plus however. Make sure to do this from the start and this will leave the guy speechless. The girl should also use her hands to play with a guy's testicles and shaft. Doing this will make him cum faster than ever before. The guy can use his hands to make the girls head go in a stroking motion to allow for much more pleasure.

Chapter 20 Face Sitting Position



The face sitting position is when a guy is laying on his back and the girl has her vagina sitting on his face. This position is meant for the girl to be pleased. This position is very easy and is a must to get the girl ready to go before intercourse. The girl can either be facing forward or facing backward during this time.

The guy should use his tongue and mouth to play with her vagina so that she will feel pleasure. Sucking and licking will bring great pleasure to her and will in no time make her wet. If the guy is getting really adventurous he can play with her butt hole. If you're going to do that then I suggest you ask the girl first because she may not be into that kind of thing. While the guy is eating her out then he should also grab her butt. Doing this will add another dimension to this sex position. A good spanking can also help to get her off faster. Either one of these ways will help. If the girl wants to get the guy off while he is eating her out then she should not be afraid to play with his penis during this time as well .

Chapter 21 Face Down Position



The face down position is another great oral position that will help get the girl ready for a nice long sexual session. This one is meant for the girl to be pleased. The girl should lay on her back flat or with herself propped up on her elbows. While she is like this the guy should get down on his knees or stomach and put his face right where her vagina is at.

While the guy is in this position he should be licking and sucking on her vagina. Doing this will get her wet in a hurry. Make sure if you're the guy that you are gentle and not too rough with her. Being gentle will make her turned on more than if you're rough down there. Girls tend to not like that as much. Use this time to practice your tongue moves and make sure to stay down there for a longer period of time. While you're eating her out make sure to play with her breasts and to kiss not directly on the vagina but around the area. Like I said girls are sensitive and like to be touched in certain ways.

Conclusion

That was a description of 21 ways to change your sex life for good. Use these techniques and positions to get full pleasure out of your sex life and you will get more partners to stay around longer and coming back for more. If you use all of these techniques then you will soon become a professional and you're partners will love you for it. This will help give you more confidence before and during sex because you actually know what you are doing.

Thank You again for downloading this book and I hope you took some great information out of it that you can use in the future. If you did like this book then I am asking you if you would please leave a review for me. Thanks again and let your sex life flourish.

Book Previews

Here are a few previews from a couple other books that I have. They come from the book Sex 101: Foreplay: How To Master Foreplay For Unforgettable Sex and Sex 101: Sex Guide: Complete Sex Guide To Unforgettable Sex.

Sex 101: Foreplay: How To Master Foreplay For Unforgettable Sex

Chapter 2 Role Of Foreplay

The role of foreplay is very important to having great sex. Foreplay is what gets you focused before you have sex. Focusing on each other and getting physically and psychologically ready to perform better during sex is the role of foreplay.

There are many different kinds of techniques and tricks that you and your partner can do to get sensations on the certain parts of the body. These special things that you can do are very simple but are essential for the overall foreplay and sexual experience. Even when you just want to have a quick sexual experience you can still use these things to your advantage for a quicker better experience.

The physical side is very important but there is still another half that is just as important. The psychological part of foreplay when mixed with the physical part of foreplay combine and make up for a greater sexual experience.

The mental side of foreplay can bring you from a certain place and lead you to another one. If you're not in the mood for sex and someone who you're attracted to starts talking to you about something that gets you turned on then all of a sudden your mind becomes thinking about sex. This is mental foreplay at its finest. It's that simple to get in the mood for sex through some simple things that trigger certain emotions.

Foreplay will lead to having a heightened amount of essential emotions that will aid in creating great sex with an amazing orgasm at the end. Emotions like desire, anticipation, lust, enjoyment, fulfillment, happiness are all emotions

that can be heightened by foreplay.

Having sex without foreplay will a lot of times just start out pretty simple and most of the time be a rush to reach orgasm. Men are the ones who mostly benefit when sex is just a rush to orgasm.

Women are the ones who really truly benefit the most from foreplay. Women need sex to last longer so they can have a better chance of truly hitting the climax and experiencing a great orgasm.

Foreplay is not only for benefiting women however. Men can also get a better sexual experience out of the use of foreplay too. Women can do certain things to make the sexual experience a lot more fun and enjoyable for their guy.

The girl can talk dirty to the guy and do special things with their body to engage a guy's mind to be in the right mode for him and her. Once he is in the right mode he can bring about much more sexual energy that the woman can feed off of. The physical and mental energy that is used during foreplay is like adding gas to the fire. Men and women want to have a better experience that they cannot forget. If the woman has a sexual experience that she cannot forget then the guy could be a potential boyfriend or potential lifelong mate. Having a strong sexual relationship between you and your partner is something that can keep your relationship going for the long term. Many people do not want to admit it but sex is extremely important to them.

Chapter 3 Initiating Foreplay

Foreplay is important when it comes to sex and even if you know that it's still hard sometimes to figure out how to initiate foreplay between the opposite sex. Initiating foreplay can be transferred through many different senses. You can initiate foreplay through touch, smell, voice and taste. Figuring out the best way to initiate foreplay can be hard but at the same time be really fun. Some people it just comes naturally to them while others just have no real idea what to do or even how to talk to the opposite sex.

Any kind of act that can create or enhance any one's sexual interest, desire, stimulation or arousal is considered to be foreplay. There are two ways that foreplay can be initiated to enhance a person's sexual emotions. One way is through physical intimacy and the other is through non-physical intimacy. Physical intimacy is through touch and non-physical intimacy are things that you can do that verbally or suggestively bring about sexual emotions. Using a combination of both physical and non-physical will bring about the best results and sexual emotions.

Physical- Sexual emotions through physical foreplay can come about in many ways. The simple touch of someone's lips on a person's neck can bring about the strongest desire. Or when someone lightly runs their fingers across their partner's stomach can also bring about some strong sexual urges. There are so many different ways that someone can turn you on just by a simple touch anywhere on the body.

The body is covered all over with nerves. So when certain nerves are touched then a certain sensation is felt by the other person. When lightly touching someone's, mouth, breasts, stomach, butt, back, and inner thighs with your mouth or fingers can bring about sexual desire. When you initiate physical foreplay the best way to find out if the other person is accepting your foreplay is if they touch you back or just let you keep going.

Non Physical- Initiating non-physical foreplay can come about in a multitude of ways. You can use your voice to say certain things to someone to get them feeling sexual emotions. Saying something nice about their body or something that you know will turn them on is using non-physical initiation to the fullest.

Suggestive things like nudity or taking off your clothes in front of someone

can bring about foreplay as well. A guy taking off his shirt in front of a girl can bring about some sexual thoughts that weren't there while his shirt was on. Even something as simple as a wink, licking motion, biting your own lip, or even wearing provocative clothing can bring about some sexually thinking.

Another way that someone can create foreplay non-verbally is by how they go about setting up the atmosphere that they live in or plan to have sex in. This area can have a certain energy and atmosphere that can put someone's mind in a perfect place for sex.

Use these physical and nonphysical moves in combination and look for other physical and non-physical queues from the person you're trying to initiate foreplay with. These will tell you if he or she is interested or not

Sex 101: Sex Guide: Complete Sex Guide To Unforgettable Sex

Chapter 4 Tantric Tricks

Tantric sex is when the person body and spirit are as one and are connected in a certain way that increases the sexual experience for both. Having some tantric tricks will definitely make sex more enjoyable. You don't have to do everything I suggest every time you have sex but if you incorporate a few things then it will help a lot. Here are some things that will help you.

Perfect Space- Tantric sex is when the body and mind are connected. So having sex in an intimate and relaxing space will put your mind and body in the proper mood for better sex.

Using all of your senses is very important to finding the right setting for sex. Using your nose to find scents that stimulate and relax you and your partner are important. Sounds are important for the setting as well. Play some music that will relax you and your partner. Come to an agreement on maybe a play list that you could play while getting warmed up for sex and during it.

Setting the mood with some candles or incense will also add a relaxing touch to the surrounding. Since your senses should be at use during tantric sex then you could consider having some food that will turn up the passion a little more. The classic strawberry covered with chocolate is always good. Mix it up a little and be creative. The whole point however is to focus on your partner and to connect with him or her. Make sure to wear clothing that will make you comfortable in whatever setting you are going to be in.

Relaxing- Relaxing is a very important factor when having tantric sex. The space is supposed to be relaxing and so are the people involved. Make sure to breathe deep breathes slowly in through your nose and out through your mouth. This will slow down your heartbeat and make you more relaxed. Try and coordinate ones breathing with the other so you are both in sync.

Some people like to be touching one another before tantric sex while others like to be sitting across from each other. Touching one another while breathing

in sync can cause you both to really relax and get in the mood. Also try staring into the eyes of your partner for a little while. This will help you connect more deeply.

Total Awareness- Being totally aware of all the elements during tantric sex is a must. Try not to day dream very much and just be in the moment. Notice how warm or cold the room is. How the touch of your partner feels against certain areas of your body. How the music sounds in the background. Gently touch the different areas of your partner and heighten the ecstasy between one another. You don't have to hurry into having sex. Just go slow and increase the sexual stimuli that is going on. You can play with the neck, stomach, feet, back and so on. Practice this more than once. You could also use some massage oil during this part.

Maintain Ecstasy- During tantric sex the main thing is to connect with your partner. Another thing that should be done during tantric sex is to try and keep bring both you and your partner close to orgasm without actually having an orgasm and then repeat. This will keep the sexual energy up a lot and will bring you both to a higher connected state. Doing this will bring both your desires up and will help with the practice of self-control.

Chapter 5 Better Orgasms

Better orgasms are a goal for everyone. It's a natural thing for someone to want more of something if they like it. Once you've had an amazing orgasm then there is no going back to a menial one. There are certain things that you can do in order to reach a heightened orgasm experience. I'll reveal a few of those down below.

Mentality- Sometimes sex is a mindless act that leads us to get off. In order to have better orgasms then you should be in the mood mentally as much as you are in the mood physically.

Make sure to get your mind right. Cast out all of the stress and other stuff on your mind. This will help you to focus on having sex and on what you need to do in order to have better orgasms. If you just aren't able to get some stressful stuff off your mind then it would be best to wait until morning. It's important to have your body and mind in connection for reaching the ultimate orgasm.

Foreplay- Foreplay was talked about in an earlier chapter but it is a key factor when trying to reach a more powerful orgasm. Make sure that you have foreplay last longer and this will increase sexual energy. Cuddle, kiss, fondle each other, remove the other person's clothes, or whatever else you need to get the girls juices flowing. Once the girl is wet and waiting then it would be a good time to start having sex. There are so many things that you can do in order to get the girl wet that you should not have any trouble with this. Be creative and explore.

Dirty Talk- Lots of people feel weird trying to talk dirty to their partner but honestly this will help so much when trying to reach a great orgasm. There is more to dirty talk then just saying certain phrases like "fuck me". Dirty talk also means that you and your partner can tell each other what they want out of sex. Your partner must be willing to listen to what it is that turns you on and vice versa. Tell them what they're doing right or wrong and just be honest. This will help immensely. Everyone is so different in what they want during sex that no one can perfectly predict what it is that they should do in order to get the other person to reach orgasm. Have a conversation about your fantasies

and what you like outside of the bedroom. Doing this will lead to a heightened desire for each other. Sex is natural and not something to be embarrassed about.

Know One Self- In order to tell your partner exactly how you like to have sex you must first figure it out for yourself. Find out what you like. You can masturbate by yourself. Some women are not into this for some reason but this is the best way for you to figure out how you like to be touched and how you can learn about the magical vagina. If you're not sure what you like and don't know how to find out then go and talk with some of your friends about their sex life and what they like to do. Maybe you'll pick up on some things that you will enjoy doing for yourself. Don't be ashamed by this.

Relax- Relaxing is the most important thing to do when trying to reach an orgasm. Be calm, tranquil, and peaceful so that you can fully enjoy the experience of hitting that amazing orgasm. Some things that you can do to relax is take a hot shower, do some meditation, some light yoga or a simple workout would be good too. Do not think about Things that will stress you out. This will lower your sexual energy and won't allow you to hit a prime orgasm.