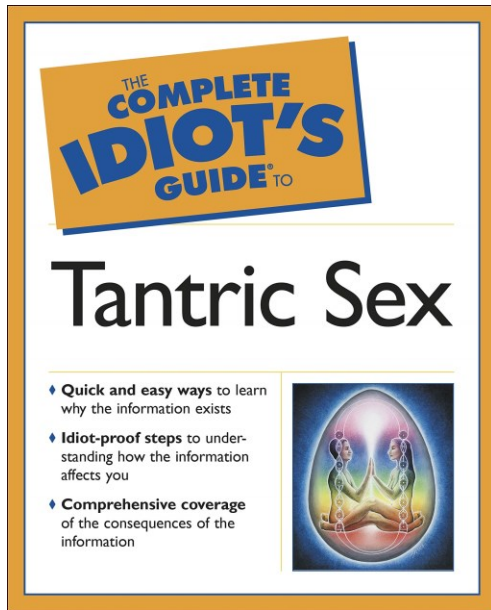


# THE COMPLETE IDIOT'S GUIDE TO TANTRIC SEX



## Summary of Concerns:

This book contains obscene sexual activities and sexual nudity; alternate sexualities; and alternate gender ideologies.

*Adult*

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**4** /5

**Not For Minors**  
BookLooks Review Rating

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Forward	People may be drawn to tantric practices hoping to enhance their sexual satisfaction. It does an amazing job of improving what you already know and enjoy, but it also takes sexuality to another dimension entirely, an experience way beyond “normal.”
1	Have the best sex ever—truly, because it’s not just sex; it’s much more? ...I’ll introduce you to the ancient arts of lovemaking that started in the Eastern parts of the world thousands of years ago but that were lost over the centuries until now—when we in America are reviving them. You’ll learn powerful breathing techniques, ways to generate powerful surges of sexual energy through your body, how to honor yourself and your partner, and all the basics to get started on the tantric path into deeper intimacy and higher states of ecstatic consciousness!
2	Imagine a sexual experience in which light flashes explode in your brain and every cell in your body feels alive. Imagine exploding with pleasure at even the slightest touch anywhere on your body. Imagine being in a sexual embrace of such utter joy and peacefulness that you “melt” into one another and then expand to feel “at one” with the entire universe. ...I’ll take you through the world of tantric sex in which such experiences are possible and attainable.
6	1. Identifying past hurts (either real or imagined) through sexual stimulation and meditation. ...Tantric sex is magic
11	Although some people use tantric sex as a way to rationalize having sex with many different people or many people at once, this is not the spirit of true tantra.
12	Myth: Tantric sex turns you into a sex maniac. Truth: Tantric sex does release your sexual energy and give you full permission to express yourself—so the tendency to act out sexually is possible, but only if you misuse the practices. If you learn the practices responsibly, you will overcome any tendencies to have random, meaningless sex.
14	8. Elevate sex. When you elevate sex to a level of sacredness, it takes on a richer dimension than a mere physical act. ...10. Heal past emotional wounds. Tantric sex can help you heal past hurts from all kinds of painful or traumatic experiences in which you felt betrayed or abused.
15	Tantric sex gives more meaning to life and enriches your relationships. ...Michelle noticed that her husband was less enthusiastic about their sex life after only two years of being together. She admitted that she had grown more inhibited, spending less time touching him and only allowing intercourse without giving him the oral pleasure he once enjoyed so much. Learning tantric sex practices turned all this around. Michelle committed herself to becoming a better lover, offering to massage her husband all over, experimenting with new ways of pleasing him, following her instinct and sensing what he would enjoy. ...3. Do you think that women can have multiple orgasms but men cannot?

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16	5. Do you think that a man has to ejaculate to achieve pleasure? 6. Do you want lovemaking to last longer? 7. Do you think you must have an orgasm to be satisfied in sex?
19	As you embark on this journey, suspend any limiting beliefs of how you think you have to be, what you think you need from a lover, and what has to happen in sex for you to be fulfilled. As you read this chapter, allow yourself to embrace new ideas about who you are, what a really happy partnership entails, and how to have truly great sex.
21	The illustration on this page depicts "Goddess Shakti" sitting on "Lord Shiva's" lap, kissing while nude. The text beside the image reads: Lord Shiva and Goddess Shakti. <i>See Figure 1.</i>
23	The Hindu term yab yum refers to the position you might have seen in tantric art: The man sits with legs crossed and the female straddles in his lap, their legs are wrapped around each other and if possible, meet behind the back (the same position is called Cranes with Necks Intertwined in Chinese). ...Gives easy access to each other's bodies.
24	The photograph on this page depicts a shirtless couple. The woman is sitting on the man's lap. The text beside the picture reads: Couple sitting in yab yum position.
24	Sex in the Western world has all too often been a matter of performance (how much the woman moans, how long the man lasts) or behaviors (such as oral sex or intercourse). Tantric sex redefines what sex is... ...A man's energy "enters" the woman (and vice versa) through penetration or the exchange of body fluids;
25	Tantric sex is commonly associated with the Kama Sutra, the ancient Hindu texts of love that contain advice on love and many positions for lovemaking. Some of these will be presented in Part 3, where I'll tell you about many specific practices for pleasing your partner. ...Clitoris, Pussy, Momma lips, Down there, Jewel gate (Japanese), Pleasure pot, Mystic rose, Doorway of life (Chinese), Chalice, Sacred cave, Kohe (Hawaiian), Cunt ...Prick, Pecker, Whonker, Johnson, Whacker, Peter, Family jewels, Arrow of love, Jade flute (Chinese), Wand of light... ...Yoni is a Sanskrit word meaning "womb" and "source." It refers to the vagina, a woman's sacred temple.
26	Pearl is a word for the clitoris. ...Are you also ready to say yes to longer lovemaking, ecstasy in multiple orgasms, deeper satisfaction and intimacy, spiritual love connected to blissful sex? If so, you've come to the right book!
28	Proper breathing supplies necessary oxygen to your cells and frees emotions and sensuality. It can lead to euphoria and even orgasm. The breath is key to lasting longer in sex, having more intense orgasms, and feeling more intimate love.

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29	<p>With each breath, trace the breath and bring your hand to where it stops before you exhale. Lower your hand and make the breath come from as low down as your genitals. That is key to firing up your sex energy. ...These are sounds you will eventually emit during sexual experiences—freer sounds allow more intense sexual responses.</p>
32	<p>The illustration at the top of this page depicts a naked woman sitting cross-legged in the frontal view. She has several rings in a line from her groin to her head. Her breasts are fully exposed. The text beside the image reads: Energy centers, or chakras, and their aspects.</p>
34	<p>You can do this on your own or with a partner; either face to face or back to back. Sadly, many people resist doing this breath, feeling unattractive with their belly popping out, but it is a good breath to do in the middle of sex. Say, “Let’s do the Buddha breath” and press your bellies and chests against each other.</p>
35	<p>For this breath, in-hale, imagining energy rising up from your sex center (second chakra) through your body (passing through all the chakras, as listed in the previous table), traveling to the top of your head, then back down to your genitals and the base of your spine on the exhale.</p> <p>The illustration at the bottom of this page, depicts a nude male and female facing each other, in a profile view. The woman is sitting on the man’s lap. The text beside the image reads: Circulating breath: cycling energy through beloveds’ bodies.</p>
39	<p>This means that you are “doing” at the same time as observing yourself while you are acting. When you watch yourself act, it is called being the witness. This is a technique that helps you get over a common problem that interferes with good sex. So many men and women complain about distracting thoughts that cause sexual performance anxiety; for example, “How long can I last?” “Will I please her?” “Does he think I’m attractive?”</p>
43	<p>Tantra is a path to God—the feeling of divine blessing and presence in every aspect of your life, including sex. This connection with the divine is achieved by ecstatic union with a beloved as you both experience your own—and each other’s—divinity. In tantra, every man and woman is a god or goddess. That means you are a divine being just as you are, with wisdom and abilities that need only to be recognized and re-leased. Honoring yourself—and being honored—in this way gives us the self-esteem we all need but often feel lacking. Once you see the divinity within yourself, you can see the divinity in others.</p> <p>This chapter helps you connect with the essence of the god and goddess in yourself and your partner because it is so important to your practice of sacred sex and to your goal of enlightenment. I will introduce you to different gods and goddesses related to tantric practice, and techniques of using their divine energies on your journey.</p>
44	<p>Through this honoring in tantric sex practices, your divine consciousness will embody the power of the universe.</p>

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47	<p>The illustration on this page depicts a topless woman sitting in a frontal view. The text beside this image reads: Ishtar, the great goddess of eroticism.</p>
49	<p>The illustration on this page depicts a topless woman with weapon in her hand. The text beside the image reads: Kali, Hindu goddess of power.</p>
52	<p>Dionysus Called the god of lust in Greek times and Bacchus in Roman days, Dionysus symbolizes overindulgence of wine, women, and song, and is known for wanton feasts and drunken orgies. ...Priapus A Greek phallic god and son of Aphrodite and Dionysus, Priapus is known for his unusually huge erection; therefore symbolizing men’s sexual potency (the word now refers to an erection that lasts too long!). In cases of impotence, venereal diseases, or other sexual problems, paintings or figures of private parts were offered to this god with prayers for healing. Virgins would also deflower themselves on his erect lingam.</p> <p>The illustration at the bottom of this page depicts a Satyr laying on the ground with his eyes closed and mouth open. His right hand is wrapped around his exposed, erect penis. The text beside this image reads: The unrestrained male passion in Satyr. <i>See Figure 1.</i></p>
55	<p>Each spring hundreds of worshippers parade through the streets of small towns, carrying effigies of the phallus through the streets, chanting testimonies to its power and potency. Legend has it that every time a princess laid down with a mate, he woke up the next morning with his penis bitten off. A suitor who was a smithy proved his worth and finally cured the princess by forging a steel phallus that was inserted into her vagina, whereupon steel teeth lodged inside her vagina gripped the rod and were extracted; his prize being her hand in marriage. Local worshippers and hundreds of tourist onlookers (like myself!) attend the charming circus-like parade that has more recently been turned into a street fair (selling phallus-shaped candy)...</p>
56	<p>The photograph at the top of the page depicts a parade. A large, erect penis is being carried in the parade. The text beside the image reads: In this annual fertility festival in Japan, worshippers carry effigies of the phallus through the streets.</p>
56	<p>During the women’s movement of the 1970s, women formed “consciousness raising groups,” meeting in homes and talking about men, sex, and how to have orgasms. Similar gatherings of today often are called goddess groups, in which women come together to share their stories, support each other in careers or relationships, and connect with their priestess energies. Often they perform ritualistic ceremonies, lighting candles, invoking feminine spirits,...</p>
57	<p>The photograph on this page, depicts walls with sculptures on them. The relief sculptures depict nude people and people having sexual intercourse.  The text beside the image reads: An erotic scene from the temple at Khajuraho.</p>

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62	<p>I prefer to refer to such exercises as “homeplay,” since everything you do to increase pleasure should be play and fun, rather than work. Do this exercise for your whole body and private parts:</p> <p>...2. Examine your genitals. Women can sit on the bed and use a hand mirror (and flashlight) because the female genitals are less obvious than men’s. Open the lips and notice colors, moistness, shapes.</p> <p>3. Examine your first chakra (your base center located around your anal area, the symbol of security). An easier position to do this for men and women is to squat. As in the genital exam for women, men can use a mirror and flashlight to see more clearly. Notice colors and skin texture.</p>
63	<p>The illustration at the top of this page, depicts a man standing in front of a mirror naked. He has his hands on his penis, looking down at it. Behind him, a naked woman is laying on a bed. She is looking in mirror in between her thighs.</p> <p>The text beside the image reads: Examining, and loving, your body temple.</p>
64	<p>The clitoris is more than the bump, knob, or tip that you feel. It actually has a shaft that extends into the body, which is also pleasurable to stimulate.</p> <p>...These “love juices,” also called female ejaculate, can be triggered from stimulation inside the vagina in the goddess space (also known as the G spot).</p> <p>...A closer look at the male anatomy shows that you can reach (and stimulate) the prostate gland from the outside along the perineum and from the inside through the anal opening...</p> <p>...Allow yourself to touch your genitals with pleasure in mind. Watch what happens in the mirror, or just lie back and enjoy the sensations. Focus on the smallest sensations, without any expectations.</p>
65	<p>The illustration on this page, depict a topless male and female with their external features viewed from the abdomen upwards. Their pelvises are shown with an internal view of the organs which are labeled.</p> <p>The text beside the image reads: A closer look at the female and male body.</p>
67	<p>Pelvis holds help both women and men to strengthen their pelvic muscles, which results in more powerful orgasms.</p> <p>...Muscle holds help men and women condition the entire body, strengthen lower back muscles, and intensify the effects of love muscle exercises to create more intense sensations in self-pleasuring or intercourse.</p>
70	<p>...eating heavy meals is not conducive to good sex.</p>
75	<p>Sometimes you really feel too tired for sex or not interested enough, even if part of you really wants to make love or satisfy your partner’s desire. The good news is there are many ways tantric sex practices can help you energize your body for lovemaking.</p>
77	<p>The illustration at the bottom of this page, depicts two naked females and two naked males from a side profile.</p> <p>The text underneath the image reads: Pelvic thrusts to build sexual energy.</p>
77	<p>When you do these exercises alone, you can picture yourself thrusting against a partner, having intercourse to help allow yourself to get really sexy and</p>

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	seductive. Or you can do these exercises facing a partner—and feel as if you are already in the sex act!
78	It's normal and even healthy to have sexual fantasies—fleeting thoughts or extended stories in your mind about past experiences or imagined situations that are arousing.
81	Consider lovemaking as your “tantric date,” a special get-together in two steps: planning and preparing for your night of pleasure, and spending the actual time together. Having sex is not just an act; it is a ritual experience that requires thought and deliberate actions as part of the seduction.
82	Neatly trimmed, clean nails are not only attractive (dirty nails are most often mentioned as turnoffs by both men and women), they are important for hygiene, because you'll use your fingers to stimulate your partner's skin and pleasure his or her internal organs.
84	I'm sure you're familiar with taking a quick shower or swish in a tub after a stressful day to get ready for sex. But when's the last time you languished in the bath with your lover? Languorous, deliberate showering and washing together is an essential part of tantric sex.
85	The illustration on this page depicts a man and a woman in a bathtub together. The woman's breasts are exposed. The text beside the image reads: The beloveds' bathing ritual.
97	The illustration on this page depicts a man and woman naked from a side profile. The woman is sitting on the man's lap. The text beside the image reads: Eye gazing with deep breathing and energy connection.
98	You have several options for where you can put your left hand to run the energy between you: ...On your genitals or on each other's genitals.
99	The illustration on this page depicts a naked man and woman. The woman is sitting on the man's lap. The text beside the image reads: The heart hold sends love energy through your hearts.
100	The lips are related to the genitals, according to Eastern tradition, and licking and sucking them can stimulate the sexual organs. Press your lips to your partner's and make motions. Extend your touch to the area around the mouth and to the cheeks and face. Blindfold your partner and feed him or her various tasty morsels with different textures (try strawberries, chocolate-covered cherries, a spoonful of ice cream, a slice of crunchy cucumber). Tantalize your partner as you do this. ...Stimulate your partner's sense of smell by blindfolding him or her and passing various scents (scented oils, oranges, wine) under his or her nose. Sniff various parts of each other's body in a natural, uninhibited way, as animals do, as if scouting each other out. Use your nose as you would your fingers to stimulate each other and see what new sensations you can create.
101	Too often neglected, this part of the body can be very erotic. Press your thumbs into the openings of the ears, pressing around the inner skin. Stretch

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	and tug at the earlobes (they can take pressure) and around the outer ear. Whisper sweet nothings into your partner's ear. Sing a song; it doesn't matter whether you can really sing, just let your-self improvise to express yourself into your partner's ear.
103	Don't be afraid to show yourself. Even if you have been making love for years together, or doing tantric practices, your partner's genitals might still be a mystery. ...At her own pace she reveals her most private parts, using her fingers to direct his attention and open her lips more.
104	I've already mentioned in other chapters many ways you can pleasure each other in the bath or shower. ...Sit in the bathtub in yab yum position with genitals close together. Breathe slowly and rock your pelvis toward each other on your exhale. ...He gently sways her from side to side, holding her by the ribcage or hips, keeping her nose out of the water and pressing her sex center (yoni) to his genitals or belly. (It's a nice addition to put a water pillow under her head, leaving his hands free to gently stroke her chest, belly, and sex center.) Change places.
108	Sexuality is a powerful force, and these tantric sex practices generate intense sexual arousal!
110	The illustration on this page depicts a naked man and woman lying together. The man is behind the woman. The text beside the image reads: A loving 10-minute connect.
114	The illustration at the bottom of this page depicts a Star of David. The points of the star have the labels: Penis, breast, testicle, vagina, testicle, breast
121	It's time for the culmination of all the work you have done in the previous part of this book: his and her nights of pleasure...
126	The illustration on this page depicts a naked man and woman. The man is sitting on the bed with his back being shown. The woman is lying in a frontal position. The text beside the image reads: Massaging the goddess.
127	Add something extra as a surprise, such as a small gift, new massage stroke, different music, or new outfit that you wear. With each date you can get more intense about pleasuring her sex center and her sacred space. Remember to do the following: Hold your hand on her sex center (yoni) and ask permission to enter her sacred space. If you and your goddess are comfortable with it, use flowery words to label this area ("your love cave," "your flower garden," "your secret love space"). Do the Double Love Blast. I use this term because he sends and she receives love from both her sex and heart centers—just what women want: sex with love! Send your love through your hand and into her "sacred cave" (a tantric term for vagina), and through your breath into her heart. Ask to examine her body all over. Be enthusiastic ("I'm enjoying this") and



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	<p>complimentary (“You look so beautiful”). Use different strokes to touch her sexual area inside and out.</p>
128	<p>The illustration at the top of this page depicts a naked man kneeling while blowing on a naked woman's chest. His right hand is between her opened thighs. The text beside this image reads: Sending love energy from her sex center and his heart into her heart. The illustration at the bottom of the page depicts a naked man kneeling with his mouth on a naked woman's pelvic region. The text beside this image reads: Sending pleasure by polishing her pearl and pleasing her sacred space into her heart center for total love connection. <i>See Figure 2.</i></p>
128	<p>Add oral pleasure. A woman who has gotten over her shame or embarrassment about her genitals can experience tremendous excitement from your lips and mouth on her genitalia. She will feel truly adored and pleased. Be sure to tell her how much you enjoy doing this. Include “polishing the pearl” (a tantric term for oral stimulation of the clitoris), and exploring her sacred cave. Ask her what kind of stimulation she likes. ...The tantra man who can bring a woman to heights of oral pleasure is rightfully pleased with himself.</p>
129	<p>Encourage her to pleasure herself. Before one of her nights, encourage her to pleasure her-self; then, on one of your dates, ask her to show you what she does so you know exactly how to please her. Likely she will concentrate on her clitoris, using motions you should study carefully so that you can repeat them. Reassure her how much men enjoy watching a woman do this. ...Learn everything you can about the clitoris, as it is an important trigger for a woman’s pleasure. Read <i>The Clitoral Truth</i> by Rebecca Chalker (Seven Stories Press, 2000) to ease into the conversation about exploring exactly where this pleasure button is, how far it extends into a woman’s body, and how it becomes erect (like a lingam) when excited.</p>
130	<p>The illustration on this page depicts an internal view of a naked woman's pelvis with two fingers inside of her vagina. The structures are labeled and there is an image label below which reads: FINGER IN YONI ON SACRED SECTOR The text beside this image reads: How to pleasure the goddess space. <i>See Figure 3.</i></p>
130	<p>Using your finger, enter her yoni gently, guided by her response. Use your middle finger to make a “come hither” motion to stimulate the sacred space on the front wall of the vagina, one third of the way up (commonly called the G spot, but actually an area, also called the goddess space and sacred sector). The tissue might become a little rougher to the feel and expand, yielding more lubrication. If she responds with pleasure, you can become more vigorous. As her excitement mounts, call out encouragement and quicken your motion.</p>
130	<p>Some men feel challenged to “make” a woman have a female ejaculation. ...While any woman can ejaculate, not all do, partly because the sensation immediately before often feels like the urge to urinate, which confuses</p>

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	<p>women and makes them stop what they are doing.            ...It's also not as easy as men's ejaculation, because women (except those practiced in this art!) take longer to get excited. Additionally, women really do have more emotional prerequisites than men for letting go in orgasm.</p>
131	<p>Some sex therapists are skeptical about female ejaculate. However, researchers such as Gary Schubach prove the earlier now-famous research of Whipple and Perry about the existence of the G spot (see <a href="http://www.DoctorG.com">www.DoctorG.com</a>). Schubach's studies of female emission from stimulation of the area he calls the G crest show it is a mixture of fluid from urethral glands and ducts, and the bladder (although definitely not urine). The fluid seeps from the urethral sponge tissue surrounding the urethra and exits the body from the urethral opening.            ...In all my work with couples over the years and teaching women to have orgasm, the one thing women mention as being most important to them is trust.</p>
138	<p>The illustration on this page depicts a naked man and woman. The man is laying on a bed while the woman is sitting next to the man with her hand fondling his erect penis.            The text beside this image reads: Using massage to draw his sex energy into his heart.  <i>See Figure 4.</i></p>
138	<p>At this point reassurance is very important; reassure him he doesn't need to get an erection, only to lay back and enjoy it. There are more than three dozen strokes you can choose from. All of the massage strokes that are relevant to the body massage can be applied to the lingam massage. Keep in mind the different degrees of pressure, firmness of your touch, and different touches: from smooth strokes to light, feathery touches and from presses and squeezes to light scratches.            When pleasuring his lingam, tune in to his energy and the degree of touch he wants at any particular moment. Vary your touches to surprise him and heighten the stimulation. Remember that in tantric lovemaking you are not trying to turn him on, get him hard, or make him come, you are playing with and moving his energy. Be attentive, respectful, and aware of the power of this massage act as part of your union.            ...Start by delicately feathering the lingam by lightly brushing your fingers up the shaft and around the tip.</p>
139	<p>Do a traditional up-and-down motion, gripping the lingam fairly firmly (ask him what pressure feels good for him).            Move your hand up and down the lingam with your fingers working their way up in a motion like a spider's legs.            Work your hand up and down the lingam, pulsing your hand as you move it up a notch.            Hold your hands with palms stretched out, press the lingam between your hands, and twist the lingam inside your hands as you move your hands up from base to tip as if kneading dough. This stroke is called rolling thunder.            Grip his lingam with one hand at the base—this helps him keep his erection.</p>

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	<p>With your other hand, start at the base and run your hand up the shaft and over the top of his lingam, stopping to caress the head in a circular motion, and then run your hand down the shaft again.</p> <p>Hold the lingam between your hands and gently “toss” it from one hand to another.</p> <p>...Many men want women to be more assertive in how they caress their lingam. Ask what degree of firmness he likes. Shift from more yin (light, gentle) touches to more yang (strong, firm) ones, and vice versa.</p> <p>...Repeat all the steps you’ve learned so far, but add some variation. Wear a different goddess outfit.</p> <p>...Make love in a different room or place, or decorate the room and bed differently.</p>
139	<p>The illustration on this page depicts an exposed erect penis with one hand on the back side of the penis and another hand on the front side of the penis. The text beside this image reads: Loving the lingam with rolling thunder along the shaft.</p> <p><i>See Figure 5.</i></p>
140	<p>For his second night, repeat the strokes and techniques he liked in the last massage you gave him, then surprise him with new approaches or touches. Some more advanced massage techniques include:</p> <p>Don’t just use your fingers; use your palm, heel of your hand, your breasts, even your feet.</p> <p>Insert his lingam between your breasts and press your breasts lightly together. Move them up and down and side to side.</p> <p>Brush your hair lightly against his body parts.</p> <p>Use longer strokes that start at the top or bottom of his body and end at his lingam, then trace back to the extremities.</p> <p>...Here are some advanced strokes to try for pleasuring your partner. Use lotion on both hands to make the movements glide more smoothly and the sensations more pleasurable. Some lotions become too sticky or will irritate the penis, so experiment with different kinds. Vaseline will feel good for him; just be sure not to insert the lingam in the yoni unless this is wiped off because it is not healthy for the chemistry of the vagina.</p> <p>...Corkscrew Hold the lingam firmly at the base while the other hand slides from the base to the tip with a twisting motion. Change hands and continue the motion. Ask him how tight a grip he likes of your hands, and how vigorously he would like you to rotate your hands.</p> <p>Heady trip Hold the base of the lingam firmly as you caress the tip by making circles. Alternate this caress with pulling the head up and twisting it gently.</p> <p>Polishing the helmet Move one hand up and down the shaft, as you cradle the head in the center of the palm of your other hand and move that hand in a circular motion.</p> <p>Palming the crown Hold the shaft firmly with one hand and rotate the tip with the palm of the other. Move the hands so they change position.</p> <p>The lingam mudras Press two fingers lightly on two different parts of the</p>

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	lingam, scrotum, perineum (the space between the scrotum and anus), and anal opening. This runs powerful energy through his pleasure spots.
141	<p>In popular jargon the woman has the infamous G spot—that spot inside the vagina that is super-sensitive. Similarly, the man has sensitive G spots, hot spots or god areas.</p> <p>On night 2—focus on his two external hot spots:  The frenulum, which is the knob-like protrusion on the underside of the penis where the tip meets the shaft.  The perineum, located between the testicles and the anal opening.</p> <p>On night 3 you can get to his internal god area.  ...Keep your other hand on his lingam. Encourage him to feel any feelings he might have or see any visions that may come.  Move your hand to the top of his head and gently hold your hand there. Keep your other hand on his lingam.</p>
141	<p>The illustration on this page depicts an erect penis with one hand on the shaft of the penis and another hand on the head of the penis.  The text beside this image reads: Loving the lingam by holding the base and caressing the tip.  <i>See Figure 6.</i></p>
142	<p>On each successive night of pleasure for him, repeat some of the previous techniques. While you are pleasing his lingam, don't forget other areas of pleasure:  Stroke his inner thighs.  Stretch his legs apart and squeeze the muscles that connect the thigh with the genital area (the ones that seem to pop out when you stretch his legs). This feels exceptionally good.  Start at his belly button and “walk” your fingers down his body into his pubic area, pressing his sensitive god spot located in the perineal area (as described earlier in this chapter). Repeat the same steps in reverse.  Pay attention to his testicles (be gentle) at the same time as the lingam.  ...If he wants you to continue, rest your finger at his opening. Encourage him to breathe, allowing whatever feelings come up. Cover the area and your finger with lots of oil. Hold your finger steady, and let him push against you showing his readiness. Entering slowly, he can tense his anal muscles and release them against your finger. Remember to go very slowly. Allow him to guide the degree, speed, and depth with which you stimulate him. Rest your finger inside in a still fashion.  ...Once he is more comfortable with being entered in his sacred space, read his signals about when to be more vigorous and experimental with how you please him there.  Add manual pleasure with your other hand to his lingam and scrotal area while you are pleasing his sacred space.  Add oral pleasure to his lingam and scrotal area while you are pleasing his sacred space.</p>

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144	<p>The illustration on this page depicts an erect penis with a hand cupping the scrotum and another hand grasping the head of the penis. The text beside this image reads: Pressing a male G spot for pleasure. <i>See Figure 7.</i></p>
144	<p>Let your fingers sweep inside his sacred space, imagining a clock inside and sweeping from 10 o'clock to 2 o'clock. Press your palm against his perineum (external G spot) and anal opening to add pleasure. Use your other hand to stroke his lingam up and down. With the tip of your thumb gently and rhythmically stroke the frenulum, the sensitive underside at the tip. ...Lightly "hum" into an area, or blow warm breath onto it. The warmth of your breath and your love will surely warm his heart besides making him excited all over.</p>
145	<p>Wouldn't it be nice if you and your partner could have those long lovemaking sessions of your romantic fantasies? Suppose he could be alert and pleasuring her for hours... wouldn't she be delighted? And best of all, what if he could last as long as he wants instead of having such a quick sexual high and then falling asleep? More and more men have the same desire for long lovemaking and more pleasurable orgasms for both of you. The great news is that this height—and extended length—of his pleasure (which gives her pleasure, too) is entirely possible through the secrets and practices of tantric sex. Yes, men can make love for hours, once they know what to do...</p>
149	<p>You can't always blame him for being a "three-minute man." Men essentially train themselves to respond quickly. This stems from childhood, when a young man learns to masturbate quickly, so he won't get caught by someone walking in on him in the bathroom or his bedroom. If he was looking at sexy magazines or an X-rated video in the family VCR, he's even more in a rush—so his "naughty" act won't be discovered. This get-done-quick routine perpetuates even our computer age, when he could get caught checking out sexy Web sites. Another reason men peak fast—faster than women—is that they can. Messages in the male brain go quickly to the sexual organs, and sperm is released quickly with the contractions of the musculature. Once these behavior patterns are established, the man has to be motivated to do the practices that will help him last longer. It takes effort and a change in beliefs. These include overcoming myths such as the following: Controlling ejaculation is not possible. Wrong. It is possible! Holding back ejaculation is dangerous. If he lasts a long time, he won't be able to repeat the good performance. ...If the man thinks he has to last long, his body will be sure to sabotage him and he will ejaculate quickly. Emotionally he will also cut himself off from the pleasure, out of pressure and resentment about how he is supposed to behave. Men typically expect that they have to get it up quick and keep it up. The more a man expects he has to have an erection, the harder it will be to have one; the more he thinks he has to last forever, the quicker he will come.</p>

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150	<p>Mick found one night of pleasure so fulfilling, he shocked himself by admitting “I didn’t even have to ejaculate at all!” It happened when he was performing oral sex on Noreen and she was sending energy down her body and out her clitoris. The energy was so strong, he felt it shoot throughout his body. He wondered, “How can I feel as good without ejaculating as I feel when I do ejaculate?” He described to Noreen, “I felt bolts of electricity going through my head.” Without realizing it, Mick was receiving Noreen’s energy and allowing the energy to cycle through him and go into his crown chakra (the reason he felt the bolts in his head). The experience was so powerful, he did not need to ejaculate!</p> <p>...A man can delay ejaculation or not ejaculate at all, but still achieve orgasm—and not just one orgasm, but many. Men can have multiple orgasms, just like women.</p>
151	<p>The traditional model of the male sexual response is composed of four stages: Excitement (increase in muscle tension and sex flush).          ...Orgasm (reduced muscle control, increased heart rate, involuntary pelvic thrusting).          ...Traditional ways to help a man overcome premature ejaculation have included the following techniques:          Stop-start This technique was popularized by the famous sex therapist and re-search team of Masters and Johnson more than 40 years ago, but is still effective. The man stimulates himself to the point where he feels he will ejaculate and then stops the stimulation. When he feels more in control, he starts stimulation again.          Squeeze When he feels the urge to ejaculate, he applies pressure on the shaft of the lingam, where the shaft connects to the head, with the thumb on the top and the forefinger and middle finger on the underside, on either side of the bump that is sensitive (the frenulum). When the urge subsides, he resumes stimulation.          The testicle tug At the point of no return the man pulls his testicles down(gently) to inhibit the ejaculation. This method is tricky and potentially dangerous (don’t pull too hard!), so try the others first, please.</p>
152	<p>One traditional technique to find the point of no return is the ladder, in which during masturbation the man pays attention to his level of excitement as if going up and down steps on a ladder, to pinpoint which step comes close to ejaculation (as if on a split screen in his mind). He imagines climbing a ladder, looking ahead, and not falling off the top. While he (or his partner) does whatever is stimulating, he switches his attention from the sensation to another part of his body and asks, “Where am I now on the ladder?” When he is close to the top, he stops stimulating until he goes back a few steps to the bottom of the ladder, where he waits until he is calmer and then starts again.</p> <p>...The spot located halfway between the anal opening and the base of the scrotum—called the in-between spot or “million dollar spot”—can be pressed to inhibit the flow of semen out of the penis. Look for its location on the perineum as shown in the</p>

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	<p>diagram of the man's body in Chapter 5, "Prep Your Body Temple of Love." To find it, feel for a slight indentation where your finger seems to press into a softer area, and press this spot at the moment when you feel the sensation that you are about to ejaculate. Putting two fingers behind your index finger (for more support) is called the finger lock. Variations of this practice are called sealing the penis, or sexual Kung Fu in Chinese.</p>
154	<p>The illustration on this page depicts a naked man laying down on a bed with a hand on his erect penis. The text beside this image reads: Moving his own energy from his lingam to his heart.</p>
154	<p>As soon as the man feels the urge to ejaculate, he draws up the energy from his lingam through his spine, up his chakras, flooding his heart. He can do this on his own or with a partner. The circuits can vary, according to what you have practiced. She can move her hand from his lingam to his heart, sweeping the energy to his heart, or she can charge it even more with her own sexual energy, by holding one hand on her yoni and sweeping the other hand from his lingam into his heart and then into her yoni and out again, in a continuous cycle.</p>
155	<p>The illustration on this page depicts a naked man and woman sitting cross-legged facing each other. The man has one of his hands on his erect penis and the woman has one of her hands by her thighs. The text beside this image reads: Helping him move sexual energy to his heart. <i>See Figure 8.</i></p>
155	<p>Spend time together "playing doctor" and examining his body. Get over any embarrassment or shame about how you look or what you want. The man should let her get close. Sit down on the bed with plenty of light so you can both see. Show her how you respond. Yes, that means pleasuring yourself in front of her. Men and women will have differing reaction to this—some are excited, others are embarrassed.</p>
156	<p>Never criticize if he ejaculates, even if she has not reached her peak. ...This makes it more likely that you will reach that experience that many couples want—simultaneous orgasm.</p>
157	<p>A man's ejaculation is a physical act that is separate from the emotional experience of orgasm, a distinction that makes it possible for men to delay his ejaculation but still have pleasure. Delaying ejaculation is a matter of choice; such acts in tantric sex practice can lead to extended periods and intensity of pleasure. A man can use several methods to delay ejaculation or teach his partner to help him do this, so that he can last as long as he wants and ejaculate when he wants to.</p>
160	<p>...sex experts argued that there were two types of female orgasm: the clitoral and the vaginal, originating from stimulation of those two parts of the women's genitalia. Overtime, professionals came to recognize a third type,</p>

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	<p>called blended, because although a woman’s orgasm is triggered by stimulation of the clitoris, the sensation can also be extended into deeper internal areas or can start deeper and spread to other genital areas.</p> <p>...Traditional views of orgasm for men were even more limited: the one quick release. More modern views revealed that the processes of ejaculation and orgasm in men are in fact separate...</p> <p>...Orgasm for men is the psycho-logical experience of pleasure, much like for women; ejaculation is the release of sperm. This opens many possibilities of sexual response and pleasure for men. The practices of tantric sex reveal even more thrills for both sexes.</p> <p>...Over time, we are increasingly aware that there are more types of orgasms, based on the locations, timing, and intensity of the experience...</p>
162	<p>The illustration at the top of this page depicts a profile view of a couples having sexual intercourse within a graph. The title of the graph is: VARIETY OF ORGASMIC WAVES. The X-Axis of the graph is labeled: LOVE MAKING TIME. The Y-axis of the graph is labeled: ORGASM ENERGY.</p> <p>The text beside this image reads: Couples riding different tantric waves to bliss.</p>
162	<p>The mega-orgasm, like the Energizer Bunny, keeps going and going and going.</p>
163	<p>According to ancient Eastern tradition, the male is expected to bring the woman to nine levels of orgasm. Progressively, the woman sighs and breathes heavily; offers tongue kissing; grasps the man with her muscles; has vaginal secretions and spasms; feels the urge to bite; undulates like a snake; grabs the man furtively; desires to bite more vigorously; surrenders and collapses.</p>
164	<p>The illustration on this page depicts a naked man and woman in profile. The woman is on the man's lap.</p> <p>The text beside this image reads: The tantric wave of bliss.</p>
164	<p>California sexologist Ava Cadell created a new lovemaking system. It combines sexual techniques such as erotic talk, oral sex, G spot stimulation, and intercourse (in various positions) for men; combined with sensual techniques such as synchronized breathing, body massage, love toys, and the “Venus Butterfly” for women. She calls it the stock market orgasm (also the title of her book, Peters Publishing, 1999) because there are seven peaks of sexual excitement, and then seven dips of sensuality maintaining a level of arousal for both partners.</p> <p>The profit that couples get from their investment is multiple orgasms for both people, once he learns how to separate his orgasm from ejaculation. Says Cadell, “The best lovers are those who are long-term investors rather than those who are addicted to quickies.”</p>
167	<p>Too many women—and men, too—are inhibited about speaking up at all; particularly about making sounds during sex. I have heard so many men complain that women lie too quietly during sex and how they wish women would “talk dirty” (use raunchy words), which many women consider unrefined or de-meaning. Yet free expression during an erotic encounter is essential for ecstatic freedom of sex.</p>



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169	<p>The G spot is actually an area on the front wall of the vagina, one third of the way up. Although stimulating, at first some women feel discomfort in the form of numbness, pain, or the urge to urinate. However, many women feel intense pleasure and can even release female ejaculate.</p> <p>The X spot</p> <p>This spot is deep in the vagina around the cervix. Although it does not have many nerves, when stimulated it can tug on the internal walls and cause radiating sensations. Taoist views of the orgasm pose that the tip of the penis and the cervical area both correspond to the heart, making it understandable that this area would be pleasurable to the woman. However, it is also easily stimulated manually, with the man inserting several fingers and encircling the cervix at the end of the vaginal canal.</p> <p>...The anterior fornix erogenous (AFE) zone is the area from the end of the vaginal canal downward about two thirds to the opening. As with other areas, some women might find this pleasurable; others do not.</p>
170	<p>After learning tantric sex, Nancy found, "I can have an orgasm in my wrist! The energy just explodes whenever Michael touches me, wherever he touches me. It's like my body is on fire. I can send the breath anywhere in my body, almost on demand, and make those cells come alive. As soon as he touches me there, it's like the light goes on and he can feel the heat, too.</p> <p>...This is probably the best news of all: By practicing tantric sex, every cell in the body can be orgasmic. The orgasm does not just happen in the genitals; you can send it anywhere in the body and make it accessible within seconds.</p> <p>...There are many places on the body and inside the woman's genitalia that can be experienced as orgasmic.</p>
180	<p>The illustration on this page depicts a naked man and woman lying on a bed. The woman is on top of the man with her upper body slightly elevated above his chest.</p> <p>The text beside this image reads: Push-ups on your partner.</p>
183	<p>..."a guy can get really turned on because he knows he can speak up to a woman, so he feels safer being more vulnerable—the very combination of qualities that women really like."</p> <p>...So next time you're mad as hell and won't go near her, grab a handkerchief and engage her in a tug of war, and let the victor enjoy the spoils of sex thereafter.</p>
194	<p>The illustration on this page depicts a naked man and woman. The woman is lying on her back with a line of cookies strewn down her body from her chest to her pelvis. The man is kneeling between her thighs, grabbing a cookie off her pelvis.</p> <p>The text beside this image reads: The erotic Gate feast.</p> <p><i>See Figure 9.</i></p>
196	<p>The illustration on this page depicts a naked man and woman lying together on their sides with theirs intertwined, kissing. There is an image in a bubble above their heads, of the same two people, naked, in water splashing. They are nude from the waist up.</p> <p>The text beside this image reads: Creating sex magic.</p>

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197	<p>Some suggestions of sex toys include the following:            Crystal onyx massage egg Stronger, healthier vaginal muscles add more erotic sensation and sexual energy. The egg is meant to help develop these muscles, like doing isotonic exercises. The woman inserts the egg inside her vagina and pulses against it. "Such skills help a woman master the ancient eastern art of pompoir (also called playing the flute), in which she stimulates the lingam just by her vaginal muscle movements," says Taylor Lamborne, creator of a Web site that sells such tantric items at <a href="http://www.LoveNectar.com">www.LoveNectar.com</a>.</p>
198	<p>Crystal Wand This 10-inch curved crystal, clear Lucite wand can be inserted in any sexual opening. It has different sizes at each end to stimulate either the woman's G spot or man's G spot (prostate). The S shape makes it easier to reach these areas than with your own fingers.</p> <p>...Lubricants These applications make sexual activities—from touching to intercourse—flow more easily, and can be crucial for women with problems lubricating (from lack of stimulation or hormonal troubles). Also, gliding motions prevent damage to delicate tissues during prolonged sexual contact. Perhaps even more important, they feel good and are just plain fun!</p> <p>Lubricants should glide easily, without feeling gummy or sticky. They should also be made out of natural ingredients. For example, some preparations of glycerin are made from 100 percent pure vegetables, are water-soluble and edible. Choose a lubricant that tastes good, too. Never use anything that disrupts the chemical balance of the vagina (such as baby oil or cooking oil, which some people reach for in a rush or when unprepared). Always use a natural substance.</p>
199	<p>Vibrators come in all colors, sizes, and shapes, just like real genitalia. Rather than be threatened that you are not providing enough stimulation for your partner if he or she wants to use a vibrator, see it as a help to spark for pleasure for both of you. The constant motion can be stimulating for men as well as women, on all areas of the body.</p>
207	<p>...“We help each other up into the classical yab yum sitting position, with his lingam still in my yoni, so the penetration is deeper.</p> <p>...In this way, we experience a nonejaculatory body orgasm. Then we go into a meditative state and repeat the building-up process three times before John decides to go into an ejaculation.”</p>
208	<p>...The kabazzah, in which the woman mounted the man and only moved her internal muscles to bring him to climax.</p> <p>...The advanced tantra man knows the full art of polishing the pearl (pleasuring the woman's clitoris).</p> <p>...One new and effective way to do this is the Kivin method, in which he man stimulates the woman orally on two erogenous points on her genitals to bring her to orgasm within three to eight minutes. The method requires pressing one point (between the vaginal and anal openings) while applying pressure with the tongue on other points located on each side of the clitoral shaft. A videotape (<a href="http://www.kivinprod.com">www.kivinprod.com</a>) demonstrates exactly how it's done...</p>
209	<p>The middle finger has more direct, intense energy than the fourth finger or pinky. Be conscious of which you use with yourself or your partner. Touch</p>

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	each other with different fingers, in different combinations, on different body parts. Feel the sensations of each.
212	<p>Just like toys are rated for use with age groups, sex aids are appropriate for different levels of lovers in their practices. Although there is no rating system, trust your intuition about which ones could be above your head (restraints, anal beads) for the time being. By all means surprise your partner with new sexual pleasures, but when it comes to some activities you know might be a stretch, discuss readiness together.</p> <p>One such aid is the Pearls of Delight, a long strand of washable pearls... ...that can be worn around the neck but also inserted inside the vaginal or anal canal and pulled out slowly.</p>
212	<p>The illustration on this page depicts an internal view of a woman's pelvis with a finger inside her rectum.</p> <p>The text beside this image reads: Base chakra stimulation.</p>
218	<p>The illustration on this page depicts a naked man and woman on a bed. The woman is lying back on the bed. The man has a finger inside her vagina.</p> <p>The text beside this image reads: The yoni massage.</p> <p><i>See Figure 10.</i></p>
219	<p>If the woman is feeling pleasure during her healing session, you can accelerate the stimulation of her internal vaginal canal and stimulate the G (goddess) area, as discussed in Chapter 10. (This stimulation might result in a female ejaculation.)</p> <p>...The man's healing can center around his base chakra as well as his sex chakra. Muir's healing techniques for the Shiva involve stimulation of the prostate gland (called one of the male G spots, a hot spot for arousal that is similar to the woman's G spot).</p>
220	<p>His healing, like hers, should always start with a body massage to relax him. After the general massage, pleasure his lingam using the techniques described in Chapter 11. Reassure him that he need not have an erection, but should just lay back and enjoy it. Vary the strokes, using those I've suggested or making up your own. Include pleasuring the testicles. Use all your body parts (fingers, side of the arm, breasts). As Charles Muir instructs, move the energy from his lingam to his base chakra by stroking the lingam and gliding your hand to his base. Rest an oiled finger at his opening waiting for him to push against it to show his readiness. Ask, "May I enter you?" Remind him to breathe and allow whatever feelings come up, and invite him to heal. Enter slowly, inviting him to tense and release his anal sphincter muscles against your finger.</p>
220	<p>The illustration on this page depicts a naked man's pelvic region with an internal view showing a finger inside the man's rectum.</p> <p>The text beside this image reads: Doing a male sexual healing.</p> <p>The text under the image reads: STIMULATE THE PROSTATE THROUGH THE ANUS</p>

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221	There are four male G spots. The two external ones are the frenulum (knob-like protrusion on the underside of the penis where the tip meets the shaft) and perineum (space between the testicles and anal opening). The two internal ones are inside his anal canal in a slight indentation (reached by curling a finger toward the front wall in a come-hither action) and higher inside the anal canal (rubbing around or on the prostate gland).
225	The illustration on this page depicts a clothed man and a naked woman sitting on a bed. The woman is behind the man, hugging him. The text beside this image reads: Comforting and caring after a healing.
235	Access Media's video The Amazing G Spot and Female Ejaculation shows an inside view, as never before seen on video, of the inside of the vagina during stimulation of the G spot and female ejaculation. Seeing the moist lining and coloring of the internal female organ provides a positive image that can help raise self-esteem.
236	The film is explicit but not X-rated, and shows sexual loving infused with intimacy and caring. The video includes secrets of erotic kissing and touch, techniques to achieve male ejaculatory control, and instructions about how to do the female sacred spot (G spot), massage, and achieve female ejaculation...
241	The illustration on this page depicts a naked man from a rear view, holding flowers while ringing a doorbell.
289	Tantra for Teens
291	How the School System Can Be Tantric ...Certain schooling practices may actually be tantric in nature, even though they are not identified as such. Certainly they are not meant to be sexual, but they are meant to increase a child's sensory perception. That skill prepares children for more self awareness and greater capability to be totally present in each experience and each moment. One certified pre-primary teacher, who is also a tantra teacher and my good friend, recognizes the astounding similarities between adult tantra training and teaching young children. While doing her tantra training, she noticed how some of the exercises were similar to the exercises that she has used in her 14 years of teaching 3-, 4-, and 5-year-olds.
292	Women enjoy soft, sensuous touch in lovemaking...
297	Learning to integrate and be open to these two energies can lead to more openness in any type of relationship in which you see beyond the physical into the soul. Hetero-sexual people could surprise themselves by exploring a same-sex relationship or find themselves bi-curious (attracted to people of both sexes). Following this principle, tantra is equally applicable to any relationship regardless of the particular sex of the partners.
299	A woman's sacred sector is another term that refers to the most sensitive areas within her vagina. Other phrases are "goddess space" and "G spot."
304	Inspiring you, because they have achieved the goals you seek: of sacred love union or of specific practices such as prolonging orgasm or delaying ejaculation.

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308	The Hindus can be credited with the origins of this sacred path since tantra studies flourished in the temples of India centuries ago. Its practices are most commonly known by the texts of the Kama Sutra, the ancient “Bible” of lovemaking that describes not just sexual positions but the value and practices of love.
309	The illustration on this page depicts an outlined drawing of a woman sitting on a man's lap. The text beside this image reads: The Tao of sex.
314	While exhibitionism (displays of nudity) is generally frowned upon, some workshops create a safe space for you to take off your clothes during exercises if you choose. In others, various states of disrobing occur, especially for certain massage experiences (although nudity is not in-tended to be sexual). Couples might do exercises together unclothed, but have no interaction with others in the group; in others, there might be massages or other exercises in groups of varying numbers. More advanced classes obviously are more relaxed about such things. Be aware of your own comfort level. Ask be-forehand what’s in store so you are not caught unaware or disturb others by un-predicted distress. ...Actual sex is not what the workshops are about, but some places and teachers are more permissive and activities can go on after class if people so choose. There is some controversy within the tantra community over physical contact.
322	The illustration on this page depicts a naked woman sitting on a naked man's lap. The text beside this image reads: Sending out healing love energy to the world.
324	We cannot avoid news stories about tragedies that evolve from racial, ethnic, and lifestyle diversity. Religious groups are still killing each other. Prejudice against people who choose different lifestyles—homosexuals, transgendered people—still runs ram-pant. History is full of wars that create an “us against them” mentality.
325	Diversity expert and tantra teacher John Hill travels around the country teaching organizations how to become more tolerant of differences in race, age, and sex. He says, “When we realize that we are all the same, we can approach people with the respect they deserve, which will not only benefit the individual but the entire organization, with ripples felt in the larger community.”



Figure 1



Figure 2

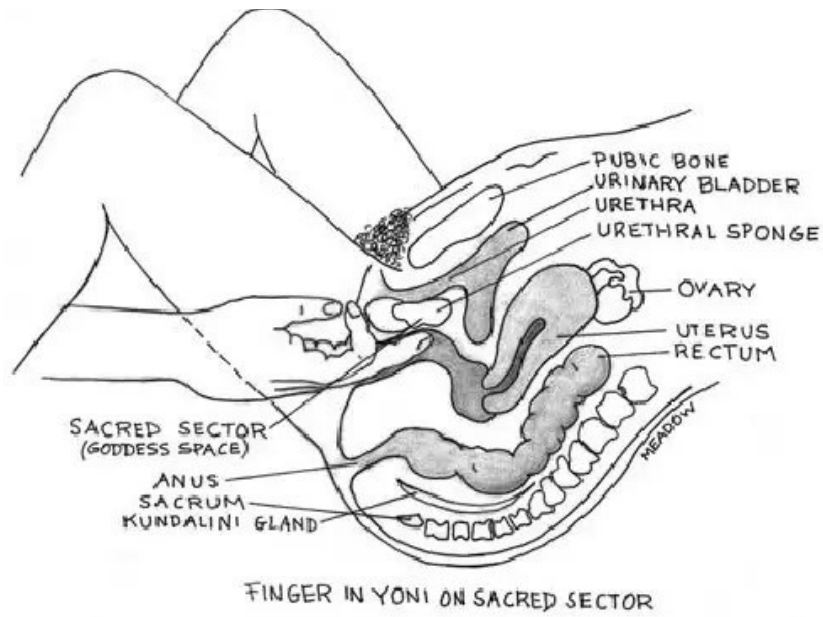


Figure 3



Figure 4



*Figure 5*



*Figure 6*





*Figure 7*



*Figure 8*



*Figure 9*



*Figure 10*