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FREE
BOOK
INSIDE

KAMA SUTRA SEX

KAMA SUTRA UNDERGROUND
SEX GUIDE TO MAKING YOUR
LOVER ADDICTED TO YOU!



SEX
GURU
STYLE

& Sex Mastery Team

KAMA SUTRA SEX

*Kama Sutra
Underground Sex
Guide to Making Your
Lover Addicted to You!*

*Sex Guru Style
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Great Sex!



WITH YOUR CURRENT PARTNER

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Introduction

I want to thank you and congratulate you for your interest in the book, “ *Kama Sutra Sex-Kama Sutra Underground Sex Guide to Making Your Lover Addicted to You!* ”

In the following pages you will discover how to become a better partner in bed.

This work is based on the ancient book called Kama Sutra and pioneering scientific research from the beginning of the 20th century. Basically, the book you ’ re holding contains information

that only few people know. Since this is a book that focuses on the “ secret ” techniques of an extremely famous book and underground experiments about sex, it will teach you important skills and moves that don ’ t get much attention from the public. It will explain the things you can do (regardless of your gender) before, during, and after lovemaking.

Generally, the secrets that are explained in this book revolve around preparations and foreplay. Most of these sexually stimulating activities are unknown to many people. This book doesn ’ t hold information about sex positions, since you can easily get pictures and explanations about each Kama Sutra

position from the internet. Hundreds of websites offer free libraries of Kama Sutra sex positions, so they are no longer a secret and cannot be included in this book.

By using the techniques given here, you will surely maximize the enjoyment you can get from your sexual interactions.

Thanks again for taking interest in this book, I hope you enjoy it!

Chapter 1:

The Kama Sutra –

General Information



What “Kama Sutra” really is

The Kama Sutra is an ancient book written about sensual living and sexual pleasures. According to historians, this is the oldest book to focus on things related to sex. These history experts also claim that many people contributed in developing this famous book.

It is said that an Indian scholar named Vatsyayana created the book back in the 3rd century. Vatsyayana, however, didn't produce the contents himself. He simply compiled the sensual teachings prevalent in India during his time. This scholar claimed that he was celibate and that he compiled the “sensual knowledge” simply for contemplation

and meditation.

This book was originally written in a complicated variation of the Sanskrit language. Since the Kama Sutra was written back in the 3rd century, it is considered as one of the most important textual accounts of that period. Scholars and researchers have been using it to understand the Indian culture and society during that time.

The book 's title, Kama Sutra, actually means “ a book about pleasure. ” However, it 's more than just a collection of descriptions and images of sexual positions. The Kama Sutra offers timeless lessons that can help you achieve a better life. Also, this book can

serve as a holistic manual for an excellent lifestyle for both men and women.

The Kama Sutra in the Present Age

Modern readers consider Kama Sutra as a book that focuses on sex. They don't know that this book also teaches interesting and useful lessons about arts and manners. While the book contains lessons that are thought of as unusual today (e.g. teaching birds how to speak), it also holds excellent instructions regarding food, music, and perfumes.

Some Information About this Book

The Kama Sutra discusses lots of things – some of them not related to sex. This book, however, will focus on the sexual stuff (e.g. foreplay). That means you won't read lessons about teaching parrots how to speak the English language. This eBook will concentrate on the secret techniques that are included in the original Kama Sutra. After reading this material, you will be able to easily please your partner and have a better sex life.

Chapter 2:

The Preparations



This chapter will explain the things you need to do before getting undressed. If you want to get maximum pleasure from sex, you must follow the instructions given here.

How to Prepare the Body

Before making love to your partner, you have to make sure that your body is fully prepared. This section of the book will teach you two important lessons about preparing your body for lovemaking.

The Smell of Your Breath

According to the Kama Sutra, body odor can dampen a person ' s sexual desires. If you ' ll combine it with bad breath, on the other hand, your partner ' s passion will be as cold as ice. Because of this, you have to make sure that your breath smells fresh. It ' s a good thing that different kinds and flavors of breath fresheners are available today.

People who have bad breath are usually unaware of their smelly situation. Sometimes, this lack of knowledge is caused by their partner ' s unwillingness to mention the problem. If you aren ' t confident with your breath, you must ask your partner to tell you the truth.

Taking a Bath Together

You may share the bathtub or take a shower together. By doing so, you will remove the dirt from your body and become ready for passionate lovemaking. You may also make love in the bathroom, though you have to be careful since the floor is slippery. Most people prefer to go to the bedroom than do “ it ” in the bathroom.

The “Hot Spots”

The brain is a sensitive sexual organ. In fact, many people claim that sex can be extremely boring if imagination is not involved. Regardless of their gender, people who are great in bed have an imaginative recognition of the human body ' s “ hot spots. ” These hot spots are clinically known as “ erogenous zones. ” To help you understand how these “ spots ” work, let ' s refer to these body parts as “ pleasure spots, ” since they have the potential to heighten the sexual pleasures that the human body can achieve.

Obviously, the three major pleasure spots of the human body are:

- The skin
- The brain
- The genitals

By focusing on these pleasure zones, you can get your partner in the mood for lovemaking and boost his/her sexual desires. This section of the book will discuss two techniques that you can use on these hot spots: (1) kissing, and (2) touching. Let ' s discuss these techniques in detail:

Kissing

The Kama Sutra states that you should kiss the following body parts: lips, cheeks, breasts, forehead, and the inside section of the mouth. However, many

people also appreciate kisses on their feet, butt, earlobes, and nipples.

Touching

This technique depends on your partner ' s sensitive areas. Some people like to be touched in their calves or arms. You have to find the most sensitive body parts of your partner. Alternatively, you may simply ask him/her.

Now, let ' s discuss all of the pleasure zones:

- Toes, Calves, and Ankles
 - Stimulate your partner ' s toes, calves, and ankles. He/she will find it surprisingly pleasurable.

- Thighs – Your partner ' s inner thighs are sensitive. That means you can please your partner by kissing, licking, and stroking this pleasure zone.
- Feet – Basically, your feet have a special connection with the other parts of your body. If you will stimulate your partner ' s feet, the sensations will travel to his/her head, limbs, and other body parts.

Important Note: Some people think that touching or kissing a person ' s feet is equivalent to foot fetishism. However, this isn ' t true. The feet have special reflex connections with the rest of a person ' s body. This is

proven by the feet ' s importance in massage therapies.

- Butt – Your partner ' s butt has lots of nerve endings. Thus, it offers great potential in heightening his/her sensual desires.

For some men, a woman ' s butt is more attractive than her breasts, particularly if the butt is highlighted by thin clothing. A woman ' s butt, just like her boobs, are naturally more pronounced than that of a man. Actually, it is the roundness and firmness of a woman ' s butt and breasts that attract men.

The buttocks of a woman serve three purposes:

- They attract men
- They enclose the woman ' s genitals
- They can be a source of sexual pleasure

A man can stimulate a woman ' s butt by squeezing, rubbing, slapping, kissing, or biting it gently. Some women like to do those things for their partner.

The Most Sensitive Parts of the Anus

Imagine a circle centered on the anus of your partner. Now, think of that circle as a clock, with the testicles or vagina acting as the 12 o ' clock

mark. The most sexually sensitive parts of his/her anus are the points at the 2 o ' clock and 10 o ' clock positions.

- *The Skin* – A human ' s skin has countless nerve endings that react to touches, pressure, and temperature changes. It is also considered as the largest organ of a human ' s body. That means you can exploit the natural sensitivity of your partner ' s skin in heightening his/her arousal.
- *The breasts* – The breasts of a woman play an important part in forming sexual attractions. Aside from attracting males, a woman ' s breasts are sensitive to touches and

temperature changes. Thus, the breasts are one of the most important pleasure zones that must be stimulated during foreplay and lovemaking.

In general, the nipples and the areolae (i.e. the area of the breast that surrounds the nipple) are inherently sensitive to touches.

Actually, some women attain orgasm when their nipples are stimulated orally or manually. Most women appreciate it when their partner rubs/kisses their nipples and gently squeezes their breasts. Many men, however, spend insufficient time on stimulating their partner ' s breasts. The last statement holds true even for

people who are aware of the breasts ' potential in pleasing a woman sexually.

Important Note: The nipples are sensitive to touches and temperature changes. Sucking, kissing, and licking them gently can heighten a person ' s sexual desires. The sensations brought by skin-to-skin contact and the mouth ' s natural warmth can switch your partner ' s senses to overdrive.

How to Create the Right Mood

You also have to prepare the area where you and your partner will make love. According to the Kama Sutra, the feelings of the couple regarding their surroundings have a huge impact on their overall enjoyment. That means you have to decorate the room and make sure that it is conducive to passionate lovemaking. Here are the things that you can do to achieve the ideal atmosphere:

- Make sure that the area is cool when the weather is hot. When the weather is cold, on the other hand, ensure that the area is sufficiently warm (but not

hot).

- Play some background music. Choose songs that can help you and your partner relax.
- Turn off your mobile phones and other gadgets that can produce noise. The last thing you want to happen is to get disturbed by a text message or phone call.
- Don ' t drink alcohol or eat too much. You will attain excellent performance in bed if you have a clear head and a satisfied (not full) tummy.

Chapter 3:

Kama Sutra

Techniques Related to Embracing



This chapter will explain the secret Kama Sutra embracing techniques. By reading this material thoroughly, you will be able to express your passion for

your partner just by holding him/her close to you.

The Eight Types of Embraces

The Kama Sutra claims that embraces are divided into two major groups, with each group having four members. The first group involves embraces that indicate mutual love between a man and a woman. This group is composed of the Piercing Embrace, the Touching Embrace, The Pressing Embrace, and the Rubbing Embrace. The second group, on the other hand, involves embraces that happen “ as the two people meet ” (i.e. during sexual intercourse). The embraces that form this group are: Climbing a Tree, Milk and Water, The Mixture of Sesame Seed and Rice, and Twining of a Creeper.

Let ' s discuss each kind of embrace in detail:

The First Group

You must use the following embraces in showing passion and affection towards your partner.

1. *The Piercing Embrace – In this embrace, the woman bends down and brushes her breasts against her lover. Then, the man holds his partner ' s breasts. That means you must not think of the word “ piercing ” in its literal sense. Here, the term “ piercing ” refers to the action of the breasts as they touch the man ' s body.*
2. *The Touching Embrace – This move*

happens when the man goes beside or in front of the woman and makes their bodies touch.

3. *The Pressing Embrace* – You can accomplish this move by pressing your partner ' s body against a solid surface (e.g. a wall). Some people enjoy being pinned against the wall by their lover.
4. *The Rubbing Embrace* – This move occurs when the man walks beside the woman, rubbing his body against hers.

The Second Group

You should use these embraces while making love to your partner.

1. *Climbing a Tree* – *The woman must place her right foot on her lover ' s left foot and raise her left thigh up to her partner ' s waist. The man must support his partner by holding her thigh and upper back. This embrace is excellent for sex positions that require the lovers to stand.*
2. *Twining of a Creeper* – *Here, the woman must cling to her partner (like a creeper that twines around a tree). The man must bend his head*

down, ready to kiss the woman. Additionally, he must support her body by holding her upper back.

Important Note: This embrace is designed for women that are shorter than their lover.

3. *Milk and Water* – *In this embrace, the man and the woman hold each other as if they are going inside each other ' s bodies. The woman must sit in front the man, or on his lap. This embrace signifies the desire of both lovers to unite with each other.*
4. *Mixture of Sesame Seed and Rice* – *To do this embrace, the couple must lie on a bed and hold each*

other close. The thighs and arms of the man should encircle the thighs and arms of his partner. This move offers maximum skin-to-skin contact and allows the couple to rub their limbs and bodies against each other.

Chapter 4:

The Kama Sutra

Techniques Related to

Kissing



The mouth is one of the most sensitive parts of a human ' s body. It can give you pleasurable sensations and help you achieve a heightened urge for intense

lovemaking. This body part is also versatile – you may use your tongue and lips to lick, suck, kiss, nibble, or nuzzle any part of your lover ' s body.

Actually, kissing is considered as an art. The Kama Sutra appreciates its potential in expressing passion and affection. The book shows this appreciation by explaining different kinds of kisses and when each kind of kiss must be used. Regardless of their intensity, kisses on the lips combine three senses: smell, taste, and touch. As you probably know, these senses can create powerful physical and emotional responses.

There are different kinds of kisses available, ranging from slight touches to

deep penetrations (i.e. using the tongue). This chapter will describe each type of kiss in detail:

1. Turned – *This kiss occurs when one of the lovers turns up his/her partner ' s face by holding the chin and kissing.*

Note: This kind of kiss evokes gentleness from the couple. Use it to start the foreplay or while making love (i.e. in a face-to-face standing or sitting position).

2. Bent – *Here, the man must bend his head toward that of his partner. The woman must do the same. The lovers must hold this position while kissing.*

Note: When using this technique, make sure that your head is slightly angled to one side. This head position allows you to achieve total lip contact and tongue penetration. Many people use this technique as their main weapon during foreplay.

3. *Pressed* – *This kiss has two versions:*

1. When you are pressing your partner ' s lower lip forcibly
2. When you hold your partner ' s lower lip, touch it with your tongue, and kiss it forcibly.

Note: Many people don ' t consider this as an actual kiss. It ' s more of a

passionate introduction to kissing.

4. *Straight* – *This kind of kiss occurs when the lips of a man touches that of his partner. Here, the lovers ' heads must be straight (i.e. not bent or turned).*

Note: With this type of kiss, tongue penetration is extremely difficult. For this reason, you can ' t use the straight kiss to express passion. You must perform a straight kiss to show affection and desire.

5. *The Upper Lip Kiss* – *This kiss occurs when the man kisses his partner ' s upper lip. The woman, in turn, kisses the man ' s lower lip.*

6. Clasping – *In this kiss, one of the lovers must take the lips of his/her partner between his/her own. However, women only accept this kind of kiss if their partner has no mustache (for obvious reasons).*

Note: This move is now called “ French Kiss. ” This kind of kiss requires excellent oral hygiene (again, for obvious reasons).

7. The Kisses of a Young Girl
– *According to the Kama Sutra, the couple must perform kissing moderately if it ' s their first time to make love. Additionally, the man must focus on the woman ' s cheeks, bosom, throat, lips, breasts, and*

forehead. Here are the kissing techniques that must be used by a young and/or innocent girl:

1. *Throbbing* – Here, the girl touches her partner ' s lips as they kiss. Then, she must move her lower lip while keeping the upper one stationary.
2. *Nominal* – In this kiss, the girl simply uses her lips to touch that of her partner.
3. *Touching* – With this technique, the girl uses her tongue to touch her partner ' s lips. Meanwhile, she should close her eyes and hold the hands of her partner.

8. *The Kiss That Can Trigger Passion*

– *This kiss helps a woman to arouse her lover if he is sleeping. Here, the woman must look at her lover ' s face, kiss him passionately, and show her sexual desires.*

Note: As this technique shows, women must feel comfortable initiating passionate activities.

9. *The Kiss That Can Wake a Person Up* – *This is a variation of the kiss described above. With this technique, the man kisses his partner and expresses his desire to make love. This kiss is particularly effective when the man comes home late at night and finds his partner sleeping.*

Kissing Your Partner's Body

It is true that the lips and breasts are sensitive to kisses. However, almost all body parts (e.g. limbs) can produce pleasurable sensations when kissed. Generally, body parts that are close to a person's genitals are sensitive to touches of the tongue and lips. This section of the book will explain the different techniques that you can use in kissing your partner's body.

- 1. For the Breasts – Men should apply light kisses on the entire breasts and suck (or nibble) the nipples gently. Since most women find nipple stimulation extremely arousing, men must pay special*

attention to their partner ' s nipples.

Important Note: Male lovers must spend sufficient time on fondling and kissing their partner ' s breasts. This is because most women find breast massages physically satisfying and emotionally exciting. Actually, some women feel dissatisfied if their partner ignores their breasts in favor of their vagina.

2. *For the Thighs – When kissed, the thighs produce pleasing, erotic sensations. These sensations run throughout your partner ' s body, increasing his/her sexual desires.*
3. *For the Back – The Kama Sutra*

says that you should lick or kiss your partner ' s spine lightly. This action will send powerful sensations to his/her entire body (i.e. from his/head down to his/her toes).

Licking and Kissing

You must pay attention to sexually sensitive areas such as nipples and breasts. You will get more enjoyment from penetration the longer you delay it. If you can stimulate your body and that of your partner to the fullest through kissing and licking, you ' ll get more rewards from penile penetration once it occurs.

According to the Kama Sutra, a great way to boost your partner ' s anticipation is by kissing his/her body systematically and/or giving him/her a “ tongue bath. ” Tongue bathing is a technique in which a lover uses his/her tongue to explore his/her partner ' s

body.

Important Tips about Kissing

This section of the book will give you excellent tips that can improve your kisses. All of these tips are discussed in the Kama Sutra, which means these have been used by lovers since the 3rd century.

- You can boost the stimulating effect of your kiss by combining it with gentle strokes of your fingers.
- Kissing your partner ' s body isn ' t enough. You have to supplement this with sensual strokes and touches.
- Kiss your partner ' s neck, back, ears, lips, and cheeks.
- You can perform most of the kisses

discussed above while standing or sitting with your partner.

- To make your kisses more sensual, kiss your partner ' s lower and upper lips in turn.

How to Bite Sensually

In ancient India, biting was a crucial aspect of sexual stimulation. This is the reason why the Kama Sutra describes different biting techniques. In general, you can bite almost any part of your partner ' s body. Also, bites can take the form of playful nipping (for teasing your partner), prolonged sucking (which leaves a noticeable mark), or forceful gripping (using the lover ' s teeth).

This chapter will explain the different Kama Sutra Techniques related to biting.

- *The Boar ' s Bite* – The Kama Sutra recommends this bite for people who want to mark their partner ' s

shoulder. This bite involves multiple rows of marks separated by reddish gaps. Some individuals also use this technique to mark the breasts of their partners. In general, people who are sexually intense use this technique during lovemaking.

Important Note: Recent researches have shown that females appreciate biting while making love to their partners. Males, however, are often ambivalent about being bitten or biting their lovers. Psychologists say that since men have larger muscles than women, they prefer to show their passion through body movements than through their teeth.

- *Broken Cloud* – This biting technique involves a circle of unequal marks. The inequality of the bite marks results from the spaces between a person ' s teeth. According to the Kama Sutra, this technique is excellent for leaving bite marks on a woman ' s breasts.
- *Different Love Bites* – The following list shows the biting techniques that you can use while making love to your partner:
 - *Point* – You can accomplish this technique by biting your partner ' s skin using your two front teeth.
 - *Hidden* – This technique leaves a

noticeable redness on the skin you bit. However, there should be no other visible marks.

- *Line of Points* – In this biting technique, you will bite a small area of the skin using most of your teeth.
- *Coral and Jewels* – You must use your lips and teeth when doing this biting technique. Your lips serve as the coral and your teeth serve as the jewels.
- *Line of Jewels* – This technique occurs when you bite you partner using all of your teeth.
- *Swollen* – Here, you must use your teeth to press down your

partner ' s skin.

Chapter 5:

The Kama Sutra

Techniques Related to

Oral Sex



In this chapter, you ' ll learn about fellatio and cunnilingus. The ancient Hindus knew about the importance of oral sex in the art of lovemaking. This is

the reason why the Kama Sutra contains detailed instructions regarding the usage of mouth and tongue in stimulating a person ' s genitals.

Read this material carefully since it contains useful information that you can use in pleasing your partner in bed.

Fellatio

This part of the book will explain how a woman can use her mouth in stimulating her lover ' s genitals. You ' ll find each of these techniques in the Kama Sutra, which means they have been proven to please males since the ancient times.

How to Lick the Penis – The woman must start the fellatio by licking the penis as if it is a cone of ice cream. She must hold the base of the penis using one hand. Then, she must lick the penis repeatedly using the end of her tongue. Her tongue should travel from the base of the penis to its head.

The Woman Should Be In Charge – The

man should stay relaxed. He must allow her lover to decide on how to pleasure him.

The Butterfly Technique – This is one of the best fellatio techniques out there. Here, the woman flicks her tongue gently along the underside of the penis. If the woman isn't familiar with this technique, she may need to use her hands to hold the penis. Once she becomes good at it, she may do this move hands-free – she can use her hands to fondle and caress her lover instead.

The Correct Way of Using The Lips
– While performing fellatio, the woman must use the following techniques:

- *The Nominal Technique* – Here,

the woman must place the penis between her lips. Then, she must move the penis around inside her mouth.

- *The Side Bites* – The woman should cover the head of the penis using her fingers. Then, she must gently kiss and nibble the penis ' sides.
- *The Internal Pressure* – The woman must put the penis inside her mouth. Then, she must press it using her lips and pull it out.
- *The External Pressure* – In this technique, the woman needs to press her lips against the head of the penis. She must kiss that part

as if she is pulling it out of her mouth.

Sucking a Penis – Some women don't want to perform fellatio because they think that they will gag, especially when their lover gets excited and starts to thrust. To overcome this fear, a woman may hold her partner's penis with her hand/s prior to sucking, licking, or kissing it. This way, she can control the depth to which the penis can reach into her mouth. Since the glans (i.e. the "head") is the most sensitive area of a penis, women don't have to take in the entire organ to provide intense pleasure. They can simply focus on stimulating the bulbous part of their lover's penis.

Mouth Play – Here are two fellatio techniques that you can use to take your partner ' s sexual desires to the next level.

1. *Swallowing It Up* – You should take the entire penis inside your mouth (i.e. as if you want to swallow it whole).
2. *Sucking It Like a Mango Fruit* – Take about half of your lover ' s penis into your mouth and suck it eagerly.

Fellatio Etiquette for Men – Males should remember these two things:

- You must ensure that your penis is clean if you know that your

partner will perform fellatio on you.

- While your lover is giving you fellatio, let her know when you feel that you are near the “ climax. ” This way, she can pull your penis out if she doesn ’ t want to taste your semen.

Cunnilingus

This part of the book will help men in pleasing their partners orally.

Stimulating the Clitoris

According to many people, the clitoris is the most sensitive body part of a woman. Since the clitoris has countless nerve endings, it can respond even to the slightest touch. That means men have to focus on this body part if they want to please their partner in bed. The Kama Sutra states that men can stimulate their partner ' s clitoris during foreplay and lovemaking.

Keep in mind that the clitoris is

extremely sensitive. You shouldn't put too much pressure on it since that can result to pain and/or discomfort. It would be best if you will use gentle strokes using your tongue and lips. Here are some tips that can help you in stimulating your partner's clitoris:

- Ask your partner to sit, stand, or lie on her back. Then, ask her to spread her legs. Look for a body position that allows you to stroke your tongue against your partner's clitoris. You should focus on the head and shaft of her clit.
- Stroke each side of her clitoris in turn. Make sure that your tongue

is in an upward motion whenever it hits the clitoris of your lover.

- Apply light strokes on her clit ' s “ head. ” For the clit ' s shaft, on the other hand, you must use upward tongue flicks.

How to Stimulate a Woman ' s Perineum

The perineum is the area between the anus and the vagina. Similar to the clitoris, the perineum has lots of nerve endings. That means it is sensitive to licks, strokes, and touches. You can arouse your lover by stimulating her perineum. In general, your partner must spread her legs wide before you can lick

or kiss her perineum.

When licking your lover ' s perineum, you should use the tip of your tongue to make gentle up-and-down strokes.

Kissing Your Partner ' s Genital Area

Whenever you perform oral sex on your partner, you must strive for a slow but passionate crescendo of arousal. That means you cannot just go all in during the first few minutes of your sexual activity. You have to go sweet and slow – rushing things in the bedroom rarely works.

You can accomplish this “ slow but gradually increasing ” arousal by kissing and licking your partner ' s abdomen,

lower belly, and thighs. Once your lips and tongue reach her thighs, you must work your way slowly towards her genital area. Kiss and lick your partner ' s pubic mound. Then, do the same thing on the lips of her vagina. After a few minutes, focus on her clitoris. This kind of methodical approach (which may even start from her nipples down to her genitals) helps in building sexual tension. Additionally, this approach is perfect if your partner isn ' t used to oral sex. By exploring and stimulating her body methodically, you can help her attain a heightened level of arousal.

How to Lick the Labia

You should use your tongue to trace your partner ' s labia (i.e. the large lips of her vagina). It would be great if you ' ll also run your tongue between these “ lips. ” You may also penetrate her vagina using your tongue. Here, you may combine shallow and deep strokes to stimulate her vagina. Most women appreciate up-and-down and in-and-out tongue movements, so try it on your partner and see if she likes it.

Inserting Your Tongue

Once you have aroused your partner by licking and kissing her clit and perineum, you can boost the stimulation by inserting your tongue inside her vagina. You should use the tip of your

tongue during the first few moments of this activity – again, don ’ t rush in. After a few moments, insert the blade of your tongue and rub it against the inner side of her vagina. Then, combine shallow strokes (i.e. using the tip of your tongue) and deep strokes (i.e. using the blade). The main secret of excellent cunnilingus is the combination of different tongue strokes. By varying the movements of your tongue, you can give your partner different levels of erotic pleasure.

Important Note: You must not use the same stroke for too long unless your partner tells you to.

Vaginal Stimulation and Lubrication

When sexually stimulated, the vagina produces a fluid that acts as a natural lubricant. This fluid serves two functions during a sexual intercourse:

- It lubricates the inner section of the vagina, allowing it to receive an erect penis.
- It lubricates the skin and outer section of the vagina. Since this fluid reduces friction, touches in the genital area become more pleasurable and sensual.

Genital stimulation doesn't have to focus on the vagina (although it becomes more effective if it is).

Some women don't produce enough natural lubricant, regardless of the

foreplay or sexual excitement. If your partner belongs to this group, you may use jellies and creams that are created for vaginal use. You can get these products from local pharmacy stores. Additionally, most of these lubricants are affordable. You won ' t have to spend much money just to get sufficient lubrication.

Important Tips Regarding Cunnilingus

For males – Your hands can ' t be idle while you are licking/kissing your partner ' s genitals. You must use your hands to give your partner more sexual stimulation. For example, you may fondle her breasts and nipples or stroke her abdomen and inner thighs.

For Females – Your partner wants you to enjoy what he ' s doing. The best thing you can do is relax and enjoy his performance.

Chapter 6:
The Kama Sutra
Techniques that Can
Help You Prolong
Your Lovemaking
Sessions



Individuals who truly care for their partner want to extend the closeness and passion only lovemaking can bring. These people love to stay close to their partner (both physically and emotionally). After completing a whole round of lovemaking, many couples like to talk about things that are important to their relationship.

One of the most important parts of a great sexual relationship is the ability to share what you like and dislike about your lovemaking sessions. If you can freely communicate these things with your partner, you ' ll have great opportunities of improving your passionate encounters. That means you can enhance the overall experience

brought about by the union of your bodies.

However, after a few minutes (or hours) of meaningful conversations, you might want to make love to your partner again. In this situation, the woman often needs to masturbate her partner to get his “ member ” erect again.

Important Note: If the couple doesn ’ t want to have sex again, but the female isn ’ t satisfied yet, the best thing a man can do is masturbate his lover until she reaches orgasm.

How to Rekindle the Sexual Excitement

The following techniques can help you prepare your partner for another round

of lovemaking:

- The woman must use one of her hands to fondle the testicles of her partner. Her other hand, meanwhile, should slide up and down the penis.
- Once the penis is starting to become erect, the woman must brush it using her palm. She should make light, circular strokes using the palm of her hand.

Helping a Woman to Achieve Orgasm

If your lover hasn't reached a climax during sex, or if she likes to have another orgasm but you are still not

ready for a new round, you may stimulate her clit using your hands and fingers.

How to Sustain the Harmony

In general, couples don ' t like to throw away the warmth of passionate lovemaking by simply falling asleep, or by doing things that are mentally or physically demanding. Some lovers want to lie on the bed and feel each other ' s presence, while others like to perform a gentle (but not sensual) massage.

If the couple wants to get up from the bed, they can sustain the romantic and harmonious mood by listening to music, eating together, or walking leisurely.

What You Can Do After

The Kama Sutra offers excellent techniques that can help extend the post-sex intimacy between the man and the woman. Some of these techniques are:

- After making love to each other, the couple should clean themselves separately. Once this is done, the couple must sit together – the man will apply some lotion on the woman ' s body.
- The man must embrace his partner and tell her how he appreciates her. Then, he should offer her some water to drink.

- The couple may eat fruits, sweetmeats, or anything they like. Also, they may drink soup, gruel, or fresh juice.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to enhance your overall sexual performance.

**Also, don't forget to
get *YOUR FREE
BONUS BOOK* at the
end of this book!**

The next step is to master these Kama Sutra techniques by practicing them regularly!

Thank you and good luck!

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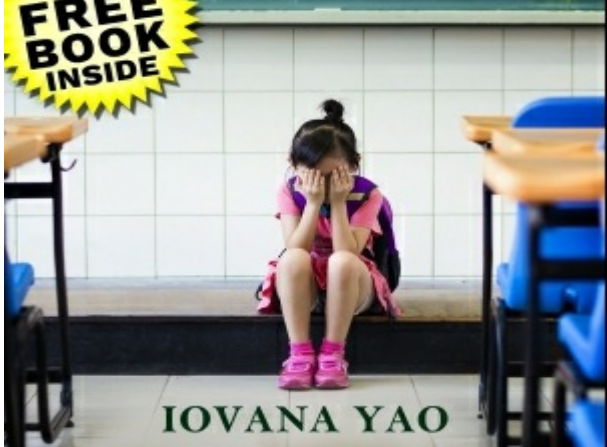
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- PAMPERING YOURSELF
- ENERGY LEVELS AND
GREAT SEX
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SEXUAL EXPERIENCES

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- KEEPING THE CONNECTION STRONG
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