
The Love Teachings of Kama Sutra

By Vatsyayana

Source: "The Love Teachings of the Kama Sutra"

(Translated by Indra Sinha)

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Lying Down Positions:

Indrani draws up both her knees
until they nuzzle the curves of her breasts;
her feet find her lover's armpits.
Small girls love this posture,
but becoming a goddess takes a lot of practice.

She cups and lifts her buttocks with her palms,
spreads wide her thighs,
and digs in her heels besides her hips,
while you caress her breasts:
this is "Utphallaka" (The Flower in Bloom).

Grasping the ankles
of the round hipped woman, whose buttocks
are like two ripe gourds,
raise her beautiful thighs
and spread the thigh-joints widely.

Full of desire, saying sweet words,
approach her with your body stiff as a pole
and drive straight forward
to pierce her lotus and join your limbs:
experts call it "Madandhvaja" (The Flag of Cupid).

Catch hold of her two feet,
raising them till they press upon her breasts
and her legs form a rough circle.
Clasp her neck and make love to her:
this is "Ratisundara" (Aphrodite's Delight).

Lift the lady's feet until her soles
lie perfectly parallel,
one to each side of her slender throat,
cup her breasts and enjoy her:
this technique is "Uthkanta" (Throat-high).

Your lovely wife, lying on the bed,
grasps her own feet
and draws them up until they reach her hair;
you catch her breasts and make love:

this is "Vyomapada" (Sky-foot).

The round-thighed woman on the bed
grasps her ankles and raises high her lotus feet;
you strike her to the root, kissing
and slapping open-palmed between her breasts:
this is "Markata" (The Monkey).

She lies flat on her back,
you sit between her parted knees, raise them,
hook her feet over your thighs,
catch hold of her breasts, and enjoy her:
this is "Manmathpriya" (Dear to Cupid).

Lying-down Positions - Samputa Group:

If your penis is too small for a woman,
the "Samputa" group of postures should be used:
"Samputa" (the Jewel Case),
"Pidita" (the Squeeze), "Veshtita (the Entwined)
and "Vadavaka" (the Mare's Trick).

In Samputa your legs lie along hers
caressing their whole length from toes to thighs.
Your lover may be below you,
or you may both lie on your sides,
in which case she should always be on your left.

In Pidita the lovers' thighs
are interlaced and squeeze each other in rhythm.
In Veshtita she crosses her thighs
or rolls each one inward,
thus greatly strengthening her yoni's grip.

When, like a mare cruelly gripping
a stallion, your lover
traps and milks your penis with her vagina,
it is "Vadavaka" (the Mare's Trick),
which can only be perfected with long practice.

When she uses it, a woman
should cease to kiss her lover
and simply hold the lock.
Courtesans are adept at Vadavaka,

and it's a speciality with ladies from Andhra(*)).

*The South-Eastern state of India.

Positions From The Medieval Texts:

When lovers, with legs stretched rigid
and feet caressing feet,
make love according to their hearts' desire,
"tantra" scholars call it "Sampada" (Equal Feet)
and agree it is a way to ecstasy.

Stiff as a pole in the bed's center,
she lies making love,
cooing and warbling like a woodpigeon,
the jewel of her clitoris well-polished:
this is Mausala" (the Pestle).

When she lies on her back
with her two thighs pressed tightly together
and you make love to her,

keeping your thighs outside hers,
it is "Gramya" (the Rustic).

If, encircling and trapping
her thighs with yours,
you grip so hard that she cries out in pain,
it is "Ratipasha" (Love's Noose),
a device most charming to the ladies.

Her limbs, entwined in yours
like tendrils of fragrant jasmine creeper,
draw taut and slowly relax
in the gentle rhythm of linga and yoni:
this is "Lataveshta" (the Clinging Creeper).

She draws her limbs together,
clasping her knees tightly to her breasts,
her yoni, like an opening bud,
offered up for pleasure:
this is known as "Mukula" (the Bud).

When she draws up her knees
and you clamp yours about her raised thighs,

trapping them in a tight knot
while riding saddle upon her buttocks
and kissing her, it is "Shankha" (the Couch).

Sitting Positions:

Seated, mouth to mouth,
arms against arms, thighs against thighs:
this is "Kaurma" (The Tortoise).

If the lovers' thighs, still joined, are raised,
it is "Paravartita" (Turning).

If within the cave of her thighs
you sit rotating your hips like a black bee,
it is "Markata" (The Monkey).

And if, in this pose, you turn away from her,
it is "Marditaka" (Crushing Spices).

She sits with raised thighs,
her feet placed either side of your waist;
"linga" (penis) enters "yoni" (vagina);

you rain hard blows upon her body:
this is "Kshudgaga" (Striking).

When your wife sits
with both knees drawn tight to her body
and you mirror this posture,
it is known to experts in the art of love
as "Yugmapada" (The Foot Yoke).

Seated erect, the lovely girl
folds one leg to her body
and stretches the other along the bed,
while you mirror her actions:
this is "Yugmapada" (The Feet Yoke).

If, with left leg extended,
she encircles your waist with her right leg,
laying its ankle across her left thigh,
and you do the same,
it is "Svastika" (The Swastika)*.

*An ancient good-luck talisman based on the symbolism of a
cross whirling sun-wise. The Nazis used it the wrong way

round, whirling widdershins, and the Indian pundits
always said this was sacrilegious and would doom them.

Sitting face to face in bed,
her breasts pressed tight against your chest,
let each of you lock heels
behind the other's waist,
and lean back clasping one another's wrists.

Now, set the swing gently in motion,
your beloved, in pretended fear,
clinging to your body with her flawless limbs,
cooing and moaning with pleasure:
this is "Dolita" (The Swing).

If, seated face to face,
your toes caress the lovely woman's nipples,
her feet press your chest
and you make love holding each other's hands
it is "Kaurma" (The Tortoise).

Seated, the lady raises
one foot to point vertically over her head

and steadies it with her hands,
offering up her "yoni" for lovemaking:
this is "Mayura" (the Peacock).

If, sitting facing her,
you grasp her ankles and fasten them like a chain
behind your neck, and she
grips her toes as you make love,
it is the delightful "Padma" (the Lotus).

Sitting erect, grip your lover's waist
and pull her on to you,
your loins continuously leaping together
with a sound like the flapping of elephants' ears:
this is "Kirtibandha" (the Knot of Fame).

Kneeling between her thighs,
tickle her breasts and under her arms,
call her 'my lovely darling'
and print deep nailmarks around her nipples:
thus "Jaya" (Victory) is expounded.

Rear-Entry Positions:

She bends well forward and grips
the bedstead, her buttocks raised high;
cup your hands to serpents' hoods
and squeeze her jar-shaped (sic) breasts together:
this is "Dhenuka" (the Milch Cow).

If you mount her like a dog,
gripping her waist,
and she twists round to gaze into your face,
experts in the art of love say
it is "Svanaka" (the Dog).

If the lady, eager for love,
goes on all fours, humping her back like a doe,
and you enjoy her from behind,
rutting as though you'd lost all human nature,
it is "Hirana" (the Deer).

When, with lotus-feet
set well-apart on the ground, she bends,

placing a hand upon each thigh,
and you take her from the rear,
it is "Gardabha" (the Ass).

If she lies on her stomach
and you seize her ankles in one hand,
lift them high and make love,
tilting her chin back with your other hand,
it is "Marjara" (the Cat).

She lies on her front,
grasping her ankles in her own hands
and pulling them up behind her:
this difficult posture is known to experts
as "Mallaka" (the Wrestler).

When your mistress lays
breasts, arms and forehead to the carpet,
raising her buttocks high,
and you guide your penis into her yoni,
it is "Aibha" (the Elephant).

You lift her ankles high;

she draws up
and extends her legs as though she were
crawling through the air:
this is "Hastika" (the Elephant).

She stands on palms and feet;
you stand behind her
and lift one of her feet to your shoulder,
enjoying the lovely girl:
this is "Traivikrama" (the Stride).

Seize her feet and lift them high
(like a wheel barrow),
drive your penis into her yoni
and pleasure her with vigorous strokes:
this is "Kulisha" (the Thunderbolt).

You kneel, as in archery,
take her on your lap
and bend her forward till her breasts
are pressed to her thighs:
this is "Ekabandha" (One Knot).

Lying on her side, facing away,
the fawn-eyed girl
offers you her buttocks
and your penis penetrates the house of love:
this is "Nagabandha" (the Elephant).

Standing Positions:

And now for the love postures
with which sculptors adorn our temple walls.
When a couple make love standing,
or leaning against a wall or a pillar,
it is called "Sthita" (Steadied).

When the woman sits in her lover's
cradled hands, her arms around his neck,
thighs gripping his waist,
her feet pushing back and forth against a wall,
it is "Avalambitaka" (Suspended).

When, catching and crushing your lover

in the cage of your arms,
you force her knees apart with yours
and sink slowly into her,
it is "Dadhyayataka" (Churning Curds).

When she leans against a wall,
planting her feet as widely apart as possible,
and you enter the cave
between her thighs, eager for lovemaking,
it is "Sammukha" (Face-to-face).

If, as you lean against the wall,
your lady twines her thighs around yours,
locks her feet to your knees,
and clasps your neck, making love
very passionately, it is "Dola" (the Swing).

When your lover draws up one leg,
allowing the heel
to nestle just behind your knee,
and you make love, embracing her forcefully,
it is "Traivikrama" (the Stride).

If you catch one of her knees
firmly in your hand
and stand making love with her
while her hands explore and caress your body,
it is "Tripadam" (the Tripod).

If she raises one leg
and you catch hold of her little foot,
caressing her breasts
and telling her how much you love her,
it is "Ekapada" (One Foot).

Her foot pressed to your heart,
your arms encircling and supporting her,
lean back against the wall
and enjoy the lovely girl:
this is "Veshta" (the Encircling).

She stands against the wall,
lotus-hands on hips,
long, lovely fingers reaching to her navel.
Cup her foot in your palm
and let your free hand caress your angel's limbs.

Put your arm around her neck
and enjoy her as she leans there at her ease.

Vatsyayana (the author) answer others
who knew the art of love in its great days
called this posture "Tala" (the Palm).

If you lean back to a wall
and your lover, clinging to your neck,
places both her feet
in your palms and thus makes love,
this is "Dvitala" (Two Palms).

If you lift your lover
by passing your elbows under her knees
and gripping her buttocks
while she hangs fearfully from your neck,
it is "Janukurpara" (the Knee Elbow).

Your wife grips your neck
and locks her legs around your waist:
this is "Kirti" (Fame) - a posture
not described in "Kama Sutra" or "Ratirahasya".

Never try it with heavy girls.

Oral Pleasures -- Fellatio Techniques:

When your lover catches your penis
in her hand and, shaping
her lips to an 'O', lays them lightly to its tip,
moving her head in tiny circles,
this first step is called "Nimitta" (Touching).

Next, grasping its head in her hand,
she clamps her lips tightly about the shaft,
first on one side then the other,
taking great care that her teeth don't hurt you:
this is "Parshvatoddashta" (Biting at the Sides).

Now she takes the head of your penis
gently between her lips,
by turns pressing, kissing it tenderly
and pulling at its soft skin:
this is "Bahiha-samdansha" (the Outer Pincers).

If next she allows the head to slide
completely into her mouth
and presses the shaft firmly between her lips,
holding a moment before pulling away,
it is "Antaha-samdansha" (the Inner Pincers).

When, taking your penis in her hand
and making her lips very round,
she presses fierce kisses along its whole length,
sucking as she would at your lower lip,
it is called "Chumbitaka" (Kissing).

If, while kissing, she lets her tongue
flick all over your penis
and then, pointing it, strikes repeatedly
at the sensitive glans-tip,
it becomes "Parimrshtaka" (Striking at the Tip).

And now, fired by passion, she takes
your penis deep into her mouth,
pulling upon it and sucking as vigorously
as though she were stripping clean a mango-stone:

this is "Amrachushita" (Sucking a Mango).

When she senses that your orgasm
is imminent she swallows up the whole penis,
sucking and working upon it
with lips and tongue until you spend:
this is "Sangara" (Swallowed Whole).

Oral Pleasures -- Cunnilingus Techniques:

With delicate fingertips,
pinch the arched lips of her house of love
very very slowly together,
and kiss them as though you kissed her lower lip:
this is "Adhara-sphuritam" (the Quivering Kiss).

Now spread, indeed cleave asunder,
that archway with your nose and let your tongue
gently probe her "yoni" (vagina),
with your nose, lips and chin slowly circling:
it becomes "Jihva-bhramanaka" (the Circling Tongue).

Let your tongue rest for a moment
in the archway to the flower-bowed Lord's temple
before entering to worship vigorously,
causing her seed to flow:
this is "Jihva-mardita" (the Tongue Massage).

Next, fasten your lips to hers
and take deep kisses
from this lovely one, your beloved,
nibbling at her and sucking hard at her clitoris:
this is called "Chushita" (Sucked).

Cup, lift her young buttocks,
let your tongue-tip probe her navel, slither down
to rotate skilfully in the archway
of the love-god's dwelling and lap her love-water:
this is "Uchchushita" (Sucked Up).

Stirring the root of her thighs,
which her own hands
are gripping and holding widely apart,
your fluted tongue drinks at her sacred spring:

this is "Kshobhaka" (Stirring).

Place your darling on a couch,
set her feet to your shoulders, clasp her waist,
suck hard and let your tongue stir
her overflowing love-temple:
this is called "Bahuchushita" (Sucked Hard).

If the pair of you lie side by side,
facing opposite ways,
and kiss each other's secret parts
using the fifteen techniques described above,
it is known as "Kakila" (the Crow).

Role Reversal:

During lovemaking, ten types of blows
may be struck with the penis,
but of these only "Upasripta" (Natural),
which is instinctive even to untutored cowherds,
results in full clitoral stimulation.

It is a gentle forward stroke
which may be varied for depth and speed,
allowing a subtlety, rhythm
and spontaneity which
the other nine each lack to some degree.

If you grasp your penis and move it
in circles inside her yoni,
it is "Manthana" (Churning).
When you strike sharply down into the yoni,
it is "Hula" (the Double-edged Knife).

If, when her hips are raised by a pillow,
you strike a rising blow,
it is "Avamardana" (Rubbing).

If you hold your penis pressed breathlessly
to her womb it is "Piditaka" (Pressing).

If you withdraw completely
and then strike her violently to the womb,
it is "Nirghata" (the Buffet).
Continuous pressure on one side of her yoni

is "Varahaghata" (the Boar's Blow).

If you thrust wildly in every direction,

like a bull tossing its horns,

it is "Vrishaghata" (the Bull's Blow).

Quivering in her yoni is "Chatakavilasa" (Sparrow Sport),

which usually heralds orgasm.

The involuntary shuddering of orgasm

is called "Samputa" (the Jewel Case).

But no two women make love quite the same way,

so orchestrate your rhythms

to the moods and colors of each lover's "raga" (emotions).

If long lovemaking exhausts you

before your lover has reached her orgasm,

you should allow her

to roll you over your back

and sit astride you, taking initiative.

If the posture gives her deep pleasure,

or you enjoy its novelty,

she may transpose into it as a matter of course,

taking great care, however,
not to expel the linga from the temple of love.

Consider: she climbs upon you,
the flowers dropping from her tousled hair,
her giggles turning to gasps;
every time she bends to kiss your lips
her nipples pierce your chest.

As her hips begin to churn,
her head, flung back, bobs ever faster;
she scratches, pummels you with small fists,
fastens her teeth in your neck,
doing unto you what you've often done unto her.

When she takes the man's role,
your lady has the choice
of three famous lovemaking techniques:
"Samdamsha (the Tongs),
"Bhramara" (the Bee) and "Prenkholita" (the Swing).

If she uses the Mare's Trick,
gripping your penis with her yoni's vice,

squeezing and stroking it,
holding it inside her for a hundred heart-beats,
it is known as "Samdamsha" (the Tongs).

If, drawing up her feet,
she revolves her hips so that your penis
circles deep within her yoni,
you arching your body to help her,
it is "Bhramara" (the Bee).

If she now swings her hips
in wide circles and makes figures-of-eight,
swaying upon your body
as though she were riding on a seesaw,
it is "Prenkholita" (the Swing).

When her passion has ebbed,
she should rest, bending forward to lay
her forehead upon yours
without disturbing your yoked bodies:
it won't be long before desire stirs again.

Catching your penis, the lady

with dark eyes like upturned lotus petals
guides it into her yoni,
clings to you and shakes her buttocks:
this is "Charunarikshita" (Lovely Lady in Control).

Enthroned on your penis,
she places both hands on the bed
and makes love, while you
press your two hands to her thudding heart:
this is "Lilasana" (Seat of Sport).

She sits upright upon you,
her head thrown back like a rearing mare,
bringing her feet together
on the bed to one side of your body:
this is "Hansabandha" (the Swan).

The young woman has one foot
on your heart and the other on the bed.
Bold, saucy women adore this posture,
which is known to the world
as "Upavitika" (the Sacred thread).

If, with one of her feet
clasped in your hand
and the second placed upon your shoulder,
your young lady enjoys you,
it is "Viparitaka" (Reversed).

If your lover, seated above you
with feet lotus-crossed
and her body held erect and still
makes love to you,
it is known as "Yugmapada" (the Foot Yoke).

If she strides you,
facing your feet,
brings both her feet up to your thighs,
and works her hips frantically,
it is known as "Hansa-lila" (Swan Sport).

Your lover places one foot
on your ankle, lodges
her other foot just above your knee,
and rides you, swinging and rotating her hips:
this is "Garuda" (Garuda).

If you lie flat on your back
with legs stretched out
and your lover sits astride you, facing away
and grasping your feet,
it is called "Virsha" (the Bull).

Clasping each other's hands,
you lie sprawled like two starfish making love,
her breasts stabbing your chest,
her thighs stretched out along yours:
this is "Devabandha" (the Coitus of the Gods).

Lying upon you, your beloved
moves round like a wheel,
pressing hands one after the other on the bed,
kissing your body as she circles:
experts call this "Chakrabandha" (the Wheel).

If, by means of some contraption,
your lover suspends herself above you,
places your linga in her yoni
and pulleys herself up and down upon it,

it is "Utkalita" (the Orissan).

Love Potions and Sex Aids

To Enslave a Lover:

Anoint your penis, before lovemaking,
with honey into which
you have powdered black pepper,
long pepper and "datura" (the green thorn apple) -
it will utterly devastate your lady.

Leaves caught as they fall from trees
and powdered with peacock-bone
and fragments of a corpse's winding-sheet
will, when dusted lightly
on the penis, bewitch any woman living.

If you crush milky chunks of cactus
with sulphur and realgar,
dry the mixture seven times, powder it

and apply it to your penis,
you'll satisfy the most demanding lover.

And if, to these powerful ingredients,
you add a monkey's turd,
grind them together and sprinkle the powder
on your unsuspecting lover's head,
she will be your devoted slave for life.

To Increase Potency:

Honey-sweetened milk in which
the testicles of a ram
or a goat have been simmered
has the effect, when drunk,
of making a man as powerful as a bull.

Pumkin seeds ground with almonds
and sugarcane root,
or with cowhage root and strips of bamboo,
and stirred into honeyed milk,
have the same arousing effect.

The sages say that wheat-flour cakes
baked with honey and sugar
and sprinkled with the powdered seeds
of pumpkin and cowhage
give one strength for a thousand women.

The yolk of a single sparrow's egg
stirred into rice pudding
that has been thickened with cream,
wild-honey and "ghee" (clarified butter)
has the same invigorating effect.

Enlarging the "Lingham" (Penis) or "Yoni"(Vagina):

First rub your penis with wasp stings
and massage it with sweet oil.
When it swells, let it dangle for ten nights
through a hole in your bed,
going to sleep each night on your stomach.

After this period use a cool ointment
to remove the pain and swelling.

By this method men ... of insatiable

sexual appetite, manage to keep
their penises enlarged throughout their lives.*

*If anyone tries this technique, please send us
e-mail (tantra@AAArt.com) and let us know the results.

By applying an ointment made from
crushed barleria leaves
to her "yoni", the elephant (large) woman
can spend at least one night
discovering the delights of being a doe ("small" woman).

Likewise the doe can use honey
mixed with powdered roots
of lotus, madder, "sal" (tree of aromatic gum),
the blue lotus and the mongoose plant
to accomodate a stallion for one night.

To Cope With Impotence:

A man who climaxes too swiftly
should arouse his lady
by caressing her clitoris with his fingers

and flooding the well
of her yoni before he enters her.

If, during lovemaking, the erection
cannot be sustained because
the man is old, or simply exhausted
he should use the delicate
oral techniques given in an earlier chapter.

The man who is utterly unable
to achieve an erection
should pleasure his wife/lover with a phallus
crafted from materials like
gold, silver, copper, iron (!!), ivory or horn.

The artificial phallus should be shaped
to your natural proportions.
It will be more arousing for the lady
if the outside is studded
with a profusion of large, smooth nodules.

Tantra, Foundation for Ecstasy

by Kirby

When my friends ask me about my interest in Tantra, I liken it to an interest in science. Tantra, like science, is pretty big. What kind of science am I interested in? Let us say physics. Ah, but what kind of physics? Solid state. But what kind of solid state physics? Low temperature. Tantra is like that. Tantra incorporates a continuing tradition of spiritual practices that can be traced to Egypt, the Middle East, India, Tibet, and China. There are probably connections all over the world. Variations of Tantra have been central to a wide range of communities since prehistory. Over that length of time many profoundly inspired, as well as ordinary, people have contributed to the shape that it takes today.

What about sex? Sex is a part of Tantra in the same way that low temperature solid state physics is a part of science. It is definitely a part of it, but it is certainly not all of it. In the same way, sex is part of our lives but not all of it. After Tantric training it is possible to have sex 10 or 20 times a day, but that is not the objective. Most Tantric traditions use direct experience and the phenomena of the senses as spiritual tools. Some traditions use sexual energy indirectly in visualizations, symbols, and bodily energy work. This is sometimes called the right-hand path. The majority of the world's Tantrics are of this kind. Many of them are celibate. Some traditions use sexual energy and phenomena directly. This is called the left-hand path. Both paths are valid. There is a way for all of us to find a fit within the vastness of Tantric practice.

My core training is Vama Marg, which is a left-hand path. I want to talk about why sex is used and how it is used in such a way that you can get a taste of it without having to know the formal teachings. At the same time, I must say that to know Tantra you must do the practice, for the same reason that you must practice piano before being able to play a song.

An ecstatic practitioner uses tools to create the most favorable opportunity for a profound spiritual experience. These have included fasting, pain, drugs, dance, sex, devotion, chanting, and many others. They are all used in a way that will challenge the limits of the doer. They are all offerings. They are not casual; they are not easy. An ecstatic won't go to a club and take a few turns on the dance floor to see true nature. An ecstatic will fast, pray, and dance naked all night. A key sexual ritual in Tantra can take seven days to complete.

We can't have peak experiences every day and still feed ourselves and remember our names. So Tantra includes an everyday practice as well. This is usually performed at the twilight times of early dawn and early evening. Personal transformation is easier at these times. The specialized language used in many of these writings is called twilight language. The edge of awareness entering into and coming out of sleep is the twilight of consciousness.

In traditional Tantric systems, sexual techniques are not taught until you have been many years on the path. A student often begins with a vow. This encourages the practice of keeping our word and being honest with ourselves. With that comes right behavior with others. Then a student will begin a simple practice, such as repeating a sacred phrase a certain number of times, perhaps 10,000. Then physical healing begins. Hatha yoga is one aspect of this stage. Some personal sexual practices begin here. Then awareness training with the spiritual body, such as kundalini yoga, follows. This is commonly followed by a period that emphasizes concentration. Once the student can retain enhanced awareness while performing external actions, then it is time to learn ritual. Ritual is often a combination of acquired skills to achieve a specific transformational state of awareness. Once you have these elements in place, then it is possible to have a sexual ritual. And there are more stages that follow.

At this point you might think that the process would take a bazillion years. There is a temptation to take short cuts. I have been looking diligently for short cuts, but I have found none. What we can do is set the stage for powerful experiences. Sexual energy is a potent tool for that.

My early understanding of sex was framed in mating and procreation. Sex was about orgasm and ejaculation. Conventional orgasms release energy and leave you in a lower energetic state. They are too brief to use for meditation. An important beginning practice is to learn to sustain arousal without orgasm.

The easiest way to learn sustained arousal is through self-loving. First you learn to dance; then you learn to dance with a partner. Some people have constraints and issues about self-loving. If this is the case for you, I hope you can move through them rapidly so you can access the profound spiritual nature of this practice.

I will speak of two ways sexual arousal can be used. The first is to enter dream states during sexual arousal. The second is to use orgasm surfing to increase the life force available for meditation.

To gain a solid foundation in either practice, I recommend doing it every day at first. Begin by relaxing and cleansing the body. Take a relaxing bath or shower. Do a little yoga or stretching, perhaps some Tai Chi or massage. Your body should feel soft and fluid. Next, cleanse the mind of the details of the day. A prayer, mantra, or breathing technique is good for this stage. A devotional practice can help open the heart. You might picture the goddess in sexual bliss with her consort. Now begin one of the following practices.

The Dream Practice

The dream practice has a wide range of applications in later spiritual activities. Self-loving upon awakening and just before sleep can help to enrich the twilight of consciousness. Sexual arousal can profoundly enhance a meditative practice at these times. Imagery is often brighter and more easily sustained. It is easier to feel the energy systems of the body. The kinesthetic sensations of the natural self become more prominent. Sexual arousal during states of meditation can help you retain awareness as you pass through the dream layer of consciousness to the fantastically rich void below. Sexual arousal during magical practices will extend the reach and increase the effect of the process when you are in imaginal realms.

Touch yourself all over. Let all of your awareness rest in the sensation of touch. Move into a very relaxed position and begin to arouse yourself with very gentle movements. It may take some practice before you have a stable plateau of arousal. Once you have that, then you can drift toward sleep. Relax until you are skimming the edge of dreams. Keep enough movement to sustain arousal but not so much that you awaken. Once you are stable at the edge of dreams you can begin transforming the images. Later you can go much deeper.

Increasing Life Force

Sexual energy is the starting point for many life-enhancing practices. It can be used to heal, to increase charisma, or simply to sail rather than to drag through the day. Most orgasmic energy is dissipated very quickly. Contrary to many texts, I have found that it is possible for both men and women to have energy-loss orgasms. It is possible to have an energy-loss orgasm without ejaculation and it is possible to have an energy-retention orgasm with ejaculation. The goal here is to amplify life force to increase awareness to your natural self.

Begin in a natural manner. Use soft touch. You will be more likely to feel the shifts in the subtle body. As you near orgasm, back off just a bit. There are a variety of techniques that can be used to get stable near orgasm. For now, just stay a ways from the edge. Ride that sensation as it rises and falls. With some luck you will feel a shift in 15 to 20 minutes that will let you further into orgasm. If you get too close, then back off again. Keep doing this until you have neared orgasm 5 to 10 times. With practice you can sneak up on the orgasm so that the contractions become soft waves. This will encourage the energy to spread throughout your body and mind. At the end, totally relax and let the sensations sweep through you. Release all thought and rest in the sensation.

This is a good practice to do in the morning, before a big final exam, or at any other time when you must call upon your deepest resources.

These practices will help with a wide range of twilight and everyday spiritual explorations. There are some considerations I wish to mention here. You should be in a

safe place. You might want to do a practice to protect the space. Let your mind wander; don't use fantasy at first. You want to find new patterns of awareness rather than reinforce old ones. Don't orgasm if you feel like you have to. Arousal is a wonderful feeling and it is time for you to break the chains to orgasm. You can orgasm and still retain the energy, or ojas, but this often requires special techniques.

These techniques should give you an introduction to the use of sexual energy in spiritual practice. They are much more powerful when placed in a context of supporting spiritual techniques. The hours of training greatly increase the power and transformative effect of sexual energy. And I think it is the most fun I have had doing homework.

Tantra, the Sly Path

Things that Make You Go Hmmm

Have you ever been so mad you left knuckle marks in the door? So scared that your skin just rippled? There are songs that turn me on so much that I have to pull over to the side of the road and wait until the bliss subsides before I can drive again. What is this? There are Tantric practices that utilize this extreme emotion.

I was raised a Lutheran. When I was in confirmation class in the eighth grade there was a girl who moved the earth as she passed. She used to wear tight green pants. I would wait until she chose a chair, then I would sit behind her. Then I would spend the rest of the class using my x-ray eyes on those green pants. I don't remember much of the Nicene Creed, but I can call up a perfect image of those tight green pants anytime I want. What was the most powerful experience here? The power of sexual energy can strengthen spiritual practices.

When I was in the sixth grade I had my first raging love. I wrote our names on bridges and buildings, carved them into anything I passed by, and was totally crushed when it was gone. The landscape of emotion suddenly gained relief with higher peaks and deeper valleys. How could anything this incredible not continue forever? Tantra recognizes that the most powerful love is the love without goals.

I have played with intimacy boundaries. There have been times when I wanted someone so badly I was shaking, I couldn't talk, and my breath came in quavering little gasps. There are times when I merged with the person I was with and we became one being, our minds woven together, the boundary of our skin gone. How can I do this again? Many Tantric techniques are aimed specifically at this phenomenon to provide a powerful foundation for meditation.

Sometimes while racing motorcycles, paddling kayaks, and free-fighting in Tae Kwon Do I have had broken bones and didn't even know it, I was so totally in the action.

Can this extraordinary intensity be accessible by choice? The aim of many spiritual practices is to enter this state and to carry it further.

When I was racing motorcycles I noticed that every time I was riding really well I was in the same state of consciousness. At racing speeds I had all the time in the world to do exactly what I needed to do. And I could do it effortlessly. I tried a number of different things to get to that state of consciousness before the race and then hold it. Finally I found a solution in an essay on bullfighting by Earnest Hemingway. The matador had a special ritual when he would don his “suit of lights” before entering the arena. I tried the same thing when putting on my riding gear before a race. It worked. I won almost every race after that. Where else in my life can this be experienced? Over the years I have included this in more and more activities. I am using yogic and Tantric tools with the goal of living in the immediate most of the time.

When I was eighteen I had a waking vision of my own death. In detail. What is death? Can we survive it? We can train in a yoga called the transference of consciousness to prepare us to remain aware after death. Many Tibetan orders are headed by people who were consciously reborn.

When I was nineteen I had a conversation with a mountain spirit who was a young blue woman with a mouth shaped like a dog. I was alone above the tree-line in the mountains of Montana. I was on LSD. At that point in my life I was wrestling with despair and sometimes felt like I couldn't go on. I sat next to a small waterfall and let the surroundings soak into me. I noticed a flickering light at the edge of my vision. I turned to see it and it was gone. When I focused on something else, it came back. In time it approached me and began to communicate without words. That was a turning point in my life. I lost my doubt. A year later I saw a wooden statue of a Dakini in a museum in San Francisco, a mountain spirit from Tibet. This one was red but the rest of the details fit. I had never seen anything like it before the spirit on the mountain. What are gods? In Tantric practice we can visualize gods, devote ourselves to gods, make love with gods, and transform ourselves into gods. Yet there is something more. In addition to gods as the product of ourselves, there is an experience of something we could never imagine, a direct experience of something so powerful and distinct that the idea of a god is simply the closest we can come to speaking of it.

Desire, Soul Mates, and Surprise

I didn't become interested in Tantra from some theoretical perspective or a desire to see god, find enlightenment, or even have good sex. I came because things happened in my life that were BIG NEWS and didn't fit the world as I knew it. We all have had experiences like this. Everyone I have talked with has been drawn by key experiences in their lives. Many people who are drawn to Tantra know only that it has something to do with sex and partner work. I have known people who were interested in finding a mate, an affair, or a romantic love in Tantra. So many have had life-altering experiences through intimacy. Some have had the experience of a partner who was a window to their own soul. Who seemed to know everything without words. Who shared dreams. A soulmate.

Sharing the Breath for Lifetimes

In India the technique of breathing each other's breath is used to link your soul to that of your partner so tightly that you will be with each other for incarnations. Like anything else, if you do it with total merging, with absolute focus, with another person who is equally committed, with the best training--and you repeat it 1,000 times--it will be more effective than if you are drunk, read the instructions, and do it once at a party with someone who is trying to make his or her current flame jealous.

Most yogic practices are simply preparations that make you the best possible stage for the play of experience. The experience of soul-merging is a subtle and delicate process. Otherwise we would have it all the time. (In fact we do but that is another article.)

Before you begin sharing the breath it is important to prepare yourselves. For best results this should be done with someone you know well. First, declare a block of time, preferably a night, the following day, and another night. During the first night, focus on each other completely. If you make love then do so with focus on listening with the skin, the breath, the movement, with all of your heart to the heart-essence of your partner. When you sleep, stay touching. With some luck you will drift in and out of sleep all night, spending lots of time in lucid dreaming.

The next day do everything together, in a natural setting if possible. Share the sunrise with some yoga and meditation. In the afternoon you might rest together and drift in and out of dreaming. During the course of the whole process your focus is not on your sensation, evaluation, or ideation. Instead your focus is on the presence of your interplay, your union. Focus on doing, not talking, on acting, not thinking.

During this process it is important to relax, release judgment, release goals, and release thought. Eat lightly, drink lightly. If you can fast without the hunger becoming a distraction, then now is a good time for that. Stay away from crowds. Stay away from external distractions.

Share the sunset with some yoga and meditation. If you know the Mithuna ritual for couples now is the time to do it. Otherwise begin by bathing each other. Bless your partner with flower petals during the bath. Do a little kundalini (energy) yoga together. Feed each other using hand food that has a lot of flavors. An added touch is to wash your hands with rosewater or orange water before feeding your partner. A sweet incense is good here. Music can help, as long as it stays in the background.

At this point it you can scent your partner's skin with scented oils. Each area on the skin will match a different scent. This is followed by a light massage using no oil. Oil can desensitize the touch. It is important to let the natural flow of the moment evolve, to forget outcomes. If the interaction moves into lovemaking that is fine. If it doesn't, that is fine also. If lovemaking does happen then it is important to keep the contact subtle and soft. It is helpful if the lovemaking lasts more than an hour.

In time the interaction will evolve into a quiet place. Now is the time to begin the breath. It can be done in any position as long as the body is relaxed and open and the spine is

straight. It works best in Yab Yum where one partner is sitting in the lap of the other. In mixed couples the male is on the bottom. The person on the bottom places the sending hand at the base of the partner's spine and the receiving hand at the heart. The person sitting in the lap places both hands at the heart of the partner. Place your open mouths close and begin exchanging breath. Inhale as your partner exhales.

Once the breath cycle is started then keep it going as long as comfortable. Then do it a little longer. You may slide into a dreamlike state and continue the breath. It is very important to keep as relaxed as possible, especially the spine. You may get a locomotive of energy rushing up your spines and become human Roman candles. You may drop into that deep state from which dreams arise, where the vast wind that is the breath of the universe flows without pause through your cells.

When the process is complete, let sleep carry you together into the next day, the next life.

Meditation and Tantra

from the book: *Sexual Energy Ecstasy*

By David and Ellen Ramsdale

Why is sex so attractive to us? Is it, as some scientific views preach, merely animal instinct? According to Tantric views, sex is magnetic because we want the sweet taste of samadhi (higher consciousness), of light-love-bliss, of the transcendental, even if it is at first but a flash during sex. Meditation accepts that flash for what it is--a message about the nature of reality--and cultivates it into a transformed life.

The key that makes Tantric sex real Tantra and not, as one of our Buddhist meditation teachers put it, just "souped up nookie," is whether the person is really sincere about making an effort to go beyond the self or not. Getting a little loose, a little open feels good. And it's certainly healthy. But real Tantric sex blows your mind completely because it takes you beyond all of your conceptions of everyday reality--you taste the transcendental unity. Your life can never be the same.

The classic descriptions of the Tantric orgasm talk about a unitary or fusion experience. This is where it can get a little confusing. It is possible to have some sort of fusion experience via drugs, at a party, dancing, at a sporting event. The energies harmonize and merge and there is a moment where you feel like you are "one."

The "oneness" of any real Tantric experience, however, is radical oneness. It rips your mind off. It alters your view of reality. It forces you to reconsider the purpose of your life and who and what you are. It takes you closer to answering the question "Who am I?"

If your intent is to do Tantra, then the bottom line is that you need to have a regular meditation practice or similar self-discipline for self-transcendence that gives you the all-

important reference point. Then your involvement in sex means you are bringing an enhanced awareness via meditation to your sexual experiences.

In yoga, it is recognized that there are three levels of energy: *tamas*, *rajas* and *sattva*. Sex that is crude, violent, selfish, unredeeming, where people are treated as if they are objects without feeling, is *tamasic*. As the sensitivity of the partners is undeveloped, they resort to gross stimuli in order to “get off.” *Tamasic* sex is symbolized by the color black.

Rajasic sex, which most people would call good or great sex, is passionate, thrilling, romantic, exciting. As it has the qualities of fire, it is symbolized by red. While far superior to *tamasic* sex, it often leads to frustration unless *sattvic* consciousness is introduced as the relationship matures.

For example, a hot-cold involvement, as in the expression “the fire went out,” may develop. A typical response is either to find a new partner or keep the relationship but have an affair. If the conflict further degenerates, then the classic love-hate relationship results. *Tamasic* behavior such as verbal or physical violence tends to dominate.

Sattvic sex, which is the Tantric or sacred sexuality path, incorporates the qualities of openness and space so that lovemaking is experienced as beautiful, meditative, healing, serene, flowing, peaceful, heart-felt, profound, blissful, harmonizing, mystical, spiritually beneficial. No longer a problem, sexual energy now contributes deeply to your personal growth path and overall sense of fulfillment.

Through *sattvic*, Tantric loving, the sex energy is harmonized with the spiritual life and its powerful energies made available for love, healing and self-transcendence. *Sattvic* sex is symbolized by the brilliance of the rising sun which, when it reaches its zenith, radiates a dazzling white brightness that burns away the ego.

In practice, most loving couples will find they tend to alternate between *rajasic* and *sattvic* lovemaking. They may even go through times when sex seems unimportant, only to emerge a few months later into a period of fiery passion where lovemaking is fresh and exciting again.

The intelligent desire to make love and experience a meaningful union should be allowed to arise from within as a spontaneous flowering. Rigid rules for spiritualizing sex, even if well intentioned, tend to backfire, obstructing the natural inner flow which knows the best way intuitively without thinking.

The point of sex meditation or Tantric sex is that it will take you out of your head and down into your body and your heart. As Fritz Perls said, “lose your mind and come to your senses.” Tantra is all about learning to let go of the mind and discover your supreme Self hidden deep in your heart.

Paradoxically, by going deep into your familiar, physical body in a conscious, loving manner, as a yoga, you discover a deeper, truer body, a body that is pure presence and has no form. When you are lost in love, when you are swept away by the current of ecstasy during lovemaking, when you are melting into the clear light space above your head during the orgasm, when you are fused as one via the Tantric energy climax, you experience this.

Tantra is about the lighthearted joy of bodylessness, of formlessness. Admit it. During your really great orgasms, you completely lost track of who you are, of your body, of your partner--it all just simply melted away, overwhelmed by the power. Usually, we are very wary of this idea of having no body. But in Tantra we discover that it is; fun!

Ultimately, lovers have as their nature joyous, open, luminous oneness. In Tantra, we go through the body to the source of the body, to the true body. By totally feeling the body, we actually taste a purity that is fully spiritual. Yes, the body is the temple, but we must go deeply into it and explore it completely if we are to find the inner shrine. Awake and aware, we celebrate the formless ocean of cosmic joy.

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Tantric Sexual Rituals

“In the creative process, initially the sexual pair, Shiva and Shakti, within both man and world, are so deeply joined in sexual union they are unaware of their differences and beyond Time. They then become aware of their distinction and the female ‘objective’ separates from the male ‘subject’. She performs her dance of illusion, persuading the male ‘subject’ he is not one but many, and generating from her womb the world of multiplied objects in what seems to be a sequence in time. These ‘subjects’ now each perceive a differentiated reality, seeming to be composed of separate particles of objective fact, and live lives that seem to be extended in time.”

--Philip Rawson

“A close analogy was found by Shellon [*Annotations on the Sacred Writings of the Hindus*] between the rituals of the Hindus and those of the Egyptians. He equated Shiva with Osiris, and Shakti with Isis, represented by the same equilateral triangle with a dot in the center, the same emblem of the generative power--two coexisting principles of nature, active and passive, linga and yoni.

“Shellon describes Hindu Tantric sexual rituals as being performed with naked temple courtesans or yoginis, young and beautiful, representing the goddess Shakti, or power, reciting mantras, becoming sexually excited and inducing promiscuous orgies among the votaries which he qualifies as ‘very licentious’ but constituting a mysterious initiation. He further describes Shakti as represented in coitu sitting on Shiva’s erect member, just as Isis ‘the goddess who grants all desires’ did with the dead Osiris.”

--Peter Tompkins, *The Magic of Obelisks*

“...Not only initiation, but the very capacity to reach to Tantric goal can only be transmitted along a line of female ‘power-holders’... Tantra demands that every bond with the everyday conventional world must be broken if one is to obtain enlightenment.”

--Philip Rawson

“In all Tantric magic, the essential requirement--whether in the ecstasy of couples or the solo rituals of a priestess--involved the raising of the energy known as the serpent of fire, or kundalini....The excited chakras are seen clairvoyantly as whirls of multicolored lights, glowing and pulsing along the spinal column, with lesser lights ‘pulsating like stars throughout the ganglionic network of nerves which constitute the subtle anatomy of man.’ The aroused chakras are described as petaled lotuses, tuned as receivers of powerful cosmic rays to link the microscopic body to the macroscopic universe.”

--Peter Tompkins, *The Magic of Obelisks*

“...All the faculties--the senses, the emotions, and the intellect--should be encouraged and roused to their highest pitch, that the person’s store of memories and responses can be awakened and re-converted into the pure energy from which they all originated. Feelings and pleasures thus become the raw material for transformation back into enlightenment. Raise your enjoyment to its highest power, and then use it as a spiritual rocket fuel.”

--Philip Rawson

“The ambrosia is the nectarlike reproductive secretion which, at the highest point of ecstasy, pours into the brain with such an intensely pleasurable sensation that even the sexual orgasm pales into insignificance before it. This unbelievably rapturous sensation--pervading the whole of the spinal cord, the organs of generation and the brain--is nature’s incentive to the effort directed at self-transcendence, as the orgasm is the incentive to the reproductive act.”

--Gopi Krishna

Kenneth Rexroth, in his introduction to the works of the seventeenth-century alchemist Thomas Vaughan, states “that the ‘Vessel of Nature’, the vessel in which the alchemical operation takes place, is a ‘menstruous substance’. ‘It is the matrix of Nature, wherein you must place the universal sperm as soon as it appears beyond its body. The heat of this matrix is sulphureous, and it is that which coagulates the sperm...This matrix is the life of the sperm, for it preserves and quickens it.’ And he ends his postscript by stating that he is convinced that this basic secret of alchemy was originally ‘revealed’ to man, ‘for it is the secret of Nature, even that which the philosophers call “the first copulation”...’

Such sexual symbolism is not rare in alchemy (i.e., the sexual yoga of Chinese alchemy and Tantrism). It looks as though either Vaughan is hinting that the ‘vessel’ is the female vagina, or the alchemical operation closely parallels sexual intercourse.”

--Colin Wilson, *Mysteries*

“The ‘left-hand’ worshippers, who follow the destructive principle and claim that they can utilize it, worship [Kali] in secret. In the higher levels of initiation, worship is changed, for both the Tantra (left hand) and other worshippers

“The Tantrics explain that the physical license of the worship of Kali is needed for brutish mankind in this evil (Kaliyuga) time. This is because only a few can liberate themselves from the flesh and reach divinity direct. Kalipuja (Kali-worship) gives the brutish man and woman an outlet and an idea of how intoxicating true communion with the divine could be. For this reason, according to the priest, it is not uncommon for mass orgies to be held in the early stages of initiation of even the right-hand worshippers, so that they may get a glimpse of the physical reflection of the true ecstasy which comes with acceptance by Kali.”

“The fourth stage in the training comes only when the worshipper is able to throw himself into a trance on a word (such as A-KA-SHAA); and when he can, he no longer needs the idol or the rituals: he is part of Kali. Those who have reached this advanced stage believe that they have great magical power; they are told the final secrets by their Guru. ‘There is no such thing as Kali, no power but energy, no right and wrong; nothing but you and those like you. You are of the nature of a god. You have been led to this stage by the only avenues possible for a man of your type, as you were: through the path of the physical senses because they have to be killed. Now you have lost the power to employ your senses, the sexual urge, the need for wine, for corn, for meat and other things’.”

--Arkon Daraul, *Secret Societies*

From: joshua@cpac.washington.edu (Joshua Geller)
Subject: Re: Sex magic ftp sites
Date: 15 Oct 93 10:50:20 GMT

kyle@silver.ucs.indiana.edu (Dreams Make No Promises) writes:

> I am looking for ftp sites which might contain documents on tantric magic or sex magic. Also, suggested books would be helpful. Thank you.

Why read?

Basic Techniques of Sex Magick

The main requirement for doing any kind of sex magick (one could almost say any kind of magick whatsoever) is the ability to concentrate single-mindedly, ie with no other thoughts at all intruding. This ability is developed by the practice of dhyana yoga or a similar art. The clearest instruction on basic yoga that I have seen is ‘eight lectures on yoga’ by aleister crowley.

When doing any type of sex magick you should formulate your ‘telos’ (purpose) clearly beforehand, concentrate on it single-mindedly and ‘background’ it. During sex, concentration is best directed towards the matter at hand (or

whatever); I have found it to be more than ordinarily important to stay 'in the moment' (ie, neither think of past events or future events, but just what is occurring at the present moment). at orgasm the telos should overwhelm the mind, if you are doing it correctly your mental state will approach dhyana at this point.

Masturbatory sex magick --- VIII degree OTO

Formulate your telos, background it. begin sexual stimulation. at orgasm:

(males) the telos should overwhelm your mind; the semen can either be consumed (eaten) or used to charge a prepared talisman (which, needless to say, should also express your telos).

(females) with each orgasm the telos should overwhelm your mind; as the orgasm recedes background again (repeat until done). The vaginal fluids can be treated in the same fashion as the semen (see above).

this technique is particularly well adapted to the creation of 'magickal children', 'spirits' dedicated to a specific purpose. In fact, it is a qabalistic idea dating (at least) to abulafia that every time one masturbates one creates a spirit (and for this reason abulafia said 'you shouldn't masturbate' and to this day chasidic jews (who incorporate a lot of qabalistic stuff into their trip) aren't (theoretically) supposed to).

Heterosexual sex magick --- IX degree OTO

It is possible for one participant to do this with the other completely unaware of what is going on; I find this ethically questionable. From a strictly practical viewpoint, however, if you are going to use another person to do something like this (let's not mince words) it is best that they be **completely** ignorant of what you are doing; partial awareness could adversely affect the performance or result of the working.

Assuming both the male and the female participant are conscious of the working, the telos should be agreed upon beforehand, concentrated upon, and backgrounded by both participants. the male participant's orgasm should be delayed as long as possible (there are various techniques for doing this; a good one is described in 'stations of the tide' by michael swanwick pp 86 ff (paperback edition (Avon books 1992))). Multiple orgasms in the female participant are

desireable. After the male participant ejaculates, the mixed fluids are taken up by him via cunnilingus (and it is well if this is prolonged also) and shared with the female participant (in a kiss). This elixir is then consumed. Part of it can also be used to charge a prepared talisman.

There are slightly different formulae employed depending on whether the female participant is menstruating or not (in fact indian tantrics differentiate 16 seperate formulae depending on where in her menstrual cycle a woman is (pandunath, personal ommunication)).

Crowley developed several formulae of homosexual sex magick (XI degree OTO); I am inclined myself to describe the XI degree OTO as whatever one personally has the most inhibitions built up against. With crowley it was taking the receptive position in anal intercourse (I would not, however deny that this is an *extremely* powerful formula, due mostly (I think) to the highly absorptive character of the rectum), for John Dee and Edward Kelley (and their wives) it was wife swapping. for a very high kinsey gay person it might well be heterosexual sex; whatever it is for each individual its first use is always characterized by the breaking down of barriers and it remains a powerful formula thereafter.

You now know enough to begin research on your own.

josh

Tantric Polarity Process

The Yoni Massage

The Lingam Massage

Tantric Polarity Process

by Jeffery Tye

BACKGROUND:

The intent of Tantric/Sacred Sexuality is to experience and merge with the Divine (God/Goddess/All-That-Is) using sexual energy as the fuel or vehicle. Sexual energy is the most powerful force within the human body and can lead to profound spiritual experiences accompanied by intense physical pleasure and bliss. Tantrikas use their sexual energy with awareness, love and respect, for themselves and their partner.

Tantra views everything as energy, vibrating at different rates and manifesting in a myriad of ways (e.g., matter, space, time, forces, people, animals, objects, etc.). Harmony and peace are the result of energies being in balance--life flows without restriction. Often, due to various reasons, the energies that make up the human body become unbalanced. This results in ill health, sleeplessness, sluggishness, pain, distraction, and many other unwanted conditions including unsatisfactory sexual performance.

The goal of the Tantric Polarity Process is to bring the body into a balanced state before engaging in sexual activity. The benefits are many, including deep relaxation (important for Tantric High-Sex), heightened sexual response and better health. The process builds trust and intimacy between partners, and is easy to do.

From the Tantric/Yogic perspective there are many energy centers in the body. The seven primary psychoenergetic vortices are referred to as Chakras (loosely translated as “Wheels of Light”), each having a specific function in the body. The most important one is the Heart Chakra. There are three Chakras above and three Chakras below the Heart Chakra. The upper three have to do with intellect and spirituality. The three lower Chakras deal with base human needs and emotions. The Heart Chakra balances the Spirit with the flesh. This Chakra is the seat of unconditional love and divine grace.

(If you aren't already aware of these energy centers or for more detailed information, I suggest you acquire one of the many excellent books about the Chakras and Yogic philosophy. Metaphysical bookstores are a reliable source for these books. *Wheels of Light* by Anodea is one title to check out.)

PROCEDURE:

Allow 45 minutes for this process. Each step takes about 5 minutes. Allow yourself to relax and take your time. Deep belly breathing helps with relaxation. A shower or bath is recommended before this process.

The receiver is to relax, breathe deeply and receive. The giver is to be of service to their partner. This is an intimate process done with love and respect. The giver will be

placing their hands on various parts of the receiver's body. This is done *slowly*, with awareness, avoiding jerky movements.

The receiver is to be naked, laying flat on their back, with legs flat and spread comfortably apart. A rolled up towel or pillow can be placed under the neck for comfort. The receiver may become cold during the process and they may want to have a light blanket or sheet placed over their body.

The giver is to sit cross legged, on the *right* side of the receiver, with knees barely touching the receiver's body. The giver orients themselves in such a way as to be able to reach the receiver's genitals with the *right* hand and the top of the receiver's head with the *left* hand. *It is very important* for the giver to find a comfortable position where they *will not have to move* their body during the process.

Both giver and receiver spend about 5 minutes focusing on deep, relaxed breathing. *This is a very important step.* Begin each breath with a relaxed belly. Let your thoughts and concerns fade away.

The *giver* rubs their hands together, creating heat. Shake the hands, away from the receiver's body, and flick the fingers as if energy were sparking off your fingers. Do this several times. Among other things, this energizes your hands and prepares them for touching the receiver's body.

The giver places their *left* (negatively charged) hand, gently, on the receiver's Heart Chakra. This is located in the center of the chest, between the nipples. You are touching the most intimate and beautiful part of the receiver. This is their center and seat of Divine essence. Become aware of their childlike innocence as your hand rests here.

The giver places their *right* (positively charged) hand, gently on the receiver's Root Chakra. This is located between the anus and genitals. It is clinically referred to as the Perineum. This is the foundation of survival and human needs (food, shelter, money, etc.). It is also the place where a powerful force (Kundalini) emanates from.

The giver keeps their hands in place for 5 minutes. Just relax, keep breathing deeply, and visualize powerful energies coming from the earth and the universe, flowing through your body and streaming out your hands into the receiver's body. Become aware of your healing powers.

Keeping your *left* hand on the receiver's heart, gently move your *right* hand to their genitals. If the receiver is a woman, allow your fingers to contact the clitoris and vulva. If the receiver is a man, cup your hand over the testicles and penis (Lingam). This is the seat of their sexual desire and procreative power. Keep your hands in this position for 5 minutes. Occasionally, gently rock your *right* hand to awaken this Chakra. The receiver will likely experience sexual arousal. This indicates that energy is moving in the body.

Move your *right* hand to just below the receiver's navel, the center of their personal power. Keep your *left* hand on their heart Chakra. Do this for 5 minutes.

You are balancing the lower Chakras, that deal with money, sex and power issues, with their sacred center, the heart. You are bringing infinite love and wisdom into their human life form.

Move your **RIGHT** hand on top of your **LEFT** hand. Keep both hands on the receiver's heart for 5 minutes. Imagine all that you have to give, as friend, healer and lover, flowing from your hands into their heart.

Place your **RIGHT** hand on the receiver's heart and move your **LEFT** hand to their throat. Be gentle, do not press down and just let your hand rest gently on the throat Chakra . This is the source of their creative expression and communication. Remain here for 5 minutes.

With the **RIGHT** hand in place on the receiver's heart, move the **LEFT** hand to their forehead. This is the home of their intellect and psychic powers. Remain at this center for 5 minutes.

Move the **LEFT** hand to the top or crown of the receiver's head. Keep the **RIGHT** hand on their heart. The Crown Chakra is their connecting point to the Divine and channels spiritual energy. Stay in this position for 5 minutes.

Gently, slowly and with total awareness, remove your hands from the receiver's body. At this point they will most likely be in a deeply relaxed and highly sensitized state. Withdraw your hands in a manner that they barely notice it. Slowly, silently, move your body away from theirs and stand up. Walk away from them, shake your hands, and flick your fingers again.

You may leave them in this state (lucid dreaming or meditative) or you can begin another sexual activity. The Lingam Massage or Yoni Massage is most effective after this process. Foreplay, including cunnilingus or fellatio, works very well, as the receiver is in a heightened state of responsiveness at this point. Have fun!

The Yoni Massage

by Jeffery Tye

My wife and I have practiced Tantra/Sacred Sex for several years and have received much joy from the techniques and processes. One of my wife's favorite and frequently requested sexual activity is the Yoni Massage. It has greatly expanded our sex life, brought us closer and has given me a greater appreciation of women. We've taught the technique to many of our friends and they too have enjoyed good results from it. I offer it here and hope it enhances your sex life. Enjoy.

BACKGROUND INFO:

Yoni (pronounced YO-NEE) is a Sanskrit word for the vagina that is loosely translated as “Sacred Space” or “Sacred Temple.” Its meaning and use is an alternate perspective from the Western view of the female genitals (i.e., Pussy, Cunt, Twat, etc., words which may or may not be complimentary depending on the intent of their usage). In Tantra, the Yoni is seen from a perspective of love and respect. This is especially helpful for men to learn.

The purpose of the Yoni Massage is to create a space for the woman (the receiver) to relax, and enter a state of high arousal and experience much pleasure from her Yoni. Her partner (the giver) experiences the joy of being of service and witnessing a special moment. The Yoni Massage can also be used as a form of safer sex (when latex gloves are used) and is an excellent activity to build trust and intimacy. Some massage and sex therapists use it to assist women to break through sexual blocks or trauma.

The goal of the Yoni massage is not orgasm. Orgasm is often a pleasant and welcome side effect. The goal is simply to pleasure and massage the Yoni/vagina. From this perspective both receiver and giver can relax, and not have to worry about achieving something. When orgasm does occur it is usually more expanded, more intense and more satisfying. Orgasm is allowed to happen or not happen.

It is also helpful for the giver to not expect anything in return. Just allow the receiver to enjoy the massage and to relax into herself afterwards. Of course, other sexual activity may follow but it should be entirely the receiver’s choice. This perspective will build greater intimacy and trust, and will greatly expand your sexual horizons.

PREPARATION:

Bathing is always helpful as it relaxes both the receiver and giver. A quiet space is desirable with pleasing music, candles, pillows, etc., or whatever makes the participants relax and feel safe. Allow yourself enough time and do not hurry through the process.

Go to the bathroom before beginning the massage. The best results will occur when the bowels and bladder are empty and you will avoid the unnecessary experience of interrupting the massage to go to the bathroom. Connect with your partner by hugging, holding, eye gazing (looking into each other’s eyes for an extended time), or whatever brings you to a place of safety and relaxation.

PROCEDURE:

Have the receiver lie on her back with pillows under her head so she can look down at her genitals and up at her partner (giver). Place a pillow, covered with a towel, under her hips. Her legs are to be spread apart with the knees slightly bent (pillows or cushions under the knees will also help) and her genitals clearly exposed for the massage.

The giver sits cross-legged between the receiver's legs. The giver may wish to sit on a pillow or cushion. This position allows full access to the Yoni and other parts of the body.

Before contacting the body, begin with deep, relaxed breathing. Both giver and receiver should remember to keep breathing deeply, slowly and with relaxation during the entire process. The giver will gently remind the receiver to start breathing again if the receiver stops or takes shallower breaths. Deep breathing, not hyperventilating, is very important here.

Gently massage the legs, abdomen, thighs, breasts, etc., to get the receiver to relax and for the giver to prepare for touching the Yoni.

Pour a small quantity of a high-quality oil or lubricant on the mound of the Yoni. Pour just enough so that it drips down the outer lips and covers the outside of the Yoni. (Several excellent sexual lubricants are available for this. Many lingerie shops, sex toy shops, sex magazines, etc., offer these safe lubricants. My favorite is "Yoni Play" from Looking Good Enterprises.)

Begin gently massaging the mound and outer lips of the Yoni. Spend some time here and do not rush. Relax and enjoy giving the massage. Gently squeeze the outer lip between the thumb and index finger, and slide up and down the entire length of each lip. Do the same thing to the inner lips of the Yoni/vagina. Take your time.

The receiver can massage her own breasts or may just relax and continue breathing deeply.

It is helpful for giver and receiver to look into each other's eyes as much as possible. The receiver can tell the giver if the pressure, speed, depth, etc., needs to be increased or decreased. Limit your speaking and focus on the pleasurable sensations. (It is my experience that too much talking gets one out of their feelings and diminishes the effects.)

Gently stroke the clitoris with clockwise and counter-clockwise circles. Gently squeeze it between thumb and index fingers. Do this as a massage and not to get the receiver off. The receiver will undoubtedly become very aroused but continue to encourage her to just relax and breathe.

Slowly and with great care, insert the middle finger of your *right* hand into the Yoni (there is a reason for using the *right* hand as opposed to the *left*. It has to do with

polarity in Tantra.). Very gently explore and massage the inside of the Yoni/vagina with this finger. Take your time, be gentle, and feel up, down and sideways. Vary the depth, speed and pressure. Remember, this is a massage and you're nurturing and relaxing the Yoni.

With your palm facing up, and the middle finger inside the Yoni, move the middle finger in a "come here" gesture or crook back towards the palm. You will contact a spongy area of tissue just under the pubic bone, behind the clitoris. This is the G-spot or in Tantra, the sacred spot (there are many excellent books that go into detail about this area). Your partner may feel as if they have to urinate or it may be painful or pleasurable. Again vary the pressure, speed and pattern of movement. You can move side to side, back and forth, or in circles with your middle finger. You can also insert the finger that's between your middle finger and pinky. Check with your partner first before sticking two fingers into them. Most women should have no problem and will enjoy the increased stimulation from two fingers. Take your time and be very gentle. You may use the thumb of the *right* hand to stimulate the clitoris as well.

An option to try if the receiver wants it is to insert the pinky of the *right* hand into her anus. Ask her first and do not insert your pinky into her Yoni/vagina after it has been in her anus. Use lubrication and be very gentle.

(In Tantra, it is said that when your pinky is in her anus, the next finger and middle finger in her Yoni/vagina, and your thumb on her clitoris, "You are holding one of the mysteries of the universe in your hand.")

So, what is your *left* hand doing all this time? You can use it to massage the breasts, abdomen, or clitoris. If you massage the clitoris it's usually best to use your thumb in an up down motion, with the rest of your hand resting on and massaging the mound. The dual stimulation of *right* and *left* hands will provide much pleasure for the receiver. I do not recommend using your *left* hand to touch your own genitals because it may take your focus off the receiver. Remember, this massage is for her pleasure and much of the benefit comes from not only the physical stimulation but the intent as well.

Continue massaging, trying different speeds, pressures and motions. Keep breathing and looking into each other's eyes. She may have powerful emotions come up and may cry. Just keep breathing and be gentle. Many women have been sexually abused and need to be healed. A giving, loving and patient partner can be of great value to her.

If she has an orgasm, keep her breathing, and continue massaging if she wants. More orgasms may occur, each gaining in intensity. In Tantra this is called "riding the wave." Many women can learn how to be multi-orgasmic with the Yoni Massage and a very patient partner.

Keep massaging until she tells you to stop. Very slowly, gently, and with respect, remove your hands. Allow her to just lay there and enjoy the afterglow of the Yoni massage. Cuddling or holding is very soothing as well. As you learn to master the Yoni

Massage your sex life will be greatly enriched and you will learn a great deal about feminine sexuality.

The Lingam Massage

by Jeffery Tye

BACKGROUND INFO:

The Sanskrit word for the male sexual organ is Lingam (pronounced LING-AHM, [LING rhymes with sing]) and is loosely translated as “Wand of Light.” Its meaning is different in intention from the typical Western view of the penis (i.e., Cock, Prick, Dong, Dick, etc., words that may come from a limited perspective, depending on the intent of their usage). In Tantra/Sacred Sexuality, the Lingam is respectfully viewed and honored, a “Wand of Light” that channels creative energy and pleasure.

The purpose of the Lingam Massage is to create a space the receiver to relax, and receive expanded pleasure from his Lingam. His partner (the giver) experiences the joy of facilitating and witnessing the man surrendering to his softer, gentler side. The Lingam Massage can be used as a form of safer sex (when latex gloves are used) and is an excellent process to build trust and intimacy. It is often used to help men heal from negative sexual conditioning and trauma.

Orgasm is not the goal of the Lingam massage although it is often a pleasant and welcome side effect. The goal is to massage the Lingam, also including testicles, perineum and Sacred Spot (the equivalent to the female G-spot), and allow the man to surrender to a form of pleasure he may not be used to. From this perspective both receiver and giver relax into the massage.

Men need to learn to RELAX and RECEIVE. Traditional sexual conditioning has the man in a doing and goal oriented mode. The Lingam Massage allows the man to experience his softer, more receptive side and experience pleasure from a non-traditional perspective.

PREPARATION:

Take a relaxing bath or shower. Take your time and breathe deeply. Conscious, relaxed breathing will take you out of your mental process and will get you more into your feelings. Relax your belly and let go of the tension that most of us hold there.

Go to the bathroom before beginning the massage. The best results occur when the bowels and bladder are empty.

Let go of your thoughts and connect with your partner through hugging, holding, eye gazing (looking into each other's eyes for an extended time), bringing both of you to a place of relaxation and trust.

PROCEDURE:

Have the receiver lie on his back with pillows under his head so he can look up at his partner (giver). Place a pillow, covered with a towel, under his hips. His legs are to be spread apart with the knees slightly bent (pillows or cushions under the knees will also help) and his genitals clearly exposed for the massage.

The giver sits cross-legged between the receiver's legs. Before contacting the body, begin with deep, relaxed breathing. Gently massage the legs, abdomen, thighs, chest, nipples, etc., to get the receiver to relax. Remind the receiver to breathe deeply and to sink deeper into relaxation.

Pour a small quantity of a high-quality oil (or water-based lubricant when using latex gloves) on the shaft of the Lingam and testicles. Begin gently massaging the testicles, taking care to not cause pain in this sensitive area. Massage the scrotum gently, causing it to relax. Massage the area above the Lingam, on the pubic bone. Massage the Perineum, the area between the testicles and anus. Take your time. You are giving a massage to an often neglected area of the body.

Massage the shaft of the Lingam. Vary the speed and pressure. Gently squeeze the Lingam at the base with your *right* hand, pull UP and slide off and then alternate with your *left* hand. Take your time doing this, *right, left, right, left*, etc. Then, change the direction by starting the squeeze at the head of the Lingam/penis and then sliding DOWN and off. Again, alternate with *right* and *left* hands.

Massage the head of the Lingam as if you are using an orange juicer. Massage all around the head and shaft. In Tantra there are many nerve endings on the Lingam that correspond to other parts of the body. It is said many ailments can be cured by receiving a good Lingam Massage.

NOTE: The Lingam may or may not go soft as you perform this technique. Do not worry if it doesn't get hard again. You will probably find that it will get hard, then go soft, get hard again, etc., which is a highly desirable Tantric experience, like riding a wave, bobbing up and down. Hardness and Softness are two ends of the pleasure spectrum.

If it appears that the receiver is going to ejaculate, back off, allowing the Lingam to soften a little before resuming the massage. Do this several times, coming close to

ejaculation, and then backing off. Remember, the goal is not orgasm in and of itself. Men can learn the art of ejaculatory mastery and control by coming close to ejaculation and then backing off on the stimulation. Deep breathing is key here and will soften the urge to ejaculate. Eventually ejaculatory mastery will allow you to make love as long as you want and you can become multi-orgasmic without losing a drop of semen. Orgasm and ejaculation are two different responses that you can learn to separate. The result is a very expanded sex life.

Find and massage the male Sacred Spot. There are two ways to do this. One is by finding the spot midway between the testicles and anus. There is a small indentation about the size of a pea or maybe larger. Be gentle and push inward. He will feel the pressure deep inside and it may be intensely painful at first. Eventually, as this area is worked on and softened, he will be able to expand his orgasms and master ejaculatory control. You can massage his Lingam with your *right* hand and massage his Sacred Spot with your *left* hand. Try pushing in on this spot when he nears ejaculation. It is aptly named the Million Dollar Point in Taoism.

The other way to access the Sacred Spot is through the anus. Many men, especially heterosexual men, are uncomfortable at first as a result of negative sexual conditioning. Be careful here and use lubrication. The key is to go slow and be very gentle. Make sure he is breathing as you slip a finger from your *left* hand into the anus about an inch or so. Then crook the finger back in a “come here” gesture. You will feel the prostate gland. Vary the pressure and speed of massage. He may want stimulation of the Lingam as you massage the Sacred Spot. Back off on the Lingam as he approaches orgasm and increase the pressure on the Sacred Spot.

Sometimes the man may have strong emotions come up during access to the Sacred Spot. He may cry and remember a traumatic event from his past. You, the giver, are in a place of trust and intimacy. Allow him to feel his emotions and be very loving, not trying to console or fix him, just let him feel whatever he needs to. Encourage him to scream, cry, moan, sob, if it feels appropriate. Be the best friend and healer he could have in that moment.

ENDING THE MASSAGE:

If he chooses to let go and ejaculate, encourage him to breathe deeply during the orgasm. It will blow his mind, especially if he has come close and held back at least six times before ejaculating. Holding back six times charges up the sexual battery with tremendous energy. It is then his choice as to where he wants to send this energy--out with their ejaculate (the prevailing paradigm) or inward for other uses (men who master ejaculation are able to channel this energy into other areas of their being).

When he feels complete with the massage gently remove your hands and allow him to lie there quietly. You may want to snuggle up together or you can leave the room

and let him drift off into a meditative state. Allow him to fully experience his childlike innocence and magnificent male beauty.

Have fun with this technique and share it with your friends and loved ones.

Namaste,
Jeffery
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Tantra: Sex Magic

Sex Magic Reality Creation Process

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I want to share something I call the Sex Magic Reality Creation Process (SMRCP). It is a powerful tool that is appropriate for deliberate reality creation. As many of you know, I've been practising Tantra/Sacred Sexuality for many years and have enjoyed wonderful benefits from it. One of my favourite areas of study is Sex Magic. I've successfully incorporated the SMRCP in my reality creation toolbox. It is with much joy that I share it with you; have some fun with it.

Background:

Sex is one of the most (some say THE most) powerful energies on the planet. To grasp its awesome and often overlooked power, take a look at the starving Somalis. Take away their food, take away their dignity, humiliate and torture them and *they still make babies*.

Within our loins lies an energy that has the potential to create *any* reality we want. Unfortunately, most humans have a love/hate relationship with sex that is reflected in many ways (i.e., unsafe promiscuity, self-destructive perversions, denial, shutdown, religious intolerance, rape, abuse, etc.). Religion has done much to suppress our divine sexual nature and has kept the masses ignorant of the potential uses of sexual energy.

When we accept and embrace our sexual nature we are free to use its awesome power for our benefit. We no longer worship it or deny it. We come into balance and view our sexuality as part of our divinity. It becomes joyful, light and loving. We learn to use sex for more than procreation or sensual gratification.

I want to make a comment about celibacy. Many people, including so-called enlightened teachers and religious figures, misunderstand celibacy. True celibacy is not a denial or suppression of sexual energy. True celibacy is when one chooses to focus/channel their sexual energy, in non-sexual ways, into other areas of their being. There are many ways to do this but Sex Magic is not one of them since it involves sexual stimulation. Tantra embraces both the sexual path and the celibate path.

Sex is creative energy. Magic is the art of creating reality.

True magic is simply the art of creating what you want. We can liken all the processes given to us by masters and teachers (Seth, Alexander, Abraham, Avatar, etc.), as tools in our magician's or Shaman's bag. People who consciously and deliberately create their reality are the ultimate magicians on the planet.

Sex Magic:

Sex Magic is based on the belief that the most powerful moment of human existence is the orgasm. Sex Magic is the art of utilizing sexual orgasm to create a reality and/or expand consciousness. All senses and psychic powers are heightened during orgasm. It is a moment when a window opens to the unlimited abundance of the unlimited universe.

Now, some may argue that they fantasize about some person or event during sex and it never materializes into a reality. This is because most of us, at the moment of orgasm, lose our focus and get lost in the physical response. That's okay, there's nothing wrong with using sex for pure pleasure. That intention is also a created reality. The SMRCP is about maintaining one's focus during orgasm and channelling the energy into creating a reality. Any reality, whether it's creating a new job, car, experience, relationship, etc.

The Process:

Relax and breathe deeply. Breathing deeply is key to the success of Sex Magic. Take your time and relax your body, especially your jaw and belly.

Identify what you want to create. It's important to choose something that really excites you. Make it specific. You can write it down or say it out loud as a mantra or affirmation. Make it in the present tense or as if it's a reality already (i.e., "I earn \$85,000 per year.")

Focus on the creation. See, hear, taste, smell and feel the creation as if it's real. Visualize yourself in the creation. For example, what is your life like when you earn that \$85,000? What does it *feel* like? Make it big, in Technicolour, with all your focus and intention. Breathe into it. Now, when you've identified the feeling and/or picture that best captures what you want to create, *file it away* in your mind and relax. (You may want to practice a bit with this step before proceeding.)

Do whatever brings you almost to orgasm. This can be masturbation or sexual activity with a supportive partner. Remember to relax and breathe into your orgasmic state. Take your time. Bring yourself almost to orgasm, backing off just before the point-of-no-return, several or more times. What you're doing here is charging up the sexual battery.

I'll digress here for a moment. It's easier for women to do this process because orgasm is usually not an energy drain for them (as long as they're not engaging in wild, aerobic and physically exhausting sex). Women are able to climax multiple times ("Riding the Bliss-Wave" in Tantra) gaining tremendous energy from it. So, to my sisters, I encourage you to relax, breathe, and have fun. It's also very helpful to strengthen your PC/vaginal muscle and get in touch with your G/Sacred Spot. There are many good books which cover this. My favourite is "The Art of Sexual Ecstasy" by Margo Anand. I'll do a follow-up post about the "Yoni Massage" that you can use with a supportive partner in conjunction with the SMRCP.

The men are another story because their orgasmic energy is usually expelled out of their pelvis, in their semen, and out of their body. Fortunately this can be handled! Unfortunately I won't be able to teach you within the limits of USENET and e-mail. I encourage my brothers to learn and practice the art of ejaculatory control (I prefer the term Ejaculatory Mastery) and create an INjaculation. There are several good books about this. Margo Anand's book covers this. For the time being, just relax, breathe and come *close* to ejaculation *six* times before you release your semen. I'll follow-up with the "Lingam Massage" that you can use with a supportive partner in conjunction with the SMRCP.

When you have almost reached orgasm, after coming close several times and you're ready to let go, recall from your mind the reality you want to create and energize it with focused intention. Make it vivid, exciting, big and beautiful.

When you orgasm, keep focused on the picture/creation and deliberately channel the orgasm into it. Just let it flow into the reality you want to create. Remember to keep breathing during the orgasm and breathe your orgasmic energy into your creation/goal/dream/reality. Stay focused and hold the picture. Your body will do the rest (this is why a partner is very helpful--they can do the physical work for you :-).

You can repeat the process if you want to come to another orgasm.

The reality will create itself immediately or will be buffered by time. It may also manifest as an opportunity, insight, healing, etc. The power of the SMRCP will blow your mind as you master it! Have fun with your creations.

Namaste,
Jeffery

<http://www.smart.net/~kaz/cunnilingus.html>

Special Cunnilingus Techniques and Secrets

The best part of sex, in my far-from-humble opinion, is the pleasure you can cause in your partner(s).

While being stimulated by your partner is certainly far better (for most people, if their partner's any good at

it) than masturbation, it is still pretty much the same, only better.

Going down on a lover, on the other hand, allows you to get a kind of pleasure that you cannot give yourself, even in part; the vicarious or empathic response you get from their reactions.

The techniques here, therefore, are centered around cunnilingus, including (since there's no separate name) using your fingers. Along a similar line I've now written Advanced Fellatio Techniques and Secrets. This was learned as a subject, not performer, but with the same quality of skill involved. Because of the number of questions I received on the subject, I also have Advanced Anal Sex Techniques, for those who want to know about that.

Basic Guidelines:

"Less" is always the best way to start out if you don't know exactly what a specific person likes. It's much safer to build up from "not enough" than to try to back down after shattering the mood by being too rough. The final argument to ensure that you always apply this rule is this -- If you start out "too" gentle/slowly, in most cases this just excites your lover more, even in the rare cases that it frustrates her a little. But if you start out "too" rough for her, it almost always turns her off to the whole thing. The differences between women cannot be emphasized enough -- no matter what you have encountered so far, always assume that you have no idea what a new partner enjoys. It is entirely possible to have had many lovers, and think they are all pretty much the same or You've learned all of the variations, and can tell who's what. But this can be (and usually is) just a matter of random chance...you happened to get several similar lovers. Eventually you will run into someone, or many people, who are completely different than those you've known before.

Don't start by going down on her. Work your way up to it. Exceptions may be if you're in a hurry before your Press Secretary shows up, or other situations where you're expected to act more directly.

It's worth observing that "work your way up to it" remains true no matter how many times you've been with that lover. With a long-term lover it may seem like you can get right to the direct stuff, but working your way up still has the same effect of increasing her excitement, with most women.

Along the same line of reasoning, don't start licking her clitoris immediately, when you do get there. Start with the area around it, which can be pretty sensitive with some women, even if it doesn't seem to cause the same dramatic response.

Even more important is to not immediately start inserting fingers in her vagina. With most women, that really needs to be built up, first. It usually doesn't hurt to build up a little, even if she's already excited. Remember this -- Most often, the tongue works best

with the clitoris, the fingers with the vagina/g-spot.

Someone else's fingers on her clitoris tends to be a little rough, no matter how careful they are...and almost all of the excitement she gets from attempting to lick into her vagina is psychological; she can't really feel much that way. Hand Care It's best to be sure your fingernail edges are very smooth, and preferably cut all the way down to where they connect to your skin. No matter how careful you are, they are likely to cause her to get a little sore inside, or even really hurt, feeling like a knife cutting her. This can even be the cause of soreness that she doesn't realize is being caused by your nails. Being a guitarist, I have the nails on my left hand trimmed back as far as I can cut them, anyway. Guitar also gives one's fret-hand amazing endurance and finesse, for g-spot stimulation and other tricks. Dental Dams these are, in most cases, just plain silly. Unlike almost any other form of sexual activity, the odds of you transmitting or catching AIDS this way are almost zero. There are almost no cases of any female homosexuals, for instance, even /claiming/ to have caught AIDS this way. In case you're wondering what the hell I'm talking about, a "dental dam" is simply a condom cut in half lengthwise and used to keep fluids from passing between mouth and vulva. And it's being advocated primarily by people who are simply jealous that they're missing out on a great chance to be a "victim" in the issue of sexually transmitted diseases.

Interesting note -- A little noise on your part usually doesn't hurt, and sometimes it helps. Some women are very hung up on cunnilingus, determined to believe that, no matter how much you say otherwise (and she claims to believe you), it may be at least a little unpleasant for you. If you're excited by her responses, or by the act itself, don't try to stay quiet about it. The same kind of sounds that will reassure and excite a lover when they're pleasuring you will often work when you're pleasuring them, too. This could be considered a secret weapon in sex in general, because most guys are rather quiet, and yet women almost always find responsiveness very exciting. The contrast between someone who's responsive and most of the other guys makes it even more effective than it would already have been.

More Advanced Techniques:

The G-Spot

This does exist. And in over half of the women out there, it works better than anything else you can do to cause a strong, prolonged orgasm. The original name is the Grafenberg spot, after a doctor, Earnest Grafenberg, who documented the area (which may have been known by people here and there throughout history) in the fifties.

This "spot" is a small "mound" of tissue inside the vagina, between a penny and quarter in size, which responds to being pressed upon. It's almost certainly not the skenes glands, (which are located around the urethra, which is behind the G-spot area), as has been suggested by a few people. In fact, the G-Spot is the tissue in that raised area of the vagina, which has a higher concentration of sexual nerves, and produces hormones similar to those made by the male's prostate gland.

A sort of map to the area -- Imagine your lover lying on her back, legs spread. Your position is between her legs.

You would slide a finger inside her vagina, palm up. With your finger straight back, middle finger is best, you would curve it toward yourself, gently, as if you were gesturing

to someone to "come here". In doing so, the area you press on should be pretty near her "G-Spot" area. If you know enough to follow the urethra (the tube that leads from the bladder to where the pee comes out), along the inside of her vagina, you may feel a slight swelling (if she's excited) at the point where the g-spot is.

She must be excited, especially if either you or she is new to the g-spot, for the g-spot to have any real effect at all. It's not the ideal area for getting your lover aroused.

But when she is excited, this area (more often than not) is the best way to bring her to orgasm. You work your way back to it gradually, teasing her (typically, this works best) with your fingers, slowly and gently. It's easier to hit the right area with two fingers, but this may not be comfortable for her, depending on how "tight" she is at that moment.

When you have your fingers around the right area, try gently pressing, not too quickly. The movement should be fairly rhythmic. It's typically best if you're licking her clitoris (or near it, depending on the woman) at the same time...don't make a big deal out of the "quest", this will often make her feel self-conscious, or distracted. The licking should seem to be the primary activity.

When you find the right area, she should respond by getting more excited. Most of the vagina's inside surface isn't really that sexually sensitive, believe it or not...most of the excitement of randomly inserting fingers is more psychological than from the actual stimulation.

While more complicated techniques work with some women, some of the time, the best basic technique, upon finding the g-spot, is to continue to slowly, rhythmically press on it, while licking her clitoris (for a few women, the labia (lips) are sensitive to licking, too).

This should cause her to build up to an orgasm.

A G-Spot orgasm is different (always, when it works at all) than any other kind women have. It is possible, with some women, to have different qualities and kinds of orgasms from vaginal, clitoral, anal, and even breast stimulation...but with other women, those kinds of orgasms are all pretty much the same. But the G-Spot orgasm not only feels different; it also causes her body to react in a different way.

First, it often causes a "push out" orgasm. The area around, or "above" (farther inside, that is) your fingers

seems to swell up or to contract toward the opening of her vagina.

If you find the right combination of pushing back when this happens, and slacking off to let it push out, you can cause (in perhaps half of the women) her orgasm to continue happening, long after normal ones would have subsided. In some women you can even keep her at a "plateau" (raised level) of sexual excitement, like a prolonged orgasm (or a little less than one) afterward, building up to an even bigger climax. I've managed to keep this pattern of build-up, orgasm, plateau, orgasm, build-up, orgasm for over four hours, with one lover. We stopped when, though she wanted to go on, she was so exhausted that she really had to stop.

That brings me to another important point; G-Spot orgasms sometimes (less than half of the women, I'd guess, and in some of those women only occasionally) causes a huge amount (relatively speaking) of lubrication (juices, wetness)...far more than even the most excited woman gets from "conventional" stimulation. It's a good thing, too, because otherwise g-spot orgasms can only be prolonged for as long as she does not get raw/sore from it...which is yet another reason to be gentle.

When that extra wetness combines with the push-out orgasm, you get actual ejaculation...like a guy, but much better tasting. The built up juices can shoot out in such volume that you, or she, may be afraid that she lost control of her bladder. That is (almost always) not what happened. The fear that she peed can be enhanced by the fact that the urethra is behind the g-spot, so that in rare cases the woman can sometimes get the feeling that she needs to pee, even though she does not.

In reality, in both men and women, enough sexual excitement prevents peeing, unless you try really hard. This is a built-in reflex, because urine is something of a spermicide. The "pee hard-on" that men get in the morning is partially his body taking advantage of this reflex, to keep him from accidentally wetting the bed with the urine that built up while he was sleeping.

Licking the Alphabet

Believe it or not, Sam Kinnison's suggestion of licking the alphabet, one letter at a time, on and around her clitoris/vulva actually works. I had come up with a similar technique myself, but his version is pretty close to the perfect formula -- The real goal is to be able to keep regular, rhythmic motions going, but to change them in some gradual pattern that isn't so different it throws her off, but isn't so redundant that she grows insensitive to it. The alphabet is probably the longest chain of shapes that you can be sure to repeat smoothly and rhythmically, without losing track of where you are. Unless you are a victim of public education, I suppose, in which case you may have to stick to the letters of your name, or the numbers one through nine (being too confused by where to put the zero).

I would not suggest combining this with the g-spot stimulation, at least not with the intention of really giving her g-spot orgasms. The two techniques conflict a bit, as the focus of arousal is so different.

Cough Drops - Nothing to Sneeze At

After you've thought about it for a while, this will seem obvious. Just remember that it probably wasn't, until a minute ago...

The way a cough drop, either menthol or mint, works is to stimulate the mucus membranes in your mouth in the special way that feels "cool and tingly". Well, one of the few other places (easily accessible) on the human body that has mucus membranes is the vaginal area. Many people find that, correctly applied, a cough drop feels just spectacular down there. Most people at least find it a very...ah...refreshing change of pace.

A few important tips:

Use sugar-free cough drops. N'ice is a great brand, especially the menthol or mint versions. If possible, find one (whatever brand) with both menthol and mint. It's actually possible that sugar cough drops are just fine, or even better...the debate is over whether the sugar might feed an already existing yeast infection. The things I've heard from semi-expert (medically) people are that it may feed one (and thus aggravate it), that it actually will protect from yeast infection (I forget the reasoning, it may have been a Ph thing), or that it's not the kind of yeast that eats sugar anyway. One thing's unanimous: sugar cough drops won't make any difference unless you're already infected, they don't carry that kind

of yeast. In fact, a human's fingers or tongue would be more likely to (and even that is pretty unlikely, if they're of even typical cleanliness).

Let the drop become even more rounded and smoothed by sucking on it for a while, if you're actually going to apply it inside (which is the most effective way).

Speaking of which, the best thing to do is actually insert it with your fingers. This only works if you're going to be using your fingers during the cunnilingus, though an alternative is to leave it there for a while and then engage in coitus, which can be pretty nifty for both parties.

If not insertion, the best way is to simply suck on it and then, with cough-droppy saliva, lick her as you would have done anyway, perhaps using the Alphabet method. This isn't quite as amazing, but is still pretty good. Altoids are supposed to be pretty good, but they're very powerful. I haven't yet verified whether they work, though Don & Mike (Radio Gods) unintentionally made a big deal of it recently. They admitted they were working from a position of ignorance, much like their reviews of movies they have never seen. Don't forget to try breathing on, or blowing lightly on, her vagina/clitoris. The effect is more subtle until you try this... it's the exposure to air that makes it especially tingly.

Just for Noel

When Christmas time rolls around, some stores sell a kind of candy cane that's over an inch thick and six or eight inches long at the straight part (it may not even have the hooked part at all). Take one end of that, and suck/lick it until it is more rounded and smooth, and you have one of the most entertaining objects you might ever insert in your lover's vagina. It has that special minty feeling, like a cough drop but milder, and is the approximate size/shape of a penis.

Butt-Free Anal Stimulation

I like making up titles.

The vagina actually shares a wall, on one side, with the rectum. Not only does this mean that sexual stimulation is possible from anal entry (which is a whole separate page), it also means that a similar sensation can be achieved without ever touching her butt (not that there's anything wrong with that...heh) by stimulating the side of her vagina where it shares nerves with her rectum. This is more or less the exact opposite, one hundred eighty degrees around, from the g-spot. In other words, if you were to reach in and arch your finger to touch her g-spot, then rotate your hand to face the exact other direction and make a similar (but flatter) motion, you've got the right area. Common sense should tell you where I'm talking about, anyway, since it's the area where it would touch her rectum, inside.

It rarely works well to stimulate this early on...usually you need to not only build up to it, but even get her pretty excited and sensitive first. This is not only to make the area more receptive, but also, in some cases, so that she will be beyond any danger of distraction over the tabooess of how it feels somewhat like you're stimulating her anally. Press more with the length of your finger, not the tip. This works best, in many cases, as a change of pace, not the main attraction. Which leads us to...

Around the World -- or the Sea, Anyway

Once you have your lover "used to" the whole g-spot stimulation thing (she will actually get "better at" cumming from g-spot stimulation, the more it's done to her), you can try, occasionally and for variety, stimulating her g-spot until she starts to really respond, then switching back and forth between pushing (as gently as normally necessary for that particular lover) her g-spot and pressing the length of your finger on the opposite side, as per the last section. Sometimes you can even get to the point of doing one press on one side, one on the other, back and forth, which can feel amazing and a bit "what on earth are you doing? No, I didn't say to stop" to her. Most likely, though, it'll work better if you switch every several seconds, not every time you press.

Around the World -- Part II

I should not fail to mention the cervix. You may not have even noticed it, by touch, but it's there and once you find it you'll wonder how you missed it (unless your lover has had hysterectomy, in which case it's missing, no big deal). This is yet another area where you definitely want to build up to stimulating, as it can actually be painful to even touch if she's not excited enough...but, despite assumptions to the contrary, it can be very useful for stimulation, done correctly. As I said, issue #1 is that she must be very aroused. Well, bearing in mind that everyone's different, of course.

The Cervix is also about 180 degrees around from the g-spot, but it's in much deeper (typically). It leads back to the rest of her reproductive organs, like the womb. If she's pregnant, don't mess with this at all. Watch out, too, for IUDs and diaphragms and the like. Hopefully you are on good enough terms with her to already know if she's using one of these contraceptive devices, which fit over the cervix.

The cervix is not an abstract "area", it actually juts up, like a little flesh mesa or something. It has an opening at its very "peak", but this is normally closed pretty tightly. The best way to start is to gently caress around the sides and base of the cervix. Remember, she should already be very "hot" before you even start this part. Eventually, build up to circling it with one or two fingers, around and around, gently staying in contact with it so she can feel the motion through the cervix itself. How hard you can press depends a lot on the specific woman. This is also something that probably works better as a change of pace, not the "main course" of the cunnilingus session...unless she really gets into it.

That circling motion may get another round of "what on earth are you doing...hey! Don't STOP doing it!". You may even, and in my experience this rarely works, but works well when it does, be able to press directly on the tip, with your finger or fingers, pressing it the way a penis might if one happened be entering her at the right angle to hit her cervix.

Actual Anal Stimulation

This works very well with cunnilingus, if the woman is comfortable with it. In fact, it has its own section on the [Advanced Anal Sex Techniques](#) page...I won't go into any real detail here but to point you to that page.

Comments/Appendices:

Taste

Anyone who likes, say, coffee or beer should have no room to complain about the way

most women taste. No, I don't mean it tastes like coffee or beer, genius...I mean that beer and coffee are, at best, acquired tastes...they are not naturally pleasant to a human being, no matter how much your addiction to one or both has convinced you otherwise. Most people, whether they remember it or not, had to learn to like the taste of beer/coffee, and had the desire to be Like the Adults to help them along. Well, I'd list taking pleasure in cunnilingus above drinking addictive beverages on the list of things that prove maturity. Aside from that, there's the fact that many people who give it an honest try genuinely enjoy the taste/smell, myself included. Had I not liked it, for some reason, I would have simply taught myself to like it, because of the great pleasure it can bring. Aside from whether you find the taste/smell sexually exciting to begin with (and, because of pheromones, males (at least) should), surely it will become ever more stimulating for you as you come to associate it with the pleasure you can give.

Rest

If you do have a lover who can experience repeated, extended orgasms from g-spot stimulation, and you (for some reason) need to take a break, the absolute best way to do this is to give her a clitoral orgasm.

This can be as simple as pushing even more gently and slowly on her g-spot, while giving her clitoris more attention (it can often take more direct and firm stimulation by that level of arousal), so that her next orgasm is really caused by the licking, not the pressing of your finger(s). This works because, with many women anyway, clitoral orgasms leave her feeling very sensitive, and momentarily satisfied (or at least wanting to take a breather).

There is, on the other hand, a very interesting trick for staying "in the game" when your tongue is getting tired. Switch from moving your tongue directly, to using your whole jaw to move your tongue, by slightly opening and closing it. If you tire of this, move your entire head, so that it's doing the actual work that makes your tongue move. When even your neck tires, it's on to the final backup-plan, but the one that works the longest; gently rock your entire body back and forth, at the same speed that you were doing each of the other, so that it's your body that's actually doing the work to move your tongue. For someone who hasn't built up the mighty endurance that's useful with a lover who can have hours of orgasms, this is a great trick. Of course it mainly works when you're going simpler, rhythmic motions...save the fancy tongue stuff for when your tongue's doing all of the work (you should be able to switch back to tongue-only motion regularly, as it gets rested).

by kaz