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Marriage Intimacy (New Approaches) — Extracts

Extracts from *Marriage Intimacy (New Approaches)* by Dr. Gopal Krishna, published here in readable form. The document as originally published is kept as a download: Download the original document (Word).

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EXTRACTS

MARRIAGE INTIMACY (New Approaches)

Chapter I: MARRIAGE INTIMACY: -

Marriages are made in heaven but are built up on earth. Why? Marriage is "MUTUAL TOTAL INVOLVEMENT" of two different independent identities. Unless you both as couple try for 'TOTAL INVOLVEMENT ' you will achieve nothing. And that too without losing your individuality How? By way of merging to form a composite whole. Both being equal. None superior or inferior. Commitment by way of compromise, not merely adjustment.

There are Six stages of marriage. How to cope with?

How.4 pillars of marital edifice- TRUST. SHARING. & CARING. COMMUNICATION. LOVE & SEX can be built up. Know.

Remember their interpersonal relationship may affect the development of their children's personality to cope with their own marriages. History may not repeat itself.

Problems do arise among every couple. Fight they will. And fight they Must. Why? Marriage survives if couple fight two times, love five times. Marriage gets lost if it is reverse.

How to break vicious circle of ANGER. Know the steps.

Variety of marriages, as enumerated and discussed, exist world over including the latest ones with their pros and Cons.

DIVORCE :

What causes are? Why divorce rate is increasing fast, in a country like India where once divorce was almost non-existent? How if affects child's emotional development?

Law suits regarding divorces make both the partners as losers – emotionally and financially. What precautions to be taken in engaging a lawyer?

Role : of Counselor :

Help needed by couples not only for reconciliation (1) BEFORE divorce, but (2) also AFTERWARDS when things could not be reconciled and divorce has taken place. That is most crucial period for support from someone to overcome depression, to egg on, and devise life for future.

Certain guidelines for married partners. Follow them. _____

CHAPTER II : HAVING HOT SEX IN WHOLESOME SEX If 'Love' and 'Sex' are fulfilling, 'Lust' is filling –for absolute contentment. Love is human nature. It needs to satisfy the basic instinct of sex. How? By way of 'Lust'. Or, say, by romancing. And romancing should be a life- long way to satisfy love and sex. Love is an 'affectionate' devotion to satisfy the sex instinct by way of sensuous pleasure, called lust. In short, sexual pleasure can be achieved with love feelings of heart in sensuous manner How?

" If love is elixir, sex is intoxication. Lust is its flavor. Make marriage a happy blending of elixir of love, with flavor of romance , to sexual fervor.'---- says Author

If love survives life-long, sex should survive life-long. If one fades, the other is sure to evaporate. And to survive both, keep the oil of romance burning. How and what are various ways and means for continuing romancing throughout life? All depends on couple's ingenuity, imaginings and fantasizing. What are they? Follow the given guidelines. How age- long prevalent myths and misconceptions mar their pleasuring? Know the scientific truths. Pursue them.

Certain secrets of romancing are. Understand them. Know each other's erogenous zones. How to make best use of them-by 'fore- play', 'during-play' and 'After-play' to enjoy the most.

How to avoid 'monotony in monogamy? Know tricks. What criteria to be adopted for survival of love, lust and sex as a regular course? What sexercises are needed, viz- Kegel Exercise, Sensate focus, 'simmering', 'teasing', 'mock- intercourse', 'quickie' and 'mini-mooning'—by blending each of them as a routine for creating zest in married life.

No APHRODISIAC ever existed. Not even now. Not even 'Viagra', or its substitutes. SEX IS BEST APHRODISIAC. MAKE ITS REGULAR USE. LIFELONG.

What is NORMAL SEX FREQUENCY? Even up to any age. How quality in sex may be achieved? By way of sensuality merging in sexuality.

SEX IS HEALTH, HEALTH IS SEX. How, and why sex is necessary in any disease- all the more for cardio-vascular disease –to overcome it, and for longevity.

Old age & Sex? What old age? 'Is there any line of demarcation'? "GROW OLD WITH ME BEST IS YET TO BE'--- HOW? _____

CHAPTER III: WHY MARRIAGES FAIL Do marriages fail? Have they ever failed? How, then, marriage, as an universal institution since ages is surviving".

Marriages don't fail. Persons fail. Couples are culprits. Marriage is only victim. Divorce, is often the outcome.

And why persons fail? What are those factors responsible in couples for failure? And how best to avoid them?

In couples failure of marriages how 6 persons between them –3 in each-interact, to cause clashes and conflicts in their day- today dealings.

What is the solution for overcoming ego problems, power struggle, and blues of marriage?

What are possible marital pitfalls, and their solutions?

What practical measures need to be adopted during couple's fights and quarrels?

What to do when one of the partners is in a fit of anger—guidelines? _____

CHAPTER IV: IS SEXUAL INTERCOURSE THE ONLY COURSE? According to various renowned surveys:- Women, in general, get orgasm in 6 to 8 minutes Men get orgasm in 2 to 3 minutes.

How to make up this discrepancy, so that women may get their own orgasm- definitely?

How 'fear of performance' or 'performance-anxiety', 'spectatoring' by men and women cause their failures in intercourse? Know to avoid them

And, even, if anyone, male or female, at times, fails to get orgasm, what are alternatives to satisfy each?

Does size of penis, big or small, matter? No, not at all. Why? Unless that is exceptionally large/ small. Can penis be enlarged by surgery? If so, at all, its –effects. POSITIONS of intercourse, General ones usually adopted, with certain GUIDELINES TO MAKE MORE SATISFYING. With advantages and disadvantages of each kind of position. Know what maters in sexual performance to get and provide maximum satisfactions? _____

CHAPTER V: MYTHS ABOUT MASTURBATION Common, generally prevalent belief held is: Masturbation is harmful, causing insanity, mental aberrations, impotence, frigidity in women, homosexuality, and what not. Ridiculous. Nothing of the sort.

Unscientific beliefs, spoiling lives of young. Causing guilt, nervous breakdown. Even suicides.

Reality is, says Havelock Elis, a veteran psychologist "Ninety-nine persons, men and women, at one time or other masturbate. And one percent who deny speak lie'. Freud, father of modern psychology says, "it is first stage of sexual development.

Sex Therapists world over, rather, use masturbatory devices as techniques to TREAT impotence, premature ejaculation, and frigidity in women.

Those women who had been masturbating since before their marriage are less likely to have any orgasm problem after marriage.

After all, to satisfy their basic instinct of sex, what course is open for singles, divorcees, widow and widowers who do not want to marry, or re-marry. _____

CHAPTER VI: MIRACLES OF ORAL SEX God has provided 3 sex organs to every man and woman. If one fails in performance, the rest two are other alternatives to get their respective orgasm. Know them. And how to use them?

For some oral sex is MUST –before, during or after intercourse. To others, it is the only source of orgasm. Why? How best to combine them?

Vatsyana, author of 'Kamasutra', father of sexology in India 2500 years ago eulogized it, calling 'Fellatio' 'playing flute', and cunnilingus as 'sucking and swallowing juices of mango'.

It is much more in vogue. About 90 percent. Every where. To some, specially to women, it is greatest source of pleasure.

Men and Women learn the technique, as how best to practice it to get intensity of pleasure.

The only hitch to women in fellatio is:- Gagging of throat About swallowing semen

Go through pages to learn the techniques to avoid them. Conditions necessary to perform successfully. What? _____

CHAPTER VII: ENABLING NON –ORGASMIC BEING ORGASMIC (Women)

Orgasm is natural and normal. In every woman, it is like human breathing.

All women are biologically capable of being orgasmic. If they don't, internal and external factors are responsible. Know them to eradicate them.

Cosmo report (1980) lays down about women orgasm:- 20 percent always get 50 percent usually 20 percent sometimes 10 percent never. Why? But these are figures about women who do not get orgasm by sexual intercourse. So what? Alternatives exist. Know them.

Differences between vaginal vs. clitoral orgasm. How best to combine them?

Read to know effective ways for women's arousal, stimulation, excitement and satisfaction –due to male and female differences. 'Men get aroused. Women are made to be aroused' –Know why? What major techniques are to be adopted by men and women? Some major techniques are:- *Foreplay *Thrustings within after ejaculation *Stuffing *Mock Coitus *Play 'during', and 'after' *Squeeze method *Stop –Start technique *Simmering *Teasing. –Read, when to be adopted.

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CHAPTER VIII: WOMEN LEARNING TO BE MULTI -ORGASMIC

What is the difference in being "Single – orgasmic' and 'Multi – orgasmic'?

Is there any qualitative difference? No. Because, both provide the same amount of pleasure. It is like taking wine in one gulp, or taking it in several sips, bit by bit. Intoxication is same. So worry not.

3 types of multi- orgasmic women are:- Compounded M.O. Sequential M.O. Serialized M.O. But to satisfy any of such above what techniques males to adopt for each-to provide complete satisfaction to her. Cosmo Report says: - 60 percent non-orgasmic women learn to be orgasmic (single M.O) And some of them learn to be multi- orgasmic. How? * Can males also learn to be multi-orgasmic. Yes. How? With what difference in men and women? Read and Practice.

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CHAPTER IX: METHODS FOR OVERCOMING ERECTILE DYSFUNCTIONING (E.D.) 45.5 Crores (Crore is a Hindi term. One crore is equal to ten million) men in India suffer from E.D., surveys, (Times of India.) More than 95 percent are psychological impotence. Impotence, as such, is in mind, not in groins. Why? Read.

Difference between ‘primary’ and ‘Secondary’ impotence. What factors are responsible for each? Important to know.

There are 3 types of E.D. (1) No erection, (2) Semi-erection incapable to penetrate (3) Lack of maintaining erection. How to determine causes? And what measures need being adopted? TREATMENT (for Psychological causes) Step 1: Necessary for self-treatment. Step2: By way of therapeutic counseling: 8 steps. Time for each step.

Read guidelines for each step in session- wise treatment. Better, practice under able guidance of psychological Counselor for step- wise, session-wise treatment and time required. _____

CHAPTER X: - METHODS FOR STAYING FAR LONGER (Premature –Ejaculation) – (P.E) P.E. is common. Natural and normal Mostly due to: *Inexperience *Ignorance *Hypersensitivity *Conditioning. How each causes? Congratulations? Because, you might not be having P.E. at all. Shortcomings may be in your partner. How? How to overcome P.E. if you really have? Due to above given several causes, Know hem. What are checks to determine, where lies the problem, in you, or in your partner. Treatment is based on that,. --- as regards different situations? --- or, in various positions adopted in intercourse. TREATMENT : (technique adopted) First, exact problem to be located. In both couple. Second, Learning procedure (for Male)- 8 steps Step by step treatment: Session-wise: Time for each step

Number of sessions required under able guidance of therapeutic counselor to devise total sessions for practice. It requires intensive reading of pages.

How Keislings *Peaking technique *Master & Johnson’s Squeeze Method and *Siemens ‘ Stop- start’ method can best be combined for practice. And, then, applying them in intercourse without having P.E. Read on. _____

LEARNING: EXCEPTIONA NEW APPROACHES:

NOTE: Based on world –wide latest researches and studies and developed after applying them on Author’s own clients :- Techniques of MUTUAL INTERCOURSE (Chap. IV, Part B) Ways for women ensuring EMOTIONAL ORGASM (Chap. VII, Part B) Techniques for overcoming VAGINISMUS in females (Chap VII Part C) Males can be MULTI- ORGASMIC (like women) (chap VIII Part B) How to attain SIMULTANEOUS ORGASM (Chap IX, Part B)

EXTRACTS

Chapter-I : MARRIAGE INTIMACY (NEW APPROACHES)

Marriage is what you make it to be. Marriages are formed in heaven. They are built up on earth. It is not partner in my life that matters. What matters is life in my partner See your partner with mind, listen with heart, and feel with your body. (…Author). “Take my heart, and I shall have all the more”, …… Edomd Rastach. Role Play, “Men are from Mars, women are from venus,” says John Gray. Rightly so. But if venus goes to Mars, or vice versa, would Mars and venus survive in the planetary system? Taking that analogy if women start playing the role of men, and men of women, would Earth be a letter place to live in. If husbands start playing the role of wives, and wives that of husbands, in the married life, would their lives be happier.

If Man is mainly mind, woman is mainly and primarily heart, it does not mean one or other does not possess any of them. Or, that, one is superior, the other is inferior. Both of them are equals.

Adam and eve are God's creation. There are moments in the life, almost in every day-to-day life, when one needs the other to fulfill the vacuum one has, Thus they supplement and compliment each other in their married couple relationship.

To emphasize the role playing an anecdote is being related here: Once a couple, husband and wife were, passing through dense forest full of wild animals the wife was having a basketful of domestic utensils and clothes over her head, one hand holding a baby in his lap, and with other hand a child son. While the husband was leisurely heading them, whistling, empty handed. A passerby seeing the selfishness of the man could not resist to point out to the male as why he was not sharing some of his wife's heavily loaded burden. The male smiled and said, if he did not keep his hands free and unburdened, how he will be able to tear the jaws of the lion, if it attacks them on their way. That is the moral which applies to all trials and tribulations of life met by them. In practical life, if husband exhausted from hectic activities of the day returns home, finds his wife entertaining him with her open arms and bewitching smile his fatigue is gone. Or, on return home from manifold work, the male takes his wife into arms, wife's tiresomeness from irksome duties of the day is evaporated. If their child falls ill, the mother sits by his side putting her hand over his head, serving as soothing balm; while her husband rushes to go to call the doctor, brings the medicine, and wife administers it to the child. Who says as marital couple, or, so as parents of the child each one is not playing their expected roles? If men looks after planning, designing, and running about on arduous tasks of business, factory work etc. the women implement them, put them into practice, and provides internal management and order for smooth running. If a man is critical, analytical, stern and disciplined emphasizing the rule of principles, women is practical, sympathetic and empathetic. Both are equally needed in every phase of life, home, or for any kind of work. That is called role-playing. Mutual Total Involvement: All three are Must which require lot of patience tolerance and efforts lifelong for married couple from day one to end, keeping in view their individual differences of their personality. A little carelessness, neglect may cause damage to marriage, or, even destroy it. Total? Unless it is total, one will try to achieve nothing. And this involvement amounts to lifelong commitment An Urdu line of verse is: - " Ulfat ka mazaa tab hi hai, donon hon, beqarar, donon he taraf ho aag barabar hi lagi hui" Yet, the divorce rate is fast mounting East and West. In West, every second marriage is in doldrums. In west Bengal alone divorce cases have doubled in 2000 from the previous year. What hampers their Total Involvement: Certain infantile and childhood complexes and conflicts, which are carried to adulthood, and then to marriage, remaining unresolved although ultimately affecting their mutual total involvement –may be by one or both the partners. In weaker moments in each man's and woman's life, when one consciously or un-consciously, mostly un-consciously is swept away by momentary physical urge (sexual) to extra-marital relationship often resulting in guilt and repentance later on. Taking relationship for granted. Lack of variety No common interest or hobby. Monotony and boredom, due to lack of romancing. Inflated ego. Pillars of marriage: TRUST * SHARING & CARING. * COMMUNICATION. * LOVE & SEX TRUST: it is first MUST. It is more than fidelity. It is the belief in the partner, his/her reliability in pros and cons of one's life, depending on honesty and sincerity in dealings, justice to pursue, and strength to lean one's head on partner's shoulders. One should know one's borderline, ' Lakshman-rekha' Marriage in India is sacrosanct,' not 'contractual' like West. Present trends of infidelity: Long working hours in offices, business, providing more opportunities to men and women to mix with opposite sex, often lead to the emotional development, as compared to their marital partner who due to lack of time and energy left are fatigued on return at home. Finding shortcomings in the partner with the passage of time on one hand, and newness in others sweeter. Stolen fruits are

sweeter. Thrill of newness, and boredom and monotony at home. SHARING & CARING It can be done in two ways:- Paring for sharing Sharing for pairing. However, when each partner is busy in her/his kind of work, activities, one should develop something of common interest to share with. May be gardening photography, some art, hobby, to be together. It may be religious, academic, cultural or social pursuit. In 'Sharing for pairing one has to share in love and in making-love with the other partner with absolute indulgence in initiating and participating. Whether it is sensuality or sexuality? Whether it is 'in-bed', or 'out-of-bed' COMMUNICATION Differences, in men and women are normal and natural. So with every married couple. It is not differences which matter. What matters is how you overcome them. It is how you 'agree to disagree'? By ways of compromises. It comes by patience, discussions, appreciating each other's point of view, and tolerance on disagreement. But, sort them out. Be open. Discuss. Never remain 'shut in'. Come out what you want to say. That helps the other to understand the other's point of view, enabling to adjust, or at least to compromise. But be sincere and honest without 'ego' to let-in. I SAY BE IN COMMUNION. It is different from communication. To be in communion relates with heart. Heart-for heart. You FEEL and FEEL, when you both "Ek doosre ke bahon mein kho gaye' (lost in each other's embrace). How heavenly?

MALE –FEMALE APPROACH TOWARDS MARRIAGE Men marry for set routine –for peace at home to rest after hard day's work. * Women marry to have home, to set, to live, to produce children-to provide peace to husband, children, and all family members. Man likes to marry a woman who is like his mother to feed him, love him and serve him. * Women like to marry men of high stature, fame, security and prosperity. Man may fall in love quickly. He proposes to marry without a wink of an eye. Has no patience to wait. * Woman waits and waits, weights, takes more time to assess the suitability as his protector. Example of Elizabeth Taylor who married 5 times, divorcing each one, but in the end marrying again a third one to whose shoulders alone she could put her head to rest and get protection while all others wanted to rest on her shoulders.

LOVE DESGINS Man's love relationship design is: Woman's love relationship design is:

SIX STAGES OF MARRIAGE Couple, during the course of marriage pass through: Honeymooning: - Period of romancing, which is more of lust than love. Shortcoming: - Each finding oneself-right, other wrong: Ego clash. Two possibilities are there :- (a) Fight constantly (b) or to adjust and compromise When children are born:- when wife gives more attention to children husband feels neglected and jealous. When children have grown up: Sex life blooms again. Know why? When couples have grown old: - After menopause wife lacks in sex desire, giving more attention to grand-children. Husband feels ignored. Before getting menopause:- women around 40s are hungrier for sex. Know reasons. Note:- whenever sex desire declines, sensuality should survive- closeness tenderness, warmth, to keep them bound together.

PARENTAL RELATIONSHIP AFFECTING CHILDREN'S MARITAL RELATIONSHIP Son identities with father, but loves mother. On his getting married love for mother is transferred to wife. Daughter:- identifies with mother, loves father. On marriage transference of love is from father to husband. HATRED:- If son hates mother, later, he may not love wife. Similarly, if daughter hates her father, she may not love her husband. Examples given of. Salman Rushdie and Padma Lakshmi, and Natasha Singh who support the above freedom concepts. DEPENDENCY SYNDROME: -? - Read to Know PAMPERING PARENTS. With what consequence? FAULT- FINDING PARENTS develop Low –Esteem. Why? ALCOHOLIC QUARRELSOME: with what consequence? NEUROTICS: -marry neurotics. They fight, quarrel eternally, but never separate. Why? Know.

MARRIAGE PROBLEMS (HOW TO TACKLE TO STRENGHTHEN RELATIONS?) Note: 1. What anger causes? - Know How to break vicious circle of anger, blaming. Three alternatives suggested. What? Know them. Role of counseling.

TYPES OF MARRIAGES CONVENTIONAL MARRIAGES * ROMANTIC MARRIAGES *SAVIOUR MARRIAGES *SEXLESS MARRIAGES * MARRIEDS AND MISTRESS * NON-SEXUAL, LOVING MARRIAGES * COMMERCIAL MARRIAGES * OPEN MARRIAGE *FEMALE AGED- MALE YOUNG MARRIAGES *MARRIAGE OF CONVENIENCE *CYBER ROMANCE *COMMUNITY MARRIAGE. What are the reasons for everlasting Marriage System.? New developments? Note: These are some types, supported by case histories on each type, with facts, comments and analysis with case histories? Suggestions to improve upon given. Acquaint. DIVORCES Is divorce a solution? Why lack of relationship leads to divorce? Its incidence. How 'ego clash', 'lack of compatibility', 'lack of capacity to adjust and compromise' lead to divorce. Mostly, malady lies deeper. DIVORCE- EFFECT ON CHILD'S EMOTIONAL DEVELOPMENT What? - Various scenarios? Get acquainted to avoid them. LEGAL TANGLES: (In evaluating marriage) PROBLEMS ARISING ABOUT CHILDREN'S CARE AND CUSTODY. Know what? Their analysis; various possibilities, and Remedies suggested. Know them. LAW SUITS (with consequences). What? * Why women are worst sufferers. How lawyers on both sides gain-? Know what are other Pitfalls in divorces? Shrewd husbands, who are cunning, play tricks. How? Know why? Wife suffers greater harm-in several respects. Know them. * Due to building up of anger within any of the couple? * Negative feeling in growing up children, how develop. * Children's exploitation by each of the divorced parents affects them. How? * How inability to remarry develops? * How it affects her own work and job? * Financial drain to her, etc. how. Caused? COUNSELLOR'S ROLE AS HELPER BEFORE DIVORCE. WHAT? AFTER DIVORCE. WHAT? Two cases related, commented and analyzed as HOW COUNSELLING PROVED HELPFUL? HOW HEPLING MARRIAGES TO BE INTIMATE?

OTHER GUIDELINES (For Married Partners). Important to know them. Know suggestions to improve their marriage.

HOW LAW SUITS AFFECT FEMALES ADVERSELY Don't prolong the case. Only lawyers gain in the form of their fees. Where both the couple earn, shrewd husbands manage their family budget in their own advantage. Wife is required to run the house, and meet with day to day sundry expenses, leaving nothing, or very little to deposit in her own account in Bank. Cunning husbands spend in sharing with their wives on property, car, gadgets etc. amounting hardly to 40 percent. Rest of 60 percent goes in his several secret Bank accounts here and there unaccounted for, which are never disclosed to their wives. And, even, if wife wins the case for claim of maintenance, it is only one fifth to one third of husband's income. While in wining the case she has incurred huge expenditure in the long run in delaying the case, leaving her almost pauper. Husbands, thus lose very little in maintenance, and save more, to laugh in his sleeves. Delay may cause further greater harm to wife:- Her anger and sprit of revenge will continue building up, getting bottled up to affect her holistic health. Children get affected in developing negative feelings for or against any of the parents throughout affecting their future-mainly their own marital life later on. It keeps her tied down so long without developing an independent living. Or, she may not be able to seek another companion for starting her life afresh, till decision. If, at all, she has any new relationship she has to remain cautious till the case is over. If she is already working, it will continue affecting her own work, job etc. It amounts to continuous financial drain. Longer the case delayed, greater is her loss.

COUNSELLING ROLE (Before and after divorce) Counseling role needs being changed. Instead of helping her to maintain balance and composure during the course of court case, its role should be: First, and foremost, to help in their reconciliation, by helping both the couples to work out together, by keeping the communication open between them. If all concerted efforts fail, for rapprochement, and the other partner is bent upon seeking the divorce, then counseling should be: To help him/her to finish off the divorce case as early as possible, Because, longer the case is delayed for maintenance, and or for custody of children, worse would be his or her sufferings, besides financial loss, as mentioned earlier. After divorce, efforts of counseling should be to prepare one, or both the partners, to start afresh, afterwards. This is the latest, and fruitful concept. One has to be helped to realize that divorce is not the end of life. Rather, it opens new avenues, and if God willing, better chances for starting afresh for gainful financial and emotional satisfaction. And one has to work it out. And the counseling has to help. And how one has to keep busy, during the pending of case, counseling has to suggest various ways and means to follow, maintaining one's emotional balance in the meantime. So that, as soon as case in over, one switches over. May be, new job, new refresher course, even new partner for marriage.

ENGAGING A LAWYER (Check outs) 1. Don't choose a lawyer in haste to repent later. Check around, before you finalize. Be specific about fees-especially if you feel the case will be long-drawn one. Be forthright. Ask him, what happens if your money runs out halfway. Will he continue to advise you? Don't pay the entire fees in one go. Have a written-payment plan. Always pay by cheque. Remember it's a business deal, so you can negotiate. Tell him if you find his terms high. High-profile lawyers charge separately for individual appearances in court, sometimes as much as Rs.2500 for every appearance. This is the kind of deal you should avoid. Keep a copy of every legal document. Important, if you ever want to change lawyer. Tell your lawyer never to make deals with your spouse without your consent. Only you know what is best for you.

OTHER GUIDELINES (for married partners) No two persons in the world are alike. Individual differences exist. As such the value system, views and concepts, and life style of each MUST differ. Both are equal. No one is superior. One may be superior in one phase of life, another in another one. Such, they are not comparable. And, therefore, no ego clash there should be. Accept the other in Totality: Good and Bad traits as well. Adjustability is required: Capacity to adjust where two partners differ. Where they differ, seek compromise. Every problem has some solution. Don't let ego come in. Where compromise is not possible, agree to disagree without bitterness. Learn not only as, how to have sex, but also how to love: romance leading to loving marriage. Howsoever busy, partners must keep some reserved time in 24 hours to be exclusively with each other. Follow the examples of ex-prime minister of U.K. Mrs. Thatcher, and well known French author Pearl Buck referred in this chapter. If any partner has some problems which cannot be sorted out, resolved, or compromised, seek counseling. Agreeing for counseling by both the partners is best, and must. If still nothing works or, counseling services are not available, consult some mature member from your family for help. Always keep the flame of sex shining. It is everlasting. Dies with death, Though, it may decline as age advances. And zest of sex lies in Quality: Frequencies could differ. Bring Variety to avoid boredom and monotony. Basis is love. An emotional sex is bliss. Capacity to cope with crises. Fight 2 times, love5 times-a secret 'mantra'. Fight, if you must, be assertive, not aggressive. Be mild, not wild. Fight not on trifles. Forgive and forget. Sooner the better. Let sparks and not blasts be. Fight is not always destructive. It helps in self introspection objectively. Keep sharing in pairing, and pairing in sharing.

CONCLUSION 'Total emotional involvement' in any marriage relationship is MUST. It is neither ideal, nor impractical. Unless you try for total, you will not achieve even partial. The marriage being a relationship of two individuals belonging to different environments, having different personalities in view of their thinking, feelings, life-style, and attitudes towards life may be having similarities of traits but must be having differences as well. What matters is how you adjust with each other's differences by agreeing to disagreeing, or, say, by compromise. If North Pole cannot go to South Pole, and vice versa, at least they can meet at Equator. That is crux of any intimate marriage relationship. But don't let, anyone of your, ego and 'self-will' stand in your way. There is nothing like perfect- matching'. Compatibility does not mean perfect and complete matching, or in being exactly similar. However, and wherever you may search, you will never get. Marriage relationship is like a boat in which you both are sailing, rowing together, and synchronizing in the sea-of-life full of tides. Even unexpected storms and cyclones may occur before you reach to your destination, when God will you both to part with. And if you both fail to achieve on yourself, seek the help of marriage counselor to help you in achieving adjustment. Counselor does not decide who is right or wrong. He helps you to compromise. The goal of 'Totality' of relationship in all its phases of life-physical, mental emotional, social and sexual, and even spiritual –has to be achieved by dint of hard work by both throughout life. BE INTIMATE. LEARN TO BE INTIMATE. ADIEU.

Chapter-II HOT SEX IN WHOLE SOME SEX (LOVE, LUST, & SEX)

If love is elixir, Sex is intoxication, Lust is its flavor. Make marriage a happy blending of elixir of love, with flavor of romance, to sexual fervor. --- Author

If love be food of sex, play on, play on. If lust is filling, love and sex are fulfilling. ---Author What love, lust and , sex mean to man and woman? Difference is in perception. There are three differences:- One; to a man sex is mainly physical. To a woman it is emotional. Man will think, imagine and fantasize about sex 80 times a day. Busy, or, not busy. A woman may mix with hundreds of men a day but she will think, talk and behave normally with no sexual inclination. But, as soon as she sees her beloved, her emotional battery already sufficiently charged gets functioning. He thinks sex, she feels sex. Secondly, a man is visual, a woman auditory. As soon as he sees a woman while traveling in car, bus, or train meets anyone in office he scans here head to feet and gets aroused. While woman would like to hear from her lover several times a day, "I love you". If he cuts a vulgar joke or makes obscene remark she would enjoy. But, if the same a stranger says, possibly he may get a slap on his face. Thirdly, man gets aroused, woman is made to be aroused. To a man sex is performance, to a woman it is feeling. One reason why you will hear cases all-round everywhere man raping a woman. Hardly you will hear a woman raping a man. What a paradox. She enjoys sex from a loving lustful husband. To a husband, he expects wife as 'Devi' (goddess) even in bed. But would get allured to a coquettish mistress who knows the art of providing licentious revelry. Why? Because a man as 'Kamdeo (God of Love) wants(Rati), not a Devi. It is difficult to define these three subtle words. Dictionary meaning of love is "affectionate devotion", lust a 'sensuous pleasure', and sex an 'instinct. In Sex: Sex in itself is great communication. Good sex is not only must but first for any married couple. It is one event, which is special, private and exclusive. Couples, who are free to talk, to express one's likes and dislikes, as what turns 'on' and 'off', and what makes each ecstatic, they are really wonderful partners. Not they, who sulk, suffer, and remain silent, and never come out to express to each un-hesitantly their bodily needs during the thrilling moments of love making. That is pairing, that is sharing. Case: " Convicted for unusual offence of rape, under this title, case relates how a 26 years old Hong Kong male student, 'made love

consensually with 26 year old interior designer, once using a condom, but then refusing to wear when they had sex a second time shortly afterwards." The couple had met four days earlier, and dated twice before arranging to meet in a hotel to have sex. The woman before the meeting said that she would only have sex if (boy friend) used a condom, and he agreed to the request…..". "They made love at the hotel, but he then forced her into having sex for second time without using a condom". "The court, and subsequently the High Court of Hong Kong, convicted him for committing the offence of rape by, "this man (who) did not deliberately set out to rape this woman, but he went too far in forcing a woman to have sex with him." Distinction between 'love and 'lust' is like that of gold and brass. Both glitter. But all that glitters is not gold. Sex is an instinct, it is innate. One is born with. Next to hunger. Human nature, in general, is to seek a permanent partner, exclusively own, to share sexually and non-sensually. Therefore marriage is universal. Though forms may vary. With basic need of love as emotion, on the strong foundation of which the entire structure of marital relationship is built by mortars of sex, and lust as a cementing force. Sharing in sex means what? Sharing by each one to each other- is total involvement, a total commitment. How? Wife surrendering to him in his sexual embrace, and husband making her feel she is loved, desired and cherished. Man, let her feel every inch of her body is kindled with desire, and getting drowned in loving passion. Let him feel he is a king, and let him make her feel she is a queen. Why infidelity in a couple? Infidelity in a man to his wife is the result of his inadequacy, which makes him to try and prove himself to be adequate elsewhere. Infidelity in a woman is to fulfill her basic need of being desired and loved, if not by her own man, then elsewhere. No woman is inherently non-orgasmic. Every one is capable. Man, either you could not provide her orgasm, or she did not surrender to get her orgasm. Once a husband of newly married couple, on honeymoon night returned late dead-drink, and the first thing he did was to upturn her wearing garment to indulge in sex. But on meeting resistance from newly married wife, he tore off her blouse, and raped her to prove his virility. Her first reaction was 'he is a brute'. And for 12 years she carried on sex relations with someone from his family. On being caught in a compromising position, the case was referred to me for divorce. And, in the presence of her husband, she blurred out that from the day one she, 'never loved him.' She said, she 'never got orgasm from her husband while she ' always had from her lover.' Could she be called non- orgasmic? Cause and Effect of Sex Deprivation :- Love and longevity go together. Love is energy to keep man and woman physically, mentally and emotionally fit. Love is, had been, and will remain better than even sex . Those deprived of love suffer from loneliness, depression, or any kind of psycho-somatic disorders. Marriage Relationship and Intimacy, in one study on 1000 Israelis, having angina, found, 'one single strong health-protective factor' missing due to lack of wife's love and support . In another study under Duke University on 1300 patients suffering from serious heart disease, 5 years after 15 percent of them died as against 17 percent of those having one intimate relationship. With any love relationship one is less likely to drink, smoke excessively, or, overeat. How Long Sex? Sex being instinct is life long. It dies with last breath. Of course, with use it survives. With disuse it dies. It may decline on ageing, as with other organs of the body but never decays. Sex cannot, therefore, be suppressed. If suppressed, it causes repression, resulting into disorders, physical, mental or emotional. Sublimation may be possible, but that also to a certain extent. Discontentment as outcome of repression may be conscious or unconscious, manifesting itself into various forms of defenses, or compensatory devices. What they could be harming the person and affecting adversely the marriage relationship, read the cases quoted and analyzed? In the book. Stressful Modern Life Along with disorders and psychosomatic disorders, it causes: - Kakai syndrome:- no time and will to communicate. Extra-marital relationship by both or

any of the partners. They adopt chaste marriage syndrome of ignoring or giving tacit approval to their own marriage. Wife swapping: Thus both the partners enjoying with the changed partner. Though, their own marriage remains intact. Platonic marriage: More so on ageing. IMPORTANCE OF FIRST NIGHT. Honeymoon-night may be made as sweet remembrance once for the whole life. Provided, you know as how to make the best use of it? Should the couple have sexual Intercourse on this first night? Absolutely No. Why? Know the reasons provided in the book. - First Female partner might be having certain psychogenic FEARS and ANXIETY?-know them as what and why? - Secondly, Male partner too might be having such Fears and Anxiety? Sometimes more damaging, which may last life- long. Revealing facts, according to Cosmo Report, are that only 10percent women get orgasm. But, 70 percent start getting in due course. Why? and How? Is intact hymen in a woman on first night a sign of virginity? How people suffer from this misconception? What is Fenton's Operation? How the problem arises. Vaginismus, lack of lubrication, proper stimulation in a woman may make a man suspect his own potency? If not on first night, then, when to have it? What should be the guidelines? Know them. Necessary more for the males, because he could be worse sufferer. Then. What to be done? - By Males. - By Females. Cases quoted and analyzed in the book will explain? Sexual Myths and Misconceptions In no phase of life of man and woman, there are so much of myths and misconceptions as are regarding sex life-for Males and Females. Know them. In case of males, 26 myths are enumerated, in the book as what is Wrong, and what is right? Wrong, and what is right? - In case of female about 12 myths have been enumerated as, what is wrong and right? By knowing them, the couple can make their married life happier, healthier and contented. _____

FORE PLAY(LOVE PLAY) " If intercourse is entrée, foreplay is appetizer" -Stephen Bechtel. Is 'foreplay' mere appetizer? No. It is more. It is Whole meal- food with all items placed in a plate, each varying in taste. And sweet dish provided in the last, to sweeten your tongue. For fulfillment. Need? Most Important need of woman?- Foreplay What for?- for arousal. For orgasm. Why – she by nature is slow in arousal. Foreplay ? for how long? Ask your wife. Better call 'Love Play' instead of foreplay. Why? Because, foreplay signifies something to be done before doing main thing later on. Mostly true. But can it not be done for its own sake. Foreplay is MUST. Mainly for woman. It should never be shut out. Women are slow in arousal, and slow to subside. Reason : MAN GETS AROUSED, WOMAN IS MADE TO BE AROUSED. To a group of experienced woman a question was put as what they thought to be minimum time required for arousal by foreplay, the reply was: on average at least 17 minutes. According to Kinsey Report, and study of Masters & Johnsons, a male takes about 3 minutes to get ejaculation and orgasm, while woman takes 8 minutes How to make up this gap? Know the technique. Alas, males do foreplay, by touching here and there casually and hurriedly, not in order to arouse their female partners as to arouse themselves, and thus keep their female partners un aroused and non-orgasmic. Gentlemen, know what, where, how and how long foreplay is required to be done. Explore and experiment. Ask your wife. And keep being guided by her, Every time priorities or preferences may differ. Her whole body is like a furnace. You should know how to kindle it. A certain part of her body may make her 'on' at one time, may make her 'off' at another time. Breasts and genitals (mainly clitoris) are, though, most stimulating to her, but others are also? It is worth quoting here, Jude Cotter, a psychologist of Michigan, remarks "A man's sexual response is like an electric bulb: you switch it 'on' and it goes from cold to hot almost instantly. When you turn it 'off, it cools down right away. But a woman's response is like an iron: your turn it 'on' then wait, and wait, and wait, till it heats up; and after your turn 'off, you wait, and wait, until it cools off."

What are Female woes? Coldness. Why? Unfortunately males use her female partner as a sleeping pill, leaving her not even aroused. Women, ultimately, thus become frigid Frustration, Anger, Hatred, Anxiety result. On getting no orgasm, remain awake late in the might, hung in air in despair. Suicides. Extra-marital relations often developing (Read the case) What are Males woes? – know them as in the book.

PLAY \DURING, & AFTER PLAY How equally important they are? Know, why these are also MUST to her for her fulfillment. It requires also as: what, when, where, and how long to be done? And why? Men know this part of love making. SECRET EVERY WOMAN SHOULD UNDERSTAND About males? What? Read on from the book. EROGENOUS ZONES Breast * Clitoris, 'G' Spot. Somehow, males know this much only. Nothing more. Males do not know as how to deal with each- yet, they claim they know everything as how to deal with them. Breasts are being touched in casual manner. Or, they are pressed hard clumsily which instead of making them 'on' turn them 'off ' Clitoris they know is hottest. They will go on rubbing, massaging hard and for long which causes pain to them to lose altogether whatever arousal they had. Learn the art of touching, caressing, kissing and sucking- where, when, how long and in what manner? Whether it may be female's breasts or clitoris.? 'G' Spot? There is much of ignorance about it. As regards its location, and kind of stimulation it requires. But there are other hot spots. Only knowing them is not so importance, as how to stimulate them. In any sex encounter from where to start, and how to start is more material to her for her satisfaction. arousal, stimulation and orgasm. MALES EROGENOUS ZONES Some are almost common as with females. But male's erogenous zones are mostly confined to genital area: Frenulum * Scrotum * Perineum- are very sensitive. What and how the male feels the need of being provided rigid erection to sustain longer, this his female partner is expected to know and cultivate it by practice. SENSATE FOCUS (Genitals, non-genitals) AND KEGEL EXERCISE. I, generally and most strongly recommend my clients as couples that if they continue doing kegel exercise daily (preferably two times), and sensate focus as often as they can, I can vouchsafe their sex life would last not only life-long, but will also be heavenly blissful. But their subtleties are such, that they need not only knowing them but will also be practicing them to gain mastery to be fully benefited. Read and practice them.

SEX FREQUENCY What is Normal? This is a second question mostly asked, after a question about sexual inadequacies, by persons seeking counseling on sex. My reply had been as what quantum of food (say number of loaves of bread) satisfies the appetite of a person? It all differs from person to person, or say, couple to couple. If two loaves of bread satisfy the appetite of person, he is as normal as others who take four, six or ten. All are normal. Australian Sex Survey denotes:

Sex more than once a week : More than 50 percent Sex 4 times a year : 1 to 10 percent Don't like sex at all : 3 percent Sex has little importance in life : 23 percent Didn't make love on wedding : 17 percent Wrong to be unfaithful : 68 to 88 percent Dissatisfied with love life : 17 percent Again, one who has intercourse every day is as normal as one who has once a month, or even once a year. According to one survey a male had intercourse once in 30 years, while the other had 29 times a week. Appetite for sex differs. Question of normalcy is vague. Does it mean intercourse, manual or oral sex? Whether it means also nocturnal emissions, masturbation or sexual intimacy? According to one survey Indians have sex 76 times in a year, U.S.A. 124, Britain 107. 77 persons have ever only one sex partner, Americans 11 percent, and Britain 13 percent. However, overall average the individual does intercourse is 2 to 3 times a week. Since sex frequency involves two persons, what is more important is at what frequency both the partners desire sex? Range of frequency also

differs between males and females as regards desire for intercourse. The peak period for male is 16 to 18 years which goes on declining imperceptibly as age advances. In case of women her peak period is from 30s onwards, and remains steady till they reach old age- Sexual Compatibility: The right frequency is as long as both enjoy the intercourse. Fortunate are couples who have compatibility on two matters. (a) as regards kind of sex intercourse, oral, manual sex, or only intimacy, (b) and whatever kind it is, as what both enjoy as often as they desire. Frequency Incompatibility- what to do? Their mutual sexual discrepancy becomes bone of contention- resistance, resentment, avoidance, withdrawal, or quarrels by one or the other partner. Usually, men are more interested in sexual intercourse, while women want more of love making and intimacy. Though, it is different thing that she may surrender for husband sake, or may fake orgasm. Compromise is best course. If they have to compromise in non- sexual matters, why not for sexual? Case: Somnath and Draupdi, husband and wife, approached for counseling. She having obsessive compulsive disorder. Somnath 28 years, was having 'Ready Made Garment' shop. Wife, coming from a conservative family of business class, educated upto High School, brought up in traditional outlook, regarded sex as dirty, and meant for procreation only. Husband was keen to have sex every day, at least once, sometimes desiring twice-morning and evening. During their 3 years of married life she desired sex, not more than once a week. When she too achieved orgasm. On other days, she did not. On her refusal fights will ensue. Husband indulged in intercourse only, without taking course of oral sex. After intercourse, the first thing she would do in the morning was to wash her under garments, and the bed sheet of the night. Quoted above lays down the cause of compulsiveness for washing hand incessantly was symbolical. And what were guidelines that were provided during their counseling which helped in overcoming? Dr. Berne Zilbergeld, well known clinical Psychologist says, "If disagreement assumes major proportion……. Neither can be resolved nor dropped…… chances are sex is (at its base). Get some help before. Quality Vs. Quantity. Ultimately, the stress should be on quantity. Total sex with total involvement is essence of pleasure. STAY HEALTY, STAY SEXY (BE HEALTHY TO BE SEXY. BE SEXY TO BE HEALTHY) There is direct relationship between sex and health How? By being sexy and sexual. And if one is healthy, there is smooth flow of blood in (a) Whole body parts of man and woman. (b) In men: in penile arteries to cause: (i) erection, (ii) diminishing chances of narrowing of arteries for easy flow. (iii) and freeing from cholesterol deposit, or any blocking. (iv) Eliminates erectile dysfunctioning (E.D) (c) In Women: entire genital- area remains flooded with inflow of blood. (i) making entire vagina to be flexible and vibrating. (ii) Enabling full grip of penis of any size- long or small. (iii) with sufficient production of lubrication for easy and smooth penetration, (iv) while checking clitoris to degenerate, (v) and providing quick arousal and orgasm. (d) Strengthening P.C. muscles, permitting rhythmic movement in man and woman during the course of thrustings. II * Secretion of Hormones, in man and woman, specially of sex glands (i) with release of Testosterone (male hormone) (a) In men: to keep sex desire constant till old age, (b) In woman: (i) strengthening the heart, when estrogen gets depleted after menopause. (ii) checking the development of Osteoporosis. (iii) maintaining sex desire even after menopause. (iv) often increasing sex desire (in 52 percent cases) in women after menopause. III * Melatonin : Its release checks impairment of sexual activity in man and woman.

CONDITIONS NECESSARY FOR HEALTHY-SEX AND SEXUAL-HEALTH Regular Physical Exercise Regular Sex (with sex knowledge) Nutritious balanced died, with less of carbohydrates and fat. Positive mental attitude.

Regular Physical exercise by male and female for all parts of body, every day, at least 5days in a week, is must. It keeps blood vessels and streams functioning proper. Yoga, with aerobics may be combined. Walking briskly 2 to 3 kms. is equally good. Regular Sex: Sex in itself is an exercise. It acts in two ways:- Sex is in mind, not in groins. Tripartite coordination takes place, cerebral, central nervous system and circulatory system. How? Know. Sexual intercourse in itself is active sex exercise. Cholesterol gets deposited in male's penile arteries, and also of the heart. Beware. Blocking of larger arteries of the heart takes place earlier about 7 years, than in penile arteries. Latter makes him impotent, or makes a woman non-orgasmic, or intercourse painful. According to various reports quoted on overwhelming figures of married man and women having heart disease is by frustration and sexual discontentment. Coronary heart diseases alone takes heavy toll, besides other psychosomatic disorders of depression, asthma, and stresses. SEXERCISE : Besides physical exercise suggested above two other sexercises should be done regularly. Kegel Exercise It should be done in two ways regularly at least once a day, if not two, by man and woman. squeezing, withholding and releasing fluttering It is easy to learn them. Sensate Focus: At occasions,. Once or twice a week, by male and female couple, turn by turn, in two ways (a) genital, (b) non-genital. Kegel exercise has advantages both to men and women:- To Men: (i) It will flush blood in penile bed, and (ii) In pubic region. (iii) Strengthens P.C. muscles. (iv) Checks penile arteries from narrowing Checks any kind of deposit to block them (vi) It makes him grow orgasmic. To Women: (i) Vaginal walls get flooded with blood (ii) Vaginal muscles get strengthened (iii) Enabling vagina to grip penis of any size-big or small (iv) Causing lubrication of vaginal walls enabling easy painless penetration. Making her to be orgasmic. Its greatest utility is during intercourse. By withholding early male ejaculation quite a number of times, each time before trigger point comes. And in females getting several climaxes before having final one. Even, making males to grow multi-orgasmic. Helpful to early ejaculators. And to develop to learn to have simultaneous orgasms. Requires reading, to know better. Recent Researches on sex and Relationship. (quoted)

ROMANCING What romancing is like, typical scenario given below will explain:- One Typical Scenario :- Mr. X is busy in his office in a meeting. Telephone bell rings: "Hello, Hello Dear. Are you listening"? Yes, yes," Listen, "I have arranged a grand dinner tonight. Bring your' intimate friend' along with you. We will have a nice time. Come home earlier." Wife said. "Sure, sure, Madam. But invite your 'Sweety' friend also. My intimate friend is craving to meet her. It will be a nice feast." Imagine, who this 'intimate friend' is?--. Husband's 'prick'. And who this 'Sweety' friend is?-- wife's 'pussy'. And what this nice feast is? --Oh! You understand now. And this is romancing. And forerunner of foreplay. If foreplay is special. Romancing is diffused. How to keep romance alive. Marriage should never to be taken for granted. MORE YOU DO SEX, MORE YOU WILL DESIRE SEX MORE YOU DESIRE SEX, MORE YOU WILL PERFORM SEX Occasionally stimulate before mirror, short of orgasm. Make a list of fantasies, with priorities If you desire more sex than your partner, masturbate, or get masturbated by Partner. Write down on paper, each one of the 'couple' what turns one 'on' and 'off'. Remember them. Practice summering. Keep talking, joking, communicating as a routine. Use audio- visual aids. Read pornographic literature to devise ways and means to keep romancing. Memorize * Sex is in mind * Imagine and fantasize * anticipate The largest turn 'on' is anticipation. It starts from the moment one fantasizes in the morning, throughout the day during office, on his/her way home, during evening at tea, on walk, or, at dinner till you go to bed,\. One will have hardest erection/arousal.

ROLE PLAY: One of the partners decides to be active and the other passive in all respects throughout the encounter. Another time/day the passive one becomes active, and active one passive

for whole act. Smear your lips with honey/ice-cream chocolate. Do it on your breasts, clitoris, vagina, penis, buttocks and let your partner suck. Take turns. Plan a week programme. Concentrate on one thing only for one night, turn by turn. Nothing else. Second night for some other sensual or sexual act only. And so on. It may be only kissing, massaging teasing and flirting -only one thing at a time. Exchange sexy notes Decide code for each sex act, or poses. Once a while, your do telephone to your husband posing that you are having excruciating pain in your abdomen and he has to rush up home, knowing full well that he is not extremely busy in office with some urgent work. He rushes home-comes to your bed. You are lying under linen cover. You catch hold of his hand, drag him over you taking him inside cover while you are signaling place having excruciation pain. Where? You know. He guessed. Got aroused and had ecstatic sex. Have tub-bath together with shower. Scrub, massage, wash with soap each other's genitals. Come out, drying each other's body with towel. Sitting at tub-edge give oral. Turn by turn. On some holidays when both the partners are free, none else being at home, undress each other. Roam about anywhere, every where naked, making random touches, making love anywhere as one spontaneously desires with no orgasm at each time, or would withdraw before trigger point comes. In the night, after day-long orgy have a final sex act with explosive orgasm. Oh ! there is no end to romancing. You simply have to use your imagination to invent something new.

QUICKIE Suddenness, unexpected, spontaneous, unaware sexy session adds spice in quickie. Not necessary sex may be prolonged episode. May be that the one planning and doing may get his/her orgasm, while the other being taken aware may not achieve his/her own, orgasm. Yet the suddenness is hilarious to unprepared one. Such other one if he/she likes, may be provided orgasm by two other alternatives immediately or at some other time. She is working in the kitchen kneading the wheat flour. She may be caught by him from behind making her fall on wet kitchen floor for making –love. She is dressing herself before mirror trying to wear her bra. You suddenly appear from no-where, pull off her half worn bra catching hold her bosoms, start sucking, and laying her down for the sex act. He is sitting on chair ready to take his breakfast. She arrives from kitchen, and pulling him out she herself sits on chair, pulling him to herself, she opens his zip and gives him free-hand jerks to make his organ stand, and slides it within her vagina. He has just returned from office in the evening. You hold him from waist, and start rubbing his protruded one, from above his pant on. You drag him to sofa and have sex with your legs raised over his shoulders. You are hiding yourself out of bathroom, as soon as she comes out from bath, you grab her and raising her into arms lay her down on the bed for quickie. You intentionally have forgotten you towel. You are taking bath. You knock door from within demanding the towel. As soon as she appears at half-opened door you suddenly drag her inside and push her to tub for bath with her clothes on. And you make-love. He is getting late for office. Time is short. Fully dressed with briefcase in his hand he is hurrying up to go out. Suddenly you catch hold by his arm, drag him inside, open his pant zip, and do oral. On return from office he is washing his face with soap. You emerge, and taking his soapy hands to your mid-region, start rubbing clitoris yourself. Both of you are dressed up for a wedding party. While driving in the car, finding her cute in a newly purchased dress worn by her, you get aroused. You pull up the car under the shade of tree in darkness. You step out, raise her into your arms, and push her on the rear seat. And rest you know what? Man's libido is at its peak in the morning. Make love after breakfast on some holiday. MONOGAMY AND MONOTONY Do you believe that they go together. After some time boredom is sure to set in married life. Why, if it so happens? Reasons are:- (1) Lack of time, energy, and opportunities by the couple to be together for love, specially when both the partners are serving. Why? (2) variety is spice of life.

Same bed, same time, same environment, some pose lose charms in each other. What to do then? Know. (3) nearness and familiarly of each other's weaknesses develop into indifference. Even hatred. (4) Lack of communication to resolve their differences in their day- to- day life. Some suggestions to overcome boredom are:- (1) Reserve some time exclusively each day for your partner howsoever busy both remain. (2) Reserve week-ends, most of the time to spend with the partner. (3) Sometimes make love in the morning, instead of night, during breakfast, during bath together. If your Saturday is off, and children are in school, keep afternoon free for love and love making. (4) MINIMOONING: Once a fortnight at least, go for outing for picnic along with children, or for sightseeing nearby. If you can arrange to leave children at home, get some room reserved in some motel or hotel for one night stay. (5) And once or twice a year make a long trip to some beautiful, calm and quiet places preferably at some sea resort, or in hills. A week's stay will rejuvenate you both after availing opportunity to enjoy and have sexual pleasure. (6) Make love, sometimes with full clothes on, during shower bath, at sofa, on carpet, or even in Kitchen. MAY BE QUICKIE. (7) Making love before mirror is enjoyable. (8) But, remember, when you plan whole day – love, have several sexual acts of various types throughout the day, time to time in between your regular activities, short of seeking orgasm. Reserve it as a last activity on going to bed for sleep. SPECTATORING It is the greatest curse to get sexual pleasure, curbed. How? (a) Male during intercourse is conscious whether he (a) will have erection (b) or sufficiently rigid one to penetrate (c) or will sustain it sufficiently long till end of performance. (b) Male: Moreover, more than above, his greatest apprehension is whether he would sustain to perform intercourse after she gets her own orgasm. Female: On the other hand she too fears within whether she gets her orgasm before her male partner gets his own. With these apprehensions, male and female, each one goes on watching and trying to achieve as desired. Thus instead of pleasuring during performance, which is the main object, they get anxiety ridden. And meeting with failures once or a few times any of them, the reinforcement takes place to get failures in subsequent sexual encounters as well. Thus develops FEAR complex. This creates dysfunctioning all the more. What to do then? Shun spectatoring, and concentrate on pleasuring. And if a male lover knows the art of arousing and stimulating his female partner, before penetrating, chances are least for male partner to ejaculate before she gets orgasm. And, even, by chance, for whatever reason, he gets his orgasm earlier before she gets, so what? Take it easy. Adopt two other alternatives to make her orgasmic. Instead of seeking pleasure by sex act, each one by way of spectatoring ceases to get pleasure, which is the main purpose of sex. What to do,(instead of spectatoring)? Be fully relaxed before having intercourse. Have intense foreplay: Take your (male and female) own time to have it without bothering for the time it takes. Till, both are sufficiently aroused. And husband gets full erection, sufficiently rigid. Wife gets sufficiently lubricated with arousal to permit easy penetration. Both feel confident. Both should concentrate in getting own pleasure, instead of observing whether the other partner is getting or not. Sex is not only giving, hut receiving also. If each partner concentrates on his/her own pleasure, both are thus getting pleasure. Husband should never indulge in piston like thrustings. Pauses, in between, are necessary. If husband finds reaching to 8 level of arousal slow down, in arousal scale of 0 to 10 levels, till the arousal comes down to 4 level, but not too low as to lose erection. After some pause start again. If, and when necessary, he should adopt the technique of kegel exercise of squeezing P.C. muscles to avoid premature ejaculation. And during period of slowing down or pause, he should shift his attention to observe and enjoy those parts of female partner's body like breasts, eyes, hair, and lips etc., which are sexy and are greatest source of attraction to him. This will enable him to keep stimulated sufficient enough, while slowing down, to

maintain the rigidity of penis. And in the case of wife: she should keep enjoying similarly the parts of her husband's body, which are sexy and attract her most. So that her arousal, instead of coming down at too low level, maintains sufficient peaking, without getting orgasm. And, suppose female partner occasionally fails to get her own orgasm, in spite of all said above, and the husband orgasms earlier than his wife, there are always alternatives to make her orgasmic subsequently by manual, oral, or, mechanical devices. But, never leave her tense by being un-orgasmic. Sometimes, mock sex, or, stuffing is also pleasurable for change, or, on getting his own penis flaccid.

APHRODISIAC Has, ever, any drug been devised so far? Efforts are being made since dawn of civilization. Not even 'VIAGRA' which is so much heralded. IF THERE EXISTS ANY, IT IS SEX. SEX IN ITSELF IS APHPRODISIAC.

Efforts to manufacture drugs, for which there is world- wide search and competition, is nothing short of futile attempt. Or, it is quackery. Quacks are everywhere to cut the pockets of seekers. Pills, lotions, potions are mere deceptions. Anecdote: A story goes round in a certain part of India that sometime in nineteenth century a Nawab who had a harem of concubines before starting performing used to chew beetle containing some powder to enhance his virility. After the act, he used to spit out half chewed beetle which used to be collected in the morning by the sweeper to use it again for himself boasting for his enhanced vigor. Viagra, yohimbine, Rhinoceros's horns, Spanish fly, PT-14, vasomax, uprima, Melanotan etc. fiagra, penagra, and many innumerable are just stimulants. They have side-effects like nausea, headache, vomiting. Studies have revealed viagra has caused high blood pressure. Facts reveal that only 10 percent respond to drugs, and rest 90 percent need psychological treatment for E.D. And success in 10 percent cases is mostly due to placebo effect. I remember a case, when a rich business magnet approached me for premature ejaculation, and wanted some medicine being given. On knowing his case history he was given blank pills, saying that each pill would cost Rs. 250. He paid for 10 pills. He succeeded in retaining for long. And demanded 10 more pills in advance. Note: Very recently it was reported in papers that some British Scientists have come out with drug PT-141, latest so far, claiming success. Tried on 270 men, they say it is sure to resolve sexual dysfunctioning. Comparing with viagra, it claims that it (PT-141) increases sex desire at mental level which, through neurotransmitters, transmits desire to central nervous system; while viagra stimulates only in–flow of blood in penile arteries. The theory for P.T-141 is, sex is in 'mind'. As such, scientist are now planning to combine P.T-141 with viagra so that sexual hormones of melaton and that of testosterone may promote in conjunction with each other to treat impotence more effectively. The second approach of these scientists is to test PT-141 on women as well, who lack in sex desire and attraction towards men. Advice: So for no drug exists foolproof. As such SEX IN ITSELF IS APHRODIASIAC. NO DRUG OR DEVICE IS BETTER THAN SEX: Secret: (i) STAY HEALHY STAY SEXY. STAY SEXY, STAY HEALTHY (ii) THE MORE YOU HAVE SEX, MORE YOU WILL DESIRE IT.

TRUTHS ABOUT SEX 'Man gives love to get sex, Woman gives sex to get love." Sex is in mind, not in groins. For male sex is mainly physical, for woman it is emotional-why? In men penile arteries have inflow of blood to erect. In women the pubic region with entire genitalia from clitoris to vagina gets inflow of blood to swell and engorged. Negative feelings, like anger, fear, anxiety are worst enemies of arousal. In male penis is center of passion. In female the entire body is capable of feelings of passionate desire. Man is sex- loving. Woman loves loving-sex. Woman is like a violin. An expert violinist knows the technique to produce rhythmic melodious tones by the bow. Good sex life causes longevity. Married ones live longer than unmarried ones. People having happy sex life have

lesser chance of heart attacks and strokes. Sex is stress reliever. Sexual dissatisfaction is most important cause of marital disharmony. Note : Read to now more and in details.

OLD AGE- ITS ACCOMPANIMENTS Anecdote Once Marie Stopes asked a woman of 80 years, as at what age her sex life ceased to be , and she replied “ask a woman of greater age than mine.” The moral is, whether it is male or female, sex never ceases to be whatever be the age. Sex is an instinct, an innate tendency, which lasts with one’s last breath. Decline, no doubt, does take place, but it happens with one’s other faculties as well. Women: There is wide spread misconception that menopause is end of sex life. Never. It is and neither end of procreation, nor with hormonal changes after 45-50 years, or after menopause, woman loses the capacity of getting orgasm. Loss of estrogen on menopause does not mean end of sex desire. It remains constant after menopause. And in certain cases, the sex desire gets increased owing to androgen or testosterone controlling, in the absence of estrogen. Rather, sex is considerably increased due to absence of fear of conception, availability of more free time, and lesser family responsibilities. Even hysterectomy is no constraint to sex desire and its enjoyment. Unfortunately. Woman themselves running under false beliefs, leave sex, on getting older. And sex too leaves them. Abstinence, discontinuity and inconsistency create greater gulf between her and her male partner, making him resentful, or seeking extra-marital relations. Men: On the other hand, men who were used to have instant erections just on mere fantasizing, when fail to have erection at will in old age, get panicky; and start imagining themselves as impotent. They must know, their potency remains till their last breath. Only erection is delayed. Once erection, howsoever delayed it may be, takes place, it lasts longer to get, and give his partner, lasting sexual pleasure. Is it not a boon in disguise? Lastly, after having reaped the rich harvest of one’s sex life, if one starts feeling in the evening of life lessening of sex desire and orgasm, it is desirable that one should gradually switch over from sexuality to sensuality, more and more, instead of developing indifference and resentment by avoidance. The expression of sweet loving words, enticing looks, a flying kiss, little hugging, and a light embrace by the couple are gratifying. Warmth, tenderness, closeness, sharing and little fondling is more re-assuring, which sees no age. So why worry men and women? Engrave in you mind, man and woman, whatever your age: IF YOU, OR ANY ONE OF YOU, LEAVES SEX, SEX WILL LEAVE YOU. SEX IS LIFE-LONG. NO AGE IS END OF SEX. “GROW OLD WITH ME, BEST IS YET TO BE.” -Robert Browning

Chapter III- WHY MARRIAGES FAIL

Marriages don’t fail. * Persons fail. * Couples are culprits. * marriage is a victim. Divorce is often the outcome. Marriage is of two persons, and their personalities individual differences are natural and normal. It needs coping with them- more one copes with the other, more is success. Married relationship is most trying relationship. No other relationship is so trying and vulnerable. Couples often fail to ‘negotiate, adjust and compromise. They keep on vying and competing with each other in various phases of married life non-sexual and sexual. Changing concept of Marriage The concept of marriage has changed considerably. With women education and awakening, no more it is based on husband dominating and wife surrendering. None is superior or inferior. Each is supplementing and complementing in every sphere of life. And it is rightly so. This is a pragmatic approach, not ideal. In general, one most important single cause of failure of marriage is psychological based inherently at conscious as well as un-conscious levels. Many of the couples involved are either endlessly suffering to save marriage, or revolt and fight constantly remaining under depression or tension, or break away sooner or later. Individual Differences No two persons in the world are alike. They are born as such. They being of two different personalities and identities having

different set of principles, value system, life-style in general and for marriage in particular, they have 'ego clash', instead of understanding each other in the interest of long time commitment by way of adjustment and compromises. They are equally necessary for both the partners.

PARENT-CHILD RELATIOSHIP (ROLE MODEL) Marriage relationship is different than parent-child relationship. In such a parent-child relationship, child is 'Receiver' and parents are 'giver'. Child gets, parents give physically and emotionally. But in marriage relationship it is one to one relationship. In short it is to give in order to get' on equal footing. Unfortunately, parents in order to give to their children, and children used to getting only are never prepared to learn 'to give to get' principle. And one fine morning when they are married they believe in getting and getting alone. Each of the couple, unaware of what marriage actually means, constitutes, and responsibilities it carries. Result is they get wedded with 'I' only, and not with 'We'. Each of them. Two Questions are often put: Q. (i) Whether love marriages are more successful, or arranged marriages? Ans: Both may succeed, and both may fail. Depends on their attitudes. But in love marriage often men and women are swept away mostly by heart than mind. How ? know. Q.(2) What succeeds in marriage? Ans: Much will depend on each one's fulfillment of mutual unconscious needs, and One's capability to adjust with partner. HOW COUPLE'S SIX PERSONS WITHIN THEM INTERACT First, every man has woman in him. And every woman has man in her. Much will depend upon situations and circumstances as which one will prevail on him and her. Secondly, in day-to-day matters and dealings, and in their communication, every one (man/woman) carries TWO persons and, thus, in any mutual interaction as husband and wife FOUR PERSONS act and react. Thirdly, again each one of the couple is carrying within him/her PARENTAL INFLUENCES. [THUS, IN COUPLE RELATIONSHIP SIX PERSONS COMMUNICATE.] -three persons in each one. This could either end in hot-bed of ego clashes, OR harmonious relationship. My sane advice to each married couple is : KEEP SEPARATE AND LEAVE BEHIND PARENTAL INFLUENCES

EGO PROBLEMS It is good for every one to have 'ego'. It creates in everyone feeling to 'self-esteem', and 'self-respect'. 1. But, it is bad to have 'Inflated-ego', laying too much emphasis with excessiveness and exclusiveness on one's sense of individuality and identity. For instance: Men: in general, may think it a birth-right of always being right, and to have upper hand in everything in non-sexual and sexual matters. Wife: Who too has 'ego', may on the other hand, feel being prevailed upon, 'over- ridden', over-looked' even on trifling matters. 2. But, scenario differs when both are earning members. And self-assertion, on even- trivial matters starts. 3. where wife is earning more, often, husbands remain subdued by with drawing and- avoiding, surrendering or, may suffer from silent resentment. And their marriage suffers. POWER STRUGGLE Four variations are:- Husband is vocal, dominating-based on his superiority. Wife dominating to rule mostly due to; 'lib' movement. Both dominate to control each other-life becoming hell. When both are committed to accept each other as one is. Both partners accept and respect each other. They agree to disagree, but adjust and compromise. What is solution? * To communicate. Don't keep anything 'within'. Say, what you want to say. * What you say. Be gentle. Be assertive, not aggressive. * When one expresses, the other has to listen calmly, without interrupting. * Even, when one may differ, one should not ridicule. * Never to fight and insult in front of any other. More so in presence of children. * Where differences are, try to 'agree to disagree'. * Fight you will. And fight you must. But fight two times, love five times. If you fight five times, and love two times, your marriage is in doldrums. * In serious matters, where no solution could be arrived at, seek the help of Marriage counselor.

WHAT TO DO ON FIGHTS AND QUARRELS: Suppose when after heated discussion, fights and quarrels, blaming and counter blaming start. Option Postpone, to discuss further, at some other time, say in the evening, when both have calmed down. Discuss, for instance, over a cup of tea, on return of husband from work in the evening. Give each other two to three minutes to explain his or her feelings, giving the whole days account. Be sure to be mild, and not wild. It is not a question that one is right or wrong. It is because, each one being different, thinks differently. When each one is explaining his/her point of view listen patiently, intently, noting points in mind, without interrupting in-between. No blaming, or criticizing the other. Simply explain. Don't bring in any other issue, past or present.

WHEN IN FIT OF ANGER –WHAT TO DO? Suppose, one is in fit of anger, losing balance:- Option: Immediately leave the place, get out, and run briskly in the park, or have a ride on motorbike for a couple of miles. (for male partner) Or, rush to your bedroom, close the doors, keep the volume of TV at high pitch, and cry loudly. Or, keep on beating the pillow by both the fists, or by stick, till you tire yourself out. Come out of the room only when you have calmed down.

CERTAIN BLUES IN MARRIAGE 1. Period of Romance. First few years are best, when each one is glued to each other, sex is dominating but as years pass by boredom and monotony set in. To avoid it, bring variety in sexual and non-sexual matters. Trivial things may cause annoyance: like one using other's towel/soap/cosmetics, leaving toilet or bathroom dirty. 3. Too much expectations from other. 4. Husband may give lesser recognition to wife's parents, while demanding more for his parents. Adjustment of wife with her 'in-laws'. Solution:- Accept each one as he or she is If you accept other's positive points, you have to accept one's negative points also. Adjust with each other's shortcomings. Forget and forgive. Overlook day-to-day trivial matters. Don't try to make the other like you. As years pass, stress on quality more than quantity in sex.

HOW TO COPE WITH (Safety Measures) Nurture your marriage life-long. Never take it for granted. Criticize the approach. Never criticize the person. Control your- 'low-impulse-tolerance', or 'low-frustration- tolerance'. Delicate issues regarding money, rearing of children and in-laws problems to be handled tactfully. Stick to monogamy. In modern society where too-much of mixing, with more time and opportunity to work together with opposite sex, know ' lakshman-rekha'. Howsoever busy, reserve at least some time exclusively for your partner every day. No 'mind-reading' of your partner. Keep candle of love and sex burning throughout life. Don't let it die by disuse. On ageing and in old age stress more to sensuality than sexuality. In love, it is one-to-one relationship. But one is married in family. It is so more in India. Don't bring 'Mummy-child syndrome', thus, every time husband looking to mother. Sense of proportion is needed. When any misfortune falls like loss of child, finances etc. accept it as part of life. Woman should not be swept away by 'lib' movement. Husbands should feel no jealous when they become parents first time, when wives give more attention to child. Infidelity demolishes marriage, when there are so much of temptations of modern life. _____

CHAPTER IV: IS SEXUAL INTERCOURSE THE ONLY COURSE? (Alternatives and combinations) Remember: First and foremost sex is 'pleasure-oriented', not 'performance-oriented', or, 'intercourse-oriented.' Unfortunately, many of the problems relating to sex, and sexual –dysfuntioning arise because of this misconception, such as:- Male is superior to female, so is destined to mount on woman. As such female has to submit, lying motionless Nice woman do not initiate. If man ejaculates pre-maturely, he is unmindful or, even in certain cases un-aware of her orgasm. Consequences of Traditional purpose of sex: The purpose of sex, instead of being 'Pleasure-

oriented' when becomes 'intercourse-oriented' as an end in itself following problems arise in males and females:- (i) Fear of performance: In man: Whether erection will take place? Whether erection will sustain till end, or it will be sufficiently rigid to penetrate? In woman: Whether she would be aroused, whether she would have lubrication, or sufficient to allow easy, painless, entrance. (ii) Spectatoring: Already explained in details in chapter II for (a) men, and (b) women (iii) Consequence: By chance if ever anyone man/woman fails in, as described above: Successive failures may occur. And successive failures may get reinforced. Man may start feeling impotent, and woman as non-orgasmic, for no inherent defect. He/she starts with-drawing, avoiding from sex, making the other partner to suffer endlessly. Which may lead to annoyance, irritation, quarrels and fights which may, either lead to divorce or, extra-marital relationship or, endless suffering to both or, helplessly believing it to be ageing process. (iv) Advice: I assure you, all failures once or occasionally is perfectly normal and natural. It happens to everyone, man or woman, at any time on their sex life-not once, even several times. Take it easy. No fears, no anxiety. And, sure, it will not occur next time. Failures may be due to several known or unknown reasons, such as, stress, worries for official work, fatigue (mainly to woman), mood, quarrels, negative feelings etc. (v) Alternatives? GOD HAS GIVEN 3 SEX ORGANS: YES 3:- Hand, and Mouth (lips and tongue) besides, male's and female's genitals. In short, masturbation and, oral sex. Note: (for details, see forthcoming chapters for each) As such options are open for you. But NEVER, NEVER. Leave your partner without providing her orgasm. Thus . (i) 10 percent of women never get orgasm by intercourse. (ii) And most of them, twice the number of women, who are non-orgasmic by intercourse, get orgasm by manual or oral sex, either before, or after intercourse. (iii) So why pressure, fear, or anxiety when alternatives are there. (VI) Principles of Intercourse (i) Men, orgasm to your wife is MUST. Provide, you must. (ii) Provide foreplay (a) in a manner, (b) and as prolonged as she needs. (iii) To penetrate only when she desires and directs. (iv) And to adopt position, as she decides each time from important ones given below. POSITIONS Note: (To be read along with ' EMOTIONAL ORGASM at the end of the chapter VII- Part-B). There are more than 5 dozens, (described by Vatsyayan 2500 years ago in India in 'Kamasutra). Only half a dozen are more important and usually practiced by couples. Five of them are given below: - 1. MISSIONARY POSITION (Man on Top) Advantages to males Advantages to females. 2. FEMALE ON TOP (A) (Face to Face) (B) (Both Facing same Direction) -Advantages to males. Advantages to females 3. SIDE-BY-SIDE POSITION - Advantages 4. REAR- SIDE ENTRY (Both Lying) Advantages 5. REAR SIDE (DOGGIE POSITON) Advantages Note: 1. To avoid monotony, keep position changing for variety sake, depending on couple's mood, preferably that of female. Subtleties of each position are such that instead of being described here in brief, it requires reading from the book, more so as how to improve upon the disadvantages of each.

DOES SIZE OF PENIS MATTER (Short, or, long)

ABSOLUTELY No. IT DOES N'T. AVERAGE SIXE OF PENIS IS 5 TO 6 INCHES. BUT IT MAY VARY TO ANY SIZE-BIG OR SMALL. because, sensation of pleasure exists 2 to 3 inches inside the vagina from entrance. And, vagina has elasticity to take into its grip any size of penis, unless it is abnormally large. Women, by and large fear long size, that it may cause pain. Once a size always remains the same size. After frequency of sex act, this is the second question men generally ask. Men, in general, have feeling that their penis are small. In all countries, mostly in 'West' like America, there is craze for enlargement of penis. This is all fake, and clear business tactic to mulch the aspirants. Doctors and quacks, in order to earn more, prescribe drugs. Potions and lotions which are either waste, or, have placebo effect. Surgery, at the base of penis, is to make the penis weaker and less

effective in performance. Beware. Best REMEDY is: not to allow fat grow, mainly at the abdomen, or at P.C. region; as it devours the base of penis about an inch or so, looking it shortened. What matters is performance. Advantage to small size of penis (around 3 to 4 inches) is that it has quicker erection, and more rigid one –why? Know Positions suiting the smaller size: Know what those 2 positions are, and how to manipulate them to the best advantage. Positions suiting the larger size: Three positions are more suitable. Know them and also as how to manipulate to the best advantage? Rather, thicker is better. Why?

Chapter V . MYTHS ABOUT MASTURBATION

".. ninety nine percent men and women have masturbated at some time or the other. And one percent who say they have not are speaking lie." - Havelock Elis. This concept may seem outrageous to some hilarious to others; sinful and mischievous to others. Yet, facts are true than fiction, and reality is more realistic than hearsay. In no other area of human sex life there are so many myths and misconceptions as in this. They are not based on Scientific and biological facts. Even, old medical books enumerated harmful effects. But latest researches, from Kinsey report onward speak differently. MYTHS AND MISCONCEPTIONS Following are some prevalent-East or West:- Hundred drops of blood make one drop of semen. Its practice causes insanity, and physical diseases like T.B. Feeling, that masturbation makes man and woman homosexual or, being fixated at homo, makes one unfit for heterosexual relations. That, genital organs of women which get flabby with loose vagina, give impression of lack of virginity to the newly wed husband. Its practice causes sexual dysfunctioning. like impotence, and, or, premature ejaculation in men, and frigidity in women. It reduces the dimension of genital organs, specially, that of man. To a celibate, or more so to a person who abstains from masturbation before marriage, the more the semen is allowed to grow solid the more it will enable him to prolong sexual intercourse; and to have better and healthier progeny. Or, its abstinence would increase strength, vigor, energy, and cause healthy development of mental faculties. That, it causes physical weakness and diseases like heart throbbing, dizziness, sweating, forgetfulness, headache, sleeplessness, and stomachic ailments etc. In fact they are not outcome of masturbation, but result of guilt feelings, self –condemnation for not having self- control, and entertaining fear and anxiety for evil consequences. It may cause aversion to hetero-sexual relations in men, women, Or, it may make man and woman infertile, and incapable of producing children. Putting finger, or any other object, inside vagina as masturbatory device would pierce the hymen. Due to ignorance, vast majority of men and women erroneously hold that loss of hymen, which is caused in normal course of day- to day life automatically, is a sure sign of loss of virginity.

FEARS OF EXCESS-(When Excess Is Excess?) No normal person can do excess. Not even excess in food taking. One may do excess, but may for some time, situations or occasions. Moreover, what is norm or yard stick for excess? Individual differences are there, depending on strong libido (sex urge) The only criteria for judging excess is: when it is done exclusively to jeopardize marital relationship, or at the cost of fulfillment of partner's sexual needs. Yet, it may be called excess, when it cause fixation, conditioning, infantile attitude, and compulsiveness. According to Freud there are 3 stages of sexual development: from masturbatory stage of childhood to homosexuality at adolescence, ultimately leading to heterosexuality on attaining adult-hood. When at any stage further development is held up it is called fixation. These adverse circumstances are called conditioning, which in due course may take the form of obsessiveness and compulsiveness. It is in excess, if it is substitute of sexual intercourse when one's sex partner is readily available and accessible. It's Benefits and uses: * When occasionally one wants pleasure exclusively alone, * In

one's own way and manner. * Or, one has the image of fantasy of some other loved one, real or imaginary with whom you would like to enjoy but is not accessible * Or, each one wants to masturbate married partner. * Or, when one's married partner is not readily available. * Women who need clitoris to be stimulated and in no way can achieve orgasm vaginally. The partner may masturbate her, or may herself masturbate. * For female partner to masturbate herself when husband is sexually dysfunctioning. * Any of the couple, having stronger sex desire may masturbate to supplement. * Or, it may act as a substitute by any of the couple as change from sexual intercourse. * Or, by those men and women who are singles, widow, widower or divorcee. * By either of the partners, it may be preferable to sexual intercourse. * Due to psychological reasons of being impotent, or early ejaculator, he may regard it as only alternative. Fear, or anxiety for sex performance is more common.

How harm may be caused? It is absolutely harmless, as an outlet. But social taboos, constraints, and social restrictions due to hearsay reports, un-authenticated un-scientific facts, trash literature hush-hush attitude of elders may cause confusion, and disturbance, mainly in young men and women. Such restrictions and resultant suppression and repression may lead to 3 courses:- 1. One outlet in a biological manner, is night emissions to males, and automatic orgasms in females-mostly at young age. This too disturbs them. 2. Development of delinquent and anti-social tendencies like eve-teasing, molestation, sexual ragging in schools, colleges, rape, prostitutioning, incest, homosexuality etc. 3. Third course is of repression, resulting in mental and emotional disorders like fears, phobias, guilt, shame, remorse, and several kinds of emotional disorders. It may result in psychosis/insanity, or in cases even suicides.

In short, masturbation, in such situations acts as SAFETY-VALVE for self and the society- men, women, young or old. REMEDIES Its importance is in following respects: - 1. PREVENTIVE 2. PALLIATIVE 3. AS VARIATION 4. THERAPEUTIC (curative) 1. Preventive: (And Sex Education) Due to late marriage of young boys, unless they finish their education and get settled in life, due to prohibitive social taboos, for masturbation, when fail to control themselves seek the course of visiting red- light areas which may result in STD, or AIDS. Girls, owing to conservative attitude of Indian society having little chances to move out in open society often fall prey to allurements of ruffians, or become victim to illicit or incestuous relations. They get often pregnant taking the course of getting aborted by un-authorized so called doctors in a crude manner, getting septic to die, or left unfit for conceiving later on being married. Is not sex education to these young boys and girls the only course to know the scientific truths? What singles, widows/widowers and divorces have the alternative? II. PALLIATIVE. When the other partner out of anger resentment, hostility, loss of sex desire, or has separated finally, or is undergoing judicial separation divorce etc., is left with no other alternative except to provide self-pleasure. III. VARIATION When one adopts self-help for variety sake, change sake, or during sensate focus. One adopts it is a last course, or when the other partner is having STD or AIDS. IV. THERAPEUTIC (Treatment for cure) Masturbatory techniques are being adopted, mainly in Behavioral Therapy by therapist in the treatment:- (i) For men: When premature ejaculation (start & stop method) or Master and Johnson's 'squeeze method) and Erectile Dsyfunctioning (E.D) mainly, due to 'performance Anxiety', Fear of performance and 'spectatoring, are the causes. (ii) and for women sexual dysfunctioning is due to vaginismus (2) Dyspareunia, or (3) being non-orgasmic. IN OLD AGE In old age when erection is not automatic and instantaneous, or, it is sufficiently delayed, or it is not so strong and constant men by the self, mostly by the sex partner, adopt this masturbatory technique before penetration or exclusively for its own sake. And all this has led to manual/oral techniques, or use of mechanical, electrical vibrators to

have vigorous, increased and intense stimulations. There are institutions in Western Countries which train men and women to learn masturbatory techniques to suit them best and most in order to prolong and increase their pleasure. Howsoever, we may sermonize and preach moral values, sex being an instinct surviving till death, accepting this as reality of human nature and behavior, masturbation serves as 'SAFETY VALVE' for self and social interest.

Chapter VI- MIRACLES OF ORAL SEX Love needs and knows no bounds. For some oral sex is must. To some special, to others it is only source of orgasm and pleasure.

If sex is marital intimacy, Oral sex is gift of intimacy, And saviors of penetration anxiety. -Author According to one survey, 81 percent women get orgasm by cunnilingus than 25 percent by intercourse. That is why women call it as 'MOUTH MUSIC' Vatsyayan, as early as 2500 years back, humorously called fellatio, 'a mango fruit to be sucked, and juices to be swallowed." It is regarded funniest, ranging from hatred to ecstasy, from hell to bliss, and from dirtiest to Godliness. Why? When penetration fails, one of the other two God-gifted alternatives come to rescue to transport male to heavenly bliss and women to ecstatic delights. Why then, emphasis is to one and one only? Why worry? See what various surveys say: - Kinsey (1954) found 50 percent women engaged in fellatio Redbook (1975): 90 percent of men and women practice oral genital contact. Cosmo report (1980): women regularly participate. But, it is much more in vogue. Human nature universally being same, more or less, it is commonly practiced by married couples all over the world. It is mostly felt that pleasure attained and orgasm achieved by oral sex is different in kind and variety from intercourse, more ecstatic and blissful, terrific and explosive. As such, what is practiced by such a large percentage of men and women all over, cannot be dirty, immoral and perverted. CUNNILINGUS It can be practiced by male by his mouth, tongue and lips on female's genitalia, from any part-clitoris, its glans or hood, shafts, labia majora and minora-leading to vagina to the extent of her perineum, butts and even anus. Oral sex is possible: (1) Individually, when male does, and female allows to be done. (2) mutually and reciprocally when both male and female partners participate simultaneously in 69 position in which. Either, man or woman, is over and above other in opposite directions each facing towards the other genitalia. Or, lying side by side. It can be done as foreplay to arouse and stimulate her, ultimately leading to intercourse. It may be done as an end in itself without going for intercourse. May be done for the sake of variety. Done to her after intercourse when male has ejaculated without woman getting her own orgasm. May be done in different manner- kissing, licking, sucking, nibbling, teasing, With a different pressure –hard, soft, light, strong. And with different speed-quick, slow, gentle, darting. And it can be combined with manual. Others find more pleasure by alternating it with vaginal intercourse, and reverting back several times. Old women, who owing to dry vagina, finding intercourse painful due to absence of lubrication enjoy cunnilingus with smooth sailing due to saliva in his tongue and lips. In cunnilingus '69' position is preferred because it enable both the partners to do oral sex simultaneously. About 30 percent women who sometimes, seldom, or, never experience orgasm by intercourse do get by cunnilingus. Women who are low in arousal, it enables. Often, a woman who takes longer time, or, finds hard to get orgasm by intercourse or, by that time male partner has ejaculated cunnilingus in most of the cases would easily bring her to orgasm. It can be done prior to go for intercourse, or if male having got his own it can be done subsequently. Cunnilingus can be combined with manual to start with. Women, in these manners, before reaching the point of no return, wish and guide their male partners to get her climax finally. There are multiple orgasmic

women who get few initial orgasms of lesser or low intensity by cunnilingus to start with, then few by intercourse, but final and most intense one again can be attained by cunnilingus. Such woman enjoy cunnilingus more than intercourse. According to one survey 84 percent get orgasm by cunnilingus than 25 percent by intercourse. However oral sex, by both sexes are enjoyed to the extent of 90 percent. According to Cosmo report it is regularly practiced by four-fifth of married woman, and more than that by single women. Again, Cosmo report, "intercourse is best when it begins with clitoral stimulation, but clitoral stimulation is best when it begins with breast, or skin or lip stimulation. Note: (2 Cases quoted, analyzed, and commented upon to understand better require reading them). FELLATIO Strange though it may seem, women who desire, or are keen that their men may do cunnilingus to them abhor fellatio to be done to their men. Mainly because of 4 reasons:- 1. It is unhygienic 2. Swallowing of semen is harmful 3. It is 'throat-gagging' 4. About semen- swallowing, Of course men have to be very careful to keep genitals and all surrounding areas fully washed, and perfumed before going to bed as regular practice. Semen in itself does not contain any substance which may disturb their bodily system. It contains more of protein and fructose. How To Initiate Fellatio. To woman, who abhors fellatio she can gradually be made used to it step by step, by allowing her to put her face over his thighs nearer to his genitals. Male, then touching his genitals should imperceptibly take it near to her nostrils in a casual manner, time and again. In due course, she will get used to the special odor. But the odor emanating from healthy male partner is as fascinating as that of emanating from healthy female genitals-thus appealing to both. Still hygienic care has to be taken. How To Fellate? This skill a woman can learn. More so, on being guided by male as he desires. Depending on one's imagination and mutual experimentation innumerable variations a female partner can learn-lateral, '69' position, man reclining on the edge of bed, chair etc., and woman sitting on the floor; 'man standing and woman sitting'. Which portion of the penis, and in what particular way it has to be performed she needs being guided by the male. Fellatio is important and meaningful to male:- as definite sign of intimacy, as being emotionally important to him, in making him feel his manliness over her, and physically more arousing with stiffness. To add to his further pleasure hand and mouth (with lips and tongue) coordination in rhythmic manner is more alluring to him. Woman can learn by practice. Thus, her mouth could be used as a substitute for vagina be making it tight, or loose, as he prefers when she holds the base of his penis by one hand and by other hand –palm smeared by non-drying slippery grease moves up and down its shaft. How to Check 'Gagging' of Throat? If she fears gagging of throat, or his penis is longer she may do EITHER of things:- by making a ring of only fore fingers and thumbs of both the hands in a way that it may form a circle. And she may put the same over her open lips and require him to pass the penis through that ring so formed, or, she may make a ring of all her fingers and thumbs of both the hands in a manner that may look like tunnel. And, then putting the same over her lips, let the penis pass into her mouth through it. Tongue having its own advantage of flexibility, elastically can by practice be modulated in 'u' shape to cover the male organ without tooth pricking it to play the role-quick, swift, running, darting all over up and down, licking, sucking, teasing in a circular form, sometimes taking the entire head, and at other time titillating the prepuce, or scrotum. And the greatest advantage fellatio provides is to such persons who have' intercourse-fears' or any anxiety of sexual dysfunctioning, in making them relaxed, and enjoy the ecstasy of pleasure comfortably. It can be combined with intercourse, or could be end in itself. BETTER course of avoiding 'gagging' would be if husband comes over her in '69' position. But, BEST course would be if wife comes over husband in '69' position, and adopts the technique mentioned above. Thus, 3 to 4 inches of male organ of average size of 5 to 6 inches of penis will be covered by her combined

fingers, allowing only 2 to 3 inches to be taken into her mouth with chances of gagging to be almost nil. About swallowing Semen Though, swallowing semen in no way harms her physically, still it depends on woman's choice, to do what she likes, without being forced:- If she wants NOT do swallow she can easily do so in the following manner:- 1. As soon as he is about to ejaculate, he may signal her and she may take it out, And, then, he may ejaculate over her cheeks, or breasts which she can wipe out by her towel or tissue paper kept nearby, Or, even if by chance he ejaculates in her mouth, she may drip it by side-ways of her lips, Or, she may take his semen in hand holding shaft of penis, allowing it to drip through fingers, Or, still in spite of all precautions semen comes in her mouth she may spit out on close-by towel. Avoiding Infection (in Oral Sex) If any of the partners is suspecting, genital or mouth infection of any kind the safest course is:- * to take condom, and cut it to make out largest possible size of square or rectangular flat piece, and Female, may cover her entire genital by that sheet for cunnilingus to be done, and, Male may wear the condom for fellatio to be done. Note:- * Two cases reported, commented and analyzed are quite revealing. * Quotes on Oral Sex, as 'Best sex of all'- by men and women need reading them. _____

Chapter VII: ENABLING NON-ORGASMIC BEING ORGASMIC (Female Orgasm)

For Women orgasm without man, is like breakfast without salt He has not to give orgasm to you, It is your responsibility to give to yourself, If he lends penis to you, It is for you to enjoy - Author

Orgasm is as natural and normal as human breathing All women are biologically capable i.e. having potentiality and capacity to get orgasm, But in case one (woman) does not get there may be external or internal factors responsible for it. Unfortunately, a general belief is wrongly held that if a woman does not get orgasm vaginally (by intercourse) she is NON-ORGASMIC. She is ORGASMIC in whatever way she attains it, manually or orally, if not by intercourse. And women who generally get orgasm vaginally by intercourse in fact are getting clitorally, because sensation of pleasure is concentrated in clitoris which travels in a wave-like manner from there to vagina upto 2 to 3 inches inside, and then reverts back to clitoris. If woman does not get orgasm in any way, there is something wrong due to internal factors within her or in the approach of the partner. Because all women are capable of orgasm. However, remedial measures are required in individual cases.

What various surveys say: Australian Sex Survey on women (1997) Sexual dysfunctioning is 43 percent Who do not like sex at all 3 percent Sex having little importance 23 percent Dissatisfied with love life 17 percent According to other survey on 1000 women: about 40 percent more or less dissatisfied 10 percent never got Next 10 percent mostly Next 10 percent more often Another 10 percent had 50-50 chances. According to Cosmo Report 1980: 20 percent women always get orgasm 50 percent usually 20 percent sometimes 10 percent never According to Kinsey Report picture is more or less same. BUT, ALL THESE SURVEY FIGURES INDICATE THAT THOSE WHO ARE UNABLE TO GET ORGASM ARE BY SEXUAL INTERCOURSE. AND MOST OF SUCH COITALLY NON-ORGASMIC WOMEN MORE OR LESS INVARIABLY GET ORGASM BY OTHER MEAND-MANUALLY/ORALLY. ORGASM CAN BE LEARNT 10 Percent of women only get orgasm first time, but 70 percent start getting orgasm usually, or, according to an Australian survey 37 percent women who did not get orgasm when below 30 years, or had difficulty by sexual intercourse, 70 percent eventually started getting vaginally when they reached beyond 40 years. They picked up. How? know- by experimentation and exploration by both the partners. Five conditions are necessary to learn:- 1. Will to learn. Adequate sex knowledge Self-esteem Regular Sex. A caring partner First step to learn

orgasm by intercourse is to start by masturbation. Those who had been masturbating long before entering into sexual intercourse easily got orgasm by intercourse, even first time. Men erroneously believed that those who did not get orgasm by intercourse were frigid lacking in sex desire, maladjusted or neurotic. And they made such women to believe so. Such misconceptions were outcome without any scientific proof or survey being done, or because most of the books on this subject were written by men only. In rare cases women become, incapable due to ISD (Inhibited Sexual Desire)-may be due to childhood repression, parental training, incest or molestation, trauma, certain beliefs, conflicts and complexes. In substantial number of cases it may be due to sexual disorder, hormonal deficiency, disease, organic deformity, psycho-somatic disorder like depression diabetes, heart trouble, high B.P. But all are treatable and curable.

In considerable number of cases women do not get their orgasm for no fault or deficiency in them, but because their husbands unaware of female nature and their sexual tendencies are not able in providing them orgasm. Some women too are at fault –they are shy, un-cooperative, taking no initiative in sex, remain lying like 'dumb-driven-cattle', or as 'dead-log' or 'withhold' their orgasm, and do not 'let-go' howsoever their husbands try. Or, they may be exclusively clitorally orgasmic, and not at all vaginally. All said and done, women though need orgasm but not necessarily every time. Sharing experience physically and emotionally is more enjoyable to them unlike men who are 'performance oriented ' 10 percent women who do not get orgasm in any of 3 ways, do you think they do not enjoy intercourse, get aroused, stimulated and seek pleasure? And, if their male partners insist for orgasm for her they get angry or frustrated. Myths and Misconceptions: * Women who do not get orgasm are lacking in libido (sex desire) * Pleasure lies in vagina only, and if they do not orgasm vaginally, they are non-orgasmic. * Erotic zones in women are breasts-while clitoris is most sensitive part. Other parts of her body, rather every inch of her body is sensitive provided her man knows the technique. There are men, who do no know even the exact location of clitoris. * Those men who claim to know all about clitoral sensitivity, go on. rubbing it incessantly to cause pain to her, and instead of getting her 'on' make her 'off '. * Men know that 'missionary pose' alone is the only pose, and a desirable pose, and any other pose is unethical, undesirable and beastly. * Foreplay to women is MUST to arouse and stimulate her. First, many males do not know its importance to her, the way to arouse her, and for how long. Men only put their hands in flying manner here and there in casual way, more to arouse themselves, then to arouse their spouses. Foreplay is necessary to her for two reasons, : (a) essentially as a prelude to intercourse, (b) and sometimes for its own sake. If foreplay is not done properly two situations may happen that during intercourse by the time being she gets aroused, or fully stimulated he has already ejaculated, leaving her in lurch highly strung, (a) thus man suffers from guilt for being premature ejaculator, (b), or, she takes herself to be frigid, or uncooperative in sex act. SOME MAJOR TECHNIQUES 1. Thrusting within, After Ejaculation Even, if he gets ejaculated, he must continue thrusting movements, because even after ejaculation erection continues for some time before getting loose. And it is just possible, she may get her orgasm in the meantime. Mock Coitus: Suppose, your female partner is not getting her orgasm anyhow, or you have ejaculated earlier, still you are left with one option: to bring to orgasm by your limp penis. How? Procedure: Ask your wife while lying on her back to open up her both the legs widened apart to her own convenience, so that her entire genital area is sufficiently exposed. Direct her to open her labia minora (inner lips) by two fingers of her one hand, or by the fingers of her both the hands, so that the entire passage from vaginal entrance to clitoris is visible to your naked eyes. You come over her in a missionary position in between her spread legs, with your own semen-laden-lubricated penis over her. You may place your half-rigid,

or even limp penis over her valley like vulva from base to head vertically so as to cover it entirely, making it certain that your penis head is touching her clitoris. You, then, make thrusting movements continuously, in the manner done in intercourse, till she explodes into orgasm. To have a full control and vigorous thrust you may grasp her buttocks from below by both of your hands. And when your penis is rightly placed, as, described above, make your wife to close her legs by putting one leg over the other on his waist to hold the penis into full grip. I may assure you, this will give her same orgasmic pleasure as vaginal orgasm. Rather, better. It is clitoral orgasm which is more intense, explosive and blissful, than vaginal orgasm, which many women aspire. For the sake of variety, you may try it occasionally for your experience, and for her to notice the difference. It has worked well with so many of my male clients who had erectile or ejaculatory dysfunctioning. And, also in cases, where their wives never experienced vaginal orgasm by intercourse, and were used to get only clitoral orgasm. Possibly, they were used to 'masturbatory practices'. Manual/Oral Sex: Note: Read separate chapters on them. 4. Play During Coitus

Men, do you believe in: If foreplay is to forego, Play-during a waste of time, After-play is to sleep

Play-during is equally important like foreplay. A great lover is one who in between sex performance slows down, and speeds up again, several times to enhance the pleasure of each other. Besides, it opens avenues, (a) in love-making by kissing, sucking, caressing etc. only keeping in view that either of the partners do not get totally turned off, (b) and, 'or' a technique to get and provide several climaxes, short of their orgasm, by squeeze method, 'or' 'stop-start' technique during single sex encounter with a view to enhance sexual pleasure for pretty long time. (more is given in details in chapters. IX, X). 5. After- Play Some men after ejaculation Jump out of bed and rush to toilet Some take turn, sleep and snore. Others take wine, smoke or see T.V. If 'foreplay is rare, 'Play –during' is rarer, and 'after-play' is rarest. 'After –glow, after both have achieved their orgasms, does not die out soon. Rather, women are slower in cooling down. She aspires being held in his arms, hugged, kissed cuddled together in embrace. Many of the women need it much more to make them feel contented, and dearly loved by her partner. It is their emotional investment for future orgasmic pleasure. Its avoidance by male is regarded as his selfishness.

SEX COMMUNICATION The best way is to communicate, explore, and experiment constantly at every sex encounter, as what turns 'on' or 'off' to each of the partners. There is so much of variance in pleasuring sensations in man and man and between women themselves. Even in the same woman at one time act may be more pleasuring, at another time it may be displeasuring; or some other act may be more pleasurable. Better develop signal codes for use during sex performance. NEGATIVE FEELINGS Negative feelings in women in their inter-personal relationship with their male partner like anger, hostility resentment, fear, anxiety are worst enemies in making a woman non- orgasmic. Some women, in order to punish their husbands deprive them the intensity and ecstasy of mutual sexual pleasure, though, even surrendering themselves they remain lying with corpse-like stillness. Husbands beware. No power-struggle. Don't snatch love. Give love, in order to get sex. SPECTATORING Vs. PLEASURING Note: (already explained in details in back pages) Suffice to say: don't force orgasm- Each one of You. Spectatoring is stressful. Keep pleasuring throughout performance is the keynote of getting orgasm. Because performance anxiety gets developed to thwart orgasm all the more. You are likely to hold out longer, if you keep slow rhythm of thrustings with pauses in between and remain relaxed yourself with P.C. muscles and buttocks, and concentrate only on pleasuring. CLITORAL Vs. VAGINAL ORGASM God's mystery? Why God has created clitoris outside, high –up above, instead of within vagina? Possibly, for 3 reasons? :- (1)

easier get, lesser enjoyed (2) To provide men and women manual, (3) and oral sex, Note: Already explained in back pages. clitoris is center of concentrated nerves more sensitive than any other part of her body sensation travels from clitoris to 2 to 3 inches within vagina and back. Thus orgasm attained by vaginal stimulation is actually due to sensation caused mainly by clitoris but pleasurable sensations produced by each may differ. Pleasure experienced by vaginal intercourse is more diffused, dull, generalized and felt softly all over the body. Of course it is softer, tender and more satisfying Pleasurable by clitoral stimulation is stronger, more intense, more concentrated thrilling and lasting. One reason, why some women prefer lesbianism, mainly by some married women after attaining 40 years of age. _____

Chapter VIII: WOMEN LEARNING TO BE MULTI-ORGASMIC

The difference between single orgasmic and multi –orgasmic woman is that Former enjoys the climax of pleasure in one stretch; while latter enjoys the same amount of pleasure in bits. It is like taking wine in one gulp, or, taking it in several sips. Intoxication is same. -Author Some women know they are multi-orgasmic, others know not. Some know and also get. Others get but know not. Some fear being multi-orgasmic, others aspire. Some are jealous for not being, while others are tired of it. Many are confused what is right or wrong? It is still a mystery as what causes it, in spite of several researches- possibly the answer lies in Psyche, and body of women. Some learn to get. Are men also multi-orgasmic? Not in ways females are. They require refractory period. Still, there are other ways for males to learn to be multi-orgasmic (see B... part of this chapter) Why dissimilarity ? * Dr. Jude Cotter, Psychologist says, “ Male sexual response is like a light and bulb. You turn it on, and it is hot almost instantaneously; turn it off, and it is cold in seconds. Woman cycle of response is more like an electric iron; you turn it on, and then you wait and wait and wait until it heats up, and after you turn it off you wait and wait and wait until it cools. Secondly, males sexuality is psychological, and women’s physical. The moment male sees on attractive woman he is turned on, finds a strong arousal and gets erection. He gets aroused, women is made to be aroused. It takes time for her to get aroused. But once she gets aroused, it remains for long consistently and continuously till she gets satisfaction completely. Man is quick in arousal and erection, quick in subsiding. Woman is gradual in arousal, gradual in subsiding. Because blood vessels of female genitals function gradually, naturally the resolution period is also gradual. Her reflexes are such, that once her network of vascular- congestion gets dilated by blood then, after having got one orgasm she may have rapid or successive quick repetition of several orgasms. For above female functioning 2 conditions are necessary :- high level of excitement, after one orgasm, if continues in her. sufficient stimulation is also continuously provided subsequently to her genital area for each orgasm. This could be done either by male partner, or by herself. Types of Multiple-Orgasm Multi responses could range from more than one to 2,3,4,5,10,20,or even innumerable orgasm in single sex performance session in THREE TYPES as below:- compounded M.O: she may get several orgasms, each being separate and distinct from the other from time point of view. Getting and resolved each time. Sequential M.O.: She gets number of orgasms, one after the other, in a sequence fairly close together with gaps of 30 to 40 seconds. Serialized M.O: She gets innumerable orgasm in quick succession one after the other by seconds within a minute or two, like rise and fall of sea waves. See diagram below: Compounded M.O Sequential M.O Serialized M.O Varying Patterns: Mostly, M.O women get the M.O with the change of stimulation: oral, manual, and intercourse. But the pattern may differ between these 3 from woman to woman in any order. Many man are ignorant that their women are M.O. And even some of them know not in what order of pattern they

are so as to provide the same to them. The result is that such women:- remain ungratified, though they have got few already by male partner, but, for the rest of orgasm, they seek and get by their own self. Males unaware take sides, sleep and snore. Still, not necessary that M.O women may every time get multiple orgasm, or all orgasms be in the same order of pattern. Or, once a while, occasionally they may get single orgasm only. It all depends on several factors and conditions. Read on to know them. Cosmo Report says: “60 percent of respondents (non-orgasmic) developed to be single orgasmic in due course of time…. And some of them, further, became even multi-orgasmic by manual and, or, oral sex, combined with intercourse.” Multiple orgasm and masturbation: To many a M.O women orgasm getting by masturbation is more common. Why? Because: they could indulge at any time when free, in mood, and worked up, while in intercourse one has to go with partner. One has a choice: to have a flight of variety of fantasy and to adopt any manner of manipulation, slow, fast, deep, light as she desires, and that too at any part of genitals besides clitoris. Starting from clitoris. covering all along, then going back several times to clitoris, they get final one at clitoris. To start with some women have orgasm of low intensity, but keep on developing higher in intensity, with last one being most intense. In others, it may be reverse as regards level of intensity. In self- stimulation she may concentrate as she likes, while she may have fear that in intercourse her male may cease performing on getting his own. In intercourse, mostly, direct stimulation of clitoris is not possible as in self –stimulation, and that too as long in any manner as she likes. Still, some women, believing more in self-stimulation say that for the sake of emotional satisfaction at least one orgasm they would like to have by intercourse and the rest by masturbation when he is over. Much depends on individual differences

. M.O. and Lesbianism: Lesbians say, sex with same sex (between woman and woman) provided more pleasure. Reasons: a woman understands a woman emotionally better than a man. A woman may make love in different ways: lips, mouth tongue, fingers, dildos, vibrators by both together. Each could take turn, once one being active partner, and then reversing the position. ‘69’ position works better, is more comfortable, more stimulating, providing several orgasms. Chances of simultaneous orgasms are greater while each is continuing sex act vigorously for longer time providing number of orgasms. Lesbianism is mostly unsuspected. With males it could be scandalous, specially when both females are unmarried, widows, or divorces. Lesser chances of STD/AIDS etc between females. Can Males Learn M.O? Yes. But in a different sense: How? he may have several non-ejaculatory orgasms, without ejaculating at anytime. In short, he may have several peakings of passion, short of final and last ejaculatory orgasm in any intercourse. One has to learn that control. How? (Learn it by knowing the technique already given in back pages.) Note: See a detailed procedure in Part –B at the end) _____

Chapter – IX: METHODS OF OVERCOMING ERECTILE DYSFUCNTIONING (Impotence is in mind) Gentlemen don’t give up your potency-out of despair and frustration. Possibly you don’t know the NATURE of your intimate friend Prick very well. Prick is temperamental. You cannot force it. More you will try to force, more it will resent. It is moody. If it doesn’t work, don’t force it. -The question arises as what percentage of people had erection difficulty frequently, regularly, and always? AND, What at sometimes, or, infrequently. Hite report says: those who had difficulty with erection earlier during masturbation had it later on with their partners. Prevalence of E.D 45 percent in India: Times of India quotes 20 percent at 55 years, 30 percent at 65 years and half of them suffer at 75 years. Primary / Secondary Impotence. Impotence is of 2 types: Primary, and Secondary. Primary impotence is some structural/ physical defect or disease requiring surgery or medical treatment. Such freak of nature is rare. Such persons never have erection at any time in any way. In fact, 45

percent impotence in India MOSTLY is secondary. that is, they might not be having erection for sexual intercourse, but otherwise have erection for manual/ oral. Secondary impotence is due to some Psychological disturbance, mostly due to fear, anxiety of performance, mood, or uncooperative, hostile attitude of female partner. They are negative feelings- It can also be due to lack of desire lack of arousal lacking in rigidity to penetrate or getting flaccid before, or immediately after penetration Why Fear (Anxiety) of Performance? The fear, or anxiety inhibits erection. Because, the person doubts whether he will have erection when he wants to perform. If not, it will hurt his self-esteem, concept of manliness, and will cut a sorry figure before a female partner. This fear (anxiety) is more with wife. A feeling with anxiety that on his failure his wife will get deprived of her own orgasm and satisfaction, and he may meet with her ridicule or contempt. Did you even notice, when you ever wanted to have sex with any other woman (if you ever did) you did not have erection problem? Why? Because she did not matter much to you, and your self-esteem was not at stake But why this fear or anxiety, when you are bestowed with 2 other alternatives by which you can satisfy your spouse. And she may to you as well. Nature of Penis It is stubborn. If it doesn't want, whatever reasons may be, it will not stand- howsoever, you may try. Therefore, forget and forgive. Next time it is sure to oblige you. Provided you do not get panicky. Otherwise, meeting with failure next time, entirely due to fear of last failure, and then meeting with such failures successively, reinforcement may take place. And you will believe yourself as confirmed impotent. His Reactions on Failures? Ultimately he withdraws and avoids sex at all. This is what usually happens. Thus he continues to suffer himself and makes his wife to suffer life-long. Another possibility is, that in order to test his manliness he may seek woman after woman. Or. Wife in disgust and helplessness may seek extra-marital relations. The marriage is thus doomed. All the above scenarios are simply due to lack of sex- knowledge, and ignorance of functioning of mechanisms of penis. How Penis Functions (Mechanism)? There are 2 processes Vaso-congestion and (2) Vaso- constriction. In vasocongestion, as soon as a male sees any woman and gets attracted message goes to brain which is further transmitted by neuro-transmitters to central nervous system in spinal cord causing the blood to flow in the three arteries of penis and sacs ad valves filling them. Once they are filled fully valves get closed, owing to which in flow and 'out-flow' of blood stop. The penis, due to this inflow' swells with rigidity to erect. On erection the blood in penis is 8 times more than the normal blood in penis. Vasoconstriction: it is a process of 'out-flow ' of blood from penis, causing limpness of penis. But penis is sensitive enough that the moment any kind of disturbance like fear, anxiety occurs, immediately the stress in created in mind. Tension takes place causing the outflow of whatever blood existed in penis, and also at the same time to shut the vassals for inflow of blood. Limpness results. So, men and women, remain relaxed, and concentrate on pleasuring alone, without spectatoring to watch your act, your erection, and orgasm. What couples should Do In E.D? On failure to get erection, or orgasm in case of man and woman, take steps as below:- Manual /oral sex Mock sex act (see given in the book) No ridiculing. No blaming by each to the other. It he has semi-erection, she may help him in 'stuffing' in vagina. May be it may erect within. If he could penetrate, but loses erection within, 'while she is in height of passion, she may masturbate herself t o orgasm. While performing don't be 'spectator', only keep concentrating in pleasuring. And in spite of all, if you fail, and nothing works. Then concentrate on sensuality-warmth, tenderness, embrace, caressing, massaging etc. * If E.D is More Often:- If it is MOSTLY or MORE OFTEN, consult your family doctor Better would be, consult sex therapist. He has, first to diagnose. Whether E.D. is Physical, or Psychological? If cause is Physical. Problem is gradual Desire for manual or oral sex exists, but no erection Getting erection, but can't maintain it Erection is

there, but not rigid enough to penetrate. No erection in all situations- marital or extra –marital. If cause is Psychological Problem appears suddenly It occurs with your wife, not otherwise in masturbation, oral sex, or extra- martially Having sex dreams, night erections, but not for intercourse. Problem is only for ejaculation or orgasm Having inhibitions/negative feelings-fear anger, hostility, anxiety, guilt etc affecting sex. Note: In seeking counseling for help/ treatment. Both the partners as couple need counseling. Reason is: it is part of treatment process requiring participation of wife in doing 'Home Work' for him. Secondly, it is just possible wife may be fully, or partially responsible for his E.D As such, I refuse to take cases where one female partner refuses/ avoids participation. Moreover it being a couple relationship, what affects one is sure to affect the other. But prevention is better than cure (Read guidelines already provided.) Phases of human Sex responses: Excitement- Plateau-Orgasm- Resolution Four phrases of erection Arousal, (2) Filling, (3) Rigidity, (4) Maintenance

TREATMENT OF E.D (Psychological Causes)

Note: Treatment of Psychological Causes of impotence is dealt below. Treatment of organic and physical causes is the scope Medicine and Surgery. Remember: First: Some men take longer time in erection and do not have erection instantaneously as in young age. Second: Intensity of erection may not always be the same in every sex counter. Third: All along in procedure adopted for treatment Barbara Keisling's Technique of peaking has been adopted –using arousal scale from 0 to 9 levels –for arousal and erection. THE GUIDELINES PROVIDED IN DETAILS FOR EACH SESSIONWISE EXPLANTATIONS, DISCUSSIONS HELD BY THERAPIST WITH COUPLE BEING SO SUBTLE & INTRICATE THAT ALL CANNOT BE LAID DOWN IN BRIEF HERE. THEN ACCORDINGLY, THE COUPLE HAVE TO PRACTICE AS 'HOME –WORK'. AND IT AGAIN REQUIRES SESSION WISE ASSESSMENT IN CLINIC BEFORE NEXT STEP IS TAKEN UP FOR THEIR PRACTICE AT HOME. AS SUCH ONLY HINTS ARE GIVEN HERE. KNOWING ALL IN DETAILS, THUS, REQUIRES READING THE WHOLE FROM THE BOOK. FIRST DAY: (General Guide –lines & Goals Provided) No coitus during treatment, so that he does not entail fears or anxiety. He has to gain confidence. He should concentrate on pleasuring only. Female partner's cooperation all through is MUST. If female partner gets aroused, at any time, only masturbation by herself, later on, after practice is allowed. No time limit for treatment. It depends upon success attained in all steps one after another. Next step is taken up only for practice on full success attained in the previous step. If not further help is provided. To focus only on self-pleasuring. No spectatoring. Step –1 (Relaxing –Mental and physical) – 3 days Note: This step is daily routine throughout the treatment (1) Kegel exercise in the morning. Then, caressing and massaging base of his penis, gently and slowly. If done hard or fast, instead of inflow of blood, it will cause out –flow of blood. Where there is noticeable erection stop for a few seconds to get it loose. To be done several times so that he gets used to erection to looseness. But never to try to masturbate or seek sexual intercourse procedure for relaxation for anxiety elimination (follow the guidelines given in the book- specially when anxiety is too strong in the beginning. Step-2:- (Sensate focus (Non-genital) – 3 days (follow points as given in the book) Step-3:- (Sensate Focus (Genital) – 5 days To be done in two parts:- Part-I (to confine to flying touches. How) – 2 days Part –II (caressing and exploring genitals)- 3 days Note:- It is sensual exercise, whether done by male or female turn by turn. It is not sexual As such immaterial whether erection takes place or not. No matter, if at all, ejaculation takes place some time. Exercise is to eliminate unnecessary fears, anxiety. Step-4: Manual/Oral sex (by both Partners) Note:- understand 5 reasons given for this step) A. Procedure by female partner - for manual and for oral B. Procedure-by male partner for manual for oral C. simultaneous oral sex- by '69' position D. Additional 3 days (besides

above 3 days) this is to be done to achieve ejaculation manually or orally, to emphasize its importance in sex, besides intercourse. Step-5: Penis –Vagina Contact- 2 days This is for pleasuring and to eliminate performance anxiety. He should not bother whether she achieves, thus her own orgasm or not. Otherwise, performance anxiety would enter. Step-6: Stuffing- Flaccid Insertion- 2 sessions Procedure: follow Purpose: It is also for pleasuring, and not step for intercourse. Step-7: Non-demand Intercourse- 7 days Aim: - Not to do intercourse for self or for wife. It is for pleasuring and to create confidence Procedure: Follow: in first phase- for 3 days in second phase- for 4 days Step-8: Harder Erections, & Insertion by Male Note: To arrive at this last step, fulfillment of two conditions are MUST Step 7 has been undergone at least 7 days -even more that ejaculations have taken place, more or less, most of the time in step 7 Procedure: - have sensate focus (non-genital & genital) wife to take active role Then switch positions Slowly insert- half way Do peaking-not beyond 8 level Then, again do peaking, keeping it half way. Repeat- several times Then in same session, penetrate fully Concentrate only on pleasuring whatever level of erection Efforts of both should be non- demanding. Immaterial if you ejaculate. Remember:- Relapses are common, normal. Worry not. If you fail at any step, go back to practice previous step After each step, both to visit therapist for assessment, and help if any. _____

Chapter X: METHODS FOR STAYING FAR LONGER (Premature Ejaculation) THANK your stars. You have no arousal or erection problem. It is common, Natural, and Normal. Mostly; due to:- Being inexperienced and ignorant Or being hypersensitive And, or, may be due to conditioning CONGRATULATIONS again Because, it is relative term. You may be so P.E with your wife, But, not, had you been married with any other woman. Why? Shortcomings may be in her and not in you Meaning (example): It is a relative term: If you ejaculate within 5 minutes and wife gets orgasm in 8 minutes, you may be called premature ejaculator. But, if you ejaculate in 4 minutes and wife gets orgasm in 3 minutes, you are not P.E. Premature can be defined as how long he manages to control. Statistics & Researches: Ejaculation takes place from 2 to 7 minutes. Dr A. Kinsey says: 75 percent ejaculate within 2 minutes. Master & Johnson: A man may hold on 2½ to 3½ minutes Ignorance/ Inexperience: Women take longer time in arousal and orgasm than men. For instance: First, suppose your wife, by way of intercourse takes 8 minutes to get orgasm; while you ejaculate within 2 minutes. Continue doing foreplay to her (fondling, caressing) for about 7 minutes. Instantly penetrate. With few thrusts, she will get orgasm before you I assure you. Secondly do intercourse in required manner. How? Don't adopt constant, continuous, vigorous thrustings. Instead, adopt slow, gentle, rhythmic movements of pelvic thrusts with intermittent breaks. Women, too mostly, enjoy this approach. How men learn P.E. By way of conditioning. They try to hurry up in finishing off for fear of detection, or consider masturbations derogatory, sinful. In this anxiety one learns to ejaculate quickly. Pattern is, thus, formed. Effect is: On getting married he ejaculates earlier as per learnt pattern, before wife gets orgasm. He feels guilt. Starts wondering. Avoiding sex for wife to suffer. What to attain in treatment: To eliminate performance anxiety. And to develop increased tolerance level to control ejaculation as long as he wants. How? Follow treatment procedure Locating situation (Prior to treatment): Various situations for his P.E are: In being nude before partner In foreplay, or of its specific act In missionary position In 'Woman–over–man'. Lateral position Or any other position, or act. TREATMENT (Techniques adopted) Note: It should be very clear to female partner that she would be required during various stages of treatment her active and supportive role: However, it does not mean she will be deprived in getting her own orgasm and satisfaction, manually or orally, prior or after session. But, in no case by intercourse.

Main techniques which have been adopted in the treatment of P. E. Locating 'trigger' point, or, 'point of no return'. 'Stop –start' technique of Siemens. Peaking as devised by Barbara Keisling. Read in details what each are. And how to learn then Step 1. Caressing Nude:- - 8 to 10 sessions of ½ hour each. Learning 'Point of no return'. It is necessary to desensitize. And to be able to pinpoint as when your 'point of no return' i.e. trigger –point arrives. Step 2. Undergoing foreplay training:- session for ½ hour each Learning stop and start method 1. The procedure, and caressing for arousal is to explore by foreplay as what makes male partner vulnerable in his partner in getting ejaculatory sensations i.e. breasts, other bodily areas, genitals etc. Let her do the same foreplay on your body. You have simply to enjoy. Repeat several times. But, stop when trigger point is about to arrive. 2. Procedure (Manual/oral on genitals) It is for her to do on you. You have to lie passively. Keep her telling your levels of arousal, maintaining at lower level, and to signal her before trigger point may arrive. To be repeated 5 to 6 times. In the end, if you like, she may ejaculate you to orgasm. Step-3: Male's Peaking (by 'stop- and start' method) -10 sessions It has to be done in two parts:- (a) Male to be active, female to be passive. (b) Both have to do manual, and then oral. In caressing his penis, she may raise his arousal to 3 levels, then on his signal let arousal come down to 1 level. Again raise his arousal to 4,5,6,7,8, levels, one by one, each time allowing his arousal down to 2 levels below. After 9 levels let him ejaculate. Do it, as many times as possible. In the meantime, if she gets aroused, she may have her own orgasm, excepting by intercourse. Next course is oral, to be done in similar manner. Step-4: Vaginal Insertions - Any number of sessions, (But, no thrustings. Peaking to be done outside vagina) Female partner is to adopt 'woman-over-man position, because missionary position may be more taxing to him. She may start from his 2 levels of arousal going up to 2 levels above, but coming down to 2 levels below each time, thus, going up to 8 to 9 levels. NO THRUSTINGS BY ANYONE. She should only slowly lift herself off to let her penis come out. Then, again, each time she should, on raising his hand, should slide penis again within vagina without making any thrustings. Step-5: Vaginal Insertions (Peaking Within) (by 'Woman-over- Man' position) The difference between steps 4 and 5 is that in intra-vaginal insertions in step-4, the peakings at hierarchal levels of arousal of penis are to be done outside the vagina; while in step 5 they are to be done within vagina, thus initiating intercourse. Step-6: Intercourse Peakings- (Male superior Position) Note: if male feels, 'male superior position' provides lesser control over ejaculation, he may try 'lateral', or side-by-side position first, before adopting male superior position. Step-7: Plateauing vaginally Apply the ejaculatory control by squeezing P.C muscles to plateauing within vagina, several times on one sex encounter, till your female partner gets her own orgasm. By doing kegel exercise daily you could control P.C. muscles. Remember: you are sure to fail in earlier attempts in this step. Don't mind. Learning takes time Relapses may also occur. It is normal. Overlook them. Step-8: Optional (If penetration anxiety) Note: If male has P.E. only on penetration, it can be achieved bit by bit penetration in several attempts. To begun with, let your female partner play active role by doing manual/oral peakings, before you switch over as above. _____

PART- B WHAT NEW APPROACHES ARE? (at the end of each chapter)) Chapter IV: (1) Learning New Techniques of Mutual Intercourse Chapter VII: (2) Sure ways To Ensure Her Emotional Orgasm. Chapter VII : (3) Dyspareunia & Vaginismus. Chapter VIII:(4) Males (like some women) Learning To Be Multi – orgasmic Chapter IX : (5) Learning to Have Simultaneous Orgasm

Note: 5 above 'New' exceptional approaches, based on latest world- wide researches, and further developed after trying them on author's own clients are given below in their skeleton forms. You have to go through pages of his book in order to know, learn and practice them in full form of blood

and flesh. (1) LEARNING NEW TECHNIQUES OF MUTUAL INTERCOURSE (In single Sex encounter) Couple, male and female, turn by turn playing the active role can satisfy his/her own sex needs fully as each one night be having different needs and body language requiring fulfilling and fulfillment. A. Before Exercise. Kegel Exercise Solo Exercise (see details in inside pages) B. 1. Foreplay 2. Manual and oral sex. Caution: continue arousals from 0 to 5 levels in manual and oral sex, each one, turn by turn, slowly and gently. But never go beyond this level, in order to avoid orgasm. 3. Intercourse, By Female: Male to lie down inactive, female to adopt 'women-over-man' 'position'. Lubricating his penis and your vagina, fondling his penis penetrate smoothly and she may do her own thrusting gently, slowly, to raise her level of arousal front 4 onward till she attains her own orgasm. If she is multi orgasmic, she will attain desired several ones. Caution: Male should not get his own orgasm. If he is ever reaching trigger point, she should immediately stop or slow down to lower his arousal. 4. Intercourse by Male: Male has to play his role in the manner as given above for female intercourse. Thus both play active and passive roles enjoying in one's mutual intercourse As who starts first, male or female, depends upon couple's sweet will. I would prefer to suggest that female should play her active role first to get her own orgasm otherwise, if male starts and gets his orgasm, he will become incapable to maintain erection for her to enjoy subsequently.

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(2) SURE WAYS TO ENSURE HER EMOTINAL ORGASM Note: The Secret in ensuring her lavish orgasm is in combination of clitoral orgasm with her vaginal orgasm, both being different in sensation, thus making her to get emotional orgasm and satisfaction. Various prominent positions are given and each one can be utilized for providing her emotional orgasm in the manner 'provided therein. Missionary Pose * let the female put a pillow on the above side of her hips so that her clitoris and pubic area gets protruded. * Male after penetration should raise himself up about 2 inches so that his pubic thrusts may cause direct contact to her clitoris. * She, then enfold his back portions of thighs by her own legs. * She, by two fingers of her own hand open her vulva so as to expose her clitoris, and by her other hand hold his waist. * His thrustings to be slow, gentle, carrying to the hilt rhythmically. * If he wants, he may himself caress her clitoris or, she may put her own full palm over clitoris. 'Woman- on-Top' of him * He should recline at his bed back- rest and also put pillow in between * She should come over him in a kneeling position, so that her knees are on outer side of his thighs. * He may fondle by his one hand her breast, and by his another hand hold her waist. * Or, as variation, she may hold his waist by her hands, and male by his own both hands caress her both the breasts. * Or, by her one hand hold his waist, and by her another hand/ palm caress her clitoris . * Or, he can by one hand fondle her breast, and by his another hand caress her clitoris. Face –to-face lying Position * It is very erotic position, because in each other's rhythmic thrusting movements, automatic rubbing of his pubic area with her genitals, including clitoris, can be caused. * If she likes, she may put her entire palm with fingers ,over her genitals. * Or, with lips joined together they may kiss, caress or play with each other's tongue. Rear Position (both lying on their sides) * Male holding her with one hand, and with other hand may cares her breast, or, clitoris while penetrating form behind. * Or, she may by one hand rub her own clitoris and by another hand her own breast. Rear Entry in Doggie Position * While lying with her face down, stretched on bed, or even reclining over the bed edge or sofa she can do her own clitoral rubbing. * Or, in above position , she can also slightly move up and down along with his thrustings in a rhythmic manner to cause rubbing of her entire pubic, genital area including clitoris. * Or, he may put his own hand in between the bed and her genitals to cause automatic rubbing on his thrustings. * This pose causes 'G' spot sensation to women. (3) Dyspareunia And Vaginismus Note: The techniques for each

being subtle and quite intricate with finer distinctions while doing practice, if needs following them word by word and step by step, which is possible by going through pages from the book. They cannot be laid down in brief. Moreover, 2 cases have been laid down to make clear distinction between, fairly severe vaginusmus' and intensely severe vaginismus'. Former is secondary vaginismus, with no problem of penetration in her vagina during the early part of married life, but develops after some time due to several reasons. The latter one; intensely severe' is primary vaginismus in which from day one onward it is impossible to penetrate, the vaginal entrance being closed up, mostly because of some psychological reasons. (Read the treatment part from the book) 4. LEARNING TO HAVE SIMULTANEOUS ORGASMS Simultaneous Orgasm by the couple to have it is mostly a myth. Rarely the couple have. And that too occasionally. Often, in an attempt to have simultaneous orgasms at the same, or about the same time, cause spectatoring, which for both, or for any of the partners, during intercourse may be inhibitive, losing or maintaining erection by male, and for the female to lose enjoyment. However, by will and determination, patience and perseverance if the couple gain control to have it simultaneous intercourse, it is blissful and heavenly.

TEHCNIQUES By the time the couple decides to learn the technique of having simultaneous orgasm, it is incumbent upon them to have gained mastery in learning various methods and techniques in attaining 'mutual intercourse' and multiple orgasms' enumerated within this book. This is Must to learn easily, and successfully. As such, they need no repetition. I will, therefore, confine in explaining the technique of 'simultaneous Orgasms' only. After having undergone required preliminaries by both the partners, when the male partner at his arousal at level 4 penetrates in vagina, he will proceed in the following manner:- Upto levels 4, and beyond upto 6,7,8,both the partners will have slow, gentle, thrustings in rhythmic manner. That is, by each thrustings by male, she will also synchronize her pelvic thrustings accordingly-slow or fast -mostly slow. Of course, slowing down at 1 or 2 levels, is needed by both. On reaching at 9 level, and beyond, the husband has to start doing his thrusting with intense, quick and hard thrustings to the hilt. And at the same time wife too will synchronize with him as regards manner of thrustings. On reaching the trigger point, the male should stop(or slow down considerably to maintain his erection) instantly squeeze hard his P.C muscles, and avoid ejaculation. Immediately, the female partner should also stop. Equally important, and incumbent should be the role for female partner to stop, every time as male partner stops. It is Must, to synchronize with him. Otherwise, it is just possible, he may get his ejaculations, and the whole sexual act of intercourse will end . Female partners have to remain careful. Thus, both the couple may have several orgasm, in this manner, without male having ejaculation. Better would be, if the husband gives signal to her before his trigger point arrives, to be on safer side. The husband has to remain watchful, in case his wife if one time orgasmic, that as soon as this wife is going to have her own orgasm, she should instantly signal to him, so that he expedites his own thrustings intensely, quicker and harder to attain his ejaculatory orgasm in consonance with, or, say simultaneously at the same time, or about the same time. And the crux of the matter lies here in synchronizing their simultaneous orgasms. It is, of course, easier said than done. lot of practice is required. Failures will be several by either, or both the partners. Every learning has to go through this ordeal. If you have patience and perseverance you are sure to succeed ultimately. But, no doubt, nothing can be comparable, and more blissfully fulfilling than to have simultaneous orgasms. How fortunate?

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