

(a) Chapter 5:

(b) Kissing

(b) Introduction

We all remember our first kiss. For most of us, it was our entry into sexuality. It brought to our lips the taste of another's eager flesh, and we emerged from the experience dizzy, aroused, and totally hooked.

The kiss is recognized the world over as the sign of intimacy. By kissing someone with an open mouth you send a strong message of sensual interest. Kissing is an animal urge, practiced by a variety of species. Whether we kiss to share our vital breath, to indicate our lack of aggression (by touching with lips and NOT with teeth), or to simply get nice and hot, one thing's for certain – kissing gets the juices flowing.

The Kama Sutra has a lot to say about how to use kissing most effectively to improve sexual activity. By using a diversity of kisses, you will more deeply stimulate and evoke the unknown passions of your lover. And for creating intimacy, nothing beats a nice long wet kiss. So kiss often, kiss deeply, and kiss in many ways, because there's no better way to say "I want you."

*****START BITS OF PLEASURE*****

Soften Up!

The softest place is always the most kissable. Follow these preparation tips for hours of hot kissing.

Soft Lips

Nothing turns your lover off like dry, cracked lips. On the other hand, supple, soft lips are a major turn-on. Here are a few tips on making and keeping your lips nice and soft:

- Apply lip gloss or ointment several times/day
- With a soft brush, exfoliate your lips once/week
- Drink water regularly – a moist mouth means moist lips

Soft Facial Skin

For both the ladies and the men, keeping your facial skin soft is a good idea as well. Basic lotion or cream will do the job. Smooth faces glide more easily over one another, and they're more satisfying to kiss and gentler on the lips. So do your partner a favor, and moisturize that face!

*****END BITS OF PLEASURE*****

*****START BITS OF PLEASURE*****

FOR MEN

Soft Facial Hair

Men need to consider their facial hair before heading into a heavy kissing session. If you have a beard, then you should keep it trim and conditioned. Trimming it takes off the sharp, pointy ends, and treating it regularly with hair conditioner keeps it soft.

If you don't have a beard, then there's nothing crueler than making your woman kiss you with a day of stubble. It's like asking her to kiss sandpaper. Women appreciate few gestures more than a smooth, freshly-shaven face, and it's the best way to encourage her to let you put it wherever you want.

*****END BITS OF PLEASURE*****

(c) Places to Kiss

The sky's the limit when it comes to kissable spots on your lover. Most people restrict themselves to just a few locales – the mouth, the breasts, the neck – but erotic experts range over their lover's body like an explorer over the globe, leaving no stone unturned, no mountain unclimbed. By kissing new and different regions of your partner's body, you will open him or her to new passions and improve your overall sexual experience.

(d) Forehead

Believe it or not, the forehead is a surprisingly sensitive area. By kissing your lover's forehead, brushing your lips lightly across his or her brow, you

give a message of both passion and respect. In a sense, you are kissing the shell of their mind, sending desire signals directly into their innermost thoughts.

(d) Eyes

As your lover closes his or her eyes to relish the ecstasy of your touch, try a few gentle kisses on the eyelids. First one, then the other, and then back to the first. The precious nature of the eyes makes eye-kissing particularly sensuous, and due to the eyes' close relation to the brain, a kiss on the lids can excite your lover's entire body.

(d) Cheeks

Mothers call their babies' cheeks "kissing pads," and the same could be said of your lover's cheeks. Those soft facial pillows are perfect landing pads for zealous lips. Whether it's a light peck or a series of deep, sloppy sucks, spending some time with your lover's cheeks is always a great arousal device.

(d) Throat

When predatory animals meet in the wild, they bear their throats to one another to show they come in peace. By kissing, sucking, or nibbling gently on your lover's neck, you show him or her that you also come in peace. And as most of us know, the nerve channels that reach down the spine makes having your throat and neck kissed a highly arousing experience. Let the hickies begin!

*****START WORDS FROM THE MASTER*****

Kissing Games

If there's one message the Kama Sutra has about sex, it's that it should be fun. Here's a playful kissing game it recommends. Just be careful not to bite too hard!

As regards kissing, a wager may be laid as to which will get hold of the lips of the other first. If the woman loses, she should pretend to cry, should keep her lover off by shaking her hands, and turn away from him

and dispute with him saying, 'let another wager be laid'. If she loses this a second time, she should appear doubly distressed, and when her lover is off his guard or asleep, she should get hold of his lower lip, and hold it in her teeth, so that it should not slip away, and then she should laugh, make a loud noise, deride him, dance about, and say whatever she likes in a joking way, moving her eyebrows and rolling her eyes. Such are the wagers and quarrels as far as kissing is concerned, but the same may be applied with regard to the pressing or scratching with the nails and fingers, biting and striking. All these however are only peculiar to men and women of intense passion.

*****END WORDS FROM THE MASTER*****

(c) Types of Kissing

The Kama Sutra describes various types of kissing, each perfectly designed to excite you and your partner in different ways. Using a variety of kisses in one lovemaking session is the best way to extend arousal and spice things up. Few things are more satisfying than making out with someone who switches up his or her kissing styles!

(d) The Nominal Kiss

Here, only the lips touch. An introduction is made, gently and curiously. The lovers test each other's taste and interest, and linger awhile in each other's growing responsiveness.

(d) The Throbbing Kiss

Moving from the nominal kiss, one lover presses his or her lips against the other's, and in return, the other moves his or her lower lip. The "throbbing" element comes from the surge in passion and the quivering of the lips. While the lovers are still only touching mouths, this kiss indicates a desire for more.

(d) The Touching Kiss

Like a cobra rising from its nest, the tongue extends outward from one lover's mouth to gently touch the other's lip. Then, the lovers reach out with their hands and begin holding and caressing each other. Drawing closer, their passion mounts.

(d) The Straight Kiss

The straight kiss is like the nominal kiss, only the lovers come in "straight" at each other, tilting their heads only enough to move their noses aside and meet lips. This head position keeps things fairly tame, though touching and caressing may also be occurring. The Straight Kiss is a great way to show initial affection and even a slight arousing shyness.

(d) The Bent Kiss

This kiss is the full-on deal, bringing the lips into a deep locked position and allowing for maximum tongue penetration. The lovers also caress each other with abandon. For ultimate closeness, one lover might place his or her hand behind the other's neck and pull inward.

(d) The Turned Kiss

A great, but gentle, "take-charge" technique, this kiss occurs when one partner takes the other's face in his or her hands and turns it upward. Then, slowly and sensuously, the kiss is delivered. With the face turned in this fashion, lips and tongues interlock deeply and passionately.

(d) The Pressed Kiss

As the name suggests, this kiss involves pressure. One lover presses firmly against the other's lower lip with a lip or finger. This can also involve one lover holding the other's lower lip and then gently touching it with his or her tongue, ending in a fuller lip kiss. The Pressed Kiss is a sure sign of desire for deeper contact.

(d) The Kiss of the Upper Lip

This kiss takes place when a man kisses or sucks on a woman's upper lip while she kisses or sucks on his lower lip. The upper lip is extremely sensitive, especially on the inside. By switching who's on top and who's on bottom, this is a love game that could arouse for hours.

(d) The Clasping Kiss

Here, one lover takes the other's lips firmly into his or her own. The clasp that results mimics sexual union and brings forth arousal. When the tongues enter the action, this results in the next kind of kiss.

(d) The Wrestling of Tongues

In what is commonly known as tonguing or French kissing, this kiss involves full tongue action. The tongue can be used to touch or lick your lover's lips, teeth, gums, or tongue. And the tongue play can be slow and light, fast and furious, and even somewhat combative (the Kama Sutra even calls it "fighting of the tongues"). Nothing transmits the urgent message of your desires like a probing, hungry tongue.

*****START SEXY TIPS*****

The Art, and Science, of Kissing

Did you ever wonder, why do we kiss? And what actually happens to us when we kiss? Lip-smacking is so common, few ever ask these questions, but looking for an answer can shed some light on how to be a better kisser.

There are several explanations for why we kiss. One suggests that the practice has its roots in mothers chewing up food for their babies and feeding it to them from their mouths. Then, in times of famine, this gesture would serve as a comforting mechanism. Another theory states that we kiss in order to sniff, and taste, one another, and what we sense tells us a lot about how healthy, and thus how good a mate, the other person is. A third theory says that kissing is a way that early humans showed their peaceful intent – by joining mouths and NOT biting each other.

Maybe we just kiss because it feels great. There are tons of nerve endings in your lips and tongue. When you kiss, your heart races, your blood pressure goes up, your pupils dilate, and your breathing deepens. Further, the pleasure centers in your brain are stimulated.

Scientists actually believe that kissing is learned, not instinctual. There are tribes in the world where kissing never occurs.

So when you're kissing, keep these things in mind. You're taking place in a primitive form of physical interaction; so let your lips run wild. Also, you're not just swapping spit – you're stimulating many parts of your (and your partner's) body. Next to sexual union, there is nothing more.

***** (END SEXY TIPS) *****

(c) Four Major Types of Kissing

The Kama Sutra states that there are four types of kisses, depending on the part of the body being kissed:

(d) The Soft kiss

A soft kiss is for the breasts and the areas where the limbs join the body. Gentle nips and tongue teasing does the trick.

(d) The Moderate kiss

A moderate kiss is for her cheeks, breasts, belly, and hips. Due to the extra flesh in these areas, gentle nibbles with the teeth are recommended as well.

(d) The Pressed kiss

A pressed kiss moves around your lover's body, using the tongue to follow the curves, travel around the breasts, and linger at the bellybutton.

(d) The Contracted kiss

A contracted kiss serves the role of easing the tickle sensation that occurs when you gently draw your nails over your lover's body.

*****START WORDS FROM THE MASTER*****

The Kama Sutra was way ahead of its time when it came to "sexual equality between the sexes," as this quote aptly shows: "Whatever things may be done by one of the lovers to the other, the same should be returned by the other, i.e. if the woman kisses him he should kiss her in return, if she strikes him he should also strike her in return."

*****END WORDS FROM THE MASTER*****

(c) Functional Kisses

Kisses can be used to different ends, with different intentions, and in a variety of love games. By kissing your lover, you send a message, you make a request, you assert a position. In other words, your kisses are love tools that you can use to steer each erotic session in the right direction.

(d) The Kiss That Kindles Love

When a woman looks into the face of her lover as he sleeps, and then kisses it to awaken him for erotic play, this is called "a kiss that kindles love." It shows the admiration a woman feels for the body of her sleeping lover, and it's a great way to start the day. Starting off with gentle kisses that barely register, and then moving onto more passionate kisses, will send subtle love messages into your lover's dreams and waken him primed and ready to go.

(d) The Kiss That Turns Away

Sometimes a man needs to be reminded of the good things in life. Maybe he's engaged in business or looking at something (or someone!) else, or maybe you two are fighting. By giving him a kiss, in front or from behind, you "turn him away" from these distractions and "turn him on" to better things.

(d) The Kiss That Awakens

Men can also awaken their lover with a kiss. This happens when he returns home late and she is still asleep. Kissing her, he awakens her to his desire for lovemaking. The Kama Sutra even suggests that women fake being asleep in order to "know his intention and obtain respect from him." Today we call this "playing hard to get."

(d) The Kiss That Shows Intention

It might sound a little corny, but this technique can really turn someone on. Next time you see an image of your lover in the mirror or in the water, turn and kiss it. This "kiss that shows intention" is truly romantic way to show someone you haven't kissed yet that you'd like to.

(d) The Transferred Kiss

Similar to the previous kiss, this involves kissing a picture, object or person that is dear to your lover in your lover's presence. The kiss is thereby "transferred" to your lover. With the right look of suggestion, such a move can generate quick requests for the real thing.

(d) Demonstrative Kiss

This is a kiss used to send a message of interested affection. A man walks up to a woman in public and kisses her hand. While studying with a man, a woman lays her head in his lap (as if she were sleepy). Such a kiss clearly "demonstrates" a desire for deeper contact.

*****START SEXY TIPS*****

French Kissing Tips

Do:

- Alternate being active and passive, pushing your tongue into your partner's mouth and letting it into yours.

-Touch your partner's face and lips with your fingers while kissing—most people find this very erotic.

-Experiment with having your eyes both open so you can look at your partner.

-Make some sounds. Everybody likes to get positive feedback that their kissing is enjoyable. Your partner will appreciate your little moans of pleasure.

-Play with an ice-cube or a hard candy or mint. Such things can be fun to pass back and forth or to run along each other's lips and tongue and teeth.

DON'T:

-Don't be afraid to explore new sensations. Let yourself enjoy the light-headedness, the tingles, or whatever sensations that might show up.

-Don't burp. This is very important. If you have to burp, do whatever it takes to do it where your partner won't notice. By all means, never burp directly into your partner's mouth.

-By the same token, don't chew gum or eat anything that gets gooey while French kissing.

-Don't French kiss with a dirty mouth or stinky breath!
*****END SEXY TIPS*****

(a) Chapter 8

(b) Advanced Positions

Ready for more positions? We hope so. The Kama Sutra is an endless fountain of knowledge, and as you're learning, the book teaches a wide variety of positions. This is why this little book has been circulated for centuries and known world wide as the fountain of all sexual knowledge.

We're now going to explore the advanced Kama Sutra positions. These positions tend to be more difficult to perform than those in earlier chapters. They require more agility, strength, balance, and more communication with your partner.

Since these are the advanced positions, you'd both better be turned on. We mean really turned on. So turned on that you could just scream. Some people make the mistake of trying to avoid the foreplay and jump right into sex. For maximum pleasure, you must feel relaxed, turned on, warmed up, and ready to move onto the advanced positions. So if you're ready" On your mark, get set, go!

Variety is the spice of life. The Kama Sutra explains that sexual variety is crucial to creating and maintaining a healthy and powerful sex life. Variety is also important because all bodies are different, all couples fit together differently, and what we each want sexually can change from day to day and from hour to hour. As a result, it's important for couples to have access to a variety of positions to accommodate their needs and desires both as a couple and as an individual.

Cultivating a fun and playful mood is another critical element in having a passionate sex life. When you're having fun, you're naturally relaxed and focused on enjoying the experience. Being playful goes along with fun. When you focus on being playful you are able to concentrate on what you're doing, but also on enjoying yourself from moment to moment. We want you to enjoy yourself moment to moment and focus on having as much fun as possible.

(c) The Three Lying Positions

If we were trying to be cute and funny we'd mention that the following positions are called the lying positions because they involve lying down, but we'll spare you, and not go down that road. These positions are called the lying positions because in

each the woman starts by lying on her back--with her legs spread open.

Good news: Many women find these positions to be highly pleasurable and explosive due to the depth with which the man during the lovemaking process. Be prepared to have a really great time with the lying positions.

START SEXY TIPS

No Kama Sutra passion room would be complete without a variety of fluffy pillows around to assist as props while making love. Pillows are useful to place under the woman's back or buttocks for support, or can be used to change the positions slightly to make them easier to perform.

END SEXY TIPS

(d) Widely Opened Position

In this position, the woman again starts by lying on her back. She then raises her hips upward, using her thigh muscles to move her pelvis forward. She then spreads her legs apart. If done properly, the woman's buttocks should be several inches off the bed. Since this position can often be tiring and hard to maintain, the woman should try it for a few seconds and then take a break. She should also focus on breathing deeply to help her relax and focus on enjoying the position, rather than stressing her muscles.

The man starts on all fours, with his hands planted outside of her shoulders. He can then easily move his lingam inside her yoni. One of the advantages of this position is that the couple can deepen the experience by staring into each other's eyes.

The woman can move her hips up and down to alter the intensity and depth of the lingam. She can also use her hands and arms to encircle his body and aid in their mutual pleasure. The man can alter his position by lowering his arms and changing his leg positions.

(d) Yawning Position

By yawning, we are not talking about the sort of yawn you do just before drifting off before sleep. This yawning position provides deep, and passionate penetration. If you enjoy intensity, you'll enjoy this position.

The woman starts again by lying on her back. This time, however, she raises her legs upwards towards the man's body, and then spreads her legs widely apart.

The man starts in the kneeling position with his knees spread slightly more than shoulder length apart. He is then able to guide himself slowly inside her yoni, while doing his best to support her legs with his own thighs.

To create variation in feeling and depth, the woman can raise and lower her thighs. She can also experiment with the speed at which she moves her thighs up and down to change the intensity.

The man can change the position by leaning towards or away from his partner.

For added variety, the man and woman can both use their hands and arms to embrace each other, hold hands, or to use their fingertips to touch the erogenous zones of their partner.

*****Insert Figure 08FIG01: Yawning Position**

(d) The Position of the Wife of Indra

Indra was a well-known Vedic king. According to Vedic texts, had a wife well known for her skills in the sensual arts. Historical rumor claims that she created this position because it greatly pleased her husband Indra, while also having a nonstandard position that also brought her great pleasure.

This is one of the most advanced positions in the Kama Sutra. So you should give yourself time to learn, practice, and experiment with it. You should also take the time to find the most pleasurable variations to suit your body types, as well as your strength and agility limitations.

In this position the woman starts by lying on her back. She then draws her legs up towards her tummy as far as she can, bends her knees, and places her feet on the man's navel region. The man then enters the yoni with her buttocks pressing against his pelvis.

The reason why it's considered such an advanced position is because of the stress it puts on the woman's legs and abdominal muscles. This positions requires a limber body. So, go gently at first and work up to doing this position for rlonger periods of time.

*****Insert Figure 08FIG02: The Position of the Wife of Indra**

(c) The Clasping Positions

The term "clasping" actually refers to the woman using her vaginal muscles and thighs to capture the man's lingam inside her yoni and hold it there as she squeezes it.

In the next set of positions both the man and the woman keep their legs straight, rigid and held together as tightly as possible. These positions do not focus on embracing, like many of the earlier positions.

*****START SEXY TIPS*****

To help women with the clasping positions, we recommend that women perform exercises to help strengthen their ability to clasp the lingam.

Kegel exercises were developed by gynecologist Dr. Arnold Kegel to help women, regain bladder control by strengthening their pelvic muscles. Kegel found that these exercises also aid in more powerful orgasms, and in added pleasure and satisfaction during sex.

Women can practice doing Kegel exercises by squeezing their pelvic muscles and then relaxing. Kegel recommends that women start contracting for three seconds and then work up to holding for ten seconds.

*****END SEXY TIPS*****

(d) The Outstretched Clasping Position

The outstretched clasping position encompasses two separate techniques. The first works as a gentle loving embrace. The second invokes more intensity and passion. Like so much of the Kama Sutra, the positions work perfectly together, fitting together like an elaborate set of puzzle pieces.

In, part one the woman starts out lying on her back with her legs spread open. The man lies on top of her with his body fully extended so that his entire body is on top hers. His legs should also be spread out slightly inside of her legs. The man then slowly and gently moves his lingam inside the yoni.

The woman can arch her legs up slightly to change the angle and pressure of the lingam inside the yoni. The man can alter the

intensity and the angle of this position by using his legs to pull on her legs.

In part two, both partners shift to lying onto their sides. The man should lie on his left side, and the woman should lie on her right side. To enhance this portion of the outstretched clasping position we recommend that the man and woman embrace, wrapping their arms around each other and holding each other tightly.

For most couples balancing during this position can be difficult enough, without thinking of adding in any special variations or sexy upgrades. In fact, just trying to find a way to balance in this position might be all the variation many of us can stand. If, however, you do want more variety, the man can vary his style from deep pelvic thrusts to shallow embraces.

*****Insert Figure 08FIG03: Outstretched Clasping Position**

(d) The Pressing Position

This next position is to be done in the heat of passion. So, if you're not completely burning up, red hot, do not even attempt to try this one.

The Kama Sutra brilliantly observed that making love has different phases—from start to finish. Some positions are designed to assist in getting turned on, some designed to help you reach orgasm. This position is designed to be one that pushes both man and woman closer to orgasm.

When the couple is in the heart of the clasping position the woman pushes her thighs tightly together, and presses her pelvis into her partner's pelvis as much as possible. When the woman begins pressing tightly this will provide great pleasure for herself and her partner.

For variety, the woman can focus deeply on tightening and loosening her thighs. The man can also alter this position by rubbing her clitoris or massaging erogenous zones.

(d) The Twining Position

Women, you're going to enjoy the twining position because it puts you back in charge of the lovemaking again. The twining position is a variation of the pressing position.

In this variation, the woman moves one of her legs over the top of one of the man's thighs. At the same time she wraps her arms

around the man's neck. By moving her legs and arms, the woman causes the lingam to move deeper inside her yoni.

The woman is not only in control of changing the depth of the lingam, but she is controls all variations of this position. She can alter her leg position to change both the sensations and the depth of the lingam inside her yoni. She can also use her pelvic muscles to change the angle and intensity of the penetration.

(d) The Rising Position

In the heat of passion the rising position can be explosive. In this position the man kneels with his knees spread slightly more than shoulder length apart. The woman starts by laying on her back and then lifts her legs up and wraps her feet around the man's neck. He can then easily guide himself inside her.

For variety the man can use his hands to rub her clitoris, caress her breasts, or he can trace circles around her lips and tongue.

The woman also can use her hands to rub the man's buttocks, massage his testicles, and use her legs to pull the man closer to her.

*****Insert Figure 08FIG04: The Rising Position**

(c) The Two Presses

In both pressed positions the woman starts on her back and the man starts by kneeling on top of her. The difference between the two is that the woman changes her leg positions. The different leg positions will cause the man's lingam to enter her yoni at different angles.

(d) The Full-Pressed Position

In the full pressed position the woman starts on her back. She then raises her legs towards her chest. She then presses her feet into the man's upper chest.

The man begins in kneeling position with his legs extended slightly more than shoulder length apart. The man then has easy access to her yoni and can deeply penetrate her yoni.

The woman can change the intensity by pushing her feet harder or softer into the man's chest. The harder she pushes with her feet, the more intense the contractions will be in her pelvic muscles and in her yoni.

*****Insert Figure 08FIG05: Full-Pressed**

(d) The Half-Pressed Position

In this modification of the full pressed position, the woman again starts on her back. The man begins in the kneeling position. This time, however, she only places one of her feet on the man's chest. She takes her other leg and wraps it around his waist.

For variety, the woman can pull the man closer to him. This will change the angle at which his lingam is inside her yoni. The man can also change his angle to alter the intensity and sensation.

*****Insert Figure 08FIG06: Half-Pressed**

(c) The Agile Positions

The next group of positions are referred to as the agile positions because they require flexibility and agility to perform. While you do not need circus freak flexibility or strength, they are more difficult than most positions in this book. So, take your time, go slowly, and enjoy.

(d) The Splitting of Bamboo

Once again, here is another strange sounding name for a position. The splitting of bamboo is not a cleverly disguised metaphor, which really means something painful in Kama Sutra-ese. In fact, the name of this position simply refers to the leg positions of the man and woman, and is another highly pleasurable position.

The woman starts on her back, with her legs bent (much like she would in the traditional missionary position). The man begins in the kneeling position with both of his hands placed on either side of her head, near her ears. The woman then raises one leg and places it over one of his shoulders. At the same time she takes other leg and rests it on the bed.

The woman alternates her resting and outstretched legs. The man,

in turn, also alternates extending one of his legs forward and one backwards, as the woman switches leg positions.

*****Insert Figure 08FIG07: Splitting of Bamboo**

(d) The Fixing of a Nail

In this position the woman starts by laying on her back with her legs outstretched—similarly to the splitting of bamboo position. The man starts out in kneeling position with his knees slightly wider than his shoulders. The woman then takes one of her legs and raises it towards the man's head. She then rests her heel on his forehead.

The advantage to this position is that the woman feels an added sense of vulnerability and sensuality with her leg extended so high in the air.

For variety, the man can change the angle at which he kneels on top of the woman. This change in angle can greatly change the sensations for both of them and also alter the depth at which the lingam penetrates the yoni.

The woman can also intensify her experience by pushing harder or softer into the man's forehead. Be warned, don't push into his forehead too hard, you might just knock him out.

*****Insert Figure 08FIG08: Fixing of a Nail**

(d) The Crab's Position

Why is this position named after a crab, you ask? Believe it or not, the woman's yoni acts like a crab, tightly gripping the man's lingam and using her yoni muscles to massage it. There you have it.

The crab's position starts with the man kneeling with his knees widely spread apart. The woman starts on her back and then draws her legs towards her stomach. She then wraps her legs around the man's waist. He then bends slightly towards her, but mainly focuses on keeping his back straight and his body as still as possible.

The variations of this position all come from the woman. She can move her pelvis into different angles when she wraps her legs around his waist. She can also massage his groin area to propel him to thrusting harder or more shallowly.

*****Insert Figure 08FIG09: The Crab's Position**

(d) The Packed Position

The man starts by kneeling with his knees bent slightly more than shoulder length apart, so that his feet extend behind his body. The woman again starts on her back. She then raises her legs towards her chest. Next, she crosses her feet so that they make an "x" shape, and presses them into the man's upper chest. The man then has easy access to her yoni and can go very deeply inside her. He can also use this opportunity to caress her buttocks and breasts.

(d) The Lotus-like Position

In Hindu culture, the lotus is a symbol of perfect unity and union. So, this position is based on the idea of perfect harmony between men and women.

The woman starts out on her back. She then draws her legs towards her body. In the process she takes on leg at a time and folds it over her opposite thigh. The man begins crouching on top of the woman on all fours. The man can then gently slide his lingam inside her yoni.

*****BEGIN BITS OF PLEASURE*****

Have you ever wondered how the yogis get into the full lotus position? Probably not, but we're going to tell you anyway. Sit on the floor with spine erect and legs stretched out in front of you, slightly apart. Place right foot on the left thigh with the sole of the foot turned up. Rest your right knee on the ground. Take left foot and place it high on the right thigh with the sole facing up and the left knee resting on the ground. Let your feet rest on the pressure points at the top of your groin.

*****END BITS OF PLEASURE*****

The lotus position can be quite tiring for the woman's legs and back. Therefore, we recommend you try this position for short periods of time at first, and gradually work up to being able to stay in this position for longer.

For variety, the woman can change the angle at which she is holding her legs. Altering the angle can change the sensation and depth in which the lingam penetrates the yoni.

*****Insert Figure 08FIG10: The Lotus-like Position**

(d) The Turning Position

You've finally arrived at one of the most fun positions outlined in the entire Kama Sutra. Congratulations. For women, this position doesn't require you to do anything. Just lay back and enjoy. The man does all the work, and hopefully enjoys the process.

The turning position incorporates several different positions into one. Imagine it this way, the man starts facing the woman and then literally turns in the process until he is facing her feet. What makes this position different is that the man keeps his lingam inside her yoni during the entire process, from start to finish.

The position starts with the woman on her back with her legs spread apart, much like the missionary position. The man starts by lying on top of her, placing his hands on either side of her body. The woman is then free to use her arms to caress his back, stroke his hair, or to scratch his back or chest.

After enjoying this position for a while the man then turns his entire body to his right. He starts by moving his left leg to his right, and then moving his right leg--the entire time keeping his lingam inside the yoni.

The man continues moving to his right until his head is finally at the woman's feet. At this point his legs should also be spread to either side of her body, and his feet near her head.

*****Insert Figure 08FIG11 (a&b): The Turning Position**

(c) The Standing Unions

Ready for yet another crazy variety of sex position? This time the Kama Sutra recommends you do it while standing up! Talk about variety. Here goes with a variety of standing positions.

(d) The Supported Congress

In the supported congress you both begin standing up. Hug each other. Embrace each other. Kiss each other. Look deeply into each other's eyes and breathe in union for a minute or so.

The man starts by standing with his back supported against a wall. The woman wraps one her legs around one of the man's legs.

He then carefully proceeds to enter her yoni. The woman must focus on keeping her balance during this position so that she can enjoy the experience rather than worry if she's going to topple to the floor.

To make the position easier, the man can squat down to lower his body to meet her yoni. We recommend the man grab and support the woman's buttocks during the position to aid in her comfort.

*****Insert Figure 08FIG12: Supported Congress**

(d) The Suspended Congress

In this position the man stands with his back against a wall. The woman begins by wrapping her arms around his neck. She then wraps her legs around his pelvis. The man reaches down and grabs her legs, thus supporting her body with his arm strength.

For most men this position is difficult to do for any length of time. The man needs to have a lot of upper body strength to hold up a woman for any length of time. So, be careful when trying this position.

*****Insert Figure 08FIG12: Suspended Congress**

(C) The Least You Need to Know

(d) Variety is the spice of life. In your sex life, make sure you experiment and utilize a variety of positions, postures, and methods of lovemaking.

(d) Smile and enjoy. You should have fun and enjoy making love with your partner. Relish your sex life, and you'll be way ahead of the game.

(d) Make sure you make the positions work for you. If something doesn't feel good—stop it and alter the position to best suit your body type.

(d) Take turns pleasuring each other. Sex is best when the partners take turns giving and receiving pleasure.