# KAMA SUTRA RELOADED

An Ancient Guide to the Labors of Love, Sacred Sex and Mindful Relationship

MOORE BY GABRIELLE MOORE

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### INTRODUCTION

hen you hear the words "Kama Sutra", you probably conjure up images of complicated, twisted up positions that require you to contort yourself into crazy configurations for some seriously wacky sexual performances. That couldn't be further from the truth. If you are reading this book for some super sexy ideas to improve your lovemaking, don't worry - the Kama Sutra does have its share of magical moves. But this is only one part of the ancient book, one of seven. The Kama Sutra contains ancient knowledge to teach you turn-ons and technique, thoughts on how to run a household and how to speak to a lady, how to please a woman, and how to make a marriage work.

Many people also assume that the Kama Sutra is a tantric text however the two are barely related, their only connection being their region of origin. Tantra is ultimately a mystical, spiritual path and while there are many practical techniques to reaching the ecstasy, it is about using these techniques to reach spiritual heights of transcendent love. The Kama Sutra is the opposite – it is a guide to taking the often impractical arts of love, sex and spirituality and making them real, making them work in the physical reality we live in every day.

Originally a full 1000 verses long, the book has been rewritten and condensed several times throughout history before coming to its current iteration at 150 versus in these seven parts:

- » Sadharana (general topics)
- » Samprayogika (embraces, etc.)
- » Kanya Samprayuktaka (union of males and females)
- » Bharyadhikarika (on one's own wife)
- » Paradika (on the wives of other people)
- » Vaisika (on courtesans)
- » Aupamishadika (on the arts of seduction, tonic medicines, etc.)

I will go through each part in detail, but don't be dissuaded by the Sanskrit words or the strange descriptions. There are plenty of English translations of the Kama Sutra available online, but they can be confusing when trying to apply them to your day-to-day life. I'll be giving you everything you need to know to make this ancient knowledge work for you in your relationships right now.

So what do you need to get started? Don't be intimidated! All you need is an open mind and a commitment to your marriage! Are your worried that you don't really understand what your wife wants in your relationship? Are you bored? Maybe you're scared that you just don't fit together properly and are concerned that you'll never be able to please her. There is hope for you yet, so don't despair. The mysteries of a happy, healthy home have been right under your nose for hundreds, perhaps even thousands of years, and I'm here to let you in on the secret!

### CHAPTER ONE KAMASHASTRA & THE 64 ARTS

KAMASUTRA RELOADED

BY GABRIELLE MOORE WWW.GABRIELLEMOORE.COM amashastra defines an entire genre of works, ancient writings dedicated to "Kama", the Sanskrit word for love, erotica and sensual pleasures. The Kama Sutra is only one of these books, albeit the most complex and noteworthy.

The ancient Hindus believed that one should focus on different aspects of life and different times – learning as a child, purpose and motivation for the acquisition of material needs in youth, erotic love and sensual pleasure in adulthood, then the strengthening of will power and spirituality as you age. I think it's safe for me to assume that you've learned what you need to get by in this world, and have found some purpose and motivation to work and build a family. Whether or not you've started down a path of spirituality, you're here because you want more from the realm of the sensual, and you deserve it!

#### THE SIXTY-FOUR ARTS AND SCIENCES

Yes, that's right... sixty four! The Kama Sutra suggests that alongside the sexual arts, every man and woman should practice the sixty-four arts and sciences necessary to become a whole, wellrounded individual<sup>1</sup>. Mastering all of these skills is a daunting task and could easily take a lifetime, so lucky for you that you have a partner in life! While certainly it will be fun if you can share some of these skills with your wife – games and arts in particular – you will be just as well off to allow her mastery of that which she feels is in her domain, and you can call dibs on those things she may not be comfortable learning. Some of these probably seem a bit strange to the modern lovers, but let's take a brief moment and see how they might apply to today's society, shall we?

#### ARTS

- » Singing
- » Playing on musical instruments
- » Playing on musical glasses filled with water
- » Dancing
- » Union of dancing, singing, and playing instrumental music
- » Writing and drawing
- » Tattooing
- » Composing poems
- » Making figures and images in clay
- » Scenic representations, stage playing

Even if singing and dancing around doesn't seem like a great time to you, crooning along to her favorite love song (or just standing outside her window with a jukebox) is a pretty classic move! If she's the one in the family who's got the rhythm, learning to create love poems or just to write a sexy letter is bound to fill her heart with passion. Don't skimp on the drama! And remember, just because she may not want to let you practice your tattoo artistry on her, doesn't mean you

can't try some edible body paints on your next date! Best of all, when the mood in the bedroom is feeling a bit boring, playing a role might be just the ticket to a whole new world of fun.

#### AESTHETICS

- » Arraying and adorning an idol with rice and flowers
- » Spreading and arranging beds or couches of flowers, or flowers upon the ground
- » Coloring the teeth, garments, hair, nails and bodies
- » Picture making, trimming and decorating
- » Stringing of rosaries, necklaces, garlands and wreaths
- » Binding of turbans and chaplets, and making crests and top-knots of flowers
  - » Fixing stained glass into a floor
    - » The art of making beds, and spreading out carpets and cushions for reclining
      - » Art of making ear ornaments
      - » Coloring jewels, gems and beads
        - » Art of applying perfumed ointments to the body, and of dressing the hair with unguents and perfumes and braiding it
          - » Art of making flower carriages
          - » Making artificial flowers
            - » Knowledge of ways of changing and disguising the appearance of persons

It's safe to say that you will probably leave most of these beautifying arts up to your significant other, or skip them altogether and let a professional make your wife's jewelry. It's safe to say, however, that any man, who learns how to not only make a bed, but to cover it with flowers, is bound to be in for a romantic evening!

#### SPORTS AND GAMES

- » Solution of riddles, enigmas, covert speeches, verbal puzzles and enigmatical questions
- » A game, which consisted in repeating verses, and as one person finished, another person had to

commence at once, repeating another verse, beginning with the same letter with which the last speaker's verse ended

- » The art of mimicry or imitation
- » Study of sentences difficult to pronounce (tongue twisters)
- » Practice with sword, single stick, quarter staff and bow and arrow
- » Art of cock fighting, quail fighting and ram fighting
- » The art of understanding writing in cipher, and the writing of words in a peculiar way
- » The art of speaking by changing the forms of words (ciphers and secret languages)
- » Mental exercises, such as completing stanzas or verses on receiving a part of them; or supplying one, two or three lines when the remaining lines are given indiscriminately from different verses, so as to make the whole an entire verse
- » Knowledge of the art of war, of arms, of armies, etc.
- » Knowledge of gymnastics
- » Skill in youthful sports
- » Various ways of gambling

Okay, so gambling might not be the best way to win over your wife, but a strong wit and a sharp mind are always attractive! If you are really ready to take things up a notch, there are dozens of different sexy games available to help spice things up and keep things interesting. Don't forget, they say the brain is the biggest sexual organ...

THEY SAY "LESS IS MORE", SO IF YOU AREN'T HAVING THE KIND OF SEX YOU WANT, BECAUSE YOU WEAR YOURSELF OUT TRYING TO DO IT TOO OFTEN, IT'S TIME TO SCALE BACK AND RESERVE SOME ENERGY FOR YOUR NEXT PERFORMANCE.

#### PRACTICAL SKILLS

- » Storing and accumulating water in aqueducts, cisterns and reservoirs
- » Proper disposition of jewels and decorations, and adornment in dress
- » Art of preparing perfumes and odors
- » Culinary art, i.e. cooking and cookery
- » Making lemonades, sherbets, acidulated drinks, and spirituous extracts
- » Tailor's work and sewing
- » Making objects of beauty out of yarn or thread
- » Quickness of hand or manual skill
- » Reading, including chanting and intoning
- » Drawing inferences, reasoning or inferring
- » Carpentry, or the work of a carpenter
- » Architecture, or the art of building
- » Knowledge about gold and silver coins, and jewels and gems
- » Chemistry and mineralogy
- » Knowledge of mines and quarries
- » Gardening
- » Art of teaching parrots and starlings to speak

- » Knowledge of language and of the vernacular dialects
- » Knowledge of dictionaries and vocabularies
- » Knowledge of the rules of society, and of how to pay respect and compliments to others
- » Knowledge of scanning or constructing verses
- » Arithmetical recreations

The reasons for learning practical skills should be self-explanatory. Understanding how to cook, build, speak clearly and be respectful, these are all important to any household. Women want to be cared for and looked after, as much as they desire to care for you!

#### MAGIC

- » Magic or sorcery
- » Art of framing mystical diagrams, of addressing spells and charms, and binding armlets
- » Art of obtaining possession of the property of others
- » Knowledge of the art of changing the appearance of things
- » Art of knowing the character of a man from his features

Now we are getting into the heart of the Kama Sutra and that which sets it apart from modern texts on love and relationships. What is magic, exactly? Famous modern practitioners have described it as "...the science and art of causing change (in consciousness) to occur in conformity with will".

That doesn't sound so scary, does it? If you are going to change your behavior and the outcomes of your actions in your relationship, it makes sense that you should apply yourself (your will) to first change your mind. You can try implementing all the new techniques you can think of into your life, but if you don't want things to change, if you aren't willing to be flexible and feel differently, what's the point of it all?

Kamashastra is about changing your mind, about coming to a full and complete understanding of the erotic universe, so that you can live a full and complete erotic life. Why wait any longer?

### CHAPTER TWO THE KAMA SUTRA'S SEVEN PARTS

KAMASUTRA RELOADED

BY GABRIELLE MOORE WWW.GABRIELLEMOORE.COM s we discussed earlier, the Kama Sutra has seven main parts, each addressing a different aspect of life as it relates to the married man (or woman), each important for a variety of reasons. If you were to read the original translation, you may be left wondering what on earth all this has to do with you, so that's what I'm here to tell you.

#### THE BREAKDOWN

I'll be clear, not all of the parts of the Kama Sutra are going to be easy to read or directly applicable to your life today, but understanding where the author was coming from is an important part in knowing how to apply its knowledge and wisdom to your marriage.



#### SAFE AS HOUSES

The first chapter of the Kama Sutra is all about the household — how to organize it, but more importantly, what kinds of things happy, healthy people should be doing with their time. Couples who have been together for some time, or who just haven't really learned how to live together in harmony yet, often get bored with each other and let that boredom seep into the rest of their lives. When was the last time that you and your wife did something really fun together, spent time with good friends or celebrated a special event that was truly a joyous occasion? Can you even remember? I think it's time to get out and have a little fun!

#### SEX FOR TWO

When you are ready to really enjoy your alone time, chapter two of the Kama Sutra has everything you need to know to get the deed done. If you've ever been worried that you don't quite fit together, this section has the answers for you. While there are a very few sex therapists out there who might be willing to guide you in learning new positions and understanding how your bodies both mesh, they are few and far between. Besides, are you really interested in trying to "get in to position" with some therapist watching from across the room? I didn't think so.

#### TWO AS ONE

The third chapter of the Kama Sutra focuses on courtship, confidence and the many ways that marriage can take form. When my husband and I were young and in love, he barely had to shoot me a sly smile for me to feel courted. But as the years go on and we started to drift from each other, his lack of understanding about flirtation and foreplay really started to show. So many men think of flirtation as the thing they need to do to get into a relationship, and then forget all about it when the magic starts to fade.

There must be hundreds of books out there that teach about "men being men", but only the Kama Sutra, still after hundreds of years, can give you everything you need to know about being the sexy, manly seducer your wife really needs.

#### ON THE INSIDE

Have you ever wondered what it's like to be a woman in this world? It's not an easy task, I'll tell you that! For this reason, the Kama Sutra spends an entire chapter discussing the life of a woman within her marriage. This chapter will probably be the hardest for finding a useful modern interpretation. Coming from an era and a place in the world where polygamy is often the standard, this chapter spends a lot of time discussing the ways that one wife should address another, but there are some tidbits of wisdom hiding here that you can glean.

THERE MUST BE HUNDREDS OF BOOKS OUT THERE THAT TEACH ABOUT "MEN BEING MEN", BUT ONLY THE KAMA SUTRA, STILL AFTER HUNDREDS OF YEARS, CAN GIVE YOU EVERYTHING YOU NEED TO KNOW ABOUT BEING THE SEXY, MANLY SEDUCER YOUR WIFE REALLY NEEDS.

#### ON THE OUTSIDE

Chapter five of the Kama Sutra will take us even further in depth into the mind of women, not just in the task of flirtation, but how to speak to a woman, how to win her over, and most importantly how to understand what she's thinking.

John Gray, author of *Men Are From Mars, Women Are From Venus* says that "We mistakenly assume that if our partners love us they will react and behave in certain ways – the ways we react and behave when we love someone"<sup>3</sup>. The Kama Sutra teaches men exactly what they can expect from a woman, and even though things may have changed quite a bit since then, there is still a gender gap to be bridged. Don't worry, because I am here to do the translating for you!

#### HOW TO PLEASE

The real heart of the Kama Sutra is not in the sexual positions at the beginning, but this sixth chapter, the chapter specifically for women. Although this section is actually written for courte-sans, it specifically outlines the types of men that women really want, as well as the things that men do which communicate their own desires (or lack thereof). If you've ever wondered what

kinds of things you do that make her wonder if you still want her, this is the chapter for you!

Many men think that all they have to do to let their love be known is to say those special words, "I love you". Truth is that the communication of love is more subtle than that, and this chapter will let you in on all the secrets about a woman's needs that your wife might not even know.

#### SECRET RECIPES

This brings us to the final chapter of the Kama Sutra! Even with all the tips and tricks in the previous chapters, sometimes our bodies get in the way. Perhaps you are concerned about erectile dysfunction, or you are wondering about exercises to strengthen your erection. Even if all your equipment works just fine, perhaps your overall health just isn't quite at the level of fitness you really want.

You could spend your dollars on a brand new fitness regime and a nutritional analysis, have your doctor prescribe you a little blue pill to get everything going in the right direction... but you don't need to empty your wallet on quick fixes! The Kama Sutra outlines many healthy practices and special tonics to invigorate the body and stimulate the libido, along with dozens of aphrodisiac applications to make the magic happen!



#### The Learning Process

If you're still here with me, get ready, because we are about to embark on an incredibly journey! If you still aren't convinced that the Kama Sutra holds, you need only take heed from the author himself. Vatsyayana makes it clear several times throughout the text that the "rules" of the Kama Sutra are guidelines for making a life together, not hard and fast laws. Those who are truly in love, those like my husband and I who have done the work and discovered the true intimacy in our relationship, can take away what we need and follow our instincts! Are you ready to learn the skills and read the relationship map, so you can feel comfortable wandering off into the unknown of your relationship?

#### MODERN TIMES

Times change, it's true. The world keeps turning and the state of love and marriage is certainly different than it was when Vatsyayana wrote his treaty of Taoist and sexual techniques and Roman love, based on the writings of Ovid<sup>4</sup>.

The real goal of the Kama Sutra, as should be the true goal of any couple seeking marital bliss, is harmony, in life, in love, in heart, mind and soul. This kind of desire, the desire to live in balance, as a couple sharing a home, a life and a destiny, is timeless. The drive to unite with someone we love has existed for thousands of years, since the dawn of time, and will continue to exist for long after I am here to teach, and you are here to learn. Don't lose yourself in the dated aspects of this ancient text and instead embrace the timelessness and infinite nature of love.

## CHAPTER THREE I - THE HOUSEHOLD

KAMASUTRA RELOADED

BY GABRIELLE MOORE www.gabriellemoore.com he man who is ingenious and wise, who is accompanied by a friend, and who knows the intentions of others, as also the proper time and place for doing everything, can gain over, very easily, even a woman who is very hard to be obtained."<sup>1</sup>

The first section of the Kama Sutra focuses almost exclusively on the social aspects of the family and the household. An active social life is one of the key factors to high levels of oxytocin, a hormone closely associated with feelings of love, intimacy and attachment<sup>5</sup>. If you spend all of your home time alone together it can be easy to fall into an endless rut. If you are self-employed like me, it is even more important to spend some time out of the house or entertaining others, just to mix things up a bit! Sex therapists might tell you that what you need is to spend more time alone together, but while intimacy is important, you'll enjoy it more if you've spend the evening chatting, laughing or dancing with friends.

#### PARTY HARDY!

Do I really need to give you reasons to get together with your friends and have a good time? I didn't think so! The Kama Sutra outlines several different kinds of occasions to celebrate in good company.



#### FESTIVALS & HOLIDAYS

Christmas, New Years, Easter, and Thanksgiving — what do you do for each of these traditional holidays? According to the Kama Sutra, these celebrations should be about sharing, whether you have had a prosperous year or a bad one, friends and family should gather and give to each other whatever they can, in the spirit of love and community. How better to increase the love in your marriage than to share love and warmth with others?

#### **PICNICS & PARTIES**

The best part about picnics in the park and long weekend barbeques is the conversation, and that is how the Kama Sutra recommends you spend your social daytime hours, when you have some to spare. Have you ever noticed that when you spend too much time alone with your wife, you tend to get stuck in conversation ruts? "Oh, what's new at work today honey?" "Oh, nothing much; what's new around here?" "Oh you know, just the usual here."

Many couples attempt to overcome this boredom subconsciously by picking fights and goading each other into silly arguments. Don't you think it would be easier to simply spend some time chatting with other people, so you have something new to talk about tomorrow over dinner?

#### A DRINK OR TWO

While I'm certainly not recommending going out and getting fall-down drunk, a cocktail or two after dinner or with night-time snacks can be a great way to break the ice and get conversation rolling. Playing icebreaker games can be really helpful at dinner parties and other get-togethers and a drink can help your guests loosen up and relax a little. After dinner is over, try putting on a little music and taking a twirl around the living room. Good bartending skills and the right soundtrack can turn a boring old evening into a swinging, sexy party!

#### MATES & MESSENGERS

So you recognize your need for a social life and can't wait to get out and enjoy yourself... but what if you don't have a trusted group of confidants, or aren't sure which of your acquaintances qualify as "friends". It can be tough between work, kids and a relationship to keep up with others, so the Kama Sutra also gives you some suggestions about how to know when someone makes a good friend.

#### WHAT'S IN A FRIEND?

According to this ancient text, friends should possess the following qualities<sup>1</sup>:

- » They should tell the truth
- » They should not be changed by time
- » They should be favorable to your designs
- » They should be firm
- » They should be free from covetousness
- » They should not be capable of being gained over by others
- » They should not reveal your secrets

AFTER DINNER IS OVER, TRY PUTTING ON A LITTLE MUSIC AND TAKING A TWIRL AROUND THE LIVING ROOM. GOOD BARTENDING SKILLS AND THE RIGHT SOUNDTRACK CAN TURN A BORING OLD EVENING INTO A SWINGING, SEXY PARTY!

Are you surprised at how little has changed in so many years? It should be self-explanatory why honesty is important, and while obviously people grow and their ideas and dreams may change, you don't want to depend on someone who isn't reliable. Your friends should be someone who likes and cares about your ideas, but isn't afraid to tell you when you're wrong. They should be free of jealousy and loyal to you, and they should keep your confidences. Do you know anyone right now who fits these criteria? If not, it's time to get out of the house with your lover and meet some new friends!

#### DON'T KILL THE MESSENGER

Having friends who you can talk to about your relationship can make things a lot easier and clearer for you, but you must be careful that your friends understand your boundaries about communicating the things you say to your wife.

The Kama Sutra suggests that if you ever, for any reason whatsoever, need to relay some kind of message to your lover via some other party, they must possess the following additional qualities<sup>1</sup>:

- » Skillfulness
- » Boldness
- » Knowledge of the intention of men by their outward signs
- » Absence of confusion, i.e. no shyness
- » Knowledge of the exact meaning of what others do or say
- » Good manners
- » Knowledge of appropriate times and places for doing different things
- » Ingenuity in business
- » Quick comprehension
- » Quick application of remedies, i.e. quick and ready resources

In other words, don't let a shy, mumbling, awkward individual deliver your important messages! You want someone who can say what they mean and mean what they say, who readily understands the message you are trying to convey and isn't just going to try and parrot your words. You want someone who will be kind, tactful, and know what to do to fix the problem if they somehow screw up the first time. Sometimes the best person for this job is a professional – call the flower shop and have them take down a card, silly!

## CHAPTER FOUR II - SEXUAL UNION

KAMASUTRA RELOADED

BY GABRIELLE MOORE WWW.GABRIELLEMOORE.COM Science has shown time and time again that a woman doesn't need a dozen different positions or a whole arsenal of techniques to be able to reach orgasm<sup>6</sup>. She does need sustained stimulation in a position that actually works<sup>7</sup> though, so if what you're doing now doesn't, the Kama Sutra comes to the rescue! Rather than just presenting you with a big book full of different positions, which undoubtedly is going to be a bit confusing, this sex manual instead breaks things down into different categories, not just based on the kind of stimulation provided, but using criteria based on your two body types and how you will best fit together. Sounds kind of revolutionary, doesn't it? It is so simple and elegant, it's almost hard to believe that this knowledge has been around for thousands of years, and readily available in English for more than a century!

#### PUZZLE PIECES

The Kama Sutra breaks the genders down into three categories each based on the characteristics of the genitalia - namely the size of the lingam (penis) and the depth of the yoni (vagina). These classifications result in a series of pairings, some of which are considered ideal and some of which require a bit of careful thought and planning when it comes to basic body positioning, in order to ensure mutual satisfaction. Each classification can also be applied to the intensity of passion that a partner feels - in other words, their libido – as well as to the amount of time it takes to reach climax. Keep in mind that you and your wife can be associated with a different animal for each of the three criteria.

#### TYPES OF MEN

The three types of men are the hare, the bull and the horse. In each of the above situations, the least of the three is the hare, which is small with low desire, minimal ejaculation and quick as a bunny! Second is the bull which is mid-sized with middling passion and moderately-timed stamina. Finally the horse is very well-endowed with fervent passion and incredibly long-timed lovemaking.



#### TYPES OF WOMEN

Women are divided into similar groups — the deer, the mare and the elephant. The deer is shallow and slim with low libido, the mare deeper and wider with an average libido and the elephant both deep and wide with a very high libido. Often the size of a woman's yoni will change as she ages, particularly if she gives birth. Kegel exercises — the rhythmic squeezing and releasing of the pelvic floor muscles — are a great way to maintain vaginal health. She can try it while going to the bathroom, as these are the same muscles used to stop the flow of urine.

#### TAB A, SLOT B

According to the Kama Sutra there are three different kinds of "perfect union" — the hare and the deer, the bull and the mare, the horse and the elephant. Other kinds of union are not impossible, but require a little bit of finagling when it comes to getting the right position and employing certain kinds of foreplay to ensure both partners' desires are sated. Later on when we discuss sexual positions I will be sure to point out which moves are best for specific pairings.

ACCORDING TO THE KAMA SUTRA THERE ARE THREE DIFFERENT KINDS OF "PERFECT UNION" – THE HARE AND THE DEER, THE BULL AND THE MARE, THE HORSE AND THE ELEPHANT.

#### Foreplay Fun

The importance of foreplay is undeniable and becomes even more important when you are faced with a less-than-ideal match of libidos. If either you or your wife take longer to warm up than the other (on average, women do take longer than men to get turned on), then it is especially important to employ these methods in your flirtation and foreplay before moving on intercourse. For even more foreplay tips and tricks, check out my other book <u>Turn Her on Faster</u> for a full guide to getting her all worked up. Remember to prepare accordingly – decorate the room with sweet smelling flowers or scented candles, bathe, dress up and share some finger foods and sensual drinks so she'll be primed for pleasure.

#### KISSING

Of the four foreplay methods mentioned in the Kama Sutra, kissing is the one that most couples do well, or at least often, but did you realize that there are a dozen or more different *kinds* of kisses to use at different moments?

To recapture the innocence of youth, practice the kisses for maidens:

1. **The nominal kiss**: the maiden only touches her lips to those of her lover, making no movement herself but accepting passively.

2. **The throbbing kiss:** the maiden, desiring more, gently grasps the lips pressed to hers by gently moving her bottom lip but keeping her upper lip still.

3. **The touching kiss**: the young maiden now closes her eyes and, grasping her lover's hands she touches his lips with her tongue.

Has a lover or suitor ever kissed your reflection in a mirror? How about bowing to kiss your hand, foot or thigh? The 'kiss showing the intention' and the 'demonstrative kiss' are meant to inflame the passions of new lovers. If you kiss your lover while engaged in business, arguments or some distraction, call it the 'kiss that turns away'.

The Kama Sutra further describes four standard types of kisses:

"When the lips of two lovers are brought into direct contact with each other, it is called a 'straight kiss'. When the heads of two lovers are bent towards each other, and when so bent, kissing takes place, it is called a 'bent kiss'. When one of them turns up the face of the other by holding the head and chin, and then kissing, it is called a 'turned kiss'. Lastly when the lower lip is pressed with much force, it is called a 'pressed kiss'."

The Kama Sutra defines four categories of kisses: moderate, contracted, pressed and soft, and the use of each of these types differ for certain parts of the body. Kissing isn't just for the lips after all! You can kiss your lover's face, neck, chest (especially the breasts and nipples), her belly and abdomen, her thighs, her bum, even her feet. Moderate kisses are just that, average and not overly passionate. Contracted kisses are quick and furtive, pressed kisses are long and deep, while soft kisses

THE KAMA SUTRA DEFINES FOUR CATEGORIES OF KISSES: MODERATE, CONTRACTED, PRESSED AND SOFT, AND THE USE OF EACH OF THESE TYPES DIFFER FOR CERTAIN PARTS OF THE BODY.

are light and feathery. No one is better than the other, though certainly some people have their preferences – try them out on different body parts and see how your lover responds.

If you wake up in the night with a burning desire and kiss your lover's face, this is the 'kiss that kindles love', but if you come home late at night and your beloved is already sleeping, call it the 'kiss that awakens'... even if, as the Kama Sutra suggests, your sleeping lover is only pretending to be in dreamland.

And take the next step with this sexy tongue play!

"When one... takes both the lips of the other between his or her own, it is called 'a clasping kiss'... And on the occasion of this kiss, if one of them touches the teeth, the tongue, and the palate of the other, with his or her tongue, it is called the 'fighting of the tongue'. In the same way, the pressing of the teeth of the one against the mouth of the other is to be practiced."<sup>1</sup> You can even try playing a game described as a kissing wager, whereby the lovers attempt to get hold of the lips of the other with their own:

"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."<sup>1</sup>

#### **EMBRACING**

Once your kisses have suggested your desire, embraces tend to follow. The Kama Sutra names four different kinds: touching, piercing, pressing and rubbing. Touching is fairly obvious, simple hands-on caresses are a great way to show that your desire goes beyond a simple kiss. Piercing seems a strange word to use, but it suggests the "jutting out" of certain body parts in order to make desire more obvious, whether this be your lingam or her breasts. Presenting yourself to your lover in a way that makes your desire obvious can be a good way to get the ball rolling, so to speak!



Pressing yourself into your lover as you kiss might do the piercing for you, if you are already quite aroused. Holding your wife tight makes her feel safe, and feeling safe and in the arms of a trustworthy protector is what a lot of women need to become sufficiently aroused. Finally, rubbing tends to take foreplay one step further, the thing that horny teenagers do before they are confident enough to take each other's clothes off! Placing your thigh between your wife's legs so she can get a bit of friction before getting naked is a great way to allow her to get wet and ready before intercourse.

#### **BITING**

The Kama Sutra has almost nothing to say about oral sex, with the except of a few verses about fellatio – for tips and tricks to get your lady of with your luscious lips, check out my book Hot Licks instead! It does, however, illustrate eight different kinds of "love bites" which can be used at different times, depending on your lover's state of arousal. If you partner isn't into pain at all then take it nice and easy, but remember that the more turned on she is and the closer she comes to orgasm, the more intense stimulation she will be able to enjoy.

- 1. **The hidden bite**: This kind of bite is more like a nibble really, gentle and only leaving evidence in small red marks, if any, on the lips.
- 2. **The swollen bite**: This kind of bite involves pressed the teeth into the skin a bit more, with both the upper and lower jaw, leaving more tooth-like marks on the lips or cheeks.
- 3. **The point:** This refers to a bite that uses only two teeth, one from the top and bottom of the mouth, catching the skin or the lips ever so slightly between them.
- 4. **The line of points:** This bite uses all the teeth, from one side of the mouth to the other, to create a line of tooth-marks across a small section of skin on the throat, armpits and inner thighs.
- 5. **The coral and the jewel:** In this bite, the "coral" is your teeth and the "jewel" is your lips you should suck gently and draw her flesh into your mouth as you nibble on her.
- 6. **The line of jewels:** When you do the same, but using all of your teeth and a mouthful of flesh, this is the line of jewels, also to be applied to the throat, armpits and the inner thighs, right at the joint of the hip.
- 7. **The broken cloud:** This bite should form a relative circle, made with the mouth open and sucking in a portion of the breast before biting down.
- 8. **The biting of the boar:** Biting the breasts or shoulders in the heat of passion, hap-hazardly or in a disorganized fashion is called "the biting of the boar".

The Kama Sutra also recommends not biting her harder than she might like, lest the following response be provoked:

"When a man bites a woman forcibly, she should angrily do the same to him with double force. Thus a "point" should be returned with a "line of points", and a "line of points" with a "broken cloud", and if she be excessively chafed, she should at once begin a love quarrel with him. At such a time she should take hold of her lover by the hair, and bend his head down, and kiss his lower lip, and then, being intoxicated with love, she should shut her eyes and bite him in various places. Even by day, and in a place of public resort, when her lover shows her any mark that she may have inflicted on his body, she should smile at the sight of it, and turning her face as if she were going to chide him, she should show him with an angry look the marks on her own body that have been made by him. Thus if men and women act according to each other's liking, their love for each other will not be lessened even in one hundred years."<sup>1</sup>

#### SCRATCHING

The Kama Sutra also considers eight different kinds of scratches, saying:

"The love of a woman who sees the marks of nails on the private parts of her body, even though they are old and almost worn out, becomes again fresh and new. If there be no marks of nails to remind a person of the passages of love, then love is lessened in the same way as when no union takes place for a long time."<sup>1</sup>

- 1. **Sounding:** scratching the chin, breasts, lower lip or abdomen so lightly that no marks are left and only the hairs on the skin stand up on end.
- 2. Half moon: a single curved mark from a nail made on the neck or breast.
  - 3. A circle: two half-moon marks side by side, on the navel, the bum and the inner thigh.
    - 4. A line: drawing a straight line anywhere on the body.
      - 5. **A tiger's nail or claw:** drawing a curved line on the breast.
      - 6. **A peacock's foot:** a curved mark using all five nails of one hand on the breast.

7. **The jump of a hare:** five marks using all the nails of one hand very close together and very near to the nipple.

8. **The leaf of a blue lotus:** a mark on the breast or the hips in the form of the blue lotus leaf.

#### **ROUGH STUFF**

Who would have thought that the ancient Hindu writers and practitioners were a kinky bunch? There is an entire chapter in the Kama Sutra that focuses on the practice of "striking" the body, particularly in places such as the shoulders, head, back, belly, sides and the space between the breasts. Personally, I recommend going easy on most of these areas, but nearly all ladies enjoy a light smack on the bum now and again! Be sure to aim relatively low — you are better off hitting her upper thighs than her lower back of you miss your target. You should be aiming directly for the fleshy part of her buttock.

The book also suggests four different kinds of striking:

- 1. Striking with the back of the hand
- 2. Striking with the fingers a little contracted
- 3. Striking with the fist
- 4. Striking with the open palm of the hand

While I don't necessarily recommend punching your lover, the Kama Sutra says "Blows with the fist should be given on the back of the woman while she is sitting on the lap of the man, and she should give blows in return, abusing the man as if she were angry, and making the cooing and the weeping sounds."<sup>1</sup> The other three kinds of striking can work well for some interesting play that takes you on a little trip to the wild side!

#### PLACES, PLEASE!

The Kama Sutra outlines dozens of different positions, some of which will work better for certain couples than for others, depending on your "Kama Sutra classification" — size, depth, stamina, etc. If one of you takes a dominant position, that person will be generating (and expending) the most energy, so if one of you has more stamina than the other, this person should take an "on top" position. You certainly aren't required to pick one move and stick with it though! Take turns in the dominant position and switch things up to save your energy, and then spend some time sitting or laying down while gazing into each other's eyes.

#### MAN ON TOP

"It is a gentle forward stroke which may be varied for depth and speed, allowing a subtlety, rhythm and spontaneity."<sup>1</sup>

In traditional man-on-top positions, the most common for lovemaking nowadays in particular<sup>8</sup>, the woman lies flat on her back with the man over top of her. This certainly isn't where male dominant positions end though! There are several variations that involve positioning the legs and hips in one way or another. The woman can raise her knees or legs up, even so high as to hook them over your shoulders. THE KAMA SUTRA OUTLINES DOZENS OF DIFFERENT POSITIONS, SOME OF WHICH WILL WORK BETTER FOR CERTAIN COUPLES THAN FOR OTHERS, DEPENDING ON YOUR "KAMA SUTRA CLASSIFICATION" — SIZE, DEPTH, STAMINA, ETC.

If her passions are especially high and your stamina is great, you may want to try having your lover lie at the foot of the bed (or for some spontaneous nookie, on a table, counter top or couch) while you stand between her legs with thighs clasping against or around your hips. In this position you can easily use the leverage provided by your own feet planted firmly on the ground to get into a very vigorous rhythm!

You can lie flat with your weight pressing into her or hold yourself up with your arms, allowing you both the freedom to kiss and fondle each other. If you are strong enough to prop yourself up on one arm, use your free hand to reach around and play with her clit! If you aren't sure what to do with your fingers down there, take a peek at the book I've written on the subject, My Naughty Fingers.

With her legs up in the air and pressed back, "clasping her knees tightly to her breasts, her yoni, like an opening bud offered up for pleasure"<sup>1</sup>, you can plunge toward new depths of her vaginal canal, so this position is perfect if she is deeper or wider than you are long and thick. If you are particularly large, however, and she is especially small then you may have some trouble — you may bump right up against her cervix! If this is just a few gentle bumps, she may find it arousing, but forceful stimulation can be very painful, so be careful. If you have any trouble keeping this position, put a pillow or some Liberator furniture under her hips or pick up one of these nifty pleasure slings!

#### CHAPTER FOUR: II - SEXUAL UNION

#### WOMAN ON TOP

"She climbs upon you, the flowers dropping from her tousled hair, her giggles turning to gasps; every time she bends to kiss your lips her nipples pierce your chest."<sup>1</sup>

This is a great example of something I mentioned earlier called "the piercing embrace". Woman on top positions provide ample opportunity for you to reach up and touch your wife with free hands — caressing and fondling her breasts, pinching her nipples lightly or even playing with her clit — whether she is facing forward or away. On a slightly less physical level, this position allows you the opportunity to "surrender", to feel taken care of, vulnerable and emotionally open. Don't let the chance to open your heart to a more loving experience pass you by!

When your wife is on top and facing you, you can gaze into each other's eyes and should find it easy to synchronize your breathing, a great technique for building the intimacy she needs to reach climax! She can lay down and prop herself up on her arms as she hovers above vou. as described above. or she can sit up and squat over you, keeping her hands on your chest for stability if needed, and move as the Kama Sutra describes, saying "She now swings her hips in wide circles and makes figures-of-eight, swaying upon your body as though she were riding on a seesaw."



She can also lean back, her hands supporter her between your thighs as she thrusts, or position herself in such a way that one of her legs is inside yours. Woman-on-top positions and this variation in particular, are perfect if she is particularly small and/or you are particularly large, as she has complete control over the depth and speed of penetration.

She can spin around to just about any angle and if she has been doing regular kegel exercises, she might just be able to keep you locked inside her while doing it! She can face sideways or away from you so that you stimulate all her most sensitive spots, which can be amazing for bringing on G-Spot orgasms. If you have extra energy, you can prop yourself up with your arms for a bit of leverage and thrust away as she leans or bends toward your feet, giving you a wonderful view of the action! If she becomes tired at any time during woman-on-top intercourse, she can simply turn to you and rest with her head on your chest while you whisper sweet-nothings in her ear, allowing the passion to rise again.

#### SIDE BY SIDE

While these positions may tend to be less stimulating than others due to their slow, gentle nature, they are great for cultivating intimacy and opening the heart, giving your lover what she really needs to get off. These are great positions for finishing after an exhausting romp, allowing you to curl up and fall asleep after you have both reached climax. The depth of penetration allowed by these configurations depends quite a bit on the amount of "padding" your lover has — the larger her bum, the shallower your thrusts will be, so depending on each of your sizes it could be beneficial for many couples, but could be harder for others.

Try the classic spooning position, lying behind your wife with both of you facing the same direction, holding her close. If you swivel slightly out of the way, so you are between her legs at almost a 90 degree angle, she can roll onto her back and you can both touch each other as you bond — there is no active thrusting necessary here, and it can even be accomplished without an erection, having your lover flex and relax her muscles, leading to complete overall relaxation: "Her limbs, entwined in yours like tendrils of fragrant jasmine creeper, draw taut and slowly relax in the gentle rhythm of lingam and yoni."<sup>1</sup> This is also a great position for ending lovemaking if you don't desire to or are unable to reach orgasm, allowing desire to subside naturally so you can drift off to sleep together.

#### SITTING

Often referred to in sacred sexual texts as the "Yab Yum" position, any face-to-face sitting position variant can be used to encourage the build-up of sexual energy at the beginning or in the middle of lovemaking. While it can be used as the sole position during sex, it is easy to transition



IT IS EASY TO TRANSITION FROM A SITTING SPOT INTO EITHER MAN OR WOMAN ON TOP POSITIONS WITHOUT HAVING TO DISENGAGE, MAKING IT A GREAT MOVE TO GET THINGS GOING.

from a sitting spot into either man or woman on top positions without having to disengage, making it a great move to get things going.

The classic position involves sitting with the legs crossed around each other's bodies in what is known as the "lotus position" to yoga fans. This might be difficult for some practitioners, as the woman is entirely supporting her weight on the man's legs, so it can be varied easily by having her straddle you on her knees, supporting herself with her own legs to varying degrees. You can also try sitting with your legs out straight in front of you and have her sit in your lap, cuddling in close together to begin. Using kegel exercises at this point will help ease you into intercourse without the necessity of attempting to thrust. Try holding your wife tight around the waist or by the arms and encouraging her to lean away from you, head thrown back in ecstasy as she breathes in sexual energy — it can be an incredibly liberating feeling! If the sexual energy starts to wane and you really want to build things up, when she is in position over your lap on your knees, one or both of you can focus on the undulation of your bodies in such a way that allows for some thrusting and depth of penetration. Keep touching each other, kissing and continue to implement the many foreplay techniques we talked about earlier, and keep your focus on the breath by working in unison or as a change of pace, alternating so that you are breathing into your lover's lungs and she into yours... just don't get so focused on it that you don't get enough oxygen! Passing out during intercourse is hardly sexy. If you have trouble getting into position on the bed and don't really have any comfortable chairs to try these positions out on, invest in some <u>sex furniture</u> to give you a bit of a lift.

#### STANDING

Standing positions are great for fast and furious passions, "quickies" and short bursts of energy to get things going. There is a lot of strength required for many of these, so if you are not physically capable just yet, don't fret — it'll give you a goal to work toward! If your arms aren't especially strong right now but you have good support beams in your ceiling (or a nice heavy door-frame), try a sex swing for all new angles.

Depending on your level of strength, she can lift one leg or both off the floor to provide you entry as you face each other. The Kama Sutra recommends the follow configuration: "As you lean against the wall, your lady twines her thighs around yours, locks her feet to your knees, and clasps your neck, making love very passionately."<sup>1</sup>These are not only great for quick to-the-point ejaculation, but as a "little taste" of the pleasure to come later in the day. Don't fret if you can't ejaculate before you are too tired to continue in these positions! Take a break, share some fresh fruit and sparkling water and allow the passion to fall and rise again in its own time.

#### YIN & YANG

These "opposites" positions are incredibly for pushing sexual excitement to its maximum, passionate, primal and animalistic! They should be avoided by men who ejaculate prematurely, in favor for less stimulating positions mentioned above, but for anyone with a raging passion they are wonderful to take things to their ultimate conclusion.

"If the lady, eager for love, goes on all fours, lays breasts, arms and forehead to the carpet, raising her buttocks high, and you guide your penis into her yoni humping her back like a doe, and you enjoy her from behind, rutting as though you'd lost all human nature..."<sup>1</sup>

Those ancients really liked the wild side of things! It's no lie, women love to be taken<sup>9</sup> and if you have never explored the animalistic side of your sexual nature, it's time to give it a shot. The comfort and application of the "doggy style" position as it is so aptly named nowadays is, like the spooning and other side-by-side positions above, depends quite a bit on both of your physical size — bums and bellies can easily obstruct your thrusting ability if she is especially deep or you happen to be a bit on the smaller side. Not to fret, though, as there are several toys that

can help get just the right angle, like the Liberator furniture mentioned earlier or these great little inventions, sex slings and straps!

With your wife bent over in front of you, either kneeling, sitting, standing or straddling you while you lay prone, you have not only a great view of her entire body but free hands to fondle her breasts, grab onto her hair (near the roots and with as much hair as possible) or reach around and finger her clit.

## CHAPTER FIVE III TO VII - LOVE & MARRIAGE

KAMASUTRA RELOADED

BY GABRIELLE MOORE WWW.GABRIELLEMOORE.COM he last five chapters of the Kama Sutra, as I mentioned in the second chapter, have a lot of information that probably hasn't applied to anyone in North America for at least a hundred years, if ever. That doesn't make it completely useless though! I've gone through and picked out the very best parts that most books completely ignore, so you have everything you need to implement my earlier advice and get to the point where you can fully utilize your newfound knowledge of sexual positions.

#### THE GIRLS

Four of the last chapters of the Kama Sutra deal explicitly with explanations of how women work, how to treat them, how to entice them, how to keep them and how to live with them. Perhaps this ancient book was written as an answer to that age-old axiom about women: "Can't live with 'em, can't live without 'em"! Well with this great advice, you won't have to even consider living without women, because you'll know exactly what you need to do to make living with your wife (and her with you!) a pleasure and a privilege you wouldn't think of giving up.

#### **GETTING THE GIRL**

The most important part of this section of the Kama Sutra is a detailed list of the types of men who are likely to "get the girl". I've edited out the things that don't apply to our modern day, so let's take a look at what the Kama Sutra thinks women really want in a man!

- 1. Men well versed in the science of love
- 2. Men skilled in telling stories
- 3. Men acquainted with women from their childhood
- 4. Men who have secured their confidence

#### CHAPTER FIVE III TO VII - LOVE & MARRIAGE

- 5. Men who send presents to them
- 6. Men who talk well
- 7. Men who do things that they like
- 8. Men who know their weak points
- 9. Men who are united with their female friends
- 10. Men who are good looking
- 11. Men who are devoted to sexual pleasures
- 12. Men who like picnics and pleasure parties
- 13. Men who are liberal
- 14. Men who are celebrated for being very strong
- 15. Enterprising and brave men
- 16. Men whose dress and manner of living are magnificent

Does that about cover the "ideal man"? How many of these skills and attributes do you endeavor to improve in yourself? It may take some effort, but learning about love and sex, focusing on your confidence and your appearance, being friendly and amicable, romantic and social, healthy and active, successful and suave will make you a jewel among men!

#### THE MIND OF A WOMAN

This section of the Kama Sutra deals almost exclusively with polygamous practices, but let's just examines this one bit quickly — the reasons why a woman might remarry:

- 1. Her husband's dislike to her
- 2. The incontinence of the husband

There are a few more that don't apply, but these two points stand out. If you are unable to please your wife or if your life together becomes so wrought with strife, divorce may be imminent, and the Kama Sutra isn't the only one who thinks so — the top five reasons cited for divorce are infidelity, poor communication, abuse (emotional and psychological count too!), money and sexual incompatibility.<sup>10</sup> Don't let another day go by ignoring your wife's pleasure and happiness.

#### **KEEPING THE GIRL**

While the advice in this section is directed especially at newlyweds, it applies just as well to couples who have been together for a while and are struggling with their sex lives. It all boils down to one basic premise — women like to be wooed; women *need* to be wooed.<sup>11</sup>

#### CHAPTER FIVE III TO VII - LOVE & MARRIAGE

When was the last time you came to your wife with a flower in your teeth, teased her gently, and offered her kisses, caresses and conversation before jumping into the sack? Do you practice her favorite positions first when you are making love, to ensure she gets all the pleasure she desires before you reach orgasm? Do you even know what her favorite positions are? If not, it's about time you asked.

If you want your wife to enjoy sex to its fullest, she needs to be confident in her own ability to feel pleasured, and in your ability to give it to her. Tell her and show her how much you love her! If you aren't confident in yourself and your own abilities, then she won't be either.

#### WHAT WOMEN WANT

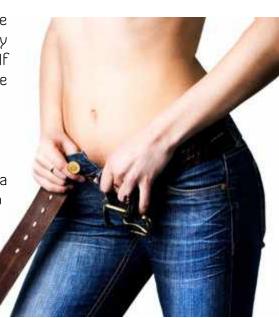
The final section regarding women's wants and needs in the Kama Sutra focuses exclusively on courtesans, who it suggests are to be expected to be easily won over by "getting what they want" – but do you know many women who don't like to get what they want? Why not give it to her? The book suggests only a few things that stand in the way of a stable relationship based on a woman's wants and needs:

- 1. Weakness of intellect
- 2. Excessive love, pride, self conceit, simplicity, confidence, and anger
- 3. Carelessness/Recklessness

There is a big, wide world full of great information out there, especially as it relates to love and sex. There is no excuse

for ignorance anymore — not now that you have me! I've been doing this for years and have written thousands of books and articles on the subject. Don't hesitate another moment further to learn everything you can about relationships and intimacy. You won't regret it!

When you are full of knowledge, be sure you don't allow yourself or your lover to get carried away. Keep your head! The Kama Sutra is pretty clear here: don't do anything silly or excessive, steer clear of hubris and keep a level head. All that your wife really wants is a stable, steady man who can give her all the pleasure she deserves.



IF YOU WANT YOUR WIFE TO ENJOY SEX TO ITS FULLEST, SHE NEEDS TO BE CONFIDENT IN HER OWN ABILITY TO FEEL PLEASURED, AND IN YOUR ABILITY TO GIVE IT TO HER.

#### THE BOYS

The Kama Sutra hasn't forgotten about you! The entire final chapter of the book is all about tonics, tinctures and tools to use in a pinch, to get things started or to keep them going in the event of an unexpected erectile issue. See? When they told you that it's not all that unusual, they meant it! Men have been dealing with performance anxiety and other issues like it for thousands of years...

#### THE SELF-EXPERIMENT

The Kama Sutra lists quite a few strange concoctions, mostly consisting of ingredients you would never be able to find in your local grocery store. A few of the ideas therein, however, are easy to create with stuff you might already have around the house!

For starters, a mixture of warm milk, sugar and licorice or fennel is said to produce a great deal of sexual vigor. This is no surprise, since licorice and similarly-flavored herbs like fennel and anise have been used the world over for both male and female aphrodisiacs.<sup>12</sup>

Honey and other bee-related products, in particular the pollen, are also mentioned in the Kama Sutra and their effectiveness is well-known.<sup>12</sup> Adding a bit of ginger to a jar of honey makes an incredible, albeit messy body paint, but be sure to test it on less sensitive body parts as the tingly burning sensation it creates may or may not be appreciated by your lover! You can also get your honey in "dust" form, <u>plain</u> or in a <u>variety of flavors</u>, to feather lightly onto your lover's body — if she isn't too ticklish...

The final chapter of the Kama Sutra brings up some of the first written history we have regarding sex toys! From <u>cock rings</u> to <u>sleeves/ticklers</u> and <u>extensions</u>, those ancient lovers sure knew how to get it on... and hey, if it was good enough for experts in sex and love from so many years gone by, isn't it good enough for your lady and you?

## CONCLUSION LIVING AN ANCIENT ART IN THE MODERN WORLD



BY GABRIELLE MOORE WWW.GABRIELLEMOORE.COM

#### hat wasn't so bad then, was it? The Kama Sutra is a complex text and approaching it with the idea that every word will still be as applicable today as it was a couple thousand years ago is a bit of a long shot. Aren't you glad I deciphered the language and got right to the point?

Anne Hooper, author of the illustrated Kama Sutra, said it best when she pointed out that "there is a connection between these ancient writings and life in [the modern era]. It's a connection that centers on feelings."<sup>13</sup> No matter what kind of acrobatic sex you manage to have, no matter how strong or limber you are, how fit and finessed, ultimately what matters is that you take the opportunity to nurture your love and express your feelings to each other. Intimacy is what keeps couples together and if you don't have intimacy, you won't have great sex.

The rules of the Kama Sutra are made to be broken, simply making a proper environment for love to grow and flourish, at which point they can be ignored in the ecstasy of joy and bliss! The positions in the Kama Sutra are all about yoga, about conditioning the body and mind to grow stronger and more inclined toward sensual love.<sup>14</sup> Using these moves to create regular sexual rituals and practices might seem a bit like exercise to you, but hey... if you don't work your muscles, they'll wither and wilt like a flower after its prime — your love muscles included! Why let love fade, unexplored when you can live a full and healthy love life for so many years to come? Set a date — today! And a time — now! Then get to work lovers!

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