

# 101 Great Sex Tips

## Benefits of using the 101 Great Sex Tips:

- Increased vitality, energy and passion
- Strengthen your innate Sexual nature
- Improve communication between you and your partner
- Experience deeper levels of pleasure
- Build Total Sexual Satisfaction
- Manifest your true passion
- A “make over” for your pleasure with sexuality
- Other areas of your life will benefit

## Introduction

The ideas presented here will lead you to more satisfying intercourse. They represent the best teachings from around the world, carefully crafted to be useful to both the novice and the more seasoned sexual practitioners. Great Sex is available to everyone, it is something you can learn about and build up with practice. Everyone is entitled to Great Sex. Just like an athlete can prepare for a sport, you can train and prepare for Great Sex. It is a journey rather than a goal.

If you've settled into complacency and believe there isn't anything worth reaching for, think again. If you've had bad experiences before, today is the first day of the rest of your Great Sex life.

## How to use these tips

Some tips may seem odd the first time you read them. A tip may seem like something you would never do. Or you may think, “This tip has nothing to do with Great Sex.” The first time you read through the tips, just open yourself to the ideas presented. Practice the tips that make sense for you. Most likely, you will find some that you are already doing. Some time later, hopefully before too long, pick a tip that seemed odd or outside your comfort zone and attempt to work with it anyway. Surprisingly wonderful results can be yours with just a little practice.

Some of the tips may seem like repeats. When you look closer they are about different situations and have a unique angle. When a tip seems strange or unattainable, save it for later and it may be more useful at another time.

Not all tips fit all the time. They are meant to be a large grab bag so you can pull out the one you want when you want it. Sexuality is such a dynamic personal activity. It varies from person to person and from moment to moment. You may be out and about and in the mood. You could care less about preparing the room or bathing before hand. Go for it! Spontaneous sexual encounters are simply wonderful. Elements of surprise provide great rewards.

These tips are basic and many of them relate to great relationships. As human beings, our sexual behavior is entirely intertwined with our relationships. Sexuality is a complex expression of our selves. Sexuality reflects the inner nature, exposes the most vulnerable. It resonates with the most personal essence of who we are. By nurturing and training our sexual self, not surprisingly, many other areas of our life will benefit.

## 101 Great Sex Tips

1. Use your imagination to invent new ways of being romantic and expressing your love. This applies to inside and outside the bedroom. Be open to trying new and different things. Creativity, resourcefulness, responsiveness and an open mind go a long way to realizing Great Sex.
2. Look at your motive. Great Sex *requires* the joyful expression of sexuality that is satisfying for its own sake. Never use sex as a bargaining tool or item of barter. Participate because you desire to give and receive pleasure. Whenever you are participating in order to pay back, control something, or simply keep the peace, it is not Great Sex. *For example: "If you will take out the trash, I will sleep with you."* There

*are so many ways that people can use sexuality as a bargaining tool. Look for any ways you may be doing this, especially the little ways.*

3. Watch and listen to your partner to know what is pleasing to them. Learn to interpret their responses. It is important for you know if they are enjoying what you are doing. *In the midst of sexual passion, sounds uttered and motions can look as if the person is in pain when really they are experiencing pleasure. Especially when you are with a new partner, or trying a new technique, talk about it. Ask, "Do you like this?"*
4. Do things you know please your partner. Do not do the things you know your partner does not like. *Look for a happy medium, a compromise, for the situation where one partner wants to do something the other does not like. When your partner doesn't want to do something you like to do, don't hold it against them. When you are angry, don't express it by doing what you know your partner does not like. Communicate clearly what you like and don't like. Example here is the husband who always buys his wife red lingerie. She hates red. What people like may change over time, with their mood or in reference to their level of excitement.*
5. Be attentive and remember details.
6. Learn many ways to please your partner. Collect a large "sexual repertoire." Use your vast array of tips, techniques and styles in a variety of ways. *Variation comes from the timing as well as what you do.*

7. Build a sexual vocabulary. Saying “oh baby, oh baby, that feels good,” gets old fast. Think about words that will express your sexuality personality.
8. Clean your mouth regularly. Brush and floss your teeth. Learn to use a tongue cleaner. See your dentist regularly, especially if you have a problem with mouth odor.  
*Use products to freshen your mouth and breath, like breath mints.*
9. Shower or bathe regularly, especially before a lovemaking opportunity.
10. Use a fragrance on your body, not so much as to be overwhelming. Use cologne, perfume, powder, essential oils or scented oils rubbed on the body. Caution, do not combine too many scents, they may not mix. *Some people like to have a “signature scent,” one that they always wear. It will come to remind their partner of their loved one, whenever the partner smells it. Ask your partner what scents they prefer. My sister likes a man to smell like a man. No extra fufu.*
11. Prepare the room by starting with a clean orderly room and clean sheets. Use fragrance such as flowers, potpourri, scented oils or incense and most especially have fresh, not stagnant air.
12. Keep pets and children out of the lovemaking area.
13. Have a separate room or space just for lovemaking. This could be like a guest room. If you don't have a separate room, try to have a way to install a drape or hang material to create the illusion of a separate space for lovemaking.

14. Schedule your time to be together. This is especially true when married with children. Your sexual expression is important and deserves to have a suitable block of time allotted. Don't wait until you are in the mood. *When your scheduled time arrives, if you don't seem in the mood at first, take heart, and use this time anyway . Do loving activities that involve touching and talking, you are building intimacy. The mood may come later, or next time.*
15. Allow feelings of sexual vitality to travel around your body without requiring action to have sex. This means, it's OK to feel "horny" and not try to "get laid." That "happy" feeling is a wonderful gift. Give that "sexual vitality energy" to yourself. Let it travel into every cell of your being. *By letting the "alive" feeling travel around your body it can have a very energizing and enlivening effect. When we feel sexually turned on, we naturally want an immediate response. Rather than taking action, allow yourself to simply feel the feeling. Encourage "the feeling" as much as you like and as often as you like. It's a great way to get through a boring day at work.*
16. Coordinate your breathing. Watch your breath and learn to breathe together. I'm talking about in and out at the same time, with the same rhythm. This is simple, and may actually be something you are already doing naturally.
17. Take time to lay with your bodies together. "Spooning" is a slang term for this way of lying together with one person's back to the others belly, in contact with the full length of your body. Just lay together comfortably for as long for as long as you like. Do this often, with or without your clothes on.

18. Tell your partner about your “inner” experiences. You can’t expect your partner to read your mind. Describe certain experience in detail, of both giving and also receiving pleasure. *Non-verbal methods such as noises and movements have an important role in communicating the pleasure of your experience. You can take this to another level with strategic verbal methods. You can make up your own little words to describe feelings that don’t really have words. For example: “A wave of “shaka,” ‘oou’ moved from my knees to here, when you did that.” or “I felt all tingly in my hands when they moved over your hips.” I’m not suggesting a steady stream of verbal repartee, especially if that is not your style. Rather, this exercise encourages understanding what you are experiencing enough to make it verbal. It encourages awareness of your experience, slowing things down, making time to savor and share the experience. This exercise may bring out the poet in you. If, during the sexual encounter, it is too difficult to be verbal, simply find some other time to share this kind of personal detailed observation. Writing about it is also very good. The sexual experience is often hard to describe. Just because it is hard to put into words, doesn’t mean you shouldn’t try.*

19. Review and choreograph. Review means talk about the entire experience of what happened, what worked and what didn’t. Talk about what you like and when you like it. “I like A, B and C. I don’t like X, Y or Z.” Choreograph means talk about what you would like to happen, in the future. It’s ok to plan whole scenarios for upcoming sexual experience.

20. Be sensitive. Consider how the other person is hearing you, especially when you are being critical. Sometimes it can bruise a person’s sense of self to hear that

something they did during lovemaking was not well received. *So, check your small self (ego) at the door and find ways to encourage, not punish, each other when you share details about preference.*

21. Speak kindly to your partner, while alone and especially around other people. In general, be nice to one another during all your interactions, whether sexual or not.

*What's this got to do with Great Sex? Everything! You ain't gonna kick it in the bedroom if you are kickin' one another outside the bedroom.*

22. Always speak kindly about your partner. Talk about how great a person your partner is in front of other people. Preferably, whenever possible, do this while your partner is listening. *Special Clarification: You may prefer not to talk to other people about how great your partner is sexually. This is about sharing good character traits and the wonderful things, in general, big and small, that your partner does.*

23. Use words to speak up and tell your partner that you find them attractive and that they turn you on. Find a variety of charming and endearing ways to talk about how and why you are attracted. *For example: "You mean the world to me." "I love your smile." "You smell good today."*

24. Find non-verbal ways to tell your partner about your feelings of love and your sexual attraction. Little things mean a lot. Use non-verbal cues often as simple ways to show you care. *For example: a wink, a nod, a raised eyebrow, a loving glance. Simply sit still and watch your loved one.*

25. Give a little massage frequently. For example, simply rub the feet or shoulders or anywhere in-between. This does not have to be a big production. Simply spend a few minutes, often, to caress your partner. *Make a longer massage into a big production as often as you want.*
26. When you see that your beloved partner is stressed and seems overworked, ask if you can help. Better yet look for ways you can take over some task, however small.
27. Use your lips to nibble and your breath to blow on your lover's skin. Do this on all the many places of the body. Find spots other than the genitals and nipples. You can do this in a variety of settings and times, not just in the bedroom in the midst of a tryst.
28. Perform a prostate massage for your male lover at least once a month, especially if he is over 40 years of age. For your female lover, perform a breast massage and "vitality boost". *Each of these activities can take only about 5 minutes to do. More details about this are in the appendix and on the website.*
- <http://101greatsextips.com/prostatemassage.htm>*
29. Pretend to be someone else. Some might call this role playing. Use clothes and other props as suits your fancy.
30. Wear a new scent.
31. Read aloud to your lover. Perform a dance or song. Write a poem, however corny. A person expressing their creativity is very sexy. *In this age of TV and movies, we*

*become complacent and assume we are not very talented compared to “Stars.” Let your own “Star” shine. Extra points for performing erotic dance, strip tease or lap dances!*

32. Remind your lover about why you fell in love with them. Use details of how you met and fell in love.
33. Synchronize your steps when walking together. Hold hands, go arm in arm and use same foot forward, same rhythm.
34. Always have permission, never force yourself. Do not take anything for granted. If you are unsure, ask, “Is this OK?” This is important both before you start anything, and also during the lovemaking, especially when you move into activities that might be questionable.
35. Be fit, physically, emotionally, mentally, spiritually. Perform regular activities in all these areas to keep yourself fit. As much as possible, on a daily basis, create a regular routine that includes a physical workout, feeling and expressing your emotions, use of your mind – keep it clear and open. Connect with your spiritual center and see your lover as a God/Goddess.
36. Do not use stimulants or intoxicants. Yep, I’m talking about coffee and alcohol. These are the two more commonly used items on a longer list of substances that detract from sexual performance.
37. Continue to be loving and attentive especially after your own “needs” are met.

38. Don't expect an orgasm to satisfy your desire. Desire and attraction are awesome feelings and have many ways of expressing and affecting us. Orgasm is a type of bodily reaction to certain stimulus. The big "O" gets way too much importance. Sure, an orgasm can feel good. But look beyond orgasm for some even better, stronger feelings.
39. Don't be constrained by an orgasm, yours or someone else's. Many people assume an orgasm means they are done, time to stop. Don't let an orgasm be the boss of you. It may signal a time to "shift" the kind of activity, but you may not want to stop making love.
40. Avoid compartmentalization. Watch for ways you have separated your sexuality from the rest of your daily routine and identity. Is your "sexy stuff" happening only in certain times and places? Habits are easily formed, and that's fine, as long as they are satisfying. *Making love has no beginning or end. Love, itself, was never born and therefore, can not die. Lovemaking isn't something to do, only behind closed doors and between the sheets. Love may bloom anew with every breath, sexuality can perfume your every step. Spontaneity rules!*
41. Consider your loving partner the most important person in the whole wide world and treat him or her accordingly.
42. While having sex, when you find yourself experiencing something that you do not like, recognize it. It is important to notice when you have a bad or uncomfortable reaction. Shift gears, do something different, take a break. As soon as possible, identify

it. Attempt to describe it to your partner with as much detail as possible about what you are feeling and sensing.

43. Make a little change now and then. Paint your lovemaking room a different color. Hang a different picture or hang up some beautiful cloth as a temporary way to sample a different ambience.

44. Plan a trip or get away, together, if only for a few hours. Go someplace new and different.

45. Touch each other in provocative ways, and don't require immediate, actual copulation. These forms of "foreplay" can be soft like a whisper or loud like a brass band. I'm saying they can range from simple soft touch on the arm or leg to more robust foreplay like finger play on/in genitals. The point is, to do "sexy touch" regularly, without needing to "take it all the way."

46. Touch each other often. Unpretentious touch and hugs, loving pats and strokes. Kind of like rubbing your scent on your beloved. These are effortless kinds of activities that you can do even, and *especially*, in public and no one raises an eyebrow. Give and receive this touching regularly in a way that is different from indicating that you are ready for sex.

47. Pretend to be each other. This is especially fun after you have been together for a long while. How well do you know each other? Have fun discovering the humor and drama revealed in your behaviors.

48. Let go of your need to satisfy yourself. Wonder all the day long about what would satisfy and delight your partner.
49. Do not pay for sex and think you are buying love.
50. At least once a day, kiss for 5 seconds or more.
51. Start each morning (or sometime during each day) with a “special” hug. Have it last about 5 minutes, more or less. Breathe in and out with the same rhythm, have your bodies close, including genital contact. Just hold each other while holding still. I like to call this the morning embrace or lover’s prayer. *Note: genital contact simply means that they are in close proximity as you create your comfortable hug. However, sometimes men have been known to be amazingly hard upon waking. In this case the “special” hug could include full penetration. (use proper lubrication for the woman) The trick is to hold still. If the hardness passes while holding still it’s OK. If not, and you want to get moving, have fun. The five minutes is suggested as a guideline.*
52. Watch while the other slowly dresses or undresses. This can be very playful.
53. Play mirror. Watch your sweetheart and do exactly what they do, as if you are their mirror. This is really fun when dancing.
54. Watch attentively as your partner pleasures him or herself. Another time, let your lover watch, while you pleasure yourself. Yes, we're talking about masturbation. Explain to each other what you are feeling and also share any favorite titillating fantasies. It is important to do this, one at a time. Give each other the opportunity to

really demonstrate. *Another time, perhaps you will want to both masturbate and watch at the same time.*

55. Thank your partner. Actually say the words out loud with genuine feeling. “Thank You!” Be appreciative during and after lovemaking.

56. Anytime is a good time to be appreciative. Say “thank you” any time of the day and for all variety of reasons, not just sexy stuff. As a guideline try to be appreciative or say thank you to your partner at least 5 times a day, for little things as well as big things. *Keep in mind; you score extra points for being appreciative when you are out with other people.*

57. Feel good about yourself. Self esteem is so sexy. Believe that your body and personality really is very loveable. You are lovable, just as you are! Do not require your lover to validate you, build your self esteem or prove you are lovable. It will never succeed. If you don’t love yourself, you will never believe that anyone else can. Requiring someone else’s love to fill the empty space that comes from not loving yourself, expecting them to make you feel good about yourself, is sexual suicide. It NEVER works!

58. Find your passion in an activity or activities outside of the sexual experience. Spend some time engrossed in an activity you LOVE. This will empower you during lovemaking. *For example, perhaps you love to play sports, dance, write poems or play the drums. Spend some time, even if it is a little time, doing this. Then your heart will sing and your life, including your love life, will be happier. If you don’t know what your*

*true passion is, I recommend the audio "Finding Your Passion" by Cheryl Richardson*

<http://www.cherylrichardson.com/>

59. Learn all about sex and sexuality, especially your own. Spend your lifetime learning and practicing. Read books, find a teacher or coach, join or form a study group. There is a listing of books and teachers in the appendix and at my web site, <http://101greatsextips.com>. I encourage more people to become teachers or coaches in their own communities.
60. Go to the bookstore and pick out a book. This is a fun activity to do with your partner. The larger chain bookstores, especially, have a whole section on sexuality with a lot of titles to chose from.
61. Shower together with lots of soap. Take a bath together, assuming you have a big enough tub!
62. Relax into it. Great sex feels natural and comfortable. If you are not feeling relaxed and comfortable, (along with feeling stimulated,) give some thought to addressing what elements are causing the agitation. *This is a point that might be confusing, so let me explain. Sexual arousal usually is not described as relaxing or calm. Great sex should contain waves of tension and excitement. That's not what I'm talking about. I'm talking about the many kinds of nervous worries, like: How am I performing? Will she like me? Did I remember to put the milk in the fridge?*

63. Start your lovemaking with a time for just being still. You may choose to use OM or simply hold hands. *There are specific positions that are good for this. For example, here is an easy one: sit cross legged or in a chair, facing each other with your knees touching. Put your hands together, left palm up and right palm down. Eyes closed, or gaze at the spot between each other's eyebrows.*
64. Feel safe. Great sex doesn't contain fear. If you are feeling fear, take some time to look into the fear and what is causing it. Feel the fear, and hopefully find how to let go of it. Do NOT stuff the fear away or try to hide it. Talk with your partner and/or a therapist or coach. This includes fear of not performing well and fear of losing your partner.
65. Have no expectations. Unrealized expectations can cause lots of trouble. Anytime you got trouble, look first to see who is holding onto unrealized expectations.
66. Use all your senses creatively. Be innovative, spontaneous and stay in the moment. Taste, touch, sight, sound, smells, and a hundred secret senses are all yours to experience. Explore a variety of sensual stimuli in a variety of combinations. *Here is an example: Use spices and herbs occasionally, as aromatic elements, to "perk up" the sense of smell and add overall flavor to your "special event." Simple kitchen spices like cinnamon or cloves, herbs like parsley, sage, rosemary and thyme. Have them nearby in a bowl or shaker. Use a sprig of rosemary to enjoy the smell when you pause for a breather. Chew on a sprig of parsley. Shake some cinnamon on the skin, while massaging with oil. Best not to rub herbs and spices on the genital area. Frankly, the herbs and spices have their most dramatic effect other places on the body.*

67. Vary the timing of what you are doing. This is especially true for activities that you have come to do regularly in a certain way. *For example, normally you might start lovemaking by giving a gentle massage on the shoulders. For variety, wait until your partner is very stimulated and then give a gentle massage of the shoulders.*

68. Feed each other.

69. Don't overeat before lovemaking.

70. Use foods that are specifically erotic in provocative ways. Some foods are popular for their erotic use, like whipped cream. Some foods you may find are especially arousing to you. A food believed to arouse or increase sexual pleasure is said to be an aphrodisiac. It's not only what you eat, it's also how you behave while eating that can be provocative. *For example, licking or sucking the food while keeping eye contact with your lover will indicate you are interested and aroused. Feed each other fruit dipped in whipped cream or honey.*

71. Do not measure how great a lover you are by the size of a body part. Women, I am talking about the size of your breast or vagina. Men, listen up! The size of your penis and its ability to get and stay hard is not the measure of how great a lover you are.

72. Expect to spend time training a new partner. Teach your lover what you like. And, of course, listen and learn what they like. Occasionally the first time is great, but often it is not. So what, keep practicing.

73. Be sensitive to the special needs of people who have been abused. Stay on the lookout, because this issue could pop up at any time, not just at the beginning of a new affair, but any time during a long term relationship. *So many people, male and female, have suffered and survived sexual abuse. The result is that their sexual perspective and performance are affected, often in seemingly odd ways. For example, touching a certain spot may cause the person to experience sudden rigidity and/or crying. There are countless ways the effects of abuse will surface. And surface they will as you practice Great Sex. It takes time and special attention to heal and get past the harmful reactions. Do not lose hope or give up on your partner. It is possible and worthwhile to overcome and get past these kinds of hurdles. Get professional help.*

74. Make up special names for each other: sweetie pie, snook-em's, my hero, etc. Also, make up names for each other's genitals. Go ahead and make up as many names as your spunk and creativity allow.

75. Taking a pause can be, ultimately, stimulating. Set a time-out from sex play as a useful form of foreplay. This break serves to make it oh-so-good when the wait is over. Agree with your partner about the terms. What to do and not do, and for what length of time. *For example, no copulation for a week, yet certain forms of foreplay are allowed. Make sure your partner clearly understands your motives and doesn't think you are trying to actually break up. Talk about the details of what is allowed and not allowed. You will be surprised what can be learned from this exercise.*

76. Make love blindfolded. Use this method only occasionally to add a little variety. Blindfolding serves to enhance the other senses. I recommend one partner blindfolded and the other sighted, although both blindfolded might be interesting.
77. Give a massage blindfolded. This is a sensual sexercise and allows the giver to explore the body of their beloved in a special way.
78. Get permission before “swinging out” of a committed relationship. The deception and betrayal is guaranteed to cause trouble. You can not feel good about yourself as a lover while living this kind of lie. *If you are cheating, or thinking about cheating, be sure to carefully consider both of the following. 1) What if your partner finds out about it and confronts you? 2) How would you feel if your partner did this? Imagine them in someone else’s arms. When Great Sex is your goal, talk with your partner about everything, especially about desires, including being with someone else. Even if it means risking that the committed relationship will end. It is possible for couples to talk about their desires and agree on acceptable parameters.*
79. Prepare for battle! You think I’m kiddin’? First, consider the possibility that sexual exchange has some elements of battle, conquest and argument. The other person has something you want. Hide and chase are so provocative. Personal preference and mood of the day influence the intensity and type of “battle play.” Next, arm yourself with awareness and a “vantage point” to watch the interplay of “forces.” May the force be with you!

80. When you feel like you are losing, give up. Be willing to surrender your limited view and feelings of restriction. *When you experience the feeling that you are losing something or things aren't working out, most likely your "small self" feels threatened. Let it go. Give it up. Surrender allows for something bigger to be revealed. Let your partner win the battle. Who wants to win the war? You want to keep playing around, yes?*

81. Learn to lap dance, strip tease, move sexually, sensually, within your own style. Take turns performing. Be playful with your body. Attention, this tip is for both men and women! <http://www.artofexoticdancing.com/>

82. Go to a place that allows nudity, especially if you have beliefs about the human body being shameful. <http://www.aanr.com/>

83. Love your body as it is. So many people, male and female, think their body should be different. Forget about it. If you need to work on something, work on the inner stuff. When you look at others, see the inner stuff first.

84. Pay attention to who is in control. When two people play, most likely, one is more in control. Talk freely about who is in control and controlling types of behavior. Be able to take turns being in control. You want the switch of control to happen easily, evenly, openly and often.

85. Laugh together, talk together, and walk together. Share joys and sorrows and all things big and small. Watching TV together, as a prelude to having sex, does not lead to Great Sex. It is an artificial, chaotic stimulant.

86. Do not expect to watch a movie and then have Great Sex. *It is a common practice to go to the movies for a date, and that often seems to have the desired effect of arousing folks to feeling sexy. Movies can elicit an increase in estrogen (chick flick) or testosterone (guy movie). Sex may be good, but rarely great. Most often “the buzz” or “glow” from the movie wears off before you actually touch one another. “Oh darn, I’m not really making love to the movie star I saw on the big screen. Here I am in my own lousy bed with my less than glamorous partner.” You can’t get there (Great Sex) from here (movie watching). Use TV and movies to entertain yourself when Great Sex is not your goal.*

87. Choose your sex toys together and agree about using them. Sex toys can add spice when used occasionally and playfully. A trusty dildo (penis shaped toy) is great when the man may not always be hard. Sometimes, it’s easy for people to get carried away with sex toys and popular pornographic items. This distracts from Great Sex. *For example, using a vibrator now and then, here and there – Yahoo! What fun! Using vibrators regularly or exclusively covers up for poor sex. It can lead to complications like lack of ability to respond to any other kind of stimulus. Using porn magazines or videos now and then to “rev up” or “as research,” why not? But only if you like that sort of thing. Being interested in only watching pornography, or needing these images to get excited in the first place, are symptoms of problems.*

88. Refresh your sexual beliefs. Consider your sex life (sexual self) to be a closet full of stuff. I'm talking about your likes and dislikes, attitudes, beliefs, techniques and myths, to name a few of the items that make up your personal sexual nature. Strive to keep this "closet" updated and orderly. Spend some time now and then to clean it out. Examine what's in there and decide what you want to keep, and lose the rest. Keep useful items handy and in good repair. Another way to say this is: life is full of changes, we change and our sexual nature changes. Expect it and grow with it.

89. Have Great Sex your entire adult life. Oddly enough, people want to define sexual behavior by what they experience while young. Hot and heavy, ever ready. At each age you experience during your lifetime there is a different and unfolding opportunity to be sexual and to grow richer and deeper in your lovemaking. Consider letting the bravado of the big "O", orgasm, stop running the show. Strive for unity, weaving your life into a song and pleasuring your (ever aging) self with sensual delights.

*"Grow old with me, the best is yet to be. The last of life, for which the first was made."*

*Robert Browning*

90. Believe in being human. Human sexuality is human. This is about not feeling shameful and secretive for committing an unsophisticated, animal-like act. The "birds and bees" really do "do it" differently. Strangely enough, there seems to be a myth going around that sexual behavior is akin to being animalistic. Everyday activities like eating, sleeping, working or playing are accepted as human activities. Yet, when it comes to sex, many people think of it as a grubby act, something primitive and sub

human. Sexuality is an important part of what makes us human. Embrace it as a welcome addition to the journey through life.

91. Let animal-like images contribute to your sexual persona in a good way. Pretending to be an animal, like a tiger, bear or horse might be fun for some people. Certain sexual positions have been known to be named after animals. Take doggie style, for example, or the piercing tiger, the wild boars thrust, and the bird's amusement. Cries uttered while in the throes of passion could be likened to animal sounds, especially bird sounds.

92. Find and express your happy sex, and healing, healthful sexuality. Having Great Sex in your life will save you time, and free you for greater activities outside the bedroom. When your sex life is going good, it occupies an important and also relatively small part of your life. When sex is not going well, it has been known to occupy a much larger piece of your life. When things aren't going well and our needs are not being met, it can wreak havoc. The drive and desire to fulfill our sexual appetites can occupy our waking and sleeping hours, and sometimes it comes out in twisted ways at unexpected times. Filling your life with great sex is an activity that pays off in many ways.

93. Cultivate, mine and refine your fantasies. Cultivate means grow and nurture your fantasies. Mine means dig them out, find the jewels hidden deep below. And refine means make them your own and make variations to suit your taste and mood. Fantasies are fun and keep the juices flowing.

94. Own your fantasies. They belong to you and you alone. You can share them or keep them to yourself. Fantasies are meant to be full of pretending. They do not have to

be real or even remotely resemble reality. Fantasies do not have to be acted out.

Occasionally you may want to act out a fantasy in real life. Likely, reality will not be as good as the fantasy and may even lessen the appeal of the actual fantasy.

95. Never have it so dark that you can't find your lover's lips. But then again it might be fun to have to hunt. You might find many other fun spots. If you find your lovers face has five toes on it, you have found the other end.
96. Usually, best not to chew gum while making love. Especially when giving oral sex.
97. When having sex with another person, remember, you are not alone. Your lover is not a sex toy. Unless they want to be.
98. Be Here Now – It takes a lot of practice to learn to experience (live) entirely in the present moment. Great Sex can only happen entirely in the present moment, the “Here and Now.” None other than the moment can contain it.
99. Be yourself. Look to yourself and your circle of friends for reference. Do not compare yourself to people you see in the media (TV, movies and magazines).
100. Make up some of your very own Great Sex tips.
101. Believe you are a Great Lover. Fill your life with Great Love. Discard ways of thinking and acting that do not contribute to Great Love.

## **Appendix:**

### **About the prostate massage for a man.**

- Only men have a prostate, women do not have one.
- This is not a replacement for a regular medical check-up of the prostate.
- Always check with your doctor before doing this prostate massage, especially if you have any question about the health of your prostate.
- It is a simple procedure and can take 5 minutes or less.
- When you are overweight or not limber, it can be difficult to do this yourself. Find someone else who can do it for you.
- Use a lubricant made with natural ingredients. Olive oil is good.
- Apply pressure gradually, and do not cause pain. This massage should never cause pain. If it does, stop immediately.

Insert a well lubricated finger into the anus. Make sure your nails are short. Use a latex or non-latex glove. You will feel a bump or bulge about the size of an almond or chestnut, size can vary. Use a variety of strokes, all are done gently and get lots of feedback from the man receiving. Do nothing that hurts. It may feel strange to him. He may feel like he has to pee, and it may be stimulating, even highly stimulating. Gently press and hold. Gently rub the prostate back and forth, in and out, or circle, at different speeds. Do not go longer than a few minutes. It is meant to stimulating the prostate, then let it rest and process. If ejaculation should occur, it's OK. Remember, orgasm and or ejaculation is not the goal of this massage.

If inserting a finger into the rectum is too distasteful for you or your partner, similar results can be had by pressing on and deep massage of the rectum and the area between the rectum and testicles.

Another method a man can do by himself involves the use of a tennis ball on a bed or soft chair. Sit so as to engage the area between the rectum and testicles. Use press and hold along with gentle rolling motion to provide beneficial stimulation to the prostate.

The following books offer a description of prostate massage and other related exercises.

The Multi-Orgasmic Man, Sexual secrets Every Man Should Know, by Mantak Chia and Douglas Adams.

The Tao of Sexology, The Book of Infinite Wisdom, by Dr. Stephen T. Chang

**About the breast massage and vitality boost for women.**

It takes about 5 minutes to perform this massage.

Sit cross-legged, with your heel pressing against the outside of your vagina. Alternately use a balled up sock to press against this area.

First contract your vaginal muscles and hold, then release. Do this three times while breathing deeply.

Use your open right hand to support and hold your right breast and similarly, your left hand to hold your left breast. Then circle, holding the breast firmly, move the breast in a circle, one hand going clockwise and the other hand going counterclockwise. Try both directions and do the one that feels best to you. Do this maybe 50 times, or more. Use even circular motions, about 2-3 rotations per second. Make no effort to stimulate the nipple, actually avoid, as much as possible stimulating the nipple.

After the rotations are complete, again, contract and release your vaginal muscles three times. Breathe deeply.

Next, I like to call this the chicken dance. Put your hands on or in front of your shoulders and flap your bent arms up and down rapidly.

Finally, rub your hands together briskly enough to generate some heat. Then place your hands directly on your lower abdomen. Your palms are over the place where ovaries are found inside. Feel this warmth in your lower belly, down there. Use these moments to appreciate and honor yourself as a woman.

Women, first learn to do this yourself, and then, if you wish, teach your partner to do it for you. It is important that you to get the feel of this on your own first, before asking someone else to perform it for you.

A more detailed description of the Dear Exercise: Breast Massage can be found in the book, "The Tao of Sexology, The Book of Infinite Wisdom," by Dr. Stephen T. Chang. On page 106 it explains the outward circling (moving in, up, out, down) helps prevent lumps and cancer of the breast, and decreases the size of breasts that are too large and flabby. Using the reverse direction, inward circling, (moving in, down, out, up) has the effect to enlarge undersized breasts.

#### **Ideas for using the 101 Great Sex Tips:**

- Read them yourself. Whether or not you have a partner who is cooperating, you will benefit by reading the Great Sex tips and applying what fits.
- Give them to your partner to read.
- Read them together with your partner. It will generate interesting discussion and satisfying actions.
- Give a copy to everyone you care about. Great Sex makes a great gift.
- Use them at a party or get together. Let people pick a number from 1 to 101 and then read the corresponding tip. Or get the downloadable .pdf file, print it out and cut the tips into little strips and put them into a bowl, let people pick a tip to read.
- Get multiple copies and hand them out at your party as party favors.
- Use them at a group event, like a couple's encounter group.
- Start a Great Sex study group and meet once a week to talk about your activities and practice implementing the tips.

#### **Closing Great Sex Thought**

Making love has no beginning or end. Love, itself, was never born and therefore can never die. Life and love are the same, like a word and its meaning. Lovemaking is as natural as breathing. It is not meant to be hid behind closed doors and confined to

between the sheets, no matter how sweet smelling the sheets. May love bloom anew with your every breath and sexuality perfume your every step.

**Additional opportunities for staying in touch:** sign up for the e-mail newsletter at <http://101greatsextips.com> and visit the blog at <http://greatsexblog.com>

Your email is always appreciated. Share your comments and opinions, send to [tips@101greatsextips.com](mailto:tips@101greatsextips.com) or visit the forum at <http://www.intogreatsex.com/tellall/>