

KAMA SUTRA
OF
**SEXUAL
POSITIONS**



THE TANTRIC ART OF LOVE

Adapted from Secret Sexual Positions

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Book Description

An all-color, large-format pillow book with over 100 images revealing the beauty and passion of ancient lovers before us:

- Mare's Position
- Suspended Congress
- The Somersault
- The Ostrich's Tail
- Drawing the Bow
- Camel's Hump
- Blacksmith's Posture
- Dragon Turns Over
- The Phoenix Flutters
- Cranes with Necks Intertwined.

Kama Sutra comes to us from fourth-century India. Written by a holy man, this "love scripture" has become known in the West as a "bible of sex." As such, Kama Sutra of Sexual Positions presents many facets of sexual embrace from many cultures where the sexual and the sacred together are the weaver of the tapestry of life.

About the Author

Kenneth Ray Stubbs, Ph.D., a certified sexologist, is the author of seven instructional books on sensuality, sexuality, and intimacy, including Erotic Massage, The Essential Tantra, Erotic Passions, and Kiss of Desire.

SEXUAL POSITIONS

The use of different sexual positions to lend variety to lovemaking is an aphrodisiac



technique common to all schools of erotology. In addition, some positions allow the man to control movement and therefore to control the amount of stimulation he is receiving. Others allow the woman to control her movement and her stimulation. And others make it possible for a couple to control movement mutually.

Individual postures from India, China and Japan appear throughout this section.

So, do not hesitate to learn some new SEXUAL POSITIONS and some more about SEXUAL POSITIONS.

"BLOWS OF THE PLANTING PIN" POSITION. VARIANT 2



The man kneels in front of the woman and lifts the woman's pelvis in order to penetrate her moisten vagina. The woman lies on one side, legs interlaced. She receives the man's phallus and when his penis is in completely she can feel his pubic hair and scrotum on the lips of her vulva opened wide in this position.

Holding her waist, he rocks backwards and forwards and, thus, controls the depth of penetration. The woman catches with one hand the man's buttock, pushing his pelvis against hers in order to take his penis up to the hilt.

Both lovers have to focus their attention in the area of the neck and head in order to sublimate the sexual energy to superior levels and experience subtle states of consciousness, such as divine bliss.

SUBMISSION UNDER THE NAIL" POSITION



The woman lies on one side. The man, having one leg bent and the other placed on the floor inserts his virile member inside his lover's wet vagina. Then the woman bends her knee in order to imprison the man's hard penis into her tight vagina.

Firmly planted in the vaginal opening, the man draws strongly the woman's pelvis towards his. He can insert and withdraw his member as he sees fit and in the same time he guides his thrusts by the woman's moanings, which are very arousing for a man.

The vertical position of the man's trunk gives him more control over the intensity of pleasure. Therefore, he can successfully avoid ejaculation. The man has to stop his movements when he achieves the preorgastic level and both lovers have to focus their attention in the cardiac plexus in order to guide the sexual energy along the spine. Thus, they could achieve in the same time the ecstasy of love.

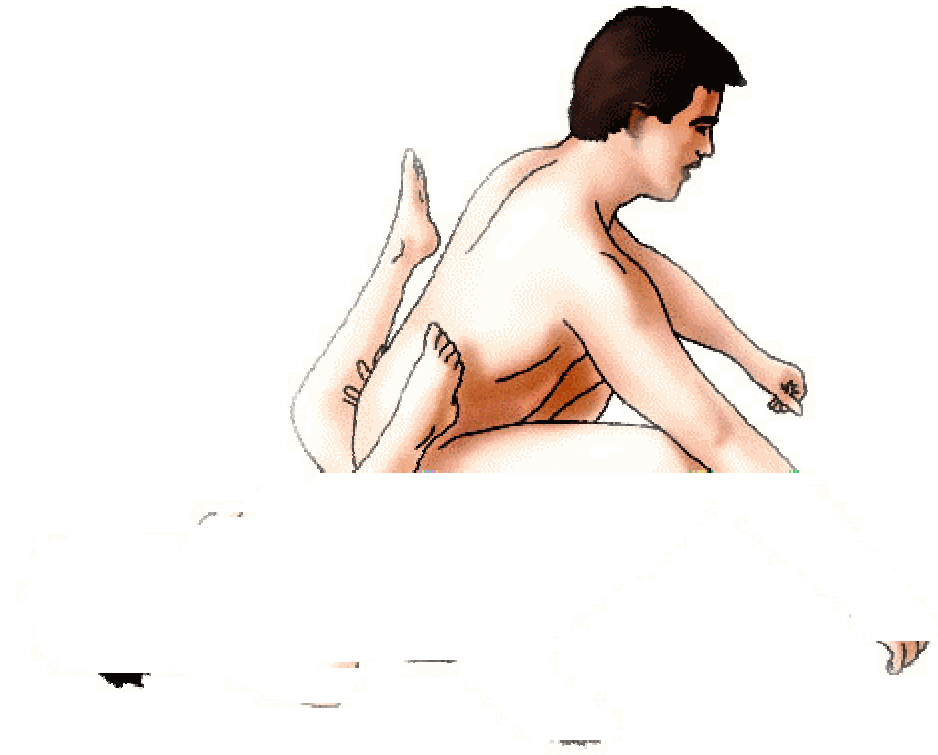
"THE PIVOT" POSITION-VARIANT 1

During intercourse, after a position face to face, the woman turns around slightly till she arrives with her back in front of her lover. Then she places her shanks under her lover's thighs, imprisoning the man's virile member inside her tight vagina. Leaning on her palms, the woman gives her swollen vulva to his lover by moving up and down. By squirming and raising herself a little, she takes up just the length of his penis she wants to feel in herself. The man does not move; he only enjoys the woman's play. Profiting from his position the man can stroke his lover's buttocks.

"The pivot" position allows man to become more conscious of the intensity of pleasure and also to reduce it by stopping the woman's movements when he feels he is approaching the climax. For sublimation of the sexual energy both lovers have to concentrate their attention in the middle of the forehead. This will induce a state of mental clarity in both lovers, which will help them to control the sexual energy and to sublimate it in more elevated energies.

That's why this position is recommended for men who have started to practise sexual continence.

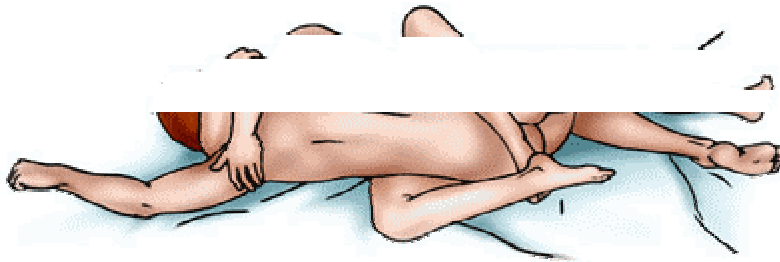
"THE BLOW OF THE LUMBERJACK" POSITION



While the woman lies in an open position with her shoulders pressed against the bed, the man sits with his back to her lover and plunges into her deeply. Supporting on feet his, the man moves forcefully his virile member into the woman's slippery vagina. The woman spreads her legs in order to receive the entire shaft of her lover's penis. In this position the woman's vagina is a little bit constricted, which gives great pleasure to the man. Moreover, the man's hard member can reach the woman's cervix, which is very arousing for both man and woman.

Another important thing that has to be mentioned is that the man's strong thrusts could provoke the awakening of the woman's Kundalini Shakti. The lovers have to discover their own forceful rhythm that generates the awakening of their Kundalini Shakti. This position is recommended for those lovers who want to awaken Kundalini using the enchanting way of intercourse with sexual continence. When the man feels that he is getting close to the ejaculatory orgasm he has to stop his movements and focus his attention in the crown in order to guide the sexual energy along the spine. This is available for the woman, too.

"THE CRAB" POSITION

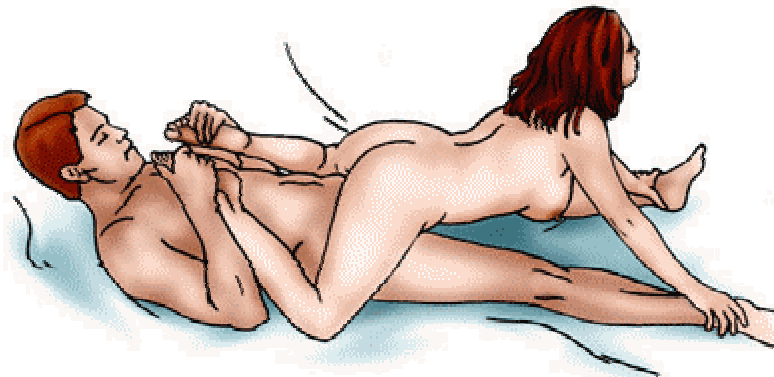


At the beginning both man and woman lie on one side. Then the man comes between the woman's legs and introduces his hard member into her swollen and moisten vagina. The woman catches tightly the man's waist with her thighs in order to feel him better inside her. This position enables the lovers to look at each other - to see how their desire mounts and to express their love. They can exchange hugs, kisses, bites and gentle caresses. All these increase the intensity of pleasure and transform "THE CRAB" position into one of the most arousing positions.

The woman can gently push her pelvis, tuning her moving with the man's coming and going movements. She can spread out her legs in order to take up the full length of her lover's penis.

If the man feels that he is getting close to the ejaculatory orgasm he has to stop moving and focus his attention in the heart area in order to sublimate the sexual energy. This is available for the woman, too.

"THE CLOSED AND THE OPENED RING" POSITION. VARIANT 1



The man lies on his back and he doesn't move. The woman inserts the whole length of her lover's penis inside her glistening vagina. Leaning on her palms, the woman takes the man's phallus only to the degree she likes. She can place her palms either on the man's ankles or on the bed. She makes back and forth movements according to her rhythm, amusing herself by taking and leaving his penis sometimes gently and sometimes forcefully. The man can bring nearer his legs if he feels more pleasure in this position. He can hold either her hips or her soles, drawing her towards him or he can tap her buttocks with his

palms having the fingers spread out. These flicks help the woman to raise her sexual energy along the spine.

This position is recommended for the beginners in the art of lovemaking with sexual continence because it helps the sublimation of the sexual energy into more refined forms of energy. Both lovers have to focus their attention in the middle of the forehead. Thus, they will experience a deep peace and happiness.

BLOWS OF THE PLANTING PIN" POSITION. - VARIANT 1



After one or two hours of intercourse with sexual continence the man may adopt this position in order to rest and restore his vigour. He kneels in front of the woman and lifts her pelvis in order to introduce his virile member inside her moisten vagina. Leaning on her palms, the woman moves her pelvis back and forth, massaging skilfully her lover's hard penis. She rocks backwards and forwards and, thus, controls the depth of penetration.

Holding her waist, the man has to draw her pelvis towards him and, helping her to take his penis up to the hilt. She can play with his entire length and when his penis is in completely she can feel his pubic hair and scrotum on the lips of her vulva opened wide in this position. When she feels that her lover is close to the ejaculatory orgasm she has to stop her moving. Both lovers have to focus their attention in the crown of the head in order to sublimate the sexual energy into more refined forms of energy and thus experiencing very subtle states of consciousness, such as pure bliss.

"THE CONCEALED DOOR" POSITION-VARIANT 1



The woman lies on her stomach. First, she encompasses her thighs, preparing herself to take him up to the hilt. The man, who lies on top of the woman, insinuates himself inside her moist vagina. Then she draws her legs, letting the man's thighs encompass her legs. Deeply anchored in her vulva the man cuddles her, stroking her back, hips and breasts. The woman can contract her vaginal muscles in order to stimulate her lover's desires even more and she can tune these contractions with the man's thrusts. Still in the same position, the man can also penetrate the woman's anal opening if he knows that she loves anal penetrations. Here the woman should relax her sphincters in the best possible manner. The man has to have full control over the penetration of his penis into the warm and constricted opening, which she offers him with love and trust. In this position the man can bite the woman's neck and also can caress tenderly her breasts, while thrusting even deeper.

This position is proper for raising the sexual energy and sublimation it in pure love. To achieve this elevated emotion - pure love, during this position the lovers have not to concentrate to the genital pleasure, but they have to concentrate their attention to the heart area and become conscious of the flying feeling that this position produces. If the lovers abandon themselves to the flying feeling they will feel that they have immersed in an ocean of pure love.

"MESSAGE AND SUCKING ON THE MAST" POSITION.

VARIANT 2



Here it is another position from the range of the so-called resting positions for the man. The man does not move. Taking the active role, the woman inserts the whole length of the penis in her moist vagina, supporting herself on her legs and on her lover's thighs. In this position the woman takes the man's phallus only to the degree she likes. After one or two hours of intercourse with sexual continence the man can adopt this position in order to rest and to restore his vigour.

Profiting from his position, the man can pinch and nibble his lover's nipples. They can exchange caresses and kisses and also they can look at each other seeing how their passion mounts.

The woman lets her lover's penis slide in her swollen, moist and glistening vagina. She can make either upward and downward movements or circular movements. When she feels that her lover is getting close to the ejaculatory orgasm she has to stop her moves. Both lovers have to guide their sexual energy along the spine towards the crown in order to avoid man's ejaculatory orgasm and woman's explosive orgasm. The woman can restart her movements when she feels that her lover regained control over the sexual energy.

HE GAZELLE AND THE STALLION" POSITION. VARIANT 1



The lovers face each other. The man kneels in front of the woman and lifts her up to the level of his waist. She places her legs on the man's shoulders, imprisoning her lover's penis that slide easily in her well-lubricated vagina. The man holds the woman by the hips, so that he can penetrate as deeply as possible each time he enters.

This position has the great advantage of triggering strong vaginal sensations for the woman. The glans and the shaft of the penis excite the upper area of the vagina very much. To accentuate this massage even more, the woman can squeeze her thighs. This position helps the woman to have more control on pleasure because the sexual energy flows toward the head, generating an elevated type of orgasm.

The vertical position of the man's trunk gives him more control over the intensity of pleasure. Therefore, he can successfully avoid ejaculation.

"FACE TO FACE" POSITION VARIANT 1



The woman lies on her back, near the edge of the bed. She spreads her legs, placing one of them on the floor. Facing her, laying on top of her, the man plunges into woman's vagina with strong thrusts. One of his legs is stretched and placed on the floor and the other is folded.

With widely spread thighs the woman receives her lover right up to the hilt. The man can explore her to his heart's content - gently with the total length of his penis or - which will increase her desire for more - he can insert and retract his penis forcefully. This position favours the complete intimacy of the genital zones of the lovers. It is not recommended for the beginners in the art of sexual continence because it favours the accumulation of the sexual energy in the genital area. That is why the man has to stop his motions when he achieves the preorgastic level and to focus his attention in the cardiac plexus in order to guide the sexual energy along the spine and to avoid the ejaculation.

"CLIMBING THE TREE" POSITION VARIANT 2



This is another variant of the most beautiful position from the Kama Sutra. The man standing in front of the woman lifts her so that her vulva fits to his penis. She wraps her legs stretched more or less around him while his virile member slides deeply into her moist vagina.

Holding her buttocks, he draws her pelvis toward him, filling up her vagina completely. The lovers face each other and they can exchange all kinds of caresses, pinching and kissing each other. They can glance full of lust each other and thus, mounting their passion. This variant of "Climbing the tree" position is a very good position for man's sexual energy control because the standing position increases the power of control over the energies. Also the vertical position of the woman's trunk enables a better control over her sexual energy. The lovers have to focus their attention in the crown in order to sublimate the sexual energy in more refined energies and therefore achieving more and more elevated states of consciousness.

"BLOWS OF THE PLANTING PIN" POSITION



Here it is another so-called resting position for the man, whose erect member is skilfully massaged by the woman from the front.

After one or two hours of intercourse with sexual continence the man can adopt this position in order to rest and to restore his vigour. In this position the two lovers exchange their roles; the woman becomes active and the man becomes passive. The woman impales herself on the man's hard member. She rocks back and forth and, in this way, controls the depth of the penetration.

Holding her hips, the man has to draw her pelvis towards him and, in this way, to help her take his penis up to the hilt.

She can play with his entire length and when his penis is completely inside her, she can feel his pubic hair and scrotum on the lips of her vulva, which are opened wide in this position. The woman lets her lover's penis slide in her swollen, moist and glistening vagina. When she feels that her lover is getting close to the ejaculatory orgasm she has to stop her moving.

Both lovers have to focus their attention in the navel area in order to produce the sublimation of the sexual energy in pure passion.

"THE SEESAW" POSITION VARIANT 2



The man sits comfortably on a chair. The woman is the one who actively impales herself on the man's erect phallus. This position enables lovers to look at each other, to see how their desire mounts and above all to exchange mutual caresses. By catching the woman's buttocks, the man draws her pelvis towards him and completely fills the woman's open vulva.

When the man feels that he is getting close to the pre-orgasmic level he has to stop and focus his attention on the crown in order to guide the sexual energy upwards. The vertical position of the lovers' trunks gives them more control over the sexual energy. Both lovers have to guide the sexual energy along the spine towards the crown in order to avoid the man's ejaculatory orgasm and the woman's explosive orgasm. This will generate a sublimation of the basic energy in deep happiness.

"MASSAGE AND SUCKING ON THE MAST" POSITION-VARIANT 1



Here it is another so-called resting position for the man, whose hard and large member is skilfully massaged by the woman.

The man does not move. The woman inserts the whole length of the penis by herself, supporting herself on her knees. The man can stretch his legs if he feels more pleasure in this position. Sitting slightly in front of the man's thighs, the woman receives the man's phallusto the degree she chooses. The man can hold her hips and help her when she presses her pelvis on him or he can tap her buttocks with his palms having the fingers spread out. These flicks help the woman raise her sexual energy along the spine. This position is recommended for the beginners in the art of lovemaking with sexual continence because it helps to sublimate the sexual energy in more refined energies. Both lovers have to focus their attention in the middle of the forehead in order to guide the sexual energy towards the sixth chakra - **Ajna Chakra**. In this way, they will experience a inner peace and happiness.

"PINCERS FROM THE FRONT" POSITION VARIANT 1



The woman lies on her back while the man fills her open vulva completely. She places her legs on his shoulders and catches the man's arms in order to help him raise her. In this way, the woman imprisons the man's penis offering him intense pleasure. He plunges into her deeply and forcefully, so that she can feel the length of his member for all it's worth. The man can make back and forth movements and the woman has to be in tune with her lover.

In this position the man can achieve a good stimulation of the woman's G-spot and therefore she can reach the G-spot orgasm.

This position is recommended for the beginners in the art of sexual continence because it favours the raising of the sexual energy along the spine till the crown.

"DRIVING THE NAIL HOME" POSITION VARIANT 1



Facing her, laying on top of her, supporting himself on his soles, the man plunges into her with strong thrusts. With widely spread thighs she receives him right up to the hilt. The man can move his pelvis either back and forth or up and down. Contrary to all expectation the woman doesn't have to be passive in this position. She has to catch the man's thighs with her hands and draw him towards her in order to penetrate her vagina deeper. In this position the man's strong thrusts could provoke the awakening of the woman's **Kundalini Shakti**.

When the man feels that he is getting close to the ejaculatory orgasm he has to stop his movements for few seconds and focus his attention in the crown in order to guide the sexual energy along the spine to the crown. Same for the woman, too.

"THE TOP" POSITION VARIANT 1



Lying on her back, upheld and blocked by the man's thighs, who penetrates her in a controlled press-up, the woman is massaged firmly on the sides, taking up the full length of the penis.

This position should be performed after the "The top" position in order to maintain in contact the sexual organs of the lovers.

At the moment when the man feels that he is getting close to the ejaculatory orgasm he has to stop his motions and remain still at least 30 seconds in order to avoid ejaculation. As same as "The top" position, this position produces intense pleasure to both lovers and it favours the accumulation of the sexual energy in the genital area. The lovers have to focus their attention in the middle of the forehead in order to sublimate the sexual energy at the level of the sixth chakra (AJNA CHAKRA). Thus the lovers will increase their power of control over the sexual energy.

"THE TOP" POSITION



"The TOP" position, being pretty close to the missionary position, also named in Kama Sutra "Driving the nail home", makes it easy for the man approach it without having to withdraw his penis from his lover's vagina. That is why the lovers should perform "The top" position after the classical one in order to keep in contact their genitals. Tantric masters recommend to the lovers to keep in contact their sexual organs during the intercourse, because in this way it is not interrupted the energetic exchange between lovers that is launch during the erotic act.

The woman should not be passive in this position. By holding the man's thighs she can press his pelvis on hers, helping him to penetrate her deeply.

As same as "Driving the nail home" position, "The top" position is not recommended for the beginners in the art of sexual continence because it favours the accumulation of the sexual energy in the genital area. That is why the man has to make slow motions and to focus his attention in the cardiac plexus in order to control the sexual energy and to avoid the ejaculation. This is recommended for woman, too.

"THE OPEN PINCER" POSITION

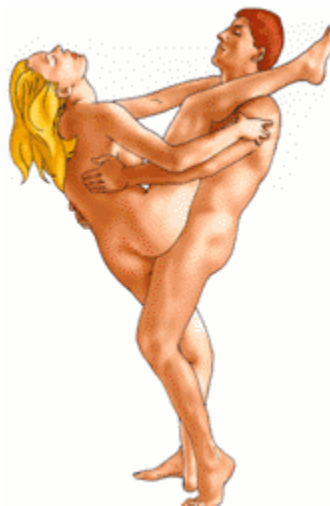


This is one of the most fulfilling positions of submission for a man. Laying on her back the woman opens her thighs completely. Her lover takes hold of her ankles, so that she is forced to spread her thighs even more. She cannot fight against his penetration in any way with her legs opened like this.

He can explore her to his heart's content - gently with the total length of his penis or - which will increase her desire for more - he can insert and retract his member forcefully. In this position the strong penetrations of the man can produce the awaken of the **Kundalini** energy of the woman.

During "The open pincer" position both lovers have to focus their attention in order to guide the vital and sexual energy along the spine till the crown.

"CLIMBING THE TREE" POSITION - VARIANT 1



This is one of the most beautiful positions from the Kama Sutra. The woman standing next to the man wraps her legs stretched more or less high around him, as if she wants to climb a tree - with the difference that she uses his penis as a strong branch to prevent her falling. Then the woman put down one of her legs, placing it between those of her lover. The woman can keep the other leg around man's waist or she can place it on his shoulder if she has enough suppleness.

This position requires for the lovers to have almost the same height in order to perform it. The lovers face each other and they can exchange all manner of caresses, pinching and kissing each other, their looks reciprocally registering their mounting lust. This variant of "Climbing the tree" position is a very good position for controlling the sexual energy. Generally the standing positions increase the power of control over the energies. The lovers will feel different kind of orgasm according to the level at which they raise the sexual energy.

"RIDING THE HORSE" POSITION

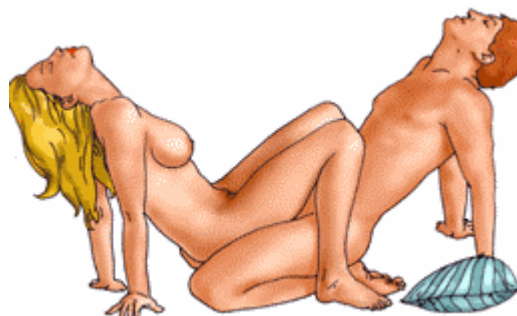


The man supports himself on palms and soles. First the woman rides on her lover inserting deeply his erect penis in her vagina. After this she turns to the right and places her right leg under the left leg of her lover and draws down her body leaning either on one palm or on both palms. Then she places the other leg with the sole on the man's chest. The woman is active in this position, making coming and going movements. The man responds to woman's movements by moving his pelvis in order to penetrate the entire vagina of his lover.

"Riding the horse" position gives intense pleasure to both lovers and amplifies the passion of lovemaking.

Both lovers have to concentrate their attention around the navel in order to sublimate the sexual energy in subtle fire. In this way the lovers will be full of energy and passion.

"PINCERS FROM THE FRONT" POSITION



Here it is another so-called resting position for the man, whose virile member is skillfully massaged by the woman from the front.

The man does not move. The woman inserts the whole length of the penis in her vagina, supporting herself on her arms and pressing his member like a pair of pincers. She can make either coming and going movements or circular movements.

The man can either make brief thrusts with his pelvis in order to meet her halfway or acts as if he were going to withdraw totally, living her almost completely in order to penetrate her open vagina anew, which is very moist in this position. This provides her with a very pleasant massage upwards.

This position is recommended for the beginners in the art of sexual continence because it favours to raise the sexual energy along the spine till the crown.

"THE TOP" POSITION

Lying on her back, upheld and blocked by the man's thighs (who penetrates her in a controlled press-up), the woman is massaged firmly on the sides, taking up the full length of the penis.

At the moment when he wants to feel more pleasure, he allows his weight to fall on her even more. In the same time the woman will feel him more intensely. "The top" position gives intense pleasure to both lovers and amplifies the sexual energy. This is why the beginners in the art of lovemaking with sexual continence wouldn't start the intercourse with it.

Both lovers have to concentrate their attention in the heart area in order to sublimate the sexual energy in more refined forms of energies.

When the woman feels that her lover is get close to the climax she has to stop the man's movements and to press firmly with her thumb on the middle of the forehead. Thus, his attention will be removed from the genital area to forehead area, helping the rising of the sexual energy along the spine.

"FACE TO FACE" POSITION

Leaning on her palms and soles, the woman lifts her pelvis so that the man can introduce his penis in her vagina. Being kneeled he can catch the waist of his lover with one or even with both hands. This position enables the lovers to look at each other - to see how their desire mounts and to express their love.

The woman can push gently her pelvis, tuning her moving with the man's coming and going movements. She can spread out largely her legs in order to take up the full length of her lover's penis.

If the man feels that he is get close to the ejaculatory orgasm he has to stop moving and focus his attention in the heart area in order to sublimate the sexual energy. This is available for the woman too.

A VARIANT OF THE "SEESAW" POSITION

This is a rather tricky position as far as execution goes, but very profound for feelings. The lovers face each other. The man lifts the woman up to the level of his waist. She can either hold him by his arms or around his neck. Still with her legs at the level of her lover's waist, the woman lets down the upper part of her body till her head reaches the bed. Then she lets down one of her legs and with man's help, she introduces it between his legs. The supple women practice this position successfully.

Penetrated by the entire length of the penis, she allows her narrow vagina to slide along the erect shaft. The man can press her very closely to himself. In this position the penis massages the entire vagina. Helped by the power of his arms, the man can do strong back and forth movements.

The standing position of the man gives him more control on the sexual energy. Both lovers have to guide the sexual energy along the spine towards the crown in order to avoid the man's ejaculatory orgasm and the woman's explosive orgasm. This will generate a sublimation of the basic energy in deep happiness.

"THE DOOR AJAR" POSITION



The man holds his lover by the hips and then he takes one of his lover's legs and draws it back gently. In order not to lose any of the penis' length the woman, pivoting slightly to the side, reaches around her lover's neck. Well lubricated from the other positions the vulva is now moistened, enabling the penis to slide easily, massaging the sides of the vagina. Both lovers have to concentrate their attention in the middle of the forehead in order to avoid the man's ejaculatory orgasm and the woman's explosive orgasm. In this way they will become more conscious about the sexual energy.

"THE RIPE MANGO PLUM" POSITION



The man plunges into her with great sensitivity to start revolving movements somewhat more forcefully with his penis, which is very exciting for both lovers. To penetrate even more deeply he sits up over his lover, spreads her legs and inserts his penis into the swollen mango plum well supplied with blood by the adroit massage.

This sexual posture is a very arousing one for both lovers.

The raised position of the woman's pelvis allow to the sexual energy to "flow" towards thyroid gland area. This could induce in woman a very elevated type of orgasm. The man has to stop his movements when he feels he or she is get close to the climax in order to avoid his ejaculatory orgasm or her discharging orgasm. "The ripe mango plum" position allows the sublimation of the sexual energy in purity and ingenuity.

"THE CLOSED AND THE OPENED RING" POSITION



"The closed and the opened ring" position. Variant 1



"The closed and the opened ring" position. Variant 2

Here we have two positions of total submission, where the woman receives the man only to the degree he likes. He penetrates her according to his rhythm, amusing himself by inserting and withdrawing his penis sometimes gently and sometimes forcefully. An experienced woman in the art of lovemaking will utilize this position to swing softly on her lover's thighs with her own thighs and to give her vagina, which is being bombarded from below.

These two variants of the "The closed and the opened ring" position allow to the man to become more conscious about intensity of pleasure and also to reduce it by stopping the movements when he feels he is get close to the climax. For sublimation the sexual energy both lovers have to concentrate their attention in the middle of the forehead. This will induce a clear-minded state in both lovers, which will help them to control the sexual energy and to sublimate it in more elevated energies.

"THE SEESAW" POSITION



The lovers face each other. Then the man lifts the woman up to the level of his waist. She can either hold him by his arms or around his neck. Penetrated by the entire length of the penis, she allows her narrow vagina to slide along the erect shaft. The man can press her very closely to himself, an embrace she can simplify for him by squeezing her legs tightly around his waist.

In this position the penis massages the entire vagina. Helped by the power of her arms, the woman can make strong coming and going movements in tune with those of her lover. In this way both man and woman will feel a deep pleasure.

The standing position of the man gives him more control on sexual energy. Both lovers have to guide the sexual energy along the spine towards the crown in order to avoid the man's ejaculatory orgasm and the woman's discharging orgasm. This will generate a sublimation of the basic energy in happiness and pure love.

PENETRATION WITH DEEP BACKWARD MOVEMENT" POSITION VARIANT 2



The lovers place themselves so, that his penis is aimed at her buttocks from the rear. When he inserts his penis into the woman's vulva, he pulls her pelvis up to the level of his own waist and at the same time forces her to incline the upper part of her body forwards. To maintain better balance so that he can convey to her his full vigour, she supports herself on her lover's ankles. The way the vagina is massaged by the penis and the penis is suckled by the vulva gives the pair a deep feeling of yearning in this position.

"Penetration with deep backward movement" position helps both lovers to raise the sexual energy along the spine till the top head. The standing up position of the man makes him capable to have more control on sexual energy. The woman's position determines the flowing of her erotic energy to the top head and that's why she will experience different types of elevated orgasm. This position requires to the man to have enough force in his arms to keep the woman's position as long as possible.

"THE CARESS OF THE BUD" POSITION



Lying on the stomach, legs interlaced, the man and the woman turn with their backs to each other. However, the special effect of this position may be somewhat painful for some men, whose short and thick penis can only be flexed with difficulty. In the continuation of this position the woman, who maintains her balance with one arm now facing her lover and who is supported on the man's body, is only titillated at the entrance to her vagina by the glans. Naturally this is only foreplay to deeper coitus. The man inserts his erect penis into the vagina by turning gently to one side. The vagina is now ready to receive it in its totality.

This position is proper for those lovers who are beginners in the art of sexual energy control. "The caress of the bud" position offers to the lovers the possibility to become more conscious about intensity of pleasure and also to reduce it by stopping the movement when they feel they are get close to the climax. For sublimation the sexual energy they have to concentrate their attention in the middle of the forehead. This will induce a clear-minded state in both lovers, which will help them to control the sexual energy and to sublimate it in more elevated energies.

"THE CONCEALED DOOR" POSITION



The man lies on the woman. She encompasses his thighs, prepared to take him up to the hilt. He insinuates himself inside her gently and deeply anchored there he cuddles her, stroking her back, hips, breasts. To abandon herself to her lover's desires still more, she draws up her legs and spreads them slightly to be able to, thus, proffer her vulva completely to the glans and penis shaft.

Still in the same position, the male lover can also amuse himself with the anal opening of his lover if he knows that she loves anal penetrations. Here the woman can relax in the best possible manner and the man has full control over the penetration of his penis into the warm and constricted opening, which she offers him with love and trust. He holds her by her hips, can bite her neck and have his hands pass over her breasts, while thrusting ever deeper. In both cases the man's desire is complete and of long duration. This position is proper for raising the sexual energy and sublimation it in pure love. To achieve this elevated emotion - pure love, during this position the lovers have not to concentrate to the genital pleasure, but they have to concentrate their attention to the heart area and become conscious of the flying feeling that this position produces. If the lovers abandon them to the flying feeling they feel that they are immersed in an ocean of pure love.

"BUTTERING" POSITION



Firmly planted in the rear opening, the man turns round such that he is able to support his body on palms and on the tip of the toes.

In this position the man can make come-and-go movements as well as circular ones. The woman won't stay passive, but will answer with soft movements of the pelvis according to the ones made by the man.

In the "buttering" position the man procures for the woman an extraordinary massage of her G-spot, so that few women can resist as such stimulation without having a profound orgasm (of course we are talking about non-ejaculatory orgasm). If the man feels that he is get close to the climax he has to stop moving and focus his attention in the heart area in order to sublimate the sexual energy. This is available for the woman too.

"SEESAWING" POSITION



Sitting slightly in front of the man's thighs, she only takes in part of his penis, so that either of them can control the length inserted alternately. Kneeling she can stroke the man's legs; supporting himself on his arms and making brief thrusts with his pelvis he comes to meet her halfway or acts as if he were going to withdraw totally, leaving her almost completely in order to penetrate her open vagina anew, which is very moist in this position. This provides her with a very pleasant massage upwards.

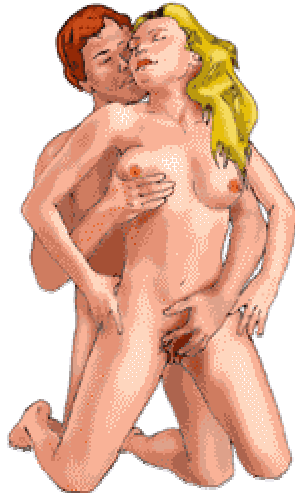
"THE PIVOT" POSITION



During intercourse the woman turns right around the man like a horizontal wheel around a vertical axis. Taking advantage of his position, the man caresses her and pinches her nipples. She can fondle the chest of the reclining man, whose penis uses her like a pivot in

flesh and blood. By squirming and raising herself a little, she takes up just the length of his penis she wants to feel in herself. "The pivot" position helps both the man and the woman to have a good mental concentration. That's why this position is recommended for men who have started to practise sexual continence.

"PENETRATING THE EYE" - POSITION



Lodging his member more in the opening very tightly closed by her buttocks and - to underscore his dominance - smacking her on the bottom and rubbing it warm with one hand, he takes hold of her clitoris with the other, his lover being unable to refuse his caresses. Her movements of joy and pleasure accentuate the man's craving considerably, so that the woman has to stop when she feels his lover is closed to ejaculatory orgasm. Then the man still lodged in the woman's bottom kneels down on the bed. His partner sits up, so that she touches his chest with her breasts. With one hand he massages her labia and clitoris and can even masturbate her, if he feels the movements of her pelvis are fierce enough. With the other hand he massages her breasts that have grown erectile from his exciting caresses, while his fingers invest her genitals.

"CLIMBING THE TREE" - POSITION



This is one of the most beautiful and rewarding positions in the Kama Sutra. The woman standing next to the man wraps her legs stretched more or less high around him, as if she

wants to climb a tree - with the difference that she uses his penis as a strong branch to prevent her falling.

The lovers face each other and they can exchange all manner of caresses, pinching and kissing each other, their looks reciprocally registering their mounting lust. This position is very good for raising the sexual energy along the spine. The lovers will feel different kind of orgasm according to the level at which they raise the sexual energy.

"PENETRATION WITH DEEP BACKWARD MOVEMENT" POSITION VARIANT 1

The lovers place themselves so, that his member is aimed at her buttocks from the rear. When he inserts his penis into the woman's vulva, he pulls her pelvis up to the level of his own waist and at the same time forces her to incline the upper part of her body forwards. To maintain better balance so that he can convey to her his full vigour, she supports herself on her lover's ankles. The way the vagina is massaged by the penis and the penis is suckled by the vulva gives the pair a deep feeling of yearning in this massage position. The man would have strong muscles at his arms and legs for maintaining this position as long as is necessary to get the non-ejaculatory orgasm.

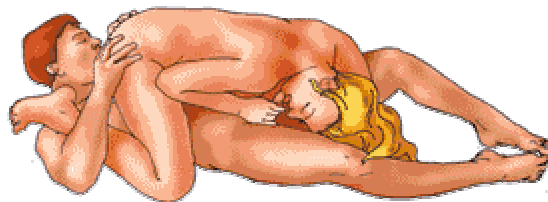
The woman has a good control of the pleasure intensity in this position and therefore she can help the man by stopping the movement when she feels that he attains the preorgastic level.

"THE GAZELLE AND THE STALLION" POSITION

This position has the great advantage of triggering strong vaginal sensations for the woman. The upper area of the vagina is excited very much indeed by the glans and the shaft of the penis introduced horizontally. To accentuate this massage even more, the woman allows her head to fall backwards to the ground and, still holding onto her lover's wrists and with her buttocks resting on his thighs, she takes up his penis, which keeps her balance, greedily for its whole length.

This position helps woman to have more control on pleasure because the sexual energy flows along the spine to the head, generating an elevated type of orgasm. The standing position of the man offers him more control over the intensity of pleasure in order to avoid ejaculatory orgasm.

"69" - THE POSITION OF MUTUAL SUCKING



The "69" position is where one lover lies head to tail over the other and each gives the other simultaneous oral stimulation.

Oral stimulation in this position will work comfortably if her mouth is large enough for his penis and if he doesn't thrust violently.

Totally engorging the erect penis in her mouth she presses and caresses his testicles, allowing her saliva to flow over them.

Pressing the cheeks of her buttocks apart, the man is able to caress the widely opened lips of her vulva with the tip of his tongue at his pleasure, likewise titillating her anus with his tongue. He could also stimulate her clitoris.

If you are a couple who enjoy licking and probing the genitals with the tongue, then this can be a tremendously exciting route to simultaneous orgasm.