



Gloria has a visible organism

Sliding into third How to have fun without going all the way

by the Excal Carnal Caucus

In North American society, penetration is considered the be all and end all of any sexual encounter. But erotic intimacy between two people can be a rich and varied experience and doesn't necessarily have to include intercourse. In fact, these days there are many good reasons not to "go all the way." Health factors, questions about the relationship, or a desire to keep one's virginity are all reasons you might choose not to have intercourse, but that doesn't mean you can't have fun.

Forget about fucking, let's talk about sex

First and most important, if you don't plan to have intercourse, tell your lover up front. You can avoid a lot of unpleasant coercion tactics if you discuss the issue before becoming intimate. If your partner doesn't seem to respect your wishes, leave the situation. Some people take this as personal rejection and need to have things explained to them later. Of course, you may only decide you don't want to have sex after you've already started fooling around. That's OK too. You don't owe them anything, not even an explanation.

And the flip side: if someone you are with does not want to have intercourse then that's that. Don't try to talk them into it. And don't take it as personal rejection, it doesn't necessarily mean they don't like you. It just means they are not interested in having sex, there could be a hundred different reasons, and they might not want to talk about it. Respect that.

If someone tells you they don't want to have sex and you fuck them anyway you are a rapist.

Fooling around is not necessarily foreplay. Things can be stopped at any time and although you may be confused and frustrated, if your partner says stop then stop.

Kiss me with your mouth, your love is better than wine

Kissing is wonderful if done properly. The most important thing is don't keep your mouth closed. A purse-lipped kiss is nice only from a grandmother.

You can nibble or bite, suck or lick each other's lips. And if you really want to try something neat use your tongue and mouths to simulate the rhythm and action of penetration. This can be especially effective when combined with some kind of body rubbing or grinding. It is possible to achieve orgasm just from rubbing against each other if you use your imagination.

Kissing does not have to be limited to the lips. Kiss eyes, ears and neck (especially); lick collar bones, nipples, bellies and thighs; run your tongue up your lovers spine; suck toes and fingers, nibble ankles and twirl your tongue in your lover's navel. Not everyone likes the same thing so don't forget to ask if it feels good.

You don't have to take your clothes off to have a good time

Some of the biggest turn-ons are things we just think about. Talking "dirty," especially over the phone, is safe — you don't have to worry about AIDS, STDs, pregnancies or changing the sheets. Combined with masturbation, phone sex can also be very gratifying.

Try talking to your lover late at night while you're both in bed. Ask your lover what she or he likes to do. If you end up having a big fight about sexual techniques, take this as a warning of potential trouble to come. Remember, becoming this intimate with someone, even over the phone, is based on a great deal of trust and it is important not to betray that.

If you play with my tummy I'll tickle your feet

Hands and feet are exquisitely sensitive areas. As well as using them for touching you should also touch those of your partner. Holding hands an intertwining fingers with your lover is both sexual and loving at the same time.

Running your fingernails up and down your lover's back can really do it for some people. Massaging through clothing, petting and rubbing each others thighs and hips can be a big turn-on.

Stroking hair is nice and rubbing a bald head is even better. Squeezing, caressing, rubbing, stroking all feel good but remember your lover is not a dog or a some raw bread dough. Be sensitive.

Breasts should be dealt with delicately. Some women like to be touched softly while some like a more vigorous approach. But remember, nobody likes to have a bra pushed up over their breasts and under their chin. If you want to get underneath a bra, undo it first.

You can touch with oil, feathers, silk, leather, velvet, lace, satin, flannel and whatever feels nice against your skin.

You can rub each other's genitals both over and underneath clothing. If you are with a woman you can spread the lips of her vagina and slide your fingers inside. You can rub her clitoris, slowly or quickly, but make sure you are not rubbing so hard that you will irritate her.

Most women like a good steady rhythm. If a woman is close to climax and you change speeds or movement all of a sudden you just might have to start all over. Sometimes what you think is a good rhythm for you is completely wrong for her. And what was good for your last girlfriend might be completely wrong too, so always ask if it feels good — don't assume anything.

If touching a man, remember the tip of his penis is the most sensitive part. If he is not circumcised you can rub the foreskin up and down. If any fluid comes out of his penis while you are rubbing him use it as lubrication around the head of the penis. Don't grab a man too hard because his penis is very sensitive. Be careful of your fingernails. Use lubrication — baby oil, or any other oil works well.

Whether you rub him fast or slow is up to the two of you to work out but it's generally good to vary your speeds and pressures to keep him at the edge of climax for as long as possible.

Some people get really turned on watching their lover masturbate. Try putting on a show for your partner.

It's a good idea to talk to your lover while you masturbate them. You can speak about how turned on you are, how beautiful they are, how good they feel, or talk about some fantasy you have. Things you say can be as exciting as the way you are touching them.

Yummy Yummy Yummy I've got love in my tummy

If you've ever seen the kitchen scene from the film *Nine and a Half Weeks* you know how erotic food can be.

Some foods are just sexy by nature. Oysters, mussels, chocolate, whipped cream, ice cream, grapes, cherries and strawberries, lichee nuts, bananas. Some foods are notoriously bad to eat before an intimate encounter — anything with garlic or onions. Large, heavy-on-the-starch meals tend to make people lethargic.

Watching people eat or feeding them can be very exciting. Being fed with blindfold on is nice too. But remember if your lover is blindfolded then you must respect their trust.

Spreading food on yourself or your lovers body can also be very exciting. It doesn't have to be any of the food we

listed above it can be stuff that just feels good, like olive oil, ice, pudding, heated honey.

It's important not to stick anything sugary up a woman's vagina because the sugar might react with her own chemistry and cause a yeast infections. It is also important not to stick anything that might break inside another person. Don't be stupid and don't put anything inside someone that you wouldn't want inside yourself.

Never lost her head, even when she was giving head

Oral sex is a very sensitive issue. Some people find it degrading. Some people find it empowering. Some people don't find oral sex stimulating and some are made very uncomfortable by the idea. For some it is more pleasurable than intercourse.

Of all the non-fucking activities oral sex has the highest risk. Syphilis, herpes, gonorrhea and other sexually transmitted diseases can be transmitted through oral sex. AIDS can also be transmitted if you have a cut in your mouth, a cut on your penis, or if the woman is on her period. It's best not to brush your teeth for several hours before oral sex because you can open up your gums with your tooth brush. The safest thing to do is to use a dental dam or a condom during oral sex.

One thing both men and women should remember is to take a bath before you expect someone to put their mouth on you.

When performing oral sex on a man or a woman don't make a bee-line for the genitals. Kiss and lick them all the way down or all the way up depending on where you start. Lick and kiss their thighs, stomach and hips.

When you take a man's penis in your mouth be sure to be very gentle. Don't bite or nibble. If the man is not circumcised pull the foreskin down and expose the head of his penis. Put the head of the man's penis in your mouth, run your tongue around the head of his penis and move it in and out of your mouth. Use your lips and tongue. Swirl your tongue around the head of a man's penis.

Slowly lower your mouth over the man's penis, take it into your mouth as far as you feel comfortable with. When coming up increase the pressure in your mouth and "Hoover" the man. This is particularly good if the man does not have a full erection.

There are a variety of sucking techniques to use. You can do it hard and fast or lightly and slowly or any combination of the above. When the man seems like he's just about to come it's nice to slow down to prolong his pleasure. Some men don't achieve orgasm through oral stimulation but many do.

Some men like to have their partner stick fingers up their ass while they have their dick sucked. Men have a very sensitive gland, the prostate gland, inside their anus and some men are very aroused by having this touched.

Never, under any circumstances, come in someone's mouth if they ask you not to. And do not come on their face unless you ask. It's not funny and it's very disrespectful. Some people find receiving a man's come in their mouth to be a very intimate and enjoyable experience but again it's up to the recipient to decide.

There is some kind of strange stigma attached to performing cunnilingus (oral sex on a woman). Some people find it very distasteful — they think women's sex organs are unpleasant. But here is nothing dirty about a woman's vagina and there are no special germs lurking there.

Some people say a woman's vagina doesn't smell nice. Women may smell differently different times their menstrual cycle. Tight clothing, diet, all sorts factors, can contribute to the smell of a woman. Again for both men (who sometimes don't smell so hot themselves) and women, a hot bath before getting together with your buddy is always a good idea.

Many men find the smell of a woman very exciting. Sometimes things we consider "bad" are just things we're not used to.

Women respond very differently to stimulation of their vagina. But usually spreading the lips of a woman's vagina with your fingers and rubbing your tongue on her clitoris is very pleasurable. Fast or slow is up to you to figure out. You can also put your fingers inside her vagina while you lick her. It's important to remember to use your hands while performing oral sex — play with breasts, squeeze hips.

Oral sex is the closest you can get to intercourse without actually doing it. Some people, however, feel oral sex is more intimate than intercourse so don't expect if you can't have one you can have the other.

Tie me up tie me down

Bondage can be another alternative to intercourse; however, it is something that only works in a trusting relationship.

You can tie your partner's hands to the bedpost or together. You can also tie their feet. Once your partner is tied you can touch them, lick them, kiss them, whatever. Make sure you are not hurting your partner — rope can burn. Be sure to keep communication open through the act. If your partner wants you to stop at any time respect their wishes — being tied up can be very frightening.

You can use blindfolds or gags also but make sure restraints are not too tight.

Because this type of intimacy is based on complete trust don't fool around. Don't leave the room, don't fall asleep and don't tickle your partner.

If being completely tied up is uncomfortable you can loosely tie your partner giving the impression of restraint but leaving them free to break loose at any time.

Cuddly toy

Cuddling is by far one of the most pleasurable and underrated things people can do together. Holding someone in your arms and kissing, hugging, laughing and falling asleep can be one of the most intimate and pleasurable experiences. It's a way of showing how much you enjoy the person's company without raising the issue of sex. Affection helps establish trust, and helps people feel comfortable being touched by another person. Cuddling is a nice way to get used to another person's body — you can do it almost anywhere, and it's completely safe.

Whatever you decide to do, however intimate you choose to become, the most important thing is to respect the wishes of your partner. Talking to each other and finding out what you both feel comfortable with is essential. Waiting until you are completely turned on before finding out how far the other person wants to go is a very bad idea. Be clear about your wishes and if you don't know what your partner wants wait until they feel comfortable enough to tell you.

Fooling around, cuddling and kissing can be as pleasurable as sex and often have far fewer complications.

Be safe, be happy and have fun.

Doing the hand jive

by the Excal Autosexuab

Touch yourself — all over, inside and out, up and down, all around. Don't be embarrassed, it's your body.

In a society crammed with sexual symbols, auto-eroticism is the big blind spot, the missing figure in everyone's equation. Self-stimulation is performed constantly but mentioned never: try to think of a film, a novel, a magazine on masturbation (though, ironically, these are the major sources of auto-arousal).

It's the safest of sex acts, yet it has the worst reputation: self-indulgent writing is "masturbatory"; "unpleasant men are wankers" or "jerk-offs." For women, it is an act without a name, without even a good euphemism. By its very nature it has no culture, no community; it has a history of violent repression and a mythology of diabolical repercussions.

It's a sad state of affairs when people can't even have a good time playing with themselves.

A world of self-abusers

Most men get themselves off pretty regularly, studies show, though surprisingly few are willing to admit it. For most adolescent boys it's hard not to masturbate, and whole industries are devoted to providing fodder for this secretive ritual.

Women are up against tougher odds. In a society that still denies women the privilege of sexual autonomy, girls are taught to be the recipients of male sexuality. This myth can be a hard one to un-learn.

And years of repression have given female masturbation some pretty ominous overtones. Girls don't inherit the jocular language of "jerk-ing," "wanking" and "pud-pulling" — instead, they learn to fear their own genitals, to protect their reputations, to view orgasms as terrifying seizures.

But more and more women are teaching themselves, and each other, about the joys of their own bodies. Women who masturbate are much more likely to achieve sexual gratification with a partner. Women are all unique in their sexual response and a woman who masturbates knows what will make her come. She can then let her lover know what she wants.

Masturbation is also a good way to relieve stress and an excellent way to keep sexual tension in check when sex with another person isn't possible or desirable.

No amount of masturbation can hurt a person. Masturbation is absolutely safe — you can't catch AIDS, herpes, gonorrhea or even a common cold from yourself.

A hot night with yourself

Autoeroticism is an art, and you can devote a lifetime to mastering it. If you haven't started learning, it may be worth a few hours of your spare time.

Feeling comfortable about your body is what's really important. The most important thing is to feel relaxed. You might want to take a warm bath and read a sexy book. Or you might want to light a candle and get under the covers and snuggle up with yourself.

Touch yourself slowly all over and notice which places make you feel best. You might like to run your hands slowly, lightly over your stomach and down your thighs, all over your breasts (if you're a woman) or chest hairs (if you're a man) and your nipples.

Rubbing oil on yourself is a nice way to get used to the curves and feel of your body. Imagine someone you like is touching you.

Run your fingernails or fingertips lightly down the sides of your body, across your stomach and on the tender area in between your thighs. You might want to watch yourself in the mirror, or pretend that you're performing in front of an audience.

Some women feel good when they rub or press themselves against something like a pillow. Or you may want to put something between your legs and squeeze them together. Some men like to rub and press themselves against bedding or furniture.

Women: once you feel aroused and comfortable with your body it can be very pleasurable to touch your vagina. Touch all around the area — tease yourself — you can use one, two, three, or as many fingers as you feel comfortable with.

Men: rub and stroke around your thighs, under your balls, along the crack of your ass, up your shaft, around your tip. Tease yourself, touch lightly or with increasing pressure. Rub your skin all over and stretch out

your muscles.

Some women like to put their fingers inside themselves and others like to rub their clitoris. Some like to do both. Putting your fingers inside is a good way to start because even if you take them out right away they'll be nice and wet so you can play with your clitoris without irritating this highly sensitive area.

Men rarely want to pump themselves to an instant ejaculation (unless they have time constraints). Instead, they can vary the rhythm and pressure, touching different parts of the penis. Pre-ejaculatory fluid can be used for smooth stroking of the tip with the fingers — a pleasure which can last for hours.

Women: When you are aroused, you can attempt to drive your index finger(s) up and inside your vagina. You might want to be very gentle or you might take a more aggressive approach — see what feels best. If you like, feel the inner walls and reach up as far as you can go. Move your fingers in and out and see if that feels good.

Men: Squeezing the tip of the penis really hard when you feel yourself about to come can intensify the orgasmic experience. Another approach is to stick your index finger up your anus just before coming.

For women and men the anus is connected to the clitoris and penis by a number of coiled sensitive nerves. To trigger these areas, especially when you are aroused, can be very stimulating. Do what feels comfortable.

Some women achieve orgasm very easily from rubbing their clitoris. But some women don't know where their clitoris is. Finding it can be a very rewarding experience. If you put your hand on your vagina and slide your fingers inside, your clitoris is the little hard knob right at the very top of your vagina, between the lips and just past the hair line. Feel around until you find it. Once you've found it, rub your clit slowly. You can rub it light or hard, fast or slow, up and down or in circles — whatever feels best.

Imagination plays a big part in masturbation. While you are rubbing yourself you might like to think about a situation that really turns you on.

If you're a woman and you've never had an orgasm before the feeling might be a little overwhelming. You will feel a sense of

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pressure between your legs. The closer you get to orgasm the stronger the feeling is. When you come your body might shake or you might moan a little, but remember you are not totally out of control. You won't scream and wake the house, or pee yourself, or any of the things that people say happen to them in the throes of ecstasy. Masturbation is as vigorous or relaxed as you make it.

Deluxe recipes

Once you've learned to get yourself off with ease, you can move on to more adventurous things... if you like. There are a whole bunch of other things you can do.

Read erotic literature, watch porn flicks, glance through skin magazines — all these will help you to develop your own personal fantasies. Best of all, in your mind you can act out things you would never consider doing with a partner. The idea of harbouring illicit secrets can be an incredible turn on.

Use warm water in a tub, in a small pool of water and place it in your living room, on your bed, anywhere, to massage yourself to orgasm. Lie on your back with your legs up so your vagina or balls are under the faucet. You can also heat some oil in a small dish (for 30 seconds on high in the microwave) and massage yourself all over.

Buy some toys. Sex shops carry an astonishing variety. Women usually have better experiences with devices, though there are some intriguing gizmos available for men.

Try lying on your side, back or front, whichever is comfortable for you, and place both hands in between your legs with the palms facing inwards. Keep the pressure on until you feel good. Remember, use your imagination.

