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## **Twenty Secrets that Put Me on Fire**

So there you have it: brainstorming (*read my EBook*) help you come up with new ideas. And not only will you come up with new ideas but you will do so with surprisingly little effort. Brainstorming makes the generation of new ideas easy and is a tried-and-tested process. Exactly what you apply brainstorming techniques to depends on what you want to achieve. You can apply them to develop new products, services and processes in your job, or you can apply them to develop your personal life.

1. Which secret really puts me on fire?
2. Which secret is most suitable to perform with my partner today?
3. Which secret is most suitable to perform with my partner next time he comes?
4. Which secret shall I share with my partner next?
5. Which new secret of mine shall I try next?

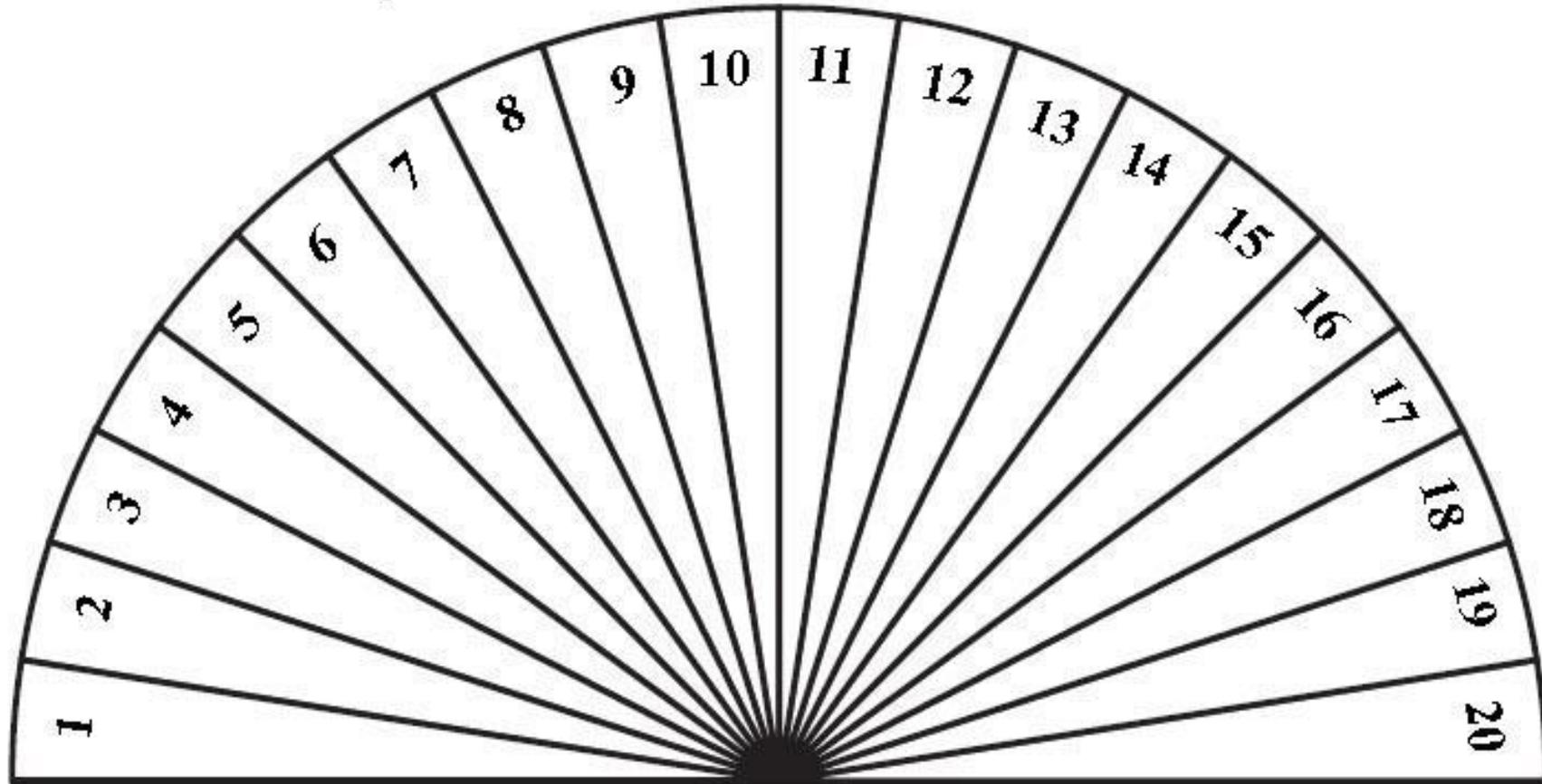
**Where will the pendulum oscillate for you on the diagram?**

*(Twenty possibilities)*

1. Embrace your self-pleasure.
2. Give the ultimate oral exam.
3. Your natural musk is smelling like flowers and candy.
4. Get kinky with sex, BDSM and all manner of fetishes!
5. Learn to RECEIVE and GIVE pleasure.

6. Talk dirty to him or her.
7. Stallion him or her, Baby!
8. The largest sex organ is your brain
9. Stop with the jabbing already!
10. Communicate your needs to each other.
11. Remember bringing kisses to your repertoire like lovers.
12. Guys like it rough sometimes or always.
13. Yep, your guy *does* want to try anal.
14. Guys can really do wonder even if penis is too small.
15. Men love it when you love your body.
16. He wants to look hot for you.
17. Comfy can be sexy.
18. He wants (no, *needs*) to know you want him
19. Communicating about your sex routine
20. Have adventures and inject spontaneity into your sex routine

# Twenty Secrets that Put Me on Fire



**The answer is found where the pendulum oscillates!**

Filcosart

# Comments

## 1. Embrace your self-pleasure

You most likely won't go blind, so get addicted or over-stimulated as pleasuring yourself has all kinds of incredible benefits.

Masturbation leads to you knowing your luscious body better. You will reinforce to yourself that you deserve pleasurable touch whether or not you have a partner or partners. You will know what pleases you so that you can show someone else. You can experiment alone first if you are feeling shy. You can even put on an incredible show for your partner. In absence, make use of the webcam of your computer, and use your fantasies.

When you have the body confidence, you can explore adult toys, foreplay, roleplay, and even tantric, and play often by yourself. When you are in love with yourself you can communicate with your partner better. When you have self-esteem, you don't feel the need to compromise your sexual self and you have the courage to take responsibility for your own orgasm.

So with toys or without, please yourself often. Studies show that self-touch can increase feelings of confidence and self-esteem. In addition, women who indulge in self-pleasure are reportedly more orgasmic.

## 2. Give the ultimate oral exam

Ladies or whoever, this oral sex tip is going to raise the bar on your fellatio game. Men have something called a prostate. It's located in their anus about four centimetres up and when it's stimulated it creates waves of blissful sensations. You will need a small silver bullet vibrator, warm water, and a teaspoon of honey. Add some of the honey to your tongue and lick his pleasure stick slowly. The honey also adds to the flavour and enjoyment to the art of going down. Take a few sips of warm water. The warm water melts the honey and creates a warm, soft, velvety sensation to his penis.

While slowly going down on him you want to turn your silver bullet vibrator on low, and press it gently against his perineum. The perineum is the area between the scrotum and the anus. This will stimulate his prostate externally. Gently massage the area with the silver bullet while orally pleasing your lover. He will experience the best knee jerking, toe curling orgasmic experience ever!"

### **3. Your natural musk is smelling like flowers and candy**

“Don’t have ‘that thang’ smelling like flowers or candy. Your private parts are the flower. Your private parts are my candy. That ‘sweet thang’s’ natural aroma and nectar is perfect! You can’t put it in a bottle and it’s never duplicated. I feel like, if we don’t both smell like ‘that thang’ when we are done then we didn’t get in there properly.

Here’s the key: We both have to be fresh to get it popping. I love taking a shower with my partner before engaging in sexual intimacy and action. I have arrived at the point in my sex life where I have to be free to lick where I want when I want. I’m grown. As a man, I don’t want it just in my mouth, I want it ON MY FACE.

### **4. Get kinky with sex, BDSM and all manner of fetishes!**

“I have seen people struggle with their desires for kinky sex, BDSM and all manner of fetishes. And as tough as it might be to be honest with others, you first have got to be honest with yourself. Know that it is absolutely OK for you to have kinky desires or outré fetishes, and that you are worthy of having your needs met in a hot and consensual setting.

My friend is my dominant and owner. Yes, my owner. We have a consensual ‘Power Exchange’ relationship. He may have waited long enough until to seek out his true desires. He had a lifetime of fantasies of sadism and longed to salaciously torment hot-and-sexy victims, but his upbringing labelled such things forbidden. Then adulthood and experience sealed his fate as a guilt-ridden, secretive dreamer. Now he's happy, fulfilled, kinky as hell and loving the explorations of our new life.

Dare to get what you want! One of his few regrets is that he denied himself this dream for decades. I, on the other hand, have been a hedonistic explorer since high school and had no qualms about telling my partners what I wanted and, in turn, finding out what turned them on.

It can be really scary to tell your beloved that you have desires outside of so-called "vanilla" sex but you'll be happier if you're honest about your desires. Be honest with your partner(s) and honest with yourself and let your freak flag fly."

## **5. Learn to RECEIVE and GIVE pleasure**

"In the past I've had sex mates say that I was afraid of my orgasms. You could have the best mate or lover in the world, who knows all the ways to please you with an unlimited supply of energy, stamina and sexual curiosity. But if you've been taught or accepted that you're only allowed a certain amount of happiness, joy and bliss, you may intentionally be limiting your capacity for pleasure.

I used to only allow past mates to get to a measured point and then I would pull away. I had to actively work on being a pleasure receiver. Much of this deals with shame, guilt and social expectations on what I was allowed or not allowed to feel. Eventually I learned, I am supposed to FEEL, especially pleasure and bliss! In order to grow in closeness with yourself or your partner, you must actively live in a place of vulnerability."

## **6. Talk dirty to him or her**

"Sex, even in BDSM, is supposed to be fun so get even more adventurous by talking dirty. Tell your partner how you like it. Share with him or her where you want it. Use your imagination and voice all of your dirty desires. Sex talk helps to stimulate your sexual partner's major senses—so imagine how hot and bothered he'll be once you tell him how horny you are."

Indulge in sexting, webcams and phone sex. They are the best EVER when you and your partner are not together! However, have you tried this when both of you are in the same home, at work, or while lying next to one another?" Something amazing!

## **7. Stallion him or her, baby!**

“Folk, this is the secret to your orgasm and to getting whatever you want. Put on a large white T-shirt and a pair of skinhead boots or a sexy pair of heels! Yes.

Now, command your partner to lie on his or her back. Climb on top, facing him or her, and go for a ride. Take ten LONG thrusts—or however many you like. Control your thrusts, turn around, grab his ankles and continue riding. Right before he releases, hop off and put him in your mouth! Yeah, I said it. This position will keep him from climaxing before you and possibly get those new pair of skinhead boots or heels for your next ride. I’m just saying.”

## **8. The largest sex organ is your brain**

“Many believe the genitals run the show when sex is about to take place, but it is actually the brain that is the centre of command in every sexual experience. The brain is responsible for releasing the hormones. The brain is responsible for the signals and chemicals necessary for the body to prepare for sex, and when the mind is clouded intercourse can become difficult.

Weakened erections, lowered libido, inability to orgasm and vaginal dryness can all be caused by the mind being preoccupied by emotional and psychological factors. Relaxing the mind and becoming one with the body before sex is critical for optimal sexual performance and pleasure.

Release inhibitions by talking before the act, participating in couple's erotic massage, playing music or lighting candles infused with lavender or jasmine essential oils for relaxation. For more complicated emotional or psychological factors

such as depression, low self-esteem or anxiety, seeing a doctor will help in restoring balance within the mind, body and eventually sexual energy.”

## **9. Stop with the jabbing already!**

This tip is for men, so you may want to share it with someone you find attractive.

Herero's or bisexuals , we get it. The warm vaginas are extremely mesmerizing. We know you want to be all up in it but please remember... It's a gentle place and she requires gentle strokes and caresses that make our toes curl up.

Women like a man to rub them gently and turn them on without leaving carve marks on their treasure chest with sharp unfiled nails! Calm down and just stroke with your hands. Don't attack the vajayjay.

## **10. Communicate your needs to each other.**

“Neither of you are mind readers. Talk transparently about your likes, dislikes, wants and needs. To have a truly intimate experience, tell your partner where you like to be touched. The more comfortable you are communicating your sexual desires, the better your sexual experience will be.

Focus on pleasing each other. Sex should be a time of selfless connecting with your love and desires; a time of making sure your partners needs and wants are met. If your focus is pleasing him or her and the opposite focus is pleasing you, both of you will be pleased in the end.”

## **11. Remember bringing kisses to your repertoire like lovers**

I hope that you've enjoyed all of the steamy tips so far from my own experience. Here's one to keep your long-term relationships between the two of you hot. It is simple, but far from basic. Now for lovers!

Remember when kissing each other felt so erotically that you want to rip each other's clothes off ASAP? It was so hot and sexy when you first got together! You would put your lips together and let your tongues explore. Now you just automatically repeat the same formula, night after night.

The lips are an incredible erogenous zone. Bring kissing back to your erotic repertoire. Touching lips and tongues can enhance the bond with your partner like none other. Sex workers will do everything else except kissing because the act is so intimate. You're not just swapping spit!

Sexy romantic kissing gets your feel-good love hormones like dopamine and oxytocin flowing. Your heart rate increases. Your pulse quickens. Your partner feels the hotness. Yes...If kissing has escaped from your bag of sexual tricks—bring it back, fast! Extra points if you can build anticipation by kissing in a place where you can't readily get naked.

## **12. Guys like it rough sometimes or always**

Some men get hot when boys or girls get grabby. "I like it when they pull my hair!" they may say. Tugging on a fistful of curls makes guys feel like you're really into it. No need to pretend, but if the feeling strikes, go ahead: Run your fingers through his hair and give it a pull.

## **13. Yep, your guy *does* want to try anal**

"Most dudes want to have anal," to give or even receive, is generally admitted. "And if they don't ask for it it's because they haven't had it yet. They probably want to try it." So if you're interested too, but your boyfriend hasn't made mention of that end of the spectrum, feel free to bring it up. He'll probably thank you.

#### **14. Guys can really do wonder even if penis is too small.**

You'd think that penis-size worries would end once a guy starts to use his regularly, but it's not always so. The only things a guy likes to have stroked as much as his penis is his ego," he says. "Tell him he's so good' or that what he is doing is amazing' or the best you've ever had.' And, regardless of whether or not your guy's penis is huge or tiny, please make sure he knows you think it is, like the biggest you've ever seen." Men in the porno industry usually show beautiful cocks, large and long ones, but this is not to be generalised among men, sizes vary from man to man as part of nature.

#### **15. Men love it when you love your body.**

Someone argued, a girl he dated for six months always kept her bra on in the bedroom—not because it was lacy and pretty, but because he suspects she didn't like her breasts. "It took a lot of the fun out of it," he says. "It made me feel like not only was she insecure, but she was also uncomfortable being real with me." In the heat of the moment, the last thing a guy is likely to notice is your body flaws—so ignore them. Men do!

#### **16. He wants to look hot for you.**

It might seem like all guys do to get ready for a date or a sexy night in is hop into the shower and maybe, if you're lucky, swipe on some good-smelling deodorant. But, be assured, they take some care—and they love it when you notice. Everyone knows girls love compliments, but guys also appreciate them.” “You look good tonight” or “I like that shirt” can go a long way and get us even more in the mood.

#### **17. Comfy *can* be sexy**

Sure, little lacy things are hot, but believe it or not, even your most comfortable cotton briefs can be enough to get guys girls interested. Many really enjoy seeing his girlfriend or boyfriend run around the bedroom in a pair of full-coverage heather-grey undies. "Cotton panties and a T-shirt is just as sexy as lingerie, just in a simpler way," is generally noted.

We're a generation of self-photographers! "Don't be afraid to send a picture out of the blue. Even if your hair doesn't look phenomenal.

### **18. He wants (no, *needs*) to know you want him**

If you haven't realized it by now, here's a news flash: Guys can be a little sensitive and insecure about sex. "When your boyfriend hints at sex, and you don't give him at least some indication that you want it and like it too, you crush him. Guys want to know that they turn you on. So if you're not in the mood, make it clear that it's not personal.

### **19. Communicating about your sex routine**

The best relationships are kept alive by maintaining the passionate dynamic that gave birth to them in the first place. So, start at the beginning: Remember how you felt at the thought of being close to him or her, the things you did to woo him or her into your arms and keep him or her there? Did you weigh less? Did you make more of an effort in the way you dressed? Did you spend a lot longer on lustful activities? Going back to the beginning allows you to recall the things that brought you together, and ensured you stayed together longer than five minutes. Be the man he or she fell in love with again, or be the man he or she fell in love with you.

A practical guide on this subject is difficult to create without the primary key ingredient: good communication. If everything is hunky-dory in your relationship, changing your sex life probably won't be too much of a stretch. But you have to figure out what it is you want done differently, then talk it over in a fun, sexy way. Communication is key here, and if you get nervous and clam up, just remember who you're talking to: someone who knows you very well and, above all, who's attracted to you.

## **20. Have adventures and inject spontaneity into your sex routine**

Spontaneity is a key ingredient that is often missing from many sexual relationships after a while. The bed gets used all too frequently because it's easy, find something else than the bedroom. But it doesn't matter where you do it — sex can get stale even if you always have it in the kitchen or in a barn. It might be in the same position with the same amount of foreplay (or lack thereof). Capturing spontaneity again is one of the key ingredients to breaking out of your stale sex routines, so whatever you normally do, don't. In fact, go ahead and do the opposite.

Sexual adventures give you both a break from the norm, and may require some planning. There are plenty of classics like role playing with props and costumes, doing it in a different location and going on sex dates. All these ideas can be fun and, although maybe a little silly at first, they can really inject a new energy into your sex routine. However, it is important to involve the brain — our largest sexual organ — not just the pink bits. There are a range of games for couples where you can find out more about your partner, what they like, and you get to practice it — you may only need a pack of cards. Read each other erotic stories, admit a fantasy to each other or watch an adult movie made by women, for women. You don't know everything about her (and vice versa), and fantasies evolve over time, so take advantage of this.

### **For use on iPad**

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