

# TASTE OF TANTRA

7 SACRED SEX SECRETS TO  
PLEASE YOUR PARTNER



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# SPECIAL REPORT: "A Taste Of Tantra - 7 Sacred Sex Secrets To Please Your Partner"

Welcome, and congratulations. Okay, before you start reading, take a moment to **print this out**. That way you can read it to your loved one between the sheets... highlight the parts you want to remember

Okay, did you print it out? Great, now lets get started.

Follow these steps and your journey towards a better love life full of intimacy, ecstasy and pleasure has begun.

Along with the tips, you will begin to uncover your **Intimacy Operating System... which** controls your love life and is made up of your **Habits, Patterns & Beliefs**.

Here is a metaphor for you. Almost anyone can cook, but very few people are Chefs.

***Anyone can have sex, but very few people master making love.***

This report is for people who want to turn Fast Food Sex into Gourmet Love Making and discover their **Sensuous Superpowers**.

These tools, distinctions and skills will help you expand your ability to express and experience love, intimacy and pleasure in the bedroom.

For the over 25 years, I have been coaching individuals and couples, **spend less time arguing in the therapist's office and more time enjoying each other in the bedroom.**

In my Amazon Best Selling book '**ARGUE LESS, LOVE MORE**' I teach the keys to compassionate communication.

In this SPECIAL REPORT: "**A Taste Of Tantra - 7 Sacred Sex Secrets To Please Your Partner**" I introduce you to the world of tantra and sacred sexuality.

What I have found is that when people don't know what they really want... or can't express what they desire in their love life, it leads to settling and boredom in the bedroom – which ends up with obligatory duty sex or no sex at all.

So Damn Sad... and so unnecessary...

Some of these tips will seem so basic you may wonder why I included them at all but I did because if the foundation isn't in place, you can't create the intimacy, pleasure, and ecstasy you desire.

This report is for you if you want more intimacy, pleasure, and ecstasy... and have your partner saying “OMG – Please Do that Again... and Again... and Again!”

Okay, enough with the intro... ***BRING ON THE SECRET TIPS.***

Here we go, starting with the basics and building from there.

The first tip is all about **creating a safe, sacred & sensuous space that is stimulating to the senses.**

Think of it this way; before cooking a great meal, the chef will prepare their space. They make sure the kitchen is clean, the dishes are done and they have all the needed ingredients. Amazing meals rarely happen by accident.

The same is true for amazing lovemaking. Start by **Preparing Your Environment – You Want to AWAKEN All 5 Senses...**

So here you go:

### ***TIP #1) Prepare Your Palace***

Your mission, should decide to accept it, is to set up a safe, sacred, sexy, sensuous space. It should be pleasing to Sight, Smell, Sound, Touch, and Taste...

Okay, some of this will seem so obvious and basic that you may be wondering why I include it. Think of it this way, it only takes one bug in the middle of your soup to ruin the meal.

#### **i. SIGHT -**

1. Start preparing bedroom... Clean up the room and make it visually attractive, get rid of any distractions
2. Next, make sure the bed with clean sheets and lots of soft, sensuous pillows

3. Set the mood with romantic lighting - Maybe candles
- ii. **SMELL** -
    1. This is key – often overlooked but can make or break the mood
    2. Try some Incense or essential oils
    3. Perfumes or musk oils can help – use lightly
    4. Flowers are a double bonus – sight and smell
  - iii. **SOUND** –
    1. Play Romantic Music
    2. Avoid radios or any internet music that includes ads
  - iv. **TASTE** –
    1. More bonus points if you provide chocolate or strawberries or fruit or other delights
    2. Coconut oil serves three purposes – great massage oil – good lubricate – and yes, tastes good.
  - v. **TOUCH** - Have other love making essentials nearby
    1. Massage Oil (organic coconut is great) & personal lube (Probe is a good brand) for hours of , and exploration
    2. At our workshops we teach about the 5 Tantalizing Tantric Touches (and yes, this is to tease you into wanting more.)
    3. Safe Sex Protection: always best to have this taken care of in advance.

## ***TIP #2) Adjusting Your Attitude & Managing Your Mindset:***

In the area of sex and sexuality there can be a lot of shame, confusion and embarrassment. Pleasure starts with an attitude of gratitude, curiosity, adventure, compassion and innocence.

- **Be Grateful** – feel appreciation for the touch and connection you feel
- **Be Curious** – what turns your partner on, what gives them pleasure, how do they like to be touched?
- **Be Adventurous** – try something new, explore each other, share your desires and fantasies
- **Be Compassionate** – your partner may have been through trauma and drama in the past and it could come up again – meet them with care and understanding and don't take it personally

### ***TIP #3) Beautify Your Body:***

Another key ingredient to a great meal is good, clean food. If you want your partner to devour you then look good, smell good, and taste good.

Delicious lovemaking starts when both of you are so yummy that you can't help yourselves.

Lets start with taking care some fun-damentals:

**FOR MEN:** GUYS this is going to sound super-basic... but

1. **Shower** – if you want to lover to kiss you all over, be clean and smell good. That means wearing deodorant or something else to make you smell good. And make sure to clean those special areas you want your partner to taste or give special attention to.
2. **Shave** – no scratchy face please
3. **Smell good** – use deodorant or what ever you need
4. **Brush your teeth** – daaaa! Make your mouth kissable
5. **Clip your fingernails** - wash under them especially if you are going to enter your lover with your fingers

**FOR WOMEN**

6. **Shower** - if you want to lover to kiss you all over be clean and smell good. And make sure to clean those special areas you want your partner to taste or give special attention to.
7. **Smell good** – use deodorant and perfume if you want extra attention
8. **Brush your teeth** – daaaa! Make your mouth kissable
9. **Look good and sexy** – present yourself as a beautiful gift to be unwrapped

## **Now It's Time To Awaken Your Sensuous Super Powers**

### ***TIP #4) Understanding Your Lover:***

In the world of Intimacy – TRUST and SAFTY are KING and QUEEN. If you want your partner to open their heart and their body to you... you have to open your ears and heart to them.

Trust and Safety Start with Open, Honest and Vulnerable Communication. Make sure that your partner feels **'heard, understood and valued.'**

THIS IS FOR YOU GUYS... **ALWAYS ASK PERMISSION BEFORE PENETRATION** with your fingers or penis! This is true

even if you are married or with a long-term lover. Respect your partner's choice.

### ***TIP #5) How To Turn On Your Lover***

Time to turn on your tantalizing touch. When it comes to touch, it all starts with the mindset. Begin with a **beginners mind** and be curious. What feels good to your partner? What brings them pleasure? What feels good to you?

Start with a state of **gratitude**. Remember the first time you got to touch your partner, or anyone for that matter. Make every touch count.

Sex is an intimate form of communication. What do you want to tell your partner with your hands? Do you want to convey love, caring, intimacy, and sensuousness?

Touch for your own pleasure... and your partner's...

**Explore** with your touch. Find new **Erotic Zones**. Make it your job to discover 3 new places on your lover's body that turn them on, behind the knees, the small of the back, the back to the neck.

Use your fingertips, your fingernails, your lips, your hair, a feather... get creative.

Now go practice giving and receiving pleasure with your partner.

### ***TIP #6) Connect Time:***

Your eyes are the windows to your soul. If you want deep connection to someone's soul, do this simple, quick exercise.

Sit across from your partner and spend several minutes looking deeply into your lover's eyes. See if you can send love without words just use intention and energy to acknowledge who they are for you from your heart.

### ***TIP #7) Pleasure for Pleasure's Sake:***

Okay now it's play time, pleasure time, time to awaken that loving feeling. Time to relax: the only goal now is to enjoy yourself and each other.

Explore each other as if you were making love for the first time (and you may be). Have a beginner's mindset and a sense of adventure.

Now go and practice.

NEXT STEPS...

Okay, you printed out the report, you read the tips, you did the exercises, you practiced with your partner (or yourself) and you got some great results...

Now you want to know now you are ready for more and want to know what's next?

Let me ask you a few questions.

Are you ready to let go of the shame, embarrassment and confusion?

Are you ready for a breakthrough in the bedroom?

Are you ready to find a proven path to more intimacy, pleasure, and passion?

If said yes, you can do something about it.

Come spend an hour with us over ZOOM (like Skype, only better) Find your proven path to more pleasure, sign up for a...

## ***Bridging "The Intimacy Gap..." Assessment Session***

This is a chance ask your most burning questions. We will also help you get clear on what you need to be a better lover, to master the art of intimacy and the power of passion and pleasure.

### **You Will Discover The:**

- 3 types Of Intimacy – and why you need all 3 of them for a truly satisfying relationship
- Greatest aphrodisiac is – and how you can use it tonight
- Method for Mastering Magnificent Orgasms

- Sensuous Secrets to go from “**No Thanks...**” to “**OMG, Please Do That Again... And Again!**” and leave your lover wondering where did you learn how to do that?

Interested? I thought you might be!

This session is normally \$497 and people rave about the results – but because you are one of our loyal readers, it's \$97.

With purpose, passion, and possibility,

Paul & Sequoia

Your Relationship &  
Intimacy Coaches

For More information, please Sequoia or Paul Sterling  
(303) 807 0159

PS: Want info on workshops, personalized, private intimacy coaching and tantric training, go to [TantraForYou.com](http://TantraForYou.com)

***What some of our clients are saying  
about Tantra and Sacred Sexuality***

*“We learned so much from our experience with you, and the results were immediate. We are learning to connect at a higher and a more emotional and spiritual level which we are carrying to not only our sex life, but our everyday relationship. Hard to believe that after 30 years we still have so much to learn and room to grow.”*

*H & K, Florida*

*“We were both new to Tantra, but they made me and my partner feel so comfortable. They helped facilitate and expand our ability for intimacy as a couple, and Paul personally helped me learn to give more quality attention to my lady.*

*Our relationship now has more freedom, adventure, and permission for passion! Thank you!”*

*C + S Boulder, CO*

*“Thank you so much from the bottom of my heart. I feel more open sexually and more connected to my partner. I want to explore more and take my time to enjoy. All the senses and chakras have been opened wide.”*

*J.L. Santa Fe, NM*