

5

CREATIVE INTERCOURSE

Unleashing a childlike curiosity, becoming delightfully uninhibited, trying new things, and being playmates are all part of this vital component of exciting intercourse. Your imaginations and relationship can take these uninspired techniques and bring them alive. Some practice and experimenting can create great variety and immense romantic pleasure.

PLAYFUL, CREATIVE SENSUALITY + KNOWLEDGE + PRACTICE = CREATIVE INTERCOURSE

You as a lover provide the fusion, sensuality, and excitement to intercourse. You as a couple can choose when and where you want to enjoy these positions, whether on a soft mattress, under the stars, or in the shower. You control the candlelight, music, lotions, lubrication, and ambience.

PLAYFUL, CREATIVE SENSUALITY

Enjoy the total array of your senses and lovingly enhance touch as you employ the suggestions and encouragement of earlier chapters. Go slow and build tension as you sensuously progress through the lovemaking process. You can enjoy intercourse in different ways during the arousal and plateau phases of the sexual cycle. Let intercourse and various positions be interspersed throughout the arousal activities as you warmly connect as well as build tension. Each position will offer a new variety of ways to stimulate, touch, and take pleasure from each other's bodies. Allow your hands and mouth to keep actively caressing and stroking throughout intercourse. Focus on yourself and your partner.

KNOWLEDGE AND PRACTICE

Becoming a great technical lover in intercourse is more than just knowing physiology and the various positions. The actual entry of the penis into the vagina can be new and exciting every time. Intercourse and the bonding one-flesh experience of lovers joining bodies should be an emotional and mental rush. Slow your mind and focus on the actual physical feelings of entry; don't take it routinely. As one partner separates the outer vulval lips and guides the penis in, each can delight again in the other's body. Over the many years together, this scintillating connection you enjoy can have a delightful electricity every time you experience it anew.

Make sure the lubrication (artificial or the seepage at the tip of the penis) has been gently spread over the head of the penis and the vaginal lubrication has wet the mouth of the vagina. (Dry skin chafes and hurts; be sure the vagina is lubricated.) The husband should take care not to simply shove in and start vigorously thrusting. Part the outer lips, and position the penis at the mouth of the vagina or allow the penis to sensually slide down the inner labial channel to the vagina. Slowly and gently push the penis in, reveling in the sensations. Slowly thrust partway in a time or two with tender gentleness as lubrication is spread, and revel in the feelings. Perhaps lightly shove the penis all the way in and start to thrust, while the husband wiggles his penis by using his PC muscle and while the wife tightens her PC muscle; feel warm and close in this one-flesh embrace. Allow the vagina to lovingly contain its partner.

Practice different rhythms of coital thrusting with pelvic muscles as both partners push to meet each other or one controls a given movement. The outer third of the vagina is particularly sensitive—the husband can practice quick, shallow thrusting at the mouth of the vagina, flicking the penis in and out. The stimulation and arousal caused by the angle and depth of the penis penetrating the vagina will vary from woman to woman. Talk and experiment. Varying the position will create different angles or allow deeper penetration. Enjoy what is exciting to you.

With intercourse, as with all sexual activity, enjoyment and passion will be enhanced by your imaginations and stored erotic stimuli. Certain positions can excite the visual sense of the husband, and others the romantic, connecting needs of the wife. Invent a fun repertoire together. Men, remember that this has nothing to do with the size of your penis. As the country saying goes, “It is not the depth of the well, or the *length of the rope*—it’s how you dangle the bucket.” Wives, remember that most women do not experience orgasms just with intercourse but need more direct clitoral stimulation. Celebrate the bonding, nurturing, and excitement of intercourse. It is indeed a fun playground activity for the loving, creative couple. At times, forgo any movement and just lie in each other’s arms, basking in the warmth of one-flesh togetherness.

EIGHT TYPES OF INTERCOURSE POSITIONS

You know the old saying that “practice makes perfect.” Any new position will be awkward at first and perhaps not as fun, warmly connecting, or erotically arousing as ones you are used to. Practice is important so that you as a couple can quickly begin to enjoy different positions in an adept and relaxed manner. They say that if you use new vocabulary words three times in your conversation, they are yours for life. Do this with the following positions of intercourse too.

Relax and play at acquiring this knowledge. Be creative as you make up some of your own variations to try. Also, practice shifting into a new position from an existing position without removing the penis. Men and women have different physical and psychological makeups and will have differing preferences about what is exciting to them. Be sensitive to each other as you take this knowledge and give it playful, creative sensuality.

1. WIFE-ON-TOP

The wife-on-top positions are favorites for several reasons. For the husband who has a bad back or knees, this position takes the pressure off and allows his wife to be the active participant. It is also the needed position for a couple with disabilities who want to press into the vagina the flaccid penis of the husband. The positions are visually very arousing to the male, and the female is more in control of her own stimulation. Many women find being on top positions the vagina and clitoris to achieve orgasm more readily during intercourse. The husband’s hands are also nicely placed to stimulate the clitoris as needed.

Kneeling. The wife kneels while she straddles her husband. She can use a number of angles: a backward tilt as she supports herself with arms straight and hands on his legs or the bed, a 90-degree upright stance with bouncing motions, or a 45-degree forward tilt with weight on arms or forearms propped on pillows. This position allows the woman to control the depth of penile penetration and orchestrate the movement of the penis in the vagina with the clitoris against the pelvic bone. It may be easier for her to guide the penis into the vagina. It is also pleasurable to simply lay the penis on his stomach and, with proper lubrication, rub the clitoral area back and forth with a rocking motion across the erect penis without vaginal penetration.

The husband can also thrust with pelvic motions. This position is fun for the husband because his wife’s breasts are near his face and mouth, and the pubic area is very visible. The wife can enjoy the easy access her husband has to massage the clitoris with his thumb. For variation and different sensations, the wife can kneel facing away from the husband.



Figure 5.1 Wife on top, kneeling

Prone. The wife lies comfortably on top with her legs straddling his body or between his legs, finding leverage with her feet and knees. She may also wish to prop her shins and feet insteps on top of her husband's lower legs and hold her feet against his feet to gain leverage for giving thrusting motions. In this prone position, as well as others, it is easier to insert the penis in a corollary position (wife kneeling) and then ease into the position desired. The woman-on-top position allows the wife to take the lead in a fun, selfish way, using her husband's body for her pleasure.

2. SIDE-BY-SIDE

Couples enjoy side-by-side positions because bodies are comfortably close and facing each other for cuddling and kissing. Bodies are well supported, and both partners can control and contribute to coital thrusting while they caress and stroke.

Relax and enjoy the total experience of intercourse. Look at each other and delight in your mate's arousal and in the beauty of the body. Gently caress skin and revel in texture. Talk and give verbal and nonverbal exchanges of love and excitement. Close your eyes and focus on the specific pleasure of the penis in the vagina—go slow with light, feathery motions, rapidly thrust with penis touching only the outer inch of the vagina, try deeper penetration—stop and lie in each other's arms for a minute. Creative intercourse is making love, not just building to an orgasm.



Figure 5.2 Side-by-side, wife straddling husband's leg

Wife straddling husband's leg. The husband lies comfortably on his side, with his bottom leg extended straight, his other leg bent at the knee, and his foot on the bed. The wife lies on her side and straddles the top bent leg, with her lower leg between his legs and her top leg thrown over his torso. This positions the penis at the vagina (with proper shifting) for easy access with either partner guiding it in. Again, pillows under heads or sides increase comfort.

Couple embracing chest to chest. The wife lies on her side with the husband facing her in a mutual embrace. This may be most easily achieved by rolling over onto the sides from the wife-on-top or husband-on-top positions. The husband's top arm and hand are free to caress his wife's buttocks and back. This can be a fun, bonding embrace as you adjust the underneath arms for greatest comfort and both supply movement.

3. HUSBAND-ON-TOP

This has often been called the missionary position because, according to legend, the Hawaiians did not employ this position as the missionaries did. This standard position is often thought of as uncreative or elementary. Actually, it is pleasurable in various ways. It allows deep penetration, active thrusting by the husband, and a total body hug.

Legs between. The husband lies on top of his wife and supports his weight with his knees and elbows or arms. His legs are together between her legs and give leverage for easy pelvic thrusting. Variations of this position are the wife's raising her legs and scissoring them around the husband's torso or raising her legs to rest on his shoulders. Be gentle. This position offers perhaps the deepest penetration of any position.

Legs straddling. It is easier for the husband to start with legs together and the penis inserted in the vagina. Now, with the penis remaining inserted, he can gently shift one of his legs outside one of his wife's legs as he straddles that leg. For different sensations, he can shift his other leg from between to outside as he straddles with both legs outside his wife's legs. This allows his wife to clamp or scissor her legs together and produce greater friction on the penis in her vagina. The husband has an easy swinging motion of the pelvis and can raise up on his knees and elbows to relieve any excess pressure on his wife.

The husband-on-top position gives an ability to be body to body in a special one-flesh hug. Try just lying there in an intercourse embrace, remembering your commitment and love for each other as you rest warmly, savoring your togetherness.

4. CROSSWISE

Both crosswise positions are great for freeing hands to stimulate the clitoris and caress bodies. While the husband is thrusting, the wife can caress his testicles or scissor two of her fingers around his thrusting penis to increase stimulation. She can also stimulate herself or hold his hand as he stimulates her clitoral area. The husband can maneuver his body (collapsing the + into an X) while keeping the penis in the vagina so that he is able to nibble at her breasts and enjoy kissing, too, in these positions.

Wife's legs over. The husband lies on his side facing the wife, crosswise on the bed. His wife lies on her back and creates a cross of their bodies by resting her legs over his thighs with one leg toward his waist and the other leg toward his knees, allowing easy penetration by the penis. The husband creates the thrusting motion with pelvic movement.

Scissors. The husband lies crosswise on the bed with his head to the wife's right, and she lies on her back. This time the wife's right leg is propped over her husband's thighs, and her left leg is scissored between her husband's legs. If the husband is left-handed, he scissors her right leg, placing his head on her left side. This leaves manipulation and penetration of the penis to be controlled easily by the husband.

Scissors is an ideal position for using the penis as a wand to stimulate the vulva and clitoris. The husband can hold his erect penis and, with the wife's instructions, learn the right rhythms and pressure and placement to help her achieve an orgasm. If the

wrist grows tired, he can use more of the entire arm, like painting, to vibrate and massage the clitoris. This can be interspersed with vaginal thrusting to keep the whole area lubricated. As she approaches a climax, the husband may wish to switch to vaginal stimulation alone.



Figure 5.3 Crosswise, scissors

Either crosswise position works well during pregnancy. From the scissors position, the couple can maneuver into the next position without withdrawing the penis. The wife rolls on her side with her back toward the husband. The husband gently unscissors her leg, then slides his legs so they are behind hers in a spoon position as he thrusts against her buttocks.

5. REAR-ENTRY

The rear-entry positions, especially the lying-down spoons or both kneeling on the bed, are great during pregnancy. The wife should be comfortably supported with pillows as needed, and thrusting should be as gentle as desired.



Figure 5.4 Rear-entry, spoons

Spoons. The husband faces his wife's back, like two spoons cradling. The penis can be inserted with the husband separating legs and outer vulval lips, while the wife guides the penis into the vagina. Male pelvic thrusting bumps softly against her buttocks as the penis stimulates the front of the vagina and the G spot.

The husband can enjoy caressing his wife's stomach and breasts and stimulating her clitoris with his free hand. The wife often likes this angle of the penis with slow or vigorous thrusting that is exciting but not too deep. Both are comfortable with less demand on muscles and joints.

Kneeling in husband's lap. The husband kneels with knees together and back upright. The wife kneels with her back to him, straddling his legs and propping herself in his lap—carefully inserting the penis as a mutual effort. He can place his hands on her hips to help control movement as she moves up and down, and he can create some pelvic thrusting. She may wish to bend forward and brace herself with her arms. This position leaves the husband's hands free to caress, while the wife can control depth and positioning of the penis with pelvic and leg movements.

Both kneeling. The husband kneels behind his wife, who is kneeling, bent at the waist with forearms and head resting comfortably on a pillow or the edge of the bed. The husband separates the outer lips from the rear and gently inserts his penis into the vagina. This position may seem awkward to the wife, but it is very visually stimulating to the husband. He has an exciting view of waist and hips and his penis penetrating the vulval area. It also allows easy thrusting motions from slow to vigorous and stimulation of the sensitive twelve o'clock part of the vagina.

Another variant of this position is for the wife to slide down into a prone position on the bed, with a pillow under her stomach propping up her buttocks and genital area. The husband lies down on her back with his legs between her legs and inserts his penis. He can get leverage for thrusting with his feet and knees as he hugs her from the back.

6. STANDING

The standing positions encourage creative intercourse without the need for a bed. They are fun for rooms of the house other than the bedroom.

From the back. This is similar to both kneeling, only both partners are standing. The wife bends at the waist and supports her weight with her hands on a bed, a table, or shower fixtures. The husband stands or crouches behind her and, separating the outer labia with one hand, inserts the penis. This can be a fun position for a quickie in the kitchen or a romp in the shower.



Figure 5.5 Standing, facing with wife on one leg

Facing with wife on one leg. The wife faces the husband and raises her left leg, which he cradles with his right hand, and they mutually insert the penis. If the husband is much taller than the wife, she may need to stand on a small stool or pillow. This position permits eye-to-eye contact and a chance to mutually hug and caress.

7. FACE-TO-FACE

These face-to-face positions will remind you of the wife-on-top and the rear-entry kneeling (only reversed) positions of intercourse. The fun comes in as you stay creatively sensual and are willing to experiment. As playfulness and curiosity take over, you can create many hybrids on your own.

Husband sitting and wife kneeling. The husband sits upright with his back propped against pillows, while his wife kneels astride his lap facing him with her legs around his thighs. This position allows for fun hugging and kissing and looking into each other's eyes. It provides close body contact but not much leverage for thrusting. Movement can be assisted by the husband's hands under his wife's buttocks and bouncing motions. The penis can be mutually inserted, and since this position allows for deep penetration, care must be taken for comfort. This is a good position if the husband has back problems because he can be comfortable with his back propped with pillows.

Wife supine and husband kneeling. The husband kneels and his wife, lying on her back, places her legs over his thighs with knees bent and feet flat on the bed. It may help to prop a pillow under her head and shoulders or position a pillow under her buttocks to position the penis better. This is a good position for using the penis to stimulate the clitoris. If the angle is too much to allow easy penetration, the husband may wish to bend forward and cradle his wife's legs with his hands under her buttocks or waist so access is more comfortable. This allows pelvic thrusting as well as adjustments and movement with his arms. Again, husband and wife are face-to-face so they can enjoy each other visually. (For variety, have the wife flip over on her stomach with the insteps of her feet on the husband's shoulders—use imagination and creativity.)



Figure 5.6 Face-to-face, wife supine and husband kneeling

8. PROPS

In the chapter on setting moods, we explored the utilization of props, from candles to showers to pillows. These positions use the furniture around your house as props as you increase your erotic playing together.

Sitting on a chair. The husband sits up straight on a chair that allows the wife to sit in his lap facing and straddling him. The penis is inserted with mutual effort. It is helpful if the wife's feet touch the floor or are propped up on pillows to ease insertion and to help create movement. This position, like other face-to-face positions, allows visual contact and kissing and holding and

whispering or breathing in ears. The hands are free so the husband can caress back and buttocks. He may try cradling her buttocks in his hands to help produce movement with his arms. A variant of this position is to have the wife turn around and face away. Again, it is helpful if her feet can touch the floor. The husband can stroke breasts and clitoris while she reaches down and stimulates his penis with her fingers.

This position, like some of the other sitting positions, does not allow a great deal of thrusting motion. It can be quietly erotic; the connecting of intercourse does not always have to lead to rapid movement or produce a climax. Sitting positions can be playful, and they add variety.

Wife on the edge. The bed is a comfortable object for the wife to be on the edge of, but don't limit creativity. Dining room tables, kitchen counters, couches, and easy chairs work well too.



Figure 5.7 Partner and props, wife on the edge

The wife is positioned at the edge of the bed, sofa, or table. Her legs are around her husband's torso, resting comfortably on his thighs, with his arms supporting and clamping them to his body. The husband kneels or stands depending on the height of the object the wife is on, so his penis is accessible to her vagina. He has an easy thrusting motion, and the wife may not be fully reclined but propped up on the pillows of an easy chair and have access to stroking and caressing herself and her husband.

This position is very visually stimulating to the husband: he can observe the vulval area and the penis thrusting in and out. It is exciting to the wife: she can observe her partner's arousal by her body as well as experience her own visual excitement. Her vagina and clitoris receive excellent friction in this position. The wife-on-the-edge position works well during later stages of pregnancy or when the fatigued wife wants her husband to take the active role. It lends itself to all rooms of the house and provides some fun variation because it can be enjoyed without removing or wrinkling clothing.

You now have a good working knowledge with the basic positions and many variations. Now it is up to you to bring them alive in your lovemaking. Be curious and experimental as you take the risks to try new positions, and learn them well enough that they become comfortable. Truly frolic and laugh and love as you enjoy making intercourse a fun part of your sex life. Create your own variations and become lovingly at ease with a wide variety of moves and rhythms.