



BE ADVENTUROUS...Choose new or unusual rooms and settings, enjoy the naughty natural norm of sexual attitudes, morals and beliefs as well as the exotic, if you please.

SET THE ATMOSPHERE...Use mood enhancing candles and indulge in fragrances, lavish in soft or silky or satin fabrics that sooth the body and caress the senses.

EXCITE THE BODY...Splash and massage with creamy lotions, sweet smelling oils and scented waters that titillate and exhilarate at the same time. Bubbling sodas, syrups and flavored gels are fun. Use them with **PURPOSE, PASSION AND PLAYFULNESS.**

ENJOY YOUR BODY...Take long, warm, oozing, bubble baths together. Take brisk, soapy, spongy, splashy showers together.

BE SPONTANEOUS! But always be prepared for steamy, sensual, safe sex.

SEX is not FOOD. FOOD is not SEX. Food when eaten, strengthens your body's energy and makes you feel healthy, more energy, hence, fertile and ready to have sex. But the automatic response to food, the feeling of fertile (sexy, horny) only will last during your peak reproduction years somewhere around 21 to 40. Then you have to take specially formulated vitamins for males and females to promote sexual performance or ask your doctor what he or she suggests. So don't eat too much hoping for a better sexual response. The whole result of sex is a combination of many bodily hormones and reactions and emotional readiness. Sex can be different every time, even with the same person. Enjoy sex, but be flexible about the results. And without doubt, a baby is the highest result of sex. Everything else is practice!

WHEN YOU BREAK YOUR VIRGINITY...Be prepared to experience a new person in your life...closer than your non-sexual relationships but not as close as your blood relatives. You will feel a mind-body-spirit change. Maturity is good.

DON'T LOSE YOUR FRIEND, your life mate, and your work either, over an orgasm! No matter what age you are, and especially after age 38. Don't put pressure on people to come. Ladies - **START** massaging your partner more! Men - **GO EASY** on your partners, their bodies might not have the urge as often as you!

HAVING SEX WITHIN THE LAW...Will promote peace of mind about sex. Sexual harassment is out. Natural laws apply too, cleanliness and natural frequency of sex. If you are over 18 years of age don't have sex with people under 18 years of age, because they are minors and you can get in trouble. Safety is good.

PRENUPTIAL CONTRACTS... Speaking about the law, a prenuptial contract protects you, your life's work and children if you have them, if your spouse succumbs to any or other than the following: sweet talking women, sweet talking men, gambling, illegal drugs and habits and lifestyles, bad business deals in their name and various levels of laziness or squandering of your net worth. Have a lawyer draw up a fair contract and have their side read it to start the negotiating process. This way everyone is safer.

BIZARRE SEX ACTS...And sex that is not the majority will make you feel the opposite, in a minority. Live with it or stay in the mainstream. Balance is good.

IF YOU DON'T WANT...to do a kind of sex you should be able to say no once. If you change your mind yourself based on new research or positive information, fine, but if the person persists, ask to seek counseling with them. Relationships are good.

DON'T BE OBSESSED...With looks and body weight. Even the most attractive people change as they get older or could change sooner due to situations that arise in life. Moderation is good.

OUR SOCIETY...Always needs good, intelligent people. If you don't have or want to have children, donate to your community in another way. Harmony in life is good. **USE LATEX CONDOMS & VITAMINS...**See your doctor or clinic for medical safe sex information. Science is good.