

Spiritual Sex And Satisfaction

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How To Have Mind Blowing
Sex The Spiritual Way

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Chapter 1:

Introduction

Synopsis

Sex is a universal media of pleasure for both man and woman. People search peace and amusement with this activity. God has created this and we enjoy it as His blessings. Sex is not a sin and we need it to live in the society. We are human beings and we try our best to enjoy this highly addictive activity. In the past, it was seen that sex prevailed in the society for those who are married. But now, many people enjoy this before their marriage. Sex is for satisfaction of the couples. It elevates your physical, mental and emotional condition with the power of enjoyment. We have found that open sex is allowed in many countries, because it helps to eradicate your sorrows and sufferings. If you are highly depressed, then sex is recommended by the experts.



Many experiments reveal that sex is the main factor between relationship and fun. Couples make fun with this process. Sexuality is not a positive expression, though it is considered as a negative sight in many societies. Sex enables to tie the long term relationship and it is the key of successful relationship. It is seen that many of us neglect sex because of insufficient knowledge on it. Sex is one of the vital causes of long term enjoyment. If you think that sex is only a physical event, then you will not understand the main theme of it. It is not only a physical event but also a spiritual event. One can attain amusement and satisfaction quite easily after having sex with his or her partner. It is mandatory to give priority to your partner's satisfaction. If you can ensure it, then you and your partner will certainly enjoy this special event. Sex has the power of tranquility. It is the fact here and that's why you must follow these guidelines.

We often hear that sex is placed against religion, but it is not true. The Bible gives a special place to sex. We can easily understand the fact from the love poem of the Bible named "The Song of Solomon". It shows the positive potentials of having sex with your marriage partner. Actually, sex is the media of creating intimacy between a husband and wife. It helps in gaining marital maturity. Fragrance, intimate talking, privacy, commitment and affectionate touching can easily make your event unique and that is why you must maintain them while you are having sex with your life partner. Commitment is the main factor to totally enjoy sex.

We can say that sex enables an individual to love and sacrifice. That's why sexuality is often compared with spirituality. Moreover, sex helps to produce strong bonding and close relationship. Today, people are very busy

and have no time to consider this. That's why many families are breaking regularly. You must pay attention to the sexual requirement of your life partner. Both physical and emotional requirements should be fulfilled. In ancient times, sex was an event to meet one's physical needs but that has changed over time. It is not only confined in physical satisfaction, but also needs mental satisfaction.

Chapter 2:

Spiritual Sex

Synopsis

Sex is really a special event in any couple's life. Couples try their best to satisfy each other during this special time. Sex and sexuality is closely related with spirituality. In the ancient times, people had sex only to satisfy their physical needs, but this has changed over time. Now people need both physical and mental satisfaction. Sex is the means of enjoyment and that's why it has a special attraction to both men and women. Many people still consider this special event as a sin, but it is true that sex is always given a special place in all religions. The Bible has placed sex as an important aspect of our life. "The Song of Solomon" expresses the importance and necessities of sex. Actually, sex is a part and parcel of every couple's life, because it ties the relationship and creates a bond between the couples. That's why sex is a special moment in every person's life.



We have found that both shame and guilt are connected with improper sex and that's why people still don't know the effectiveness of sex. Here, sexuality and spirituality are closely related. Spirituality is the way to eradicate the misconception of having sex. Today, most of the relationships are breaking without any proper reason. It is enough to describe the bonding between husband and wife. Separateness is always negative and it creates frustration in an individual's life. Sex is the only way to eradicate this sort of frustration. Sex means being close or connected and that's how the term "spirituality" comes. It is now considered as a holy event by every married couple. Partners try heart and soul to satisfy each other. An elegant and exquisite sex can mitigate one's sorrow indeed. Spiritual sex helps an individual to lead a happy and enjoyable life. That's why it is the way to express love to your partner.

Spiritual sex is the way to show love to your partner. It is the media by which you can show gratitude to your God. It is the fact and that's why people intend to have spiritual sex now. We have found that most of the sexual moments have lost appeal or enjoyment, because of men's brutality. Men often try to force their partners into having hard sex, but they usually take less time to understand their partners. Spiritual sex enables an individual to understand the feelings of his partner; that means what she actually want from a man. Rape and sexual harassment are both detrimental, because they destroy the morality of an individual. That's why they just can't show proper honor to each other. Improper sex may irritate your partner.

Men should hide their animal nature, because it can only cause damage to the marital life. Imbalanced sex enables abnormal lifestyle and is harmful to a couple. If you want to enjoy your special moments with your life partner for a long time without any sort of hassles, then you have no other choice than spiritual sex. You must keep this in your mind.

Chapter 3:

Satisfaction In Sex

Synopsis

Sex is a holy event in every individual's life. We are human beings and we have a great attraction for this special event. Many of us have a negative view over sexual content, but sex is not a sin at all. It is a gift to us from God. When you are having sex with your partner, you are trying your best to give her total satisfaction. We all know that love is a pure thing and couples can show it to each other during their sexual time. You must hide your animal nature, when you are having sex with your partner. You have to give priority on her demand. Sex is not only meant for physical satisfaction, but also for emotional satisfaction. It enables couples to lead a happy and hassle free life. It is often found that the Bible has given sexual relationship a great place, because you can satisfy God through satisfying your partner. There are some rules that are essential for satisfaction in sex. You must follow them; otherwise, your special moment will go in vein. Today people are very busy making money and that is why they just can't spend enough time to please their life partner. So they fail to realize what he or she expects from them.

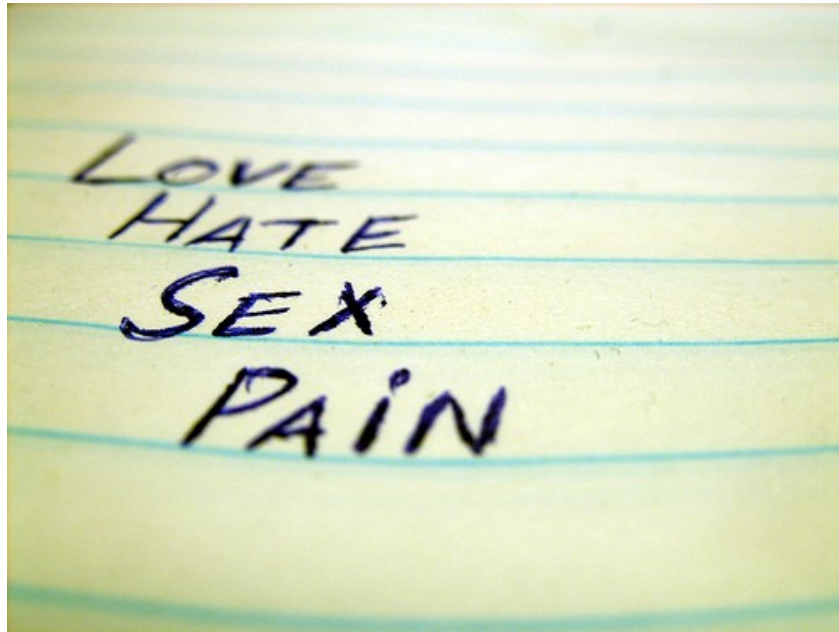
Satisfaction is very important for sex. There are physical satisfaction and mental satisfaction. Both are necessary. Many experiments have revealed that sex is the key factor between long term relationship and fun. Couples make fun during sex. Sexuality is not a negative expression, though it is considered negative in many societies. It helps maintain long term relationship and it is the key of any successful relationship. If you think that sex is only a physical event, then you will not understand its main theme. It is not only a physical event but also a spiritual event. One can attain amusement and satisfaction quite easily after having sex with his or her partner. It is mandatory to give priority to your partner's satisfaction. If you can ensure that, then you and your partner will certainly enjoy this special event. Sex has a power of tranquility. It is the fact here and that's why you must follow these guidelines. You have to try to understand the needs of your partner while you are having sex with him or her.

How to attain complete satisfaction?

It is true that you can't attain 100% satisfaction when you are having sex with your partner. But if you follow some rules, then you will successfully enjoy your special moment with your partner. These tips are given below.

- Try to understand and respect your partner's emotion.
- Don't do anything which is against your partner.
- Avoid over reacting.
- It is found that proper planning is needed before having sex.
- Be positive.
- Commitment is one of the key factors for healthy sex. That's why you must be careful.

Actually, sex is the means of enjoyment and that's why both men and women are strongly attracted to it. Sexual satisfaction is very much needed here and that's why you must give priority on this topic.



Chapter 4:

The Mindset And The Spiritual Satisfaction Of Sex

Synopsis

Sex is a means of enjoyment. It helps remove depression and enhances happiness. It is the fact that has been revealed by several experiments. There are many other advantages of having sex. Proper sex can easily solve the problem of fertility. Moreover, good sex is one of the main factors of a happy life. We see that many of us still believe that sex is a sin and that's why we feel shameful and guilty to share the sexual contents with others. But it is true that sex is not a sin and it is one of the beautiful gifts of God to us. When you try to satisfy your life partner, is it the way to satisfy God? We have found that the Bible has kept a special place for sex and knowledge of sex helps you to understand the fact. Sex and sexuality have a close connection with spirituality. Both men and women are greatly attracted to sex, though their sexuality differs. Sexual satisfaction is the aim of sex. If you just think that it is only a physical need, then your ideology needs modification. It is not only a physical demand, but also a mental demand. Good sex has the ability to satisfy an individual both mentally and physically. You have to change your outlook first. Rape or sexual harassment should be avoided, because these can destroy the morality of an individual. Sex with commitment can tie the bonding of a relationship. It is the main cause of long term relationship.

Today, we see that people are very busy in outdoor work and they have no time to spend with their life partners. Commitment between husband and wife ensures good sex which then ensures long term relationship. People should give much priority on this factor. Actually, sex is a biological and psychological need. One can enjoy a happy moment easily, if he gives priority on the mindset. Proper planning is essential for good sex. It is often seen that a man tries to dominate the woman in bed which is very bad. You have to change your mentality and try to understand what your partner expects from you. If your partner is not satisfied with your behavior, then how can you expect to enjoy sex with her in the bed? There are several ways to satisfy each other in the bed. Massages, changing positions, emotional talking, good commitment etc. are the preconditions of good and enjoyable sex. It is true that people often neglect these during the physical climaxes and that's why they fail to enjoy sex.

Sex is one of the most popular means of enjoyment. One can easily get both physical and emotional satisfaction from it. Any sort of mistake in this special moment can destroy the whole moment. A good sex is mandatory for a married couple. It ties the bond and helps to understand each other. That's why you have to set your mind first to enjoy the spiritual satisfaction of sex.

Chapter 5:

The Benefits Of Mindset In Satisfaction

Synopsis

Sex is one of the greatest means of pleasure for both man and woman. People search tranquility and enjoyment with this activity. God has created sex in the universe and we enjoy it as a blessing from Him. Actually, it is a gift from God to us. People try their best to enjoy this special moment. In the ancient times, it was found that sex prevailed in the society for those who are married. But now many people enjoy this amazing event before their marriage. It elevates physical, mental and emotional condition with the power of enjoyment. Sex has a great advantage to eradicate depression and sufferings of an individual. Love is pure and couples can express themselves easily during their sexual activity. You have to hide your animal nature, when you are having sex with your partner. Sex is not only a physical activity, but also an emotional activity. It is often found that the Bible has given sexual relationship a great place, because you can satisfy God through satisfying your partner. The primary objective of sexual intercourse is to gain both mental and physical satisfaction. To get the highest satisfaction, you have to set your mind first.

It has been revealed through several experiments that sex and sexuality have a close connection with spirituality. Both men and women have a great attraction for sex, though their sexuality differs because of hormone variation. Sexual satisfaction is the primary objective of all sexual content. If you just consider it as only a physical need, then your mind needs elevation. It not only serves physical needs, but also serves mental needs. Good sex is essential to satisfy an individual both mentally and physically. That's why you must change your mentality and thinking. Rape or sexual harassment should be avoided, because these can destroy the morality of an individual. Sex with good commitment can tie the bonding of a relationship indeed. It is the main factor of long term relationship. You have to set your mind first, because it helps you to understand your partner. Today, we see that people are very busy in outdoor work and they have no time to spend with their partners. Sex is actually a biological and psychological need. One can enjoy a happy moment easily, if he gives priority on the mindset. Proper planning is essential for good sex. It is often seen that man tries to dominate his woman in bed, though it is very bad. You have to change your mentality and try to understand what your partner expects from you.



The benefits of mindset for sexual satisfaction are many. One must set his mind before going to have sex with his girlfriend. Generally, women show less eagerness to sex than men and that's why your first job is to create the sexual appeal to your partner. You need to raise consciousness of your partner too. If you fail to raise sexual appeal of your partner, then it is recommended by the experts to talk with her for a while. You must avoid over reacting, because it can hamper your personality in front of your partner.

Chapter 6:

The Killer Ways Of Boosting Your Mindset During Sex

Synopsis

Sex is one of the prime basic needs of human being. None can deny it. Both male and female have an intense desire to have sex for their own satisfaction. But this satisfaction doesn't only mean the physical satisfaction. Mental satisfaction has a prior importance. If sex is not enjoyable, then it doesn't differ from masturbation. It can't ensure us complete satisfaction. So, for our complete satisfaction, we need to enjoy it mentally. We need to boost our mindset. We need to have sex in such a way that both the male and female enjoy it equally. For a successful conjugal relationship, enjoyable sex is a must.



In some cases, we see that people get nervous while they have sex. Some men feel that they need to act differently while having sex, which shouldn't be as sex is quite a normal thing. Instead, if someone progress from one step to the next smoothly, there is every chance to make that sexual work build a nice and pleasant impression on the mindset of one's partner. Nothing should be done hurriedly. Sloth in sex will make it more enjoyable and satisfactory.

Another way to boost the mindset is to avoid negative thinking. Generally, we see that we unnecessarily think about the future leaving the present. While walking to our workplace, we think of what's going on at the office and during sex about the duration of ejaculation – whether it is too fast or not, whether the duration could have satisfied the partner or not, etc. Such sort of negative thinking makes us stressed and prevents us from enjoying the game. We should relax and stay in present during sex to reach the utmost level of satisfaction. We have to concentrate on the present condition and should have sex for long time with detailed physical activities to make it more enjoyable.

The art of touch has a great importance during sex. Women love to be touched. If a man can touch her smoothly and softly, it will surely ensure his success in seducing her. Touching has a taming power and creates a positive effect on women's mind that helps stimulate their sexual appetite. This is a prerequisite for an enjoyable sex. So, men must spend some time in touching their women to drive them crazy for having sex. If someone is not hungry, food will not turn up to be tasteful to him. Likewise, if someone's sex appetite is not aroused, sex will not be enjoyable to him/her.

So, sex should be started with touch. Hugs make it more romantic and girls find themselves comfortable and safe in the arms of the person they love. A tight and warm hug will help create good impression on a lady's mind. Then gradually touching will make her more and more crazy and hungry for sex. Afterwards comes the importance of the tongue. It's the most effective and matchless stimulating device for a girl. Then comes the kisses and finally sex itself. This sort of gradual proceeding at a slow speed helps a lot to boost the mindset of a girl for having sex. The more the process is slow, the more it is enjoyable.

Sex is an art and an extremely necessary weapon for a relationship. As our body is controlled by our mind, we should work on our partner's mind more than on his/her body. An enjoyable sex ensures long lasting positive impression on the mindset and thus ensures an everlasting happiness and enjoyable relationship.

Chapter 7:

The Law Of Attraction & Satisfaction

Synopsis

Human mind generally depends on stereotype conception. A person generally judges another person on the basis of his stereotype conception. What we understand by stereotype conception is the concept we get about a person on the very first look or meeting. If the first impression of a man/woman is positive, it makes others attracted to him or her; but if negative, it creates a repulsive attitude in other peoples' mind.



As in the case of attraction, stereotype conception plays the vital role, so does attraction in a relationship. It is natural for human beings to feel attracted to the opposite sex. Some people think that it's only the men who are attracted to women while the women are not. This is a fully wrong conception. Both the male and the female feel attracted towards their opposite sex. But the mode of expression varies. Men are straight in expressing their attraction to women whereas women turn up to be just the opposite. To build up a good relationship, attraction from the sides is essential. Both the female and the male should be attracted to one another. It's the prerequisite of a relation.

The criteria of attraction are variable. They vary from person to person according to their choices. No two individuals are alike. It is also true in regards of their taste on which the choice of partner basically depends. The feelings of attraction drive us to a nice relation and the more intense the attraction is, the deeper the relationship grows. So, to make a relationship, one must have to become able to attract his/her desired person. A person's feelings of attraction basically depend on what he/she likes. So, to attract someone towards oneself, one has to do according to the likings of one's desired person. As time passes by, attraction becomes intense. Human mind is such a thing that once it gets stuck to something, it can't leave or move from that to the other. Likewise, once a person appears to be attractive to someone, the attraction increases as time passes by. So, the first impression is the most important factor to others.



Likewise, a sweet and harmonic relationship is a prerequisite for a satisfactory relationship. The more the partners are attracted to each other, the more they get satisfied with each other. Attraction is also a sexual stimulator since sex plays a vital role in the development and continuation of a relationship. Satisfaction in a relationship also includes sexual satisfaction and mental satisfaction. Here, we see the deep inter-relation between these terms. None of them can be thought about by leaving another. Each of them is related to each other.

As we know, love is the best doctor, so we can say that mental satisfaction is impossible without love and love doesn't happen without the feelings of attraction. This is the universal law of attraction and satisfaction. Sex is one of the great means of pleasure for both man and woman. People search tranquility and enjoyment with this activity. God has created sex in the universe and we enjoy it as his blessing. Actually, it is a gift from God to us.

Chapter 8:

The Traits Of Satisfaction & Dissatisfaction In Sex

Synopsis

In the ancient times, people had sex only to satisfy their physical needs, but time has been changed a lot. Now, people need both physical and mental satisfaction. Sex is the means of enjoyment and that's why both men and women are attracted to it. It is true that sexuality and spirituality are closely related. Spirituality is the way to remove the misconception of having sex. Today most of the relationships are breaking without any proper reason. It is just enough to describe the bonding between husband and wife. Separations are always negative and it creates frustration in an individual's life. Sex is the only way to eradicate this sort of frustration. Sex means being closed or connected and that's why the term "spirituality" comes. Partners try heart and soul to satisfy each other. Spiritual sex helps an individual to lead a happy and enjoyable life. Actually, sex is an art and it is one of the vital weapons of any relationship.



Many experiments have revealed that sex is the main factor between relationship and fun. Couples make fun with this process. Sexuality is not a positive expression, though it is considered as negative in many societies. It enables to tie the long term relationship and it is the key of successful relationship. It is seen that many of us neglect sex because of insufficient knowledge about it. Sex is one of the vital causes of long term enjoyment. If you think that sex is only a physical event, then you will not understand the main theme of it. It is not only a physical event but also a spiritual event. One can attain amusement and satisfaction quite easily after having sex with his or her partner. It is mandatory to give priority to your partner's satisfaction. If you can ensure it, then you and your partner will certainly enjoy this special event. Sex has the power of tranquility. It is the fact here and that's why you must follow these guidelines. Sexually satisfied people lead a happy life than any other people.

What are the major causes of dissatisfaction in sex?

- Some studies have revealed that alcoholic husbands can't satisfy their wives during the time of physical climaxes. Moreover, they often neglect emotional satisfaction.
- Marital conflict is one of the major causes of sexual dissatisfaction.
- Those who violate commitment can never enjoy this special moment.
- Those who avoid emotional talking before sex are found to be dissatisfied sexually.
- Dominating behavior is also responsible for dissatisfaction in sex. It is usually found that most of the men have this irresponsible behavior and that's why it sucks.
- Any sort of brutality or harassment can destroy your special moment.

What are the major causes of satisfaction in sex?

- A good commitment helps in sexual satisfaction.
- Emotional talking before sex helps couple enjoy their special time.
- Position changing has a great impact.
- Give priority to your partner's demand.
- Try to understand her feelings.
- Long time sex with slow process can be helpful in this sort of condition.

We can say that sex is not a sin. It is one of the precious gifts from God. That's why we have to give priority to our life partner in order to have sexual satisfaction.

Chapter 9:

Tips & Secrets To Great Spiritual Satisfaction

Synopsis

Sex and satisfaction are interrelated and people have sex for satisfaction. We all know that satisfaction is mainly of two types. The first one is physical satisfaction and the other is mental or emotional satisfaction. When you are going to have sex with your life partner, you probably seek both from her. Isn't it? Actually, sex without emotional satisfaction is nothing. In the ancient times, people had sex only to satisfy their physical needs, but time it has changed over time. Now people need both physical and mental satisfaction. Sex is the means of enjoyment and that's why both men and women are strongly attracted to it. It is true that sexuality and spirituality are closely related. Spirituality is the way to remove the misconception of having sex. Today, most of the relationships are breaking without any proper reason. It is just enough to describe the bonding between husband and wife. Separations are always negative and it creates frustration in an individual's life. Sex is the only way to eradicate this sort of frustration. Sex means being closed or connected and that's why the term "spirituality" comes. Partners try heart and soul to satisfy each other. Spiritual sex helps an individual to lead a happy and enjoyable life. That's why spiritual sex is the way to express your love to your partner.

It is usually seen that most of the sexual moments have lost appeal or enjoyment, because of brutality and sick mentality of men. Men often try to

force his partners to have hard sex, but they usually take less time to understand their wives. Spiritual sex enables an individual to understand the feelings of his partner; that means what she wants actually from a man. Rape and sexual harassment are both detrimental, because they destroy the morality of an individual. That's why they just can't show proper honor to each other. Improper sex is responsible for irritating behavior of an individual. Men must hide their animal nature, because it can cause only damage to the marital life. Imbalanced sex enables abnormal lifestyle and is harmful for a couple. If you want to enjoy your special moments with your life partner for a long time without any sort of hassles, then you have no other choice than spiritual sex. You must keep these in your mind.



How to achieve satisfaction?

Satisfaction is a relative idea and you just can't measure it. It is not possible to measure the quantity of satisfaction, but quality can be measured. A good understanding is necessary for the couple to enjoy their sexual time. A good commitment is also essential. If you think that sex is only a physical event, then you will not understand the main theme of it. It is not only a physical event but also a spiritual event. One can attain amusement and satisfaction quite easily after having sex with his or her partner. It is mandatory to give priority to your partner's satisfaction. If you can ensure it, then you and your partner will certainly enjoy this special event. In a recent experiment on sexual happiness, it has been revealed that some sort of additional tasks before sex like massages, commitment, emotional talking, altering positions etc. can be helpful in enjoying this beautiful moment. You can get complete satisfaction if you maintain these tips.