

The Spice for Sexual Fulfillment is Variety

By Deliese Eros



As humans we have our flaws and one is that we are creatures of habit. We have a tendency to gravitate towards what we like and repeat it, repeat it and repeat it, until we can't stand it anymore. It's difficult to stop doing what once worked, but if it's not working then you want to try something different, or all those moves, kiss, kiss, rub, rub and suck, suck will suddenly make you cringe with their familiarity.

Variety is such an important part of your sexual relationship. Variety will keep your sex life from becoming boring and predictable. Imagine having the same meal every day. You would grow tired of it very quickly. Variety also helps maintain passion, keep sex exciting and help prevent infidelity.

The danger of becoming so comfortable with your partner is that once you've discovered their prime hot spots, you stop exploring the erotic potential of other areas.

Hot spots on a person can change over time or just even during certain times of the month. Allow for the opportunity to explore different areas regularly.

Begin with some of the obvious such as time, place and techniques.

Warning! A certain amount of energy and effort, not to mention humor is necessary if you're going to break out of a rut.

Try to change the time of day when you have sex. If it's usually night time try the morning or middle of the day. Meet at home during your lunch break and have fun to release the stress of the day.

Ideally foreplay starts long before you hit the bedroom. So, you build anticipation until you can't wait to make love. The trick is to keep sex in the air. You have to get creative and it may not always be spontaneous like you think it should be. Besides, there's nothing wrong with planning sex ahead of time.

Having sex in a new place is very exciting. Get out of the bedroom if you can and use a different room in the house. Go outside, use the car, or stay at a hotel for a night. The locations are endless.

Techniques and positions

It's important to try new positions. It keeps things interesting and you'll find some positions feel better than others. Depending on the mood you're in will determine what positions to choose. Some positions increase intimacy while others provide deep penetration, stimulation of the G-spot or letting go of your animalistic passions. Certain positions may be used to prolong an erection or extend your lovemaking session, while others can provide you with a quickie.

- Play sex games
- Explore some of your fantasy's
- Incorporate sex toys, such as vibrators, dildo's, feathers, and edible lubricant's.
- Incorporate oral sex
- Anal sex
- Naughty talk

Try things you're most comfortable with, but be open minded to exploring new things.

As much as variety in the bedroom is important to having a satisfying sex life with your partner it does takes more than a technique; it requires other ingredients as well.

It goes beyond the physical technique of lovemaking. It's important to know what your needs are and getting those needs met. It's necessary to attend to the emotional and spiritual needs as well as the

***physical to create a well balanced
fulfilling relationship.***

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