

A woman's midsection is shown against a bright pink background. She is wearing a black lace bra. Her hands are holding a large, vibrant red heart in front of her belly. The heart contains the title and subtitle of the book.

MABEL IAM

AUTHOR OF

Sex and the Perfect Lover

THE
*Love Diet*TM

Expert Techniques for
SENSUAL PLEASURE and
MIND-BLOWING
SEX



The Love
DIET

**EXPERT TECHNIQUES
FOR SENSUAL PLEASURE AND
MIND-BLOWING SEX**

MABEL IAM

 perfectbound

I celebrate this book with

The love of my life, my husband, Greg.

My husband, who is even more than a soul mate.

Greg is the most beautiful part of myself.

*With him, every day I practice and take in all the love,
wisdom and power that life bestows on us.*

*Without Greg, nothing I've written here would have
meaning—*

*it would all be just some abstract theories, like so many other
books.*

*Together, every day, Greg and I cook up the Love Diet's
delicious dishes.*

*Only when I see my reflection in his sweet, beautiful, deep
blue eyes,*

in that moment, do I know I'm truly alive.

Thank you, Greg, for showing me how to love.

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*I gratefully dedicate
this book to . . .*

My soul's teacher Meishu Sama, who inspires me with the light he shines from the spirit world.

To my ancestors, my parents and my grandparents, who showed me what true love really is, in all its manifestations.

To my brother Rafael.

To my nephew Ezekiel, my sweet, wise, beloved friend and godchild. To my niece Manuela, whose beauty, thoughtfulness, and intelligence fills me with pride. And to my niece Caterina, who is like a bright shining sun that banishes my doubts and sadness.

To Greg Junior, the son I never had.

To my friend Johanna Castillo, who accompanied me on the journey of writing this book.

She supported me and helped make this project possible with her cheerful, unwavering enthusiasm.

To Andrea Montejo, the sweet editor of *The Love Diet*, especially because I value and thank her for her warmth and humbleness, and to Jennifer Caxea.

I bless all human beings who choose to open their heart and nourish themselves with *The Love Diet*.



Introduction

The Love Diet is the perfect plan to nourish your body, mind, heart, and soul. It has all the key ingredients of a healthy, well-balanced diet, with all the essential vitamins, minerals, proteins, and sugars that can be found in natural abundance in love's delicious fruit.

WHAT IS THE LOVE DIET?

A diet is a detailed daily eating plan or menu, made up of foods that contain all the necessary nutrients that will give our bodies the energy they need, sustaining us so that we can live in perfect harmony with one another and the Universe. If we stop to think about it, we may ask ourselves what the most important nutrient—the absolutely essential element—in any diet is. It's actually much more than just a simple nutrient because it feeds our very soul.

Every single person on the planet—regardless of their race, creed, age, sex, religion, or culture—when asked what the most

important and essential nutrient is would all answer that without doubt, it is LOVE.

Just as food nourishes us every day of our lives, so does love. From before we are born up until our last breath, the food we eat every day is an essential factor in our survival, just as is the love we receive—since they both nourish our soul.

Still, one can say that love is even better than food, as it isn't fattening, it isn't toxic, it can be consumed at any time, in any quantity, and it won't give you indigestion or cause you allergic reactions. Love transcends death, it has the power to take us on a journey beyond our physical plane. It is, essentially, perfect.

At some point in our lives, we all confuse, waste, destroy, or abuse what we call "love." We don't realize that the mind plays tricks on us and ultimately works against us. It's our mind that makes us eat more, that decides what is healthy and what isn't, and when we've had enough of something or not. In love, our minds often lead us to judge the relationship we're in, never allowing us to feel satisfied with the attention we receive from the person we are in love with. We must learn to release the grip our mind has over our heart, to live freely with the love we feel.

The Love Diet has been designed to overcome the obstacles our minds put up, letting love be the delicious dish it was meant to be, and allowing sex to flourish naturally. We can teach ourselves to listen closely to the one we love and to be attentive to our loved one's needs, as well as our own. Through expert sexual techniques and creative visualization exercises that will help us further understand ourselves, *The Love Diet* will help us establish a deeper connection with the one we love.

THE PLAN

The entire universe has been created, designed, and planned by one principle: LOVE.

The Love Diet is different from any other diet you've ever known. With the Love Diet, you don't have to lose weight, count calories, or make sacrifices of any kind. This diet was designed to be enjoyed and savored, and its recipes have been formulated for use by anybody who wants to love or be loved. On this diet, you won't drop dress sizes or increase your metabolism. Instead, you'll increase your personal charm and magnetism, you'll learn to look your best, and you'll discover the sensuality within you. Not only will you feel more confident and healthier, but you will improve your relationship in terms of love as well as sex.

As with many other diets or exercise plans, we must make a fresh commitment to the Love Diet every single day, to get our minds, bodies, and souls in shape—and to keep them in shape. Just as with our physical bodies, when it comes to our intimate relationships, we have to exercise every day to stay fit in the art of seduction and sensual pleasure.

The Love Diet has been drawn from previous writings on different topics that have been published in various magazines, newspapers, and books, and presented at conferences and courses, on television programs, and on the radio. In every section of the book, you will find helpful information, techniques, exercises, recipes, meditations, thoughts, and feelings based on research and years of personal and professional experience. This book is also based on the questions that my readers send to my website, helping me to explore the great mystery of love in all its dimensions and manifestations.

The Love Diet holds the secrets that will let you connect with your partner, discovering and exploring your deepest desires and helping you both learn about your respective sexual needs. There are

many lessons here on how to use love, affection, consideration, and humor to lift your relationship out of a rut, warding off monotony and boredom.

The Love Diet is divided into four parts with different subsections to facilitate the healthy digestion and absorption of its ideas:

- ♥ **The first step** is designed to help you discover and get to know all of the necessary ingredients for a healthy, loving relationship. You'll learn to plan your diet and naturally consume every flavor—the tender gestures, the looks, the smiles, the hugs, and the kisses—according to your own sensual needs and those of your partner.

- ♥ **The second step** is a comprehensive guide full of tips, exercises, recipes, and advice that will allow you to maintain the love you want through your entire life. You will learn how to reignite your passion even after years of being together, and you will discover ways to remain eternally in love—and in lust—with each other.

- ♥ **The third step** considers special cases and situations that we can all go through at one time or another. In this part, you will find advice on how to deal with toxic emotions such as jealousy, guilt, or anger, as well as how to get over a difficult breakup and prepare yourself for new love.

- ♥ **The fourth and final step** explores the power of self-esteem, the most essential element of any relationship, because it is only by loving oneself that one can even begin to learn how to love—and be loved—by others.

I'm sure that once you start reading, *The Love Diet* will become your constant companion and a beloved guide for every day...

*M*y dear readers, I'd like to congratulate you and wish you every success as you embark upon this new diet that will open up hearts all around you. Experimenting with all the diets here will make you positively glow—radiating beauty and seductive energy, shining like the sun with your own inner light, leaving everyone who comes into contact with you spellbound. And, most important, you will feel so revitalized that your newfound sense of freedom and happiness will be evident in everything you do and in all areas of your life.

THE QUINTESSENTIAL RECIPE: THE LOVE DIET FOR EVERY DAY

This recipe is for two people who want to love each other forever. If you have not found that special person yet, you can prepare it just for yourself.

Surely, if you follow this recipe carefully, love will soon touch your heart.

Goblet of Endless Love

SERVES TWO

INGREDIENTS

Love, as the base
Pinches, according to sexual taste
Tender loving care
Sweet looks
Warm embraces, to taste

Caresses, the more, the better
Cream of wisdom, to taste
Sweet gelatin for two
Fresh kisses
A touch of good friends and family
Intimate aromas
1 cup patience
1 cup forgiveness
4 teaspoons each understanding and compassion
2 gallons generosity
1 cup humility
2 teaspoons each acceptance and empathy
4 teaspoons good humor
Seeds of good communication
4 teaspoons magic powder, to learn to value and enjoy what
 you have
5 teaspoons faith, mixed with belief in your partner
3 gallons commitment to grow and evolve together

PREPARATION

Combine all ingredients and let marinate, never letting the mixture cool down. Pour into two goblets to toast and celebrate all day, every day.

STEP ONE

*Discovering
Love's
Ingredients*



One

THE ART OF SEDUCTION—LOOKS, SMILES, AND OTHER SEDUCTION TECHNIQUES

*Your body calls to me, your words captivate me, like a love spell.
I'm so powerless under your gaze that the farther I get from
you, the stronger I feel your magnetic pull, deep within me.*

THE ESSENTIAL INGREDIENTS OF SEDUCTION

Seduction is the key to success in love, business, friendship, and life in general. In the art of conquering another human being, every-

body needs to exercise the same level of discipline and put forth the same effort, regardless of their physical appearance. As in any art, seduction requires training, practice, education, and a clear understanding of human psychology, both at the conscious and the subconscious levels.

There are as many styles of seduction as individual personalities, but at the critical moment of seducing and captivating another person the two essential ingredients that no one can go without are the following.

The Smile

The smile has the uniquely seductive power of being able to conquer just about anyone. The best kind of smile is one that communicates sincerity, since a false smile is easily detected and will always inspire mistrust.

Just like the gaze, a smile can say many different things. Not only synonymous of happiness, a smile can also indicate anxiety, insecurity, and even hostility in disguise. A weak or vacillating smile that doesn't reveal the teeth and is accompanied by an insecure gaze is a sign of timidity and a lack of self-confidence. A repressed smile can send mixed signals, especially when the other person has no idea why we're smiling. It might even come across as mockery.

The Look

Casting an effective seductive gaze requires elegance and subtlety, and it can say more than a thousand words. A clear, sincere, direct, open gaze can attract and fascinate even a person who has initially been a little resistant to your charms. Make sure your look always conveys a certain sweetness, calm, class, and generosity, so that you always radiate confidence, tranquility, and tenderness.

How long a person can hold a gaze also provides us some clues.

Insecure people will tend to look away very quickly. When people talk about personal issues, they tend to make less eye contact. But if an insecure person receives a compliment, it's just the opposite: He or she will tend to maintain eye contact, to try to determine whether the person is being sincere.

The way that we look at each other is just as important as actual physical contact. If one looks at another person with a blend of mystery and passion combined with a fresh, provocative smile, it will most certainly have a mesmerizing, attractive effect.

10 Unforgettable Looks

In the art of seduction, visual cues are extremely important. For example, at a party in a room full of people, two people can begin an interaction just by using their eyes—before even exchanging a word. With just exchanged looks, a romance can begin, questions can be asked, the intent of seduction expressed, and rebuffs can be issued. When two people look at each other, they begin to communicate in a special language, and the most unexpected things can happen.

Here are the different looks that, according to each personality type, can be used as tools of seduction, weapons that won't fail at the critical hour.

- ♥ **A Caressing Look:** Slowly look over the entire body of the person you wish to seduce—from the feet to the fingertips up to the head—as if you were caressing his or her entire body with a velvet glove.

- ♥ **A Mysterious Look:** Generate a feeling of mystery around your eyes. Put on a pair of sunglasses, it doesn't matter what kind. Keep the sunglasses on, removing them only to give the person you desire an intense, absorbing look. Don't just look over your glasses; slowly take them off and hold

them in your hand, and then suddenly put them back on again. Repeat until you have conquered your target.

- ♥ **A Distracted Look (especially appropriate for shy people):** Look at the object of your desire, then drop your gaze and wait until you feel the other person looking at you. While the other person is looking at you, raise your eyes for a moment, letting him or her see you look at him or her directly for just a few seconds.

- ♥ **A Look That Kills (especially appropriate for the super-confident):** Look the target of your seduction directly in the eye, without any hesitation. While you hold his or her gaze, approach the person. To move in for the kill, simply start a conversation without too much premeditation.

- ♥ **A Fresh Look (especially appropriate for teens or those new to love):** Flutter your eyelashes, like the leading ladies of the old silent movies. Look at the object of your desire, blink a few times, then give an intensely suggestive look before lowering your gaze. Blink again with an unfocused look, giving you a fresh air of sensuality.

- ♥ **A Fascinating Look:** I should confess that this look is my favorite. While I was studying theater, which I did for fifteen years, I decided to give a character a lion's look. I went to the zoo to study the lion, trying to understand the source of his power. I discovered that when a lion looks at people, it devours them with its gaze. That animal has a completely transparent look that, like a giant cat, embodies extraordinary strength. Its look is direct and unblinking, and after a few seconds, its eyes rest on a person and you feel tempted to walk up to it, fascinated by the clear hazel eyes. When I

incorporated this look into my interpretation of the character I was playing, the theater professor gave me a very nice compliment. “Mabel, you grasped something beyond the mere physical act of the lion’s gaze when you reenacted it, and you will carry that with you for your whole life.” Maybe my old professor was right. I think it’s fascinating when, in any life situation, one has a clear goal and sets out single-mindedly to accomplish it.

- ♥ **A Glowing Look (especially appropriate for people who have tired of playing the field and want to settle down with the love of their life):** This look happens when a person’s smile and gaze are in perfect harmony, as if the stars in the sky have fallen down to settle in that person’s eyes. To practice getting it right, I suggest meditating: Visualize something incredibly beautiful, something you love very much, something that for you represents love and light, so that those qualities are reflected in your eyes to such an extent that others will be mesmerized by your gaze.
- ♥ **A Penetrating Look:** Imagine that you are making love to the object of your desire with your eyes. This look is great for the most daring women and very sensual men. Hold the other person’s gaze steady so he or she will feel that you are touching his or her very soul, and more.
- ♥ **A Smiling Look:** People who perfect this look possess the magical seductive powers of the smile because they can smile with just their eyes. It is as if they have been touched with a magic wand and can hear the singing of the angels, making them smile with their pupils. This is one of the most unforgettable looks of all.

- ♥ **A Loving Look:** With this look, you approach life with love. It's important to understand that to successfully practice this look, you must be in love with love. You must see life through the eyes of beauty, harmony, and perfection. This look cannot be faked, for it is a direct reflection of the soul.

Seduction Techniques

Beyond knowing how to correctly use the way you look and smile to seduce someone, there are other various techniques to win someone's heart. You can seduce someone by being friendly and generous, as well as by being violent, indifferent, cold, or direct. In this section, you'll find some different modes of seduction that you can use to attract your lover, or that someone else may use to attract you.

- ♥ **Argumentative Seduction:** With argumentative seduction, the person who is being seduced identifies with the ideas, opinions, and comments of the seducer, thus creating an intense connection on the intellectual and mental planes.
- ♥ **Affectionate Seduction:** Affectionate seduction is characterized by focusing on the emotional element of the relationship, paying close attention to all of the little details that make daily life sweeter and awaken feelings of tenderness in the other. From unexpected, thoughtful gifts, a phone call or email with tender words, a kiss delivered at just the right moment, hugs that communicate passion and love, unexpected massages just when the person feels tired or stressed.
- ♥ **Subliminal Seduction:** This kind of seduction is completely different from the other forms because it involves

training, convincing the person you have the intention of seducing from the inside out. The goal is to understand and influence the other person's mind at the subconscious level. This is the most difficult kind of seduction to pull off—you'll learn about the necessary steps to successfully subliminally seduce someone later.

THE IMPORTANCE OF THE FIRST IMPRESSION

You never get a second chance to make a first impression.

First impressions are generally formed within the first fifteen minutes of meeting someone for the first time. In this short period, we consciously or unconsciously decide whether or not we like the person and if we want to have any sort of ongoing relationship with him or her. This initial impression can stay fixed for a long time—it can be very difficult to change because that would mean starting all over again from zero. It would imply having to reevaluate all the information we have received about this person. We would have to admit that we made a mistake in judgment and draw new conclusions that would mean we would have to change our behavior toward and our opinions about this person. That's why it's much easier to just stick with the first impression, as long as we aren't confronted with any information about that person that is blatantly and totally different from our initial judgment.

Human beings have many facets that can be revealed during the first encounter with another. We can show as many different sides of ourselves as we want, and that's why it's important to be fully aware of how we behave. It is important that we think about what special inner quality we possess that we value highly and would like to reveal to the other person at the first moment we meet. At that first meeting, everything that is communicated through words and body language is registered and evaluated by the other person. Never underestimate anyone, especially the introverted, quiet types, because

they are the most sensitive to body language. But whether you're dealing with an introvert or extrovert, the most important things to keep in mind during a first meeting are the following:

- ♥ Try to behave and dress in a way that is comfortable and natural to you so that you can feel as attractive and inviting as possible.
- ♥ Use your body language appropriately.
- ♥ Be a good listener.
- ♥ Look at the other person attentively and suggestively.
- ♥ Take advantage of every opportunity to show how much you are enjoying the other person's company.

You don't have to be incredibly beautiful or handsome to be charming. Beauty radiates in many different ways, and it is but a reflection of our interior state.

It is important that we feel comfortable with ourselves so that we project interest outward. In general, people tend to form an opinion about us that reflects our own self-image, how we judge ourselves. If we think of ourselves as marvelous, delightful individuals, it's very likely that the rest of the world will see us that way, too. If, on the other hand, you think, "I'm ugly, no one likes me," it's possible that you are projecting an unattractive image. If your self-image makes you unhappy, it's very possible that you feel rejected by others. And if you think, "I'm not smart enough and no one wants to listen to what I have to say," subconsciously, you are expecting no one to listen to you. You are projecting an image of low self-confidence and remoteness.

The key to success in seduction *is to accept yourself, and project a positive self-image.*

What Our Gestures Say

One way to project a positive image and appear more confident is through the gestures you make with your body during a conversation.

To really get to know someone, you have to observe their gestures as they talk. When you're having a conversation with someone, you, as well as the other person, are both transmitting thousands of messages and signals to each other through your bodies. In fact, we have used nonverbal language from the moment we were born—when we didn't yet have the vocabulary to talk to our parents and had to rely on our gestures. We do the same when we don't speak a foreign language and need to communicate. Body language is the most primitive form of communication since it springs directly from our emotions and reflects the way we relate to the world. That's why it's very important to bring into harmonious balance *what you say*, *what you feel*, and *what you communicate* to send a clear message to the person you intend to seduce. To understand another person's body language—and make sure that you are sending out the right signals—here are some keys for correct interpretation.

- ♥ **Downcast Eyes:** When a person has something to hide, she tends to look down at the ground. Timid or insecure people who fear direct contact with others tend to look away from another person's eyes. For those who are shy or insecure, I usually recommend that they think of the person they are talking to as a little baby, so that the interaction is devoid of any sexual undercurrents. Often, a fear of inciting sexual desire in the other person provokes a profound discomfort in these types of personalities. Shy people feel nervous at the very thought that they might unwittingly make some sort of sexual insinuation to the other.

Thus by focusing on the gentlest aspects of the other person, they can relax and clear their mind of those thoughts.

- ♥ **Not Making Eye Contact During a Conversation:** This can indicate shyness, or it can mean that the person doesn't completely believe what he or she is hearing. In this situation, it is important to try to establish some tender contact, possibly even physical—perhaps tenderly stroking the other person's hand. You can also cradle the other person's face in your hands, tenderly looking into his or her eyes, as if to say, "You can trust me."
- ♥ **Looking Away, Then Looking Intently into the Other Person's Eyes Before Speaking:** This shows that the person will offer a carefully considered response. If the person tends to repeat this gesture, it can also indicate a very high level of self-confidence. If the gesture is made simply to emphasize one particular comment, it's important to pay close attention to what the person says.
- ♥ **Playing with Hair:** Many women have a habit of playing with, twisting, or touching their hair when they are in front of a person they like. This is a flirtatious gesture, but when combined with a distracted, unsmiling look, it can also indicate a lack of self-confidence and a lack of interest in the conversation, either out of fear or indifference.
- ♥ **Crossed Arms:** This posture indicates a critical, unresponsive, defensive attitude.
- ♥ **Head Movements:** Depending on their rhythm, head movements can communicate completely opposite attitudes. For example, when others are speaking and we agree

with what they say, we tend to nod our head emphatically, showing that we are interested in what they are saying. Tilting the head is another clue that we can interpret in various ways. Tilting the head slightly forward and to one side means, “I’m listening.” And when the head tilt is accompanied by a smile and eye contact, it indicates rising feelings of empathy, and the chances of connecting are greater. On the other hand, when we don’t agree with the speaker, we tend to slowly shake our head from side to side, as if negating the other’s points of view.

- ♥ **Crossing the Legs and Shaking the Feet:** We tend to do this when we’re bored—we may not even realize we’re doing it. This gesture indicates anxiety and nervousness, especially when people move their legs very rapidly and compulsively.

- ♥ **Shaking a Leg:** Shaking a leg in a constant, mechanical way when we’re sitting down, either while we’re speaking or listening to someone else, can be an expression of discomfort. It also indicates a desire to leave that particular situation or environment as soon as possible.

- ♥ **Pursing the Lips:** This can indicate that the person has doubts or doesn’t quite believe what the other person is saying. It can also indicate a reluctance to speak honestly.

Here are some other signals that can be picked up through body language:

- ♥ **Gestures of Superiority:** A person can communicate a certain feeling of superiority toward a speaker by leaning

back in a chair, interrupting the other person's speech, or modulating the voice louder than anyone else's.

- ♥ **Signs of Sexual Repression:** When a person touches certain parts of their body (like massaging their neck or stroking their beard or hair), it can be a way of comforting oneself or an attempt to relax in a stressful situation. But when a person licks their lips or chews on an object, such as a pen, this indicates a certain level of sexual repression, especially when this behavior is frequently engaged in. It could also be an attempt to be seen as sexy. Other gestures that indicate a certain nervousness or a repression of sexual desire are moving the feet or fingers restlessly, playing with objects, loosening articles of clothing.

- ♥ **Signs of Hostility:** People show clear signs of hostility when they stomp their feet or kick an object, or when part of their face appears tense, like furrowing the brow or biting the lips.

- ♥ **Signs of Trust or Interest:** In general, when a person likes what another person is saying, he or she will give the speaker a long, meaningful look, with wide eyes. It is a clear, open look, without blinking. This indicates that the listener trusts what is being said and is very interested in hearing more of what the speaker has to say.

- ♥ **Signs of Receptivity:** When on a date, for example, a person displays open palms while speaking, this is an indication that he or she is ready for a more personal, even sexual encounter but will wait for the other to make the first move. In a more established relationship, this gesture shows that the person is very sincere and open.

Signals to Capture the Heart

To make the lover of your dreams fall in love with you, you can imaginatively use your erotic desire as an internal motivator. Visualizing and imagining that you are with that special someone can be the first step to capturing his or her attention.

One important weapon in your arsenal of seduction is to gather all the information you can about the person's personal history, paying close attention to the signals he or she sends through body language and words.

If you are unable to see the other person to pick up on their body language (if you're chatting on the phone or online), there are other ways to pick up on their receptivity. It's important to pay attention to how quickly they respond, the tone in their voice, and their choice of words. For example, in a computer chat, if a person's responses begin to slow down, that could mean that their interest is waning, or that they simply don't agree with what you're saying. But if their responses are rapid-fire, that means you have accomplished your mission!

It's important to stay focused on the objects of your affections without overwhelming them. Try to pick up on what they are thinking subconsciously, and if you sense that there is something negative, try to turn it around into something positive. For example, if you pick up on some sadness in the other person, don't talk about it directly. Perhaps talk about something you think would make him or her happy and imply how you could help.

Be patient, learn how to wait. Give the other person a chance to approach you, naturally open up to you. Don't pressure him or her and, most important of all, don't try to talk too much. Give the other person the time and space to open up to you willingly.

Follow the natural rhythm and timing of the seduction, calmly and patiently. If you jump the gun, you may begin to get the impression that the other person wants to escape, as if they were prey (and you're the hunter!). If you sense that, slow down and try to adopt a

more passive attitude. Give the other person space to talk so you can listen or just passively observe him or her. Always remember, a sense of humor is the best, most stimulating aphrodisiac that we can use for seduction.

A quick exit can be a very effective strategy in piquing the interest of the other, creating a sense of expectation. When it feels like your powers of seduction are taking effect, either actually making a quick getaway or just implying that you might leave by taking a sudden, unexpected phone call can work wonders. A carefully timed retreat is an excellent trick to use on those lovers-to-be who may have initially felt as if they had the upper hand.

THE DIET OF SUBLIMINAL ATTRACTION

Do you want to seduce someone but don't know how?

Do you want to be more subtle, but more effective, in your attempts to win someone over?

Then you should start practicing the art of subliminal seduction right now!

The practice of sending subliminal messages has a very negative connotation because it has been used by some people as a means to manipulate—in advertising, for example, or in politics. Still, subliminal messages can go way beyond manipulative advertising campaigns. In fact, studies are currently being conducted investigating the possible therapeutic uses of subliminal stimulations and perceptions.

Subliminal communication targets the natural subconscious mind, the part that doesn't have the same abilities to analyze information as the conscious mind. To reach the subconscious mind, one must appeal to the powers of perception. In this process of subliminal exchange, the conscious mind often isn't on the necessary wavelength to detect the messages that are transmitted. The very few who can detect subliminal messages have a very alert mind and have been trained in meditation or creative visualization techniques.

What is the mechanism in the brain that allows the mind to hear certain words, and then to decide if those words are pleasant or exciting? In the cerebral cortex, there are a series of stimulants that originate in the sensory organs, and when it comes to sexual motivations, they have two sources: the internal, fantasies in the mind, and external, which come from sensory stimulation. Both are interpreted by the brain and transformed into either sexual excitement or rejection.

Seduction is, without a doubt, one of the most popular games on earth. But this game has certain rules and a series of very well-defined codes of conduct. Attraction depends on endless factors, including cultural and social influences, and a seductive mind is just as important as an attractive body. It has nothing to do with physical perfection, but with how you behave. To carry out a successful subliminal seduction, you need to focus on certain factors.

1) The transmitter must be able to control his emotions to induce the receptor to focus her attention on a particularly fascinating aspect of the transmitter's character. For example:

a. Try to be bold on the first date. If a part of you wants to reach out and touch him or her, do it.

b. Don't spend too much time thinking.

c. Look the other person steadily in the eye the whole time.

2) With complete conviction, transmit a seductive message—you'll get the receiver's gratitude and appreciation. For example: Find out something about your date's previous love life and bring it up as if you were a psychic, with total passion, as if you were under the person's skin, feeling what he or she felt.

Strategies for Being a Subliminal Seducer

- ♥ Be unpredictable: You should never act in a predictable manner. You have to always behave in a manner different from what they expect.
- ♥ When you see an opportunity and the time is right, try out different strategies. For example:
 1. *Try to be animated in your conversation. Show off your sense of humor, but don't make jokes about yourself. On another date, you can show your more serious/reserved side.*
 2. *Invite him or her over for dinner. Use very spicy ingredients and serve a sweet dessert—love comes through the mouth.*
 3. *Constantly change your hairstyle and the way you dress to avoid getting stereotyped.*
 4. *Use different perfumes until you find the one that truly mesmerizes him.*
 5. *Inject an impression of mystery into your conversation.*
- ♥ Audacity: Be daring. If you think it, do it. Don't say, "Can I kiss you?" Just kiss him! It's better to regret having done it than never to have even tried.
- ♥ The element of surprise: Give unusual gifts and make out-of-the-ordinary date plans, but don't smother the other person.
- ♥ Suspense: Don't pull all your cards out on the table.

- ♥ Don't forget: Successful seduction game plans come in endless variety, as limitless as the full range of emotions you can inspire.

The satisfaction of subliminal seduction comes from observing the success of the techniques you try out and perfect. With some practice, you will drive whomever you set your sights on crazy with desire. Try it today, and soon you will have pulled off your first subliminal seduction.

The Golden Rule

**In subliminal seduction, you must
always accept responsibility for
what you inspire.**

**MASTERS IN THE ART OF SEDUCTION:
NATURE OR NURTURE?**

Seduction is a mirror game: We believe we seduce others through appearances and mystery, inciting their curiosity, exciting their sexual energy, looking for their weaknesses or strengths to attract them. But in all likelihood, they have already seduced us.

Seduction for All Tastes

There are seducers out there for all possible tastes, but there are also some people who set out to win a person's heart without really knowing why they are doing it. It is important to be familiar with the different profiles of these seducers—avoid being taken in by them and

perhaps learn how to better play the game of seduction without taking it too seriously.

Many of these types of seducers will seduce indiscriminately, to please others or to reaffirm their own sense of self-esteem. They really love only themselves, and it is difficult for them to love or feel anything for anyone else. They need constant reassurance that they are attractive to others and well liked because underneath the facade, they are deeply insecure. These love conquerors can be seen at work in large numbers in all major cities, and their methods can cause a great deal of confusion. In the following pages, I'll summarize some of their methods so you can avoid falling into the trap of these "love them and leave them" types.

LOVE PHOBICS

Love phobics tend to be extremely seductive, but they rarely establish actual relationships. Their "victims" are always left with the feeling that they haven't fully satisfied the seducer's expectations, or that they've done something wrong. Relationships with love phobics tend to fail because they actually have a true fear of achieving what they supposedly want. Although they have fully mastered the art of seduction and all its techniques, they are unable to pursue an actual relationship because their level of narcissism is so severe that they fear intimate contact. They end up making all kinds of excuses and are only truly happy when they are alone.

THE FLATTERERS

You can spot them from a mile away. Their methods are so blatant they come across as cloying. In approaching another person, they tend to desire social acceptance more than sexual gratification. Their goal is not to satisfy another person, but to feel admired by the entire

world. They will engage in superficial conversation until they find a weakness point—and then they pounce. The male flatterer knows that if he tells a fairly unattractive woman that she is beautiful, she will not assume he is lying, and will instead believe he has good taste. The female flatterer will make a man feel that he is the smartest, wittiest man in the world, as well as the most handsome.

THE MANIPULATORS

Contrary to other compulsive seducers, the manipulators aren't looking for sexual power but social power. They tend to use their good looks to promote themselves and reach the social position that they are after. In general, manipulators use their financial power and physical attractiveness to exploit, humiliate, or use their victims to attain their own ends.

THE SEX SYMBOLS

Women: You can identify a female sex symbol merely by looking at her. Her ultimate goal is to generate excitement at all times. She dresses provocatively and makes her intentions of sexual domination clear. She loves to be the center of attention. What she says or does doesn't matter, it's how she does it. Her body language is very powerful and the message it sends is unmistakable: She wants to get the attention of all men. It's difficult to tell if she intends to sexually follow through with the seduction, or if the mere knowledge that she *is capable* of seducing the men around her is enough to satisfy her.

Men: The way they dress may vary, but their attitude of extreme self-confidence can be overwhelming. The male sex symbol is convinced that women are irresistibly

attracted to him because of how good he considers himself to be. He doesn't need to wear revealing clothing to communicate his goal, but he has to appear sure of himself physically and mentally. The actual sexual conquest is always a strong impulse. What excites the male sex symbol the most is being aware that the most beautiful woman in the room is looking at him.

THE LOST CHILD

Women: The lost child seems very vulnerable (even if she's older than fifty years). She approaches men with a false air of wide-eyed innocence and lack of experience, and she radiates an adolescent eroticism, very different from the deliberate, premeditated sexuality that vampires use to trap their victims in movies. They seem insecure and not very in control of what they're doing. They seduce a man by casting their candid gaze on him, seeming positively enraptured by his every word. They do not maintain eye contact for too long, though, quickly dropping their eyes and looking up again, timid and unsure, as if the man's gaze were simply too powerful and magnetic to hold.

Men: This type of man makes himself attractive to a certain type of woman by pretending to be a victim, as if he were in need of help and protection. To seduce a woman, he makes her think that he desperately needs her, regardless of how old she is. He will adopt the role of the "child" in the relationship, which can be very attractive to some women. But while the female version of the lost child rarely annoys other women, the lost boy type is absolutely reviled by other men.

It is only when we feel comfortable and completely at ease with our own sexuality and personality that we can be selective when it

comes to seducing and being seduced. Always remember to look deep into the other person's eyes and try to decipher his or her true intentions to determine if he or she are worthy of your genuine affection.

Seduction is the first step to the coming together of two souls, even if it's only for an instant.

HIS AND HER SEDUCTION TECHNIQUES

Techniques for successfully seducing someone are not fixed in stone. The important thing is to combine all of the ingredients that are available in just the right way to create our own tailor-made Love Diet.

For Her

You will positively radiate glamour if you use these methods, and you will make any man you choose fall at your feet.

THE BOLD

To win the love and devotion of even the most hard-to-catch man, project the image of a daring, confident woman. It's important to dress sexy, but be careful not to cross the line into tacky with exaggerated plunging necklines or teeny-tiny skirts. Being bold is an inner attitude, and you should clearly know what you want before you unleash the power of your charm on a man . . .

Start with a few sexy looks.

Smile provocatively, mysteriously, but not too openly.

Use just enough makeup to accentuate your eyes' natural shine.

After a few provocative, sensual gestures—and once you've captured his attention—you need to slowly move close to him, putting on your sweetest, sexiest voice.

Place your head close to his and say something light and witty:

“Have I met you in this life, or another?”

“Have we met, or have I only seen you in my dreams?”

“Sorry to have kept you waiting, I'm here now—you were wait-

ing for me, right?” (Of course, to use this line, if you’re in a bar or nightclub, make sure you’ve observed your target from afar long enough to know that he obviously has not been waiting for anyone.)

If you walk away right after saying that, he’ll have no choice but to ask you to stay; if he doesn’t, make sure you walk away very slowly. If the man you are attracted to doesn’t try to keep you from walking away, try to use a soft look, as if you were caressing him with your eyes, before you walk away.

Once you have successfully initiated a conversation, it’s fun to use double entendres and inject a little sensuality into the conversation.

SOME VERY PERSONAL ADVICE TO GET YOU TO GO FOR IT!

For all the women who are too shy and just can't get up enough nerve to make the first move, I'd like to share a very personal story with you.

One night, I was out at a nightclub with my girlfriends and I realized I was getting sick of always ending up talking about the same thing: men.

Right then, I said to myself, “Mabel, you can talk with your girlfriends some other day, but you could be missing out on an opportunity to meet a handsome, interesting man, right this moment. Instead of complaining about men, you can go out there and try to meet one right now.” And I decided to do a little reconnaissance mission and see what kind of possibilities were out there.

I found a strategic place to stand where I could observe

everyone in the club. At that point, I simply could not stand being a passive woman for another minute, waiting and waiting around for some man to come up to me. I looked around the room like a hawk stalking its prey, looking down on the landscape of the nightclub.

Then a man caught my eye. He wasn't exactly my ideal dream man, but there seemed to be something very nice about him; somehow he seemed very sweet. He was walking around quite hesitantly, and he seemed to be debating whether or not he should approach a woman that he was watching.

After observing him for a little while and seeing that he made no progress, I went up to him and said, "Do you like that girl? It's too bad I don't know her because I'd love to introduce her to you." He looked at me and said, "No, that's not it at all. It's actually you I'm interested in.... Can I get you a drink?"

I think I used the bold approach with a touch of innocence, but I got great results. That's why it's very important that you use a method that follows your own personal style. Facing up to the challenge of approaching a man directly for the first time was a very interesting experience; I think that if I hadn't gotten up my nerve to walk up to him, I would not have had a lovely relationship with him for three years. We both evolved and changed and the relationship did not last forever, but I'm very glad that I had that experience, since we learn valuable love lessons in every relationship. Especially now that I'm so happily married, I can look back on those times with sweet nostalgia.

THE INNOCENT

This seductive style gives women a particular power over men. One very well-known woman who used this method to great effect was Marilyn Monroe.

The innocent can get away with wearing sexy clothes and makeup, and often the innocent will wear very sweet outfits, such as baby-doll dresses and feminine blouses. Only on that special day

when she decides to drive him wild does she pull out that sexy black dress.

The innocent responds to a man's conversation with a pretty smile, talks only as much as is necessary—and hardly ever about herself. She seems shy and never takes initiative. With an ever-present sweetness, she can act like everything surprises her, while she actually knows perfectly well that men like embarking on adventures and taking risks. She always accompanies him no matter where he goes, adopting an ever-passive and complacent attitude. She always asks questions about things she doesn't know, and then she drops her gaze, as if grateful for the answers given to her. This is a technique that requires a lot of practice for women who are not typically shy or quiet. It's perfect for women who enjoy playing a traditional role.

THE INTELLIGENT BEAUTY

This is a woman who already knows she's very beautiful, but she may feel a little confused and think that men underestimate her intelligence. What she doesn't know is that she has a whole world of possibilities open to her.

She uses all her personal magnetism and wit in conversation. She always has the last word, finishing a story with a touch of humor or an unexpected ending. Her smile and wit are her most effective weapons in seduction, and she always knows how to give advice—about work, life, love. She should refrain from getting angry when she feels people only see her as a beautiful object at times. She tends to captivate the man she wants, with a very effective technique of lowering her eyes and not cutting him off when he tries to explain something she already knows. The most important thing is to complement her natural intelligence with an air of mystery and seductiveness.

THE DISCONCERTING

This approach is one of my favorites. I've always used it, and I still use it sometimes on my husband. I like it because men as well as women often put people into rigid categories. But you'll never be entirely sure of what the disconcerting person is going to do or what she wants. You'll get everyone's attention using this method. This is not the most efficient approach to take with a man who is very cold and distant, but it always works on some level over the long run.

You'll need to rely on your intuition in order to quickly pinpoint the other's weakness and use it in your favor. For example, if he has dark hair and eyes, you could very innocently mention how much you liked Jude Law in his last movie, with his lighter hair and blue eyes. Nothing can upset a man more than not being seen as the most handsome.

One very effective technique that will catch him totally off guard is to give him a deep, sensual kiss when he's not expecting it (see the chapter on kisses), especially if you have been arguing or just having a small difference of opinion that can simply not be resolved, but is certainly not dire.

This approach to seduction works every time: You could be so disconcerting that at first he goes out with you out of simple curiosity, just to see what will happen on each date. But by the end, if you implement this technique with a little well-placed tenderness, he'll adore you and won't be able to live without you.

Important: Always remember that the seduction phase does not come to an end when you get married or engaged. Once you've seduced your prince, keep on winning his heart day after day as if you were forever on your first date. Never stop.

For Him

The first thing you have to keep in mind is that in almost every case, the woman is the one choosing you, not vice versa. But you will be sure to capture the woman of your dreams using the techniques and methods in *The Love Diet*.

THE CHARMING GENTLEMAN

To triumph in the battle of love, a man must possess certain essential qualities. The charming gentleman is so well mannered that it doesn't matter how he looks, because his mere presence generates its own special light. His manner evokes a feeling of warmth, appreciation, and natural good humor. With his smile and aura of tenderness, the charming gentleman can seduce even the most difficult of women.

- ♥ Always good-humored and pleasant in every conversation and interaction, the charming gentleman accepts all.
- ♥ Because he is good-natured even in the face of rejection, women find themselves very intrigued when he acts like it does not bother him at all.
- ♥ His messages and actions are always very positive and everything he says has a touch of humor and gallantry.
- ♥ The charming man opens doors for her, slides the chair out for her at the restaurant, and helps her on and off with her coat. All women go wild with this kind of attention.

THE TORTURED SENSITIVE SOUL

The tortured sensitive soul talks about the things and people that he loves and cares about. He talks about how his previous partners

couldn't understand him because he's so sensitive. He talks about how strongly he loves his family and friends. He talks about romantic books and beautiful love poems that he adores. He knows poetry by heart and recites verses constantly. He takes a woman out to see romantic movies and holds her hand, his eyes welling over with tears during the emotional scenes. To be the tortured sensitive soul, you need to project a profound need to be loved or protected, and you need to seem as sweet as possible.

THE INTELLECTUAL

This approach is not the most sensual of all, but you can use it to attract women who tend to gravitate toward smart men. Take advantage of every opportunity you have to demonstrate how much you know, stunning her with your breadth of knowledge. Avoid being too passive in conversation, always show an openness to talking about any topic, and learn what her interests are, research them on your own, then share with her everything you've learned. However, beware of using this technique on a very passionate, carnal woman: She'll be out the door in two seconds, maybe using the old excuse "I have to run out to buy cigarettes"—even if she doesn't smoke.

THE ROMANTIC

The romantic likes all kinds of women, with no exceptions. This seductive approach is similar to that of the tortured sensitive soul, except you should not appear sad—you should always try to appear "in love with love." If you're out to dinner and she excuses herself for a moment, put a romantic note or chocolate at her place for her to find when she returns. Give her flowers regularly, even if it's just a single flower once a week. Send her sweet emails, or call her just to tell her that you miss her. Talk about nature—the birds, the color of the sky, how sweet the flowers smell. Always have romantic music on hand, and ask her to dance with you, slowly and sensuously, whenever the chance comes up—even if it's in the middle of Fifth Avenue in New

York City. Always be attentive to her needs, especially when it comes to kisses, hugs, and loving care.

In general, it's hard for a man to keep the passion going once he's won the girl. Make sure you don't lose your sensuality, and keep up the romantic gestures so she will always feel important, loved, and ultimately adored.

Once you've successfully completed the initial seduction phase, you'll need to learn how to blend the key ingredients essential to a wildly sensual and loving relationship with the one you love.

Two

HOW TO BE THE PERFECT LATIN LOVER

You have opened me up to my deepest core.

Now no one can break my heart.

With the art of your lovemaking, my defenses have dropped.

You dissolved my fortress walls with your sweet tenderness.

Because of you, I feel like a real woman.

Your passionate whispers enveloped me.

Love me, as our bodies dance together.

I am yours, completely, unconditionally.

THE LATIN LOVER'S REPUTATION

We closely examine the theme of seduction in *The Love Diet*, so we couldn't possibly ignore the ideal special magnetism unique to Latin lovers. They have their own techniques and practices when it comes to handling sensuality and passion.

As we all know, Latins are known throughout the world for being the most romantic and passionate lovers. Since the time of Rudolph Valentino—who personified the Latin lover in the movies—to now, when certain rock stars and movie stars play the role to perfection, Latins have been known for one thing: seduction. For men and women who want to perfect the sensual art of loving Latino-style, here are a few essential points that must be kept in mind.

- ♥ **Self-Confidence:** Regardless of your age, sex, or social position, you must project confidence in the art of love—even if you're a bit nervous and it's your first sexual encounter with someone you desperately desire.
- ♥ **Trust:** You must gain the trust of your target. You need to make your paramour feel comfortable with his or her body, like he or she never has before. When you sense fear or inhibition putting up a sexual block, stop.
- ♥ **Persistence:** A consistent effort will show the object of your desire that you are committed to capturing his or her heart. Communicate your inner resolve and energy through your gaze, your words, and your passion. Make your lover understand all the exquisite pleasure you can give him or her, and make an unforgettable impression.
- ♥ **Make Your Body Talk:** It's very important to fuel your partner's energy with your body. Transferring your energy through hugs, kisses, and caresses will heighten your own level of excitement and awaken a great passionate desire in your lover.
- ♥ **Be Intuitive:** You shouldn't rely just on verbal communication to seduce, you must convey your erotic desire. It's critical to develop your intuition, listen to what the other is

saying with the heart, not words. If you can really connect with your lover with a thoroughly relaxed mind and heart, you will understand, at the deepest level, this mysterious, passionate thing we call love.

- ♥ **Use a Sweet Voice:** Both men and women can practice modulating their tone of voice. A good way to work on this, ensuring that your tone is as sweet and sexy as possible, is to practice with a tape recorder. Make a recording of yourself reading a romantic poem or text and listen to it. Repeat until your tone is just the way you want it to be and your breathing is relaxed and controlled. You'll get delicious, sexy results in no time!

- ♥ **Be Protective:** Your lover needs to feel protected and safe outside of the bedroom in order to fully give him or herself up sexually. Protecting your lover is a way of fostering intimacy, tenderness, and peace of mind when the time comes for making love.

- ♥ **Radiate Power and Charisma:** Demonstrating unexpected strength will be particularly stimulating to your lover. If you are always attentive to his or her desires—even with something as simple as a little surprise gift or gesture—even the most elusive, difficult conquests will be successful.

- ♥ **The Way You Move:** While you walk, whether you're a man or woman, think and project your sensuality. If your movements are awkward and somewhat stiff, they will most certainly not be perceived as sexy. Don't overdo it, though, just try to be graceful and languid as you move. Remember the sexy Latin lovers immortalized by Hollywood: They move like cats.

- ♥ **Be Sexy and Sensual:** A sensual person is literally one who provokes a reaction in another person's senses, whether he or she inspires sex, excitement, admiration, arousal, etc. It's not a matter of being physically beautiful, the trick is to be totally at ease with yourself and to project this. If you have a photo of yourself that you are particularly fond of, try to visualize it every time you start to criticize yourself or feel bad about yourself. Express your sensuality by tapping into the positive energy you receive from being with your lover.

- ♥ **Sexual Games:** Invent different erotic games to stimulate yourself and your partner. It could be trying out different Kamasutra positions, having phone sex, or any of the various techniques described in the second part of this book.

- ♥ **Celebrate:** An encounter with your lover should always be treated as a celebration. You need to fully understand your partner's needs and desires so you will know what will make him or her happy and gives him or her pleasure.

With an equal balance of romance and sensuality, any encounter can be made unforgettable.

19 Essential Keys to Being a Latin Lover

1. Watch the sunset and gaze at the stars together.
2. Discover perfumes and scents that you both like.
3. Compliment your lover's body and personality as often as possible—especially in front of others.
4. Discreetly touch your lover's intimate parts, even in public places.

5. When you look into each other's eyes, forget everything and everyone around you. Form a closed circle that no one else can enter.
6. Don't forget the power of the magnetic look, like the first one you ever exchanged.
7. Whisper "I love you" in your partner's ear.
8. Create your own lovemaking rituals.
9. Write your partner a love poem. Even if it's very simple, your lover will think it's the most beautiful poem in the world.
10. Serenade your lover with a song, even if it's in bed.
11. Cook up some aphrodisiac dishes . . . wearing very little or nothing at all.
12. Find unusual places to make love, especially ones that you know your partner would like.
13. Write little love notes to your partner and leave them around the house to find.
14. Hold your partner's hand often—at the movies, while walking, in the car, at home.
15. Invent a special cocktail and name it after your lover. If your partner doesn't drink alcohol, it could be made with fruit juices.
16. Make love by candlelight, a touch of romantic music in the background.
17. Study all of the different kisses, caresses, and massages described in the different sections of this book.

18. Take pictures of all your special times together, and make a photo album of your own Love Diet.
19. Always be aware of what your lover says (verbally and nonverbally), and how and where it's said. Learning how to listen is the most important part of being a Latin lover.

HOW TO CONQUER A LATINA

A Latin woman doesn't necessarily have to be Hispanic or from Latin America, as conventional wisdom suggests. Latin women could include those of Italian, Greek, Portuguese, Romanian, or French descent, as well as many others.

Sexual myths attribute a passionate nature to the Latina woman. A number of cultural prejudices and preconceptions affect Latina women and exert an influence over how they interact in romantic relationships—even how they flirt. What are they? What are the myths? What is it like to be with a male or female Latin lover?

How to Seduce a Latina

Winning the heart of a Latina isn't about secret formulas or magic potions. But it isn't a simple task, either. People tend to stereotype women and classify their sexual intensity according to their ethnic origin. But the truth is, just as being European or Anglo-Saxon doesn't necessarily imply a "cold" nature, Latina's, on their part, are not necessarily "hot" either.

A WORD OF ADVICE

- ♥ The secret to winning the heart of that special Latina in your life is to be very decisive in everything you do.
- ♥ Show her that you are sensitive, that you aren't afraid to cry in front of her, but don't be a crybaby either.

- ♥ Be protective of her, but don't be too obvious about it, or she'll start to feel smothered.
- ♥ The Latin lady looks for a man whose sensitive side is well balanced by his serious, rational side.
- ♥ Be energetic, sensual, and passionate toward her, but at the right moment pull out your tender, sweet side.
- ♥ Show her that you are a man with his feet planted firmly on the ground and that you know what you want.
- ♥ Be a gentleman; be romantic.
- ♥ Be original and creative in everything you do. For example, when she leaves the table for some reason at a restaurant, leave her a little note under her plate. If you live together, leave her notes on the bathroom mirror.
- ♥ Try to be generous. Share your interests, your friends, and your life in general with her. Always be courteous and polite.
- ♥ Share your secrets, plans, and dreams for the future with her, for you will discover that she is not only a wonderful lover but also a great supporter.
- ♥ Give her little gifts, even if it's just a single handpicked flower, to show her how much you care.
- ♥ Write her a poem or recite one for her. You don't have to serenade her with it under her window, but if you do, she will love it.

Don't think of your Latin lady as the archetype from the movies. Because the truth is, Latinas are heroines in everyday life. She is a perfect mother, she works hard, and she isn't afraid of success. She is also sensual and wants to be as beautiful on the inside as on the outside.

How to Seduce a Latino

Latinos have a similar reputation: sexy, super-hot, and always in love. The Latin man is supposedly always ready to jump into bed, but this reputation doesn't do them any favors when they're trying to find a real partner, not just have a little fun. In general, having a family and raising children are top priorities for Latino men. As for Latin women, this is an important consideration to keep in mind when it comes to choosing a partner.

A WORD OF ADVICE

- ♥ Don't get flustered when he looks at you. Men have a way of fixating on certain body parts (breasts, rear, legs, etc.), and most men display this tendency when they look at women. It is especially pronounced in Latino men. The eyes are the windows to the soul, but that's not what they are looking at first. When it comes to a first impression, other things are more important for men. Even though they may not focus on your inner beauty right away, make sure to show self-confidence in your body and appearance. Until you have built up a high level of trust with him, don't be too candid in your conversation, and don't pay him too many compliments. At the beginning, just offer your attention, respect, and friendliness.

- ♥ Be flexible in your approach and be ready to adapt to the situations he puts you in. No matter what your strategy is, always project an air of self-confidence.

- ♥ Always project a certain aura of mystery about your activities and yourself in general. Even if you're an extroverted person, it's good to make sure that he is always curious about you.
- ♥ Try to strike a good balance between being a good conversationalist and being a good listener. Don't talk about yourself all the time; ask him about his work and friends and family. Initiate conversations on topics that will interest you both.
- ♥ If you are ready to get married and start a family, make sure you let him know, but don't come on too strong, and don't tell him you want to do it right now, since this will surely scare him off.
- ♥ Ask him what his favorite dishes are, since the way to some Latino hearts is through their stomachs!
- ♥ Always show kindness and goodwill toward his mother, especially at the very beginning, since he could have a certain level of Oedipal complex.
- ♥ Don't offer unsolicited advice. This may cause him to view you in a different light or feel competitive toward you.
- ♥ The Latino man—actually men in general—needs to feel that you need him. Don't come off as a charity case, just as a feminine woman. Let him open doors for you; let him come to your rescue.

Latino men need a love founded on trust, acceptance, and appreciation. Don't forget these important points if you really want to win his heart.

Three

TOUCH, HUG, AND KISS—DIETS FOR IRRESISTIBLE PLEASURE

*You opened my heart with your touch, and holding me tight,
you discovered my body. Your deep kisses laid my soul bare,
and in that moment, our arms became wings.*

TOUCHING, KISSING, AND HUGGING

In this section, you'll find the perfect techniques to help you be an unforgettable lover. From the first touch to the last kiss, you'll feel love flowing through you, toward you. I promise that if you faithfully follow all of the steps, your hands, your mouth, and your personal lovemaking style will leave a permanent impression on anyone lucky enough to experience the exquisite pleasure of being in your arms.

Using the three pillars of loving contact—the caress, the embrace, and the kiss—you will learn how to get close to your intended lover from the very first date.

Who doesn't remember their very first kiss? It's not hard, no matter how much time has passed. But remembering the very first embrace or caress is more difficult, because somehow they are purer, more authentic actions.

Love relationships always begin with a sweet caress, that first touch that electrifies the skin on contact, making the senses soar and the erogenous zones ignite. Using the right kind of touch from the very beginning can make the road to sex much easier to navigate. The first caress, on the hands or lips, can signal the start of a relationship; a soft caress can be the first sign of a reconciliation.

Following the steps contained in this section of *The Love Diet*, you will discover the art of touching another person with the softest caresses and the most intense massages, like a master sculptor who with his own hands creates a lovely body, infusing it with his own energy, love, passion, life force, and power.

A STIMULATING, REJUVENATING RECIPE OF CARESSES

What are caresses like? They can be innocent, deep, delicious, strong, or tender; they can be soft strokes of just the fingertips, a massage with special oils, or full contact between two bodies.

Many couples limit themselves to very brief caresses, too fast and superficial. By constantly going back to the same old caresses, they grow immune to them and it becomes a monotonous routine, evoking only indifference and possibly boredom. To generate new, exciting emotions, you should explore your partner's entire body in your own unique and sensual manner.

I often recommend that long-term, well-established couples no-

tice the significant difference that exists between directly touching an erogenous zone, and living and exploring your touch on any part of your lover's skin. Touching an erogenous zone, when in the context of a full exploration of the body, is a new, delightful experience. It's like discovering a whole new area to caress and stroke—the energy generated by this delightful touch is reminiscent of the first time the couple was together. Furthermore, this form of touch allows the couple to explore each other without necessarily having to culminate in a complete sexual relation. It's a very delicate way of exploring each other, getting to know what each partner likes.

A person's erotic zones cannot be boiled down to just a few areas of the body. The entire human body can be erotic, and every area can reach its full potential for erotic pleasure when it is touched in a deep, sensual way.

The more sincere, complete, and thorough the mutual exploration of the bodies, the richer your love vocabulary will be as a couple. This manifestation and expression of physical affection is essential to achieve sexual harmony in any partnership.

Mastering the art of the caress also means learning how to be caressed, letting your partner explore your body, and learning how to let your intuition guide your hands to the exact spot your partner wants you to touch.

When the body experiences true love's caresses, it comes to life, becoming an instrument of pure beauty!

Caressing Is Kissing with the Hands

Caressing is one of the primary pathways to awakening and channeling sexual energy. When it is consciously used in all of its subtle variations, you'll notice that the hands don't stop at the fingertips and the effects of the caress don't end at the skin's surface. Our bodies are filled with enormous amounts of energy that we can think of as the "life force." Eastern cultures teach that the energy flow of every

body can be stimulated and channeled in a conscious way with the fingers or the palm of the hand.

There are four parts of the hand that transmit different forms of energy and sensation to the person being touched; you can use them all when you caress your lover.

- ♥ The fingertips
- ♥ The base of the fingers
- ♥ The palm of the hand
- ♥ The knuckles

Tantra followers believe that the body's heat is in fact a vital fire that burns. As we touch our lover's body, we can imagine and feel the burning energy emanating from our hands and fingers, and we can feel how the fire from our bodies meets and blends with our partner's internal fire and energy. Eastern philosophies identify a variety of different forms of touch.

- ♥ **Static Touch:** Perceived through the body's natural energy.

Exercise: Place your hands on your lover. Keep them still and consciously direct the energy from your right hand toward and through your lover, and then consciously accept the energy's return to you through your left hand. You can think of static touch as a game of transmitting and receiving the energies created by fusing the energy of your body with that of your lover's.

- ♥ **Active Touch:** A brief or prolonged contact on the surface of your lover's skin.

Exercise: Lightly touch or gently massage your lover's body and feel the energy you are transmitting. Use circular

motions with your hands, or trace triangles or spirals in the skin. Be aware of how the energy of your hands meets and blends with the energy of your lover's body as they become one unified pleasure force.

- ♥ **Pinches:** The sensations produced by pinching or squeezing the flesh can be very pleasurable. You should practice using brief, simple gestures, all over your partner's body. Use a kneading motion and light pinches with your fingertips.

Exercise: Use your thumb and index finger, or try this exercise using your lips. In both cases, you must exercise great sensitivity in order to produce the desired effect. Take hold of an area of your partner's skin between your fingers, and gently massage that skin with your hands, feeling how this isolated part generates its own heat and energy. Do this slowly and carefully so that your partner's energy will begin to flow in a concentrated way in that particular zone.

- ♥ **Scratching:** Scratching is like caressing but with the fingernails. You spread your fingers apart and, at the same time, move the fingernails very lightly over the skin. The person performing this kind of massage shouldn't leave any marks without asking his or her partner first. Some people love this kind of touch. The preferred part of the body for this kind of massage is the back.

Exercise: Give your partner a deep massage using your fingertips (but without using your fingernails if your partner doesn't like it). If you are both open to it, you can incorporate fingernails in the massage, via a very light, caressing touch. Scratching with the nails helps stimulate blood flow in that area, heightening sensitivity.

♥ **Light Slapping and Spanking:** Lightly slapping or spanking can quickly incite passion. Some people like their partners to slap them lightly or even more forcefully with their hands. The gentle violence of this act makes it a particularly thrilling sensation.

Exercise: Some parts of the body are more suited to receiving slaps and spankings than others—the buttocks in particular because it's as if they are naturally protected by a little layer of pillows. When you use this kind of touch, you must be very conscious of where your partner draws the line between pleasure and pain and respect his or her level of tolerance.

You can combine the different forms of touch or vary them further by doing so in a more forceful or delicate manner. You can start by attending to the front of the body, stimulating areas that are not frequently explored. Alternate different styles of touch and adapt your caresses to what your partner needs and asks from you. The receiving partner must feel free to set limits in his or her own pleasure and pain thresholds, and must trust the giver to be respectful of those limits.

Partners must understand their particular role at any given moment, even if they are the receiver. For example, when a man lightly runs his hand over his lover's back all the way down to her buttocks and lightly pinches her there, continuing down to her thighs, using the lightest possible touch, he must know that he is consciously trying to arouse the woman and awaken her passion, as well as unlock her sexual energy. But no matter how expert his technique may be, it doesn't mean a thing if the receiver is not consciously receiving his attentions; if her mind is a million miles away, his exquisite caresses won't get any results. Ultimately, it's the mind that touches, and the mind that is touched. In giving our partners pleasure through our touch, we also receive the pleasurable effects of it.

The Secrets to Giving a Professional Massage

To give a professional massage, you must maintain a firm, slow rhythm, applying sufficient pressure throughout, and make sure your hands move smoothly over your lover's body.

Remember to always use a special oil or lotion for the following massages.

- ♥ **Kneading:** This is the perfect technique for the more muscular areas of the body like around the hips and thighs. It consists of lifting, gently squeezing, and rolling the flesh between the thumb and fingers, alternating between both hands. You can vary the effect by changing the speed and intensity of your movements, going slowly and deeply or more quickly and lightly.
- ♥ **Circular Massage:** This is done by forming a semiclosed fist with the hands, and making small circular movements. This type of massage feels great on the shoulders, chest, palms of the hands, and soles of the feet.
- ♥ **Suction Massage:** Quick, light movements stimulate and rejuvenate the skin. Make light contact with the skin, alternating hands, with the thumbs facing inward and the fingers cupped together. When the hands touch the body, they should make a sound like the uncorking of a bottle. The receiver of this massage will feel a release of stress and accumulated tension in the body, as well as a growing erotic sensation, depending on what part of the body is being stimulated.
- ♥ **Light Slaps:** Vigorous, percussive movements should be reserved for the very fleshy, muscular parts of the body. With a closed fist, lightly and quickly hit the back of the

hands against the skin, alternating hands. It's fun to use this type of movement toward the end of the massage, as it will get your partner even more aroused.

RECIPE FOR AN EXTRAORDINARY MASSAGE

In this ancient massage method, pressure is applied following the energy meridians of the body's organs. The main purpose of this massage is to release energy that has been blocked because of emotional or physical problems, which have led to sexual dissatisfaction or a lack of intimacy. The most frequent manifestations of this kind of energy blockage are impotency or premature ejaculation in men, or a lack of interest in sex or inability to orgasm in women.

This system is based on manipulating the body's energy pathways through touch. This massage is meant to awaken feelings of pleasure, through mental focus and an engaging skin-on-skin "dialogue." The massage has a revitalizing, energizing effect on the person receiving it, and it will induce a spontaneous, gradual feeling of relaxation that transcends the body and exerts a powerful effect on emotional balance.

This massage helps the body process oxygen and eliminate toxins more efficiently. It also improves mental concentration and combats fatigue. With repeated practice of this extraordinary massage, we can get to know which of our partner's erogenous zones need the most attention, before we progress on to a complete sexual encounter.

It's important to keep in mind that massages should be performed in a sensual way. Our movements should not feel like a violation or intrusion to our partners. When our lover is obviously stressed but refuses to acknowledge it, it's important to perform the massage very subtly. As the level of intimacy in your relationship grows, your partner will gradually become more and more receptive to increased pressure and stimulation.

The Perfect Lover, the Perfect Massage

Lovingly going over every inch of your lover's body is one of the most wonderful shared experiences you can have, and it's worth the effort to prepare the appropriate setting. You must alternate giving and receiving massages with your partner. When you are in the moment, giving pleasure to your partner, you need to completely dedicate yourself to the task; when you are receiving, you need to be fully conscious of every single sensation that ripples through your body. Remember:

- ♥ Choose a time of day in which you will not be interrupted, and choose a comfortable place. If you are using a bed, make sure it's not too soft, or use the floor with a layer of pillows.
- ♥ You can use soft, sensual lighting and play some soft romantic music.
- ♥ If you are giving the massage, make sure beforehand that your hands are warm as well as soft and lubricated with lotion or special massage oil. There are many different kinds of scented oils available that soften the skin and heighten the experience with their pleasant fragrance. Apply a moderate amount of oil to your hands to rub into your partner's body while you give the massage.
- ♥ Depending on your personal likes and dislikes, you and your partner can experiment with a variety of tactile sensations in the massage, such as tickling each other with feathers, soft fabrics, or other textures that may generate a pleasant sensation on your skin.

13 Steps to the Perfect Massage

1. Try to make a habit of giving each other massages as often as possible, setting aside ten minutes to fully explore each other's bodies before making love.
2. Before any massage, try to relax as much as possible. Let go of the stresses and worries of the day.
3. Once you are in a relaxed state of mind, gently run your hands over your lover's body using a massage oil or any other healing tonic (see the chapter on erotic intelligence on page 69).
4. Connect with your partner through your hands, gaze, and voice, using soothing, sweet words that will relax him. It's also recommended that soft, relaxing music play in the background. Recordings that have sounds of running water are ideal for this technique.
5. You and your partner should try to synchronize your breathing until you have established a very slow rhythm in complete unison.
6. Begin the massage by rubbing the soles of your lover's feet, and while applying gentle pressure, move up along the sides of the legs, then the middle of the legs, always focusing on slowly moving up the body.
7. When massaging a man, you should use a light touch as you move up the legs, over the hips, and on to the pelvic area. If possible, use essential oils when massaging the area around the testicles. This can highly stimulate your lover if performed with a very soft, gentle touch.

SOME SIGNS OF SATISFACTION

When coming close to climax, the body extends, the eyes close, and the breathing pattern changes, generally more rapid. When a woman wants to be sexually penetrated, her nostrils dilate and her mouth opens slightly. If she is massaged to orgasm, a woman's breathing will gently begin to slow down and her eyes may fixate on her partner, as if inviting him to penetrate her very depths. Her mouth will salivate and her vulva will pulsate noticeably. She will be very wet.

8. When massaging a woman, gently touch her clitoris as well as her vaginal lips when you reach the pelvic area. Remember to be gentle and direct to throw her into waves of pleasure.
9. Your fingertips and the base of your fingers need to function as energy radars, ever-vigilant in detecting the slightest sign of pleasure that your partner gives you.

HIS EROGENOUS ZONES

Men's bodies can be very mysterious. They have exquisitely sensitive areas, especially the back, chest, legs, lips, and base of the spine. Discover these areas by lightly caressing each part of his body and remaining very alert to the response each touch elicits from him.

The greatest of all erogenous zones for men is, of course, the penis. It's important to caress it, always remembering to use lubrication and being very careful and sensitive in your movements. Start at the base and use a spiraling motion as you make your way to the tip.

10. Continue the massage around the belly and the groin.
11. Using just your fingertips, caress your lover's torso all along his sides in a spiral motion until reaching the chest. This area of the body is particularly sensitive for both women and men. Trace increasingly smaller circles around the nipples until you come to touch them directly.
12. If at this point in the massage the contact has not become overtly sexual, you can go back to massaging your partner's back. You can focus on the spine and move all the way up the backbone, from the base of the spine to the neck.
13. Last but not least, it's important to stimulate the ears—especially the earlobes—with a light touch from the inside out, since they ultimately represent all other body organs. Move on to massage the scalp, and as a finishing touch, lightly massage the face, like a gentle caress, ascending toward the forehead.

HER EROGENOUS ZONES

Women have a variety of erogenous zones, including the face, mouth, hair, neck, breasts, belly, hips, base of the spine, back, waist, thighs, feet, and heels.

During the sex act, you can practice an internal massage. As its name implies, an internal massage consists of caressing the inside of the vagina very lightly with your fingers before penetration. You can accompany penetration also by inserting a few fingers into the vagina, causing the woman to have exquisitely high levels of arousal.

During penetration, it is possible to caress the vagina while you are inside her: extend your fingers and relax them, as if you were kissing her from the inside. This creates a wonderfully sensual feeling. You can also do this technique in the anus, providing a different but equally pleasurable sensation.

THE DAZZLING HUG DIET

The dazzling hug diet is terrific because the act of hugging transfers energy and generates positive emotional stimulation, resulting in happiness. Physical contact and stimulation are absolutely necessary for our overall well-being. Hugging a person by wrapping one's arms around the other's neck or waist or touching faces cheek to cheek is without a doubt one of the most common demonstrations of affection. The most common hug of true friendship or deep affection is with arms around the neck or waist and faces touching cheek to cheek.

Many scientific and psychological studies have shown that for premature babies, a small hug can help them grow stronger; physical contact has a positive effect on children's development, emotionally and even intellectually.

THE RECOMMENDED DAILY ALLOWANCE OF HUGS

Four hugs are needed every day for basic sustenance.

Eight hugs are necessary to stay in good shape.

Twelve will help you grow as a loving being.

Fifteen help strengthen our bodies' defense mechanisms.

Twenty guarantee happiness.

Twenty-five will conquer any negative emotion.

Thirty will make you glow.

Forty will ensure success in everything you do.

For the elderly, hugs help ward off feelings of isolation. Because of the emotional ups and downs that we inevitably experience after a certain age, we need to get our recommended daily allowance of hugs, without exception.

An Exercise: Stay in Shape with the Hug Diet

Make a list of the most important hugs you've ever experienced in your life, and write a few lines about each one. Looking back on those special hugs will make you so happy, you'll start a new list of people you'd like to hug right now, with a description of how you'd like to hug them.

If you can give forty hugs a day, you'll definitely feel very successful, but the most important thing to remember is that you will have inspired happiness in every person you hugged—hugs are contagious that way.

Hugs come in many different flavors, and each one says something different. For example, there's the fraternal hug, the friendly hug, the loving hug, the sexual hug, and many more. There are many possible ways for two bodies to intertwine arms and even legs, but there's always room for invention. Just remember the main objective for each of your daily hugs.

Sexy Hugs

Practicing the art of the embrace is an important part of any sexual encounter. The sexy hug lets us feel the other's body, and fuse with it. The routine of everyday life can often make us lose sight of how important it really is to feel that we are part of a couple, not only in terms of having a sexual companion but also on a personal, friendship level. There are different types of sexy hugs.

Light Hug: When the couple hugs naturally. This is the hug that is typically used in greeting, a prelude to a kiss, or a follow-up to a kiss.

EFFECTS AND BENEFITS OF THE HUG DIET

Can be used to offer an enthusiastic greeting

Helps overcome fear and worry

Awakens the senses

Strengthens self-esteem

Aids in reconciliation attempts

Dissipates tension and nervousness

Affirms the other, helping us open up to love

Fills the empty spaces in our lives

Lifts us from monotony or stress

Puts an end to depression

Increases one's desire to live

Cures shyness

Acts as a sexual stimulant

Heightens sex appeal

Helps us feel loved and appreciated

Forceful Hug: When one person forcefully pushes the other against a wall while they embrace.

Rubbing Hug: When the two lovers rub their bodies against each other.

Hug with Penetration: When a man is sitting or standing while the woman is in front of him. She leans against him and sits over

him, touching her breasts to his chest, allowing him to slowly penetrate her.

Reptilian Hug: When a woman embraces a man in bed as a reptile would climb a tree, with a desire to kiss his masculine member.

Total Hug: When two lovers lie in bed and hug each other so tightly that their arms and legs are completely wrapped around each other.

The Bear Hug: The man sits on the edge of the bed and the woman descends onto his penis, sitting on her partner's lap and completing penetration—rapidly if following a prolonged foreplay session, or slowly if just starting. Then the man embraces the woman, placing his legs around her waist, pulling her to him so that their sexual union and climax is as close and intense as possible. This is one of the most erotic hugs of all.

Practice the hug diet, and soon you'll feel so happy that you'll gratefully hold this book close to your heart for the rest of your life!

THE KISS DIET

A kiss given lovingly can light up a human being from the inside, generating tenderness and shining with a glow of all the colors of the rainbow.

What can one say about the kiss that millions of poets, artists, and singers haven't already expressed? In Spanish, the word for kiss, *beso*, comes from the Latin *basium*, meaning to touch something with the lips, contracting and dilating them softly, to show love, friendship, or reverence. In English, *kiss* comes from the German *kuss*, and it's believed that the word was inspired by the sound made by an actual kiss.

Kissing is the universal manifestation of the affection that humans feel; it is an expression of eroticism in all cultures. Aside from the passion or emotion that comes with it, all of the senses combine

in a kiss. If every sense by itself is capable of eliciting a strong emotional response, all of the senses in action at once can send us soaring to the heavens.

The kiss diet can make a world of difference in a romantic relationship. Follow all the instructions in this section carefully and recommend it to your friends. You'll contribute to a happier, more loving world, full of kisses!

The First Kiss

A kiss is often the first overtly sexual contact we have with a new partner. And this first contact can be crucial. Depending on how it goes, we can use it to decide whether there will even be a next date. Maybe women place more importance on the first kiss than men do—but maybe not. What was your first kiss like?

I remember my very first kiss as if it were yesterday, although it happened many years ago when I was almost thirteen years old. My first kiss was at a birthday party for one of my friends, and the boy I kissed was my friend's cousin. He was about fifteen years old and I thought he was very handsome. His name was Hector, and I think I must have really liked him because I remember watching him ride around the neighborhood on his bicycle. At the party, he asked me to dance to a few rock songs before he asked me to slow-dance, and then he pulled me close to him.

After that first slow dance, we went to another room in the house where it was quiet and we could be alone. He held me tight and gently kissed me on the lips. I felt like I was flying; my body seemed to float right up off the floor! While Hector kissed me, I literally started to see little stars dancing before my eyes, and my body still seemed to be hovering in midair. My level of consciousness had altered and expanded, and I had entered a new, magical, dreamy world. I've since experienced this state of awareness while meditating or through guided visualizations with brilliant instruc-

tors I've been fortunate enough to meet. It was almost a divine experience.

That day, with that kiss, I discovered the most beautiful feeling in the world: It was love.

Even though I'm now happily married and very much in love with my husband, I will never forget that incredibly beautiful, very pure first kiss.

Kissing Techniques

The first kiss isn't always magical—for many people it can be downright stressful, especially for people who are very shy and tend to fear rejection.

Kissing is by definition the expression of a feeling, and from the very first time we kiss in a totally intuitive way, since it's hardly something that's taught in school. But while still following our intuition and respecting our feelings, there are a few effective techniques that we can keep in mind to further enhance the experience.

Anybody can easily tell the difference between two sets of lips making superficial, meaningless contact and two mouths enraptured in a deep, passionate kiss. There are some women, especially those who practice Tantra, who can become aroused enough to reach orgasm through kissing alone—when it's the right kind of kiss.

Since the mouth, lips, and tongue can move completely voluntarily—while on the other hand, the genital organs of both genders move involuntarily—there are various techniques that we can practice to release sexual and spiritual energies through controlling the muscles we use to kiss.

The Daily Kiss Diet

Here is a list of kisses that you can practice every day of the month.

The Make-up Kiss: This is when the man presses his lips to his partner's until her anger subsides.

The Mysterious Kiss: The woman kisses the man in a fit of passion. She covers his eyes and closes her own. She then gently slides her tongue in his mouth and moves it from side to side.

The Upper Lip Kiss: Overcome with desire, the woman gently bites on the man's lower lip while he takes her upper lip gently between his teeth, and they both nibble on each other.

Little Sugar Kiss: The woman takes her partner's lips between her fingers, runs her tongue over them, and lightly bites them.

The Treasure Hunt Kiss: The man kisses the inside of the woman's mouth, exploring it with his tongue, and then she does the same for him.

The Playful Kiss: One partner teases the other by quickly pressing his lips to hers, and then pulls them back and does it again, unexpectedly. After playing like this, he gives his lover a full, passionate kiss.

The Wake-up Kiss: When one partner has been away on a trip and comes home to find his or her beloved asleep in bed. The returning partner kisses the other softly at first and then increases the pressure until he or she wakes up.

A Subtle Kiss: When both partners simply bring their lips together lightly.

The Vacuum Kiss: The woman takes the man's lower lip between her lips and draws it into her mouth while he sucks on her upper lips.

The Penetrating Kiss: The woman touches her man's lips with her tongue and closes her eyes. She then places her hand on his temple and thrusts her tongue into her partner's mouth, and vice versa.

The Black Kiss: The delicious kiss in which a woman kisses the area around her man's anus, and vice versa.

The Desperate Kiss: When the woman or the man, overcome with desire, kisses every inch of his or her partner's body.

The Pressure Kiss: One lover forcefully presses his or her lips against the partner's lower lip, then the partner responds to it.

The Magic Kiss: The woman or the man caresses the partner's lips with the index finger and kisses and penetrates the mouth with the tongue at the same time, still using the finger to caress around the lips, like a magic wand.

The Lizard Kiss: The lovers thrust their tongues into each other's mouths simultaneously, caressing from the teeth to the roof of the mouth.

The Kiss Addict: The couple engages in a kiss and keeps on walking or doing something else as their lips stay locked together.

The Elephant Kiss: Both partners push their lips out as much as possible and offer a kiss in this position.

The Distracted Kiss: While one lover is distracted, the other comes cheek to cheek. The distracted partner thinks this is the extent of the contact, but then the lover who approached surprises the partner with an intense, passionate kiss, watching the lover's face light up with desire.

The Forever Kiss: The lovers hug each other close, caressing each other tenderly for a long time, then, surrendering to passion, engage in a very long, continuous kiss for at least ten or fifteen minutes.

The Little Bird Kiss: A short, quick kiss, like a bird taking a peck and quickly flying away.

The Love-Bite Kiss: Little love-bites can be very stimulating when used in moderation. When the woman kisses the man, he playfully bites her lips, or vice versa.

The Sadomasochistic Kiss: One of the lovers forcefully licks his or her lover's lips or other body part, and then they reverse roles.

The Kiss Fetish: One of the lovers kisses the partner all over only on the parts of the body that are covered—the shoes, the socks, the shirt, the pants, the hair—but never on exposed skin. The partner being kissed must beg for a kiss directly on the lips.

The Naked Kiss: One partner promises to take off an article of clothing if the partner kisses him or her, until they are naked. The other lover can do the same to balance the situation.

The Erection Kiss: This is a very slow, deliberate, sensual, incredibly passionate kiss that a woman gives a man, starting at his ear, dropping to his neck, and then landing on his mouth. Can you imagine the results?

The Slow-Motion Kiss: One lover kisses the other lover's body, very slowly and deliberately.

The Juicy Kiss: The couple passes their favorite beverage back and forth from one mouth to the other as they kiss.

The Kamasutra Kiss: Choose a different position of the Kamasutra for each day, and kiss each other all over while in that position.

The Chef's Kiss: The couple pretends to be cooking up a special gourmet dish and place different delicious ingredients on each other's bodies, to be nibbled, sucked, and licked off.

The Good-bye Kiss: The couple pretends that one partner is about to go away for a very, very long time, and they kiss each other as if it may be the last time.

The Musical Kiss: The couple makes a game of seeing who can make the loudest, craziest noise during the kiss game.

Helpful Hints for Kissing

1. FRESH BREATH

Make sure your breath is fresh, especially if you smoke, since kissing should be a refreshing, clean sensation, provoking happiness and excitement. When bad breath is a constant, the other partner can lose interest in kissing. To make sure your breath is always fresh and irresistible, you can drink mint tea: It counteracts the bacterial agents that cause bad breath. Use an infusion of one teaspoon of dried mint per glass of water, and drink three or four glasses of tea per day.

You can also make an infusion with any of the following herbs:

- ♥ **Eucalyptus (*Eucalyptus globulus*):** This plant is rich in antibacterial elements, and it can be used as a mouthwash. Dissolve two or three eucalyptus leaves in an infusion in a glass of water, preferably water that has been boiled but has cooled.
- ♥ **Rosemary (*Rosmarinus officinalis*):** This has the same properties as eucalyptus, and it can be used in the same way: Make an infusion with cooled boiled water and dried flowers.

2. SALIVA

It's very important to make sure you swallow just before you kiss. Wet kisses can be nice, but when there is an overly abundant flow of saliva, the exchange of fluids can be utterly unpleasant for your partner.

3. THE FACIAL MUSCLES

The muscles in the face need to be exercised to be fully expressive and to help maintain a sexy, sensual mouth. To keep these muscles in shape, you should perform a daily series of self-massages on the face to improve elasticity. These techniques should be used by women who still have relatively firm skin. To give your facial muscles a workout, smile from ear to ear, then frown and wiggle your nose. It's also good to yawn, moving and stretching the mouth from right to left, while extending your cheeks as if you were blowing out a candle, exercising the lips at the same time.

4. THE LIPS

Remember that your lips are the most sensual part of the face, and best of all, they give kisses and receive them. To keep your lips in beautiful shape, the most important thing is to keep them moisturized. Vaseline, cocoa butter, lip balm, or marigold can work wonders.

BEAUTY SECRETS FOR IRRESISTIBLE KISSES

For Her

Men love incredibly sexy lips, and this means an expert makeup application. Paradoxically, most men hate kissing a woman wearing too much lipstick, but they won't openly admit it. So if you'd like, you can blot off some of your lipstick before kissing him.

The most important thing to give unforgettable kisses is to understand that what really drives men wild is when you penetrate his mouth, playing with his tongue with yours. Many women feel too embarrassed to penetrate a man's mouth with their tongue, because this action carries heavy sexual implications.

Touching and playing with the tongue is incredibly sensual, daring, and very erotic, and few women venture to try it on the first kiss. That's exactly why it will surprise men—and they like it. Familiarize yourself with the different kissing techniques described in this book, and practice them. Learn how to perform the penetrating kiss, the sadomasochistic kiss, and the playful kiss. Enjoy yourself, and kiss more each day.

For Him

All of the established sexual literature posits that a woman's upper lip is one of the most highly sensitive erogenous zones—it has even been suggested that there is a pathway in the nervous system directly connecting the upper lip to the clitoris.

The Kamasutra says that if a man stimulates his partner's upper lip, nibbling and lightly sucking on it, while she nibbles on his lower lip, both partners could be swept away on waves of pleasure.

The Japanese massage technique known as Shiatsu also suggests that massaging a woman's upper lip, either with the fingertips or the tongue, can unleash her sexual energy and stimulate sexual desire.

When you kiss a woman, make sure your mouth tastes sweet—eat a chocolate, caramel, mint, or strawberries, whatever flavor you think she'd like—before you kiss her. A sweet, tender kiss is one of the most efficient sexual stimulants for many women. Make sure she'll never forget the taste of you, and she'll be clamoring for more!

Visualize a World Full of Kisses

When you're feeling down or going through a rough patch with your partner, when your self-esteem is at an all-time low and you don't feel loved or desired, or whenever else you need it, think about how ev-

everything is a reflection of how you love yourself. The magic of visualization can work wonders.

Do the following exercise:

1. Try to relax in a quiet, peaceful place. If you'd like, you can light a pleasant-smelling incense or scented candles.
2. Put on some soothing music and dress as comfortably as possible. Lie down in a spot where you'll be most relaxed.
3. Visualize every cell in your body, and imagine that they are magically transformed into tiny kisses, in all kinds of styles and colors. For example, red, aggressive, sweet, tender, loving, shiny, passionate, sensual, attractive.
4. Imagine that you're hugging yourself and giving yourself caresses in your mind—or actually wrap your arms around yourself. When you really feel that you truly love yourself, imagine that the person you desire is standing in front of you.
5. Kiss and hug that person in your mind.

When you least expect it, you'll see how the energy of your love can work miracles in your relationships. Just wait—the hugs and kisses will take care of you. Love's naturally unfolding magic never fails.

Kisses for Every Erogenous Zone

An erotic kiss doesn't have to be a kiss given to the genital area. Erotic kisses express a lover's intention of awakening sexual desire in the other. A heated kiss on the neck, for example, could be an erotic kiss.

Erotic kisses are a wonderful revelation, and given their low risk and high pleasure, couples should engage in them as often as possi-

ble. Successfully delivering a passionate, erotic kiss that will drive your partner wild requires knowing how to use your lips, tongue, and mouth to their maximum potential. The mouth is analogous in the erotic arts to the jade hammer of the Kamasutra, a symbolic penis, and the jade door, a symbolic vulva. The mouth's tissue, a blend of skin and mucous membrane, is also incredibly sensitive. The sensitivity can be heightened even more by constantly moving the tongue, as long as it's not too fast and doesn't give your partner a sensation of drowning. The perfect places for erotic kisses are

- ♥ **Eyes:** The eyes are one of the most overlooked areas of the body when it comes to sex, but kisses over the eyelids can be exquisitely pleasurable. The nerves under the eyebrows can be stimulated with light kisses over closed eyes, inducing a state of relaxation that can make the sex act even more pleasurable. Make sure you don't use too much saliva—just kiss the eyes with lightly moistened lips.
- ♥ **Ears:** As a warm-up to more explicit sexual contact, the ears are delightfully sensitive to oral stimulation. This part of the body is especially sensitive and sensual in men, and stimulating the ears can quickly produce an erection. Lightly stimulating the earlobe, the inside of the ear, and the area behind the ear will heighten a man's sensitivity to direct sexual stimulation.
- ♥ **Mouth and Tongue:** Lips grow more sensitive as levels of sexual excitement rise, making them more sensitive to caresses and kisses. The tongue allows direct erotic contact with all areas of your partner's body.
- ♥ **Neck and Shoulders:** This highly sensitive area can be stimulated with the hands or the mouth, causing waves of

pleasure. The neck holds a special power of attraction for men as well as women; it is the symbolic union of the body and mind.

We all like to get massages and kisses in this mysterious part of the body. The neck, especially the nape of the neck, is very sensitive, and so are the sides of the torso. When a woman accepts prolonged kisses on her neck, that means she is ready to accept kisses anywhere on her body. The arms, armpits, hands, back, hips, and lower abdomen can be erotically and sensuously stimulated by a sensitive lover. We all have a little bit of vampire in us, and can enjoy sucking that special sensitive spot on our lover.

- ♥ **The Inside of the Forearm and Elbows:** These areas are also often overlooked. Lightly caressing these areas with the hands can be highly pleasurable, as long as you are careful not to make it tickle. The forearm is well known for its romantic symbolism. When a man kisses this part of a woman's body for the first time, he is demonstrating a certain gentlemanly, aristocratic air.

- ♥ **The Breasts:** Kiss, suck, and lick the nipples very tenderly. This zone is a source of great erotic pleasure for women and men alike. Studies have shown that kissing or manually stimulating men's nipples for a few minutes straight will always produce an erection. Why deprive yourself of such an efficient, pleasurable sensation? Just a few minutes is all it takes. For women, this is no doubt one of the most erogenous zones of the body, and if you stimulate the nipples using a special lubricant or tracing circles with the tongue, some women can reach orgasm with that stimulation alone. The rest of the breast area requires a very delicate, light touch.

- ♥ **Belly:** This is a highly vulnerable area. It isn't protected by bones, like the thorax or pelvis, which makes it a very tender, sensitive area. To let your partner touch you freely there implies you must have very high levels of trust in the relationship. Many people do not like to be touched or kissed there at all. Think of animals: When they let you rub their bellies, they lie on their back and assume a posture of weakness and total vulnerability. Learning how to accept pleasure through stimulation of the belly is discovering and accepting one's own vulnerability. Try to kiss and caress your partner there, very gently. It can be very pleasurable, especially if you slowly move down toward the genital area.

- ♥ **Navel:** The navel and the area immediately surrounding it is highly sensitive. Most men and women enjoy being kissed there and caressed with the fingertips, lips, penis, or breasts.

- ♥ **Waist and Hips:** Caressing and softly kissing all around this area creates a pleasing, subtly pleasurable sensation that can be intensified with more forceful stimulation.

- ♥ **Back:** All along the spine are nerves that can be effectively stimulated with your hands or your mouth, always moving upward toward the head. The most sensitive parts of the back are the nerve endings on the spine; the easiest area to stimulate with the fastest results is the base of the spine. Gently stimulating this area can give you some exciting results. For example, you can kiss the base of the spine around the pelvis, caressing and kissing in varying rhythms and intensities. You can kiss your lover's back all over, gently flicking your tongue over their skin.

- ♥ **Perineum:** The area between the genital organs and the anus can be very sensitive to manual and oral stimulation. Kiss it, caress it—you will drive your lover wild.

- ♥ **Anus:** This is a very sensitive part of the body. Kissing this area on a man or a woman can set the stage for a multi-orgasmic explosion!

- ♥ **Fingers:** We constantly rely on their sensitivity to feel textures, forms, and shapes. This sensitivity makes them an ideal tool for sexual stimulation. Kissing your lover's fingers very sensuously and then putting them into your mouth can be incredibly arousing for men and women.

You can also experiment with gently biting the parts of the body we've just mentioned, and observing your partner's response. Many people really enjoy this sensation, even during the sexual encounter.

A kiss, a hug, or a caress can last a mere second, but they can bridge gaps, overcome our differences, even change our lives. Using the diets in this chapter, you'll see that not only will you feel more, you'll be so happy that the sun will seem to smile down on you every day. Every cell in your body will feel so loved, your soul will sing a new song, calling out to the hearts of everyone you meet.

Four

THE EROTIC INTELLIGENCE DIET— STIMULATING ALL THE SENSES TO THE MAX

My hands trace your body with passionate caresses, creating a symphony of pleasure, as I unlock your fantasies, like a secret treasure. I want to sculpt you, to compose you like a poem, and perfect the art of making love, together, with you.

AWAKEN YOUR SENSES

Intelligence is the human being's ability to efficiently adapt to society, in the broadest sense of the word, and in particular to their work and social entourage. The most important factor in the devel-

opment of our erotic intelligence is the complete stimulation of the five senses (touch, taste, sight, smell, and hearing). When all of our senses are in harmony, we can go out into the world and know how to properly react, think, feel, and experience happiness in all its forms.

The constant stimulation of the five senses is the primary mechanism that helps feed our imagination and creativity: It's what connects us and helps strengthen our understanding of the world around us and our relationships with others.

So what is erotic intelligence? The act of making love is the ultimate manifestation of erotic intelligence, because in a sexual, loving relationship, our bodies are receptive to all of the senses. When you are sexually excited, your entire body vibrates, your senses become highly alert, your emotions flow easily, and your thought process shifts into a higher gear because your mind takes off in flights of fantasy.

As the senses awaken, the body's energy is unblocked and revitalized, emotional energy flows freely, and the conscious mind witnesses the complete, total enjoyment of sex and love.

THE TOUCH DIET

The act of touching is a nonverbal way of communicating with someone, as any form of communication. Certain situations are conducive to touch, while others inhibit it. Although we have already talked about touch in the Stimulating, Rejuvenating Recipe of Caresses (page 41), here are some examples of instances when touch can help ease communication:

- ♥ When giving information or advice to someone, you can touch the other person, so as to emphasize the message you are trying to convey.
- ♥ When you request something from someone, you may find yourself more inclined to touch that person than when you are in the position of receiving an order.

- ♥ When you try to convince someone of something.
- ♥ When the conversation is serious and it closely involves your feelings or those of the person you are talking to.
- ♥ When you have to deliver bad news.
- ♥ When greeting or saying good-bye to someone you care about.
- ♥ When you desperately want someone to notice you.

If you want to deepen the connection you share with your partner and want to establish an erotically intelligent relationship by stimulating the sense of touch, practice the following exercise as you prepare to make love.

Naked Touch: An Exercise for Two

This exercise can be very exciting and highly erotic for couples who are looking for new ways to reignite their passion or for newly formed couples who are just getting to know each other.

While naked, tie a handkerchief around your partner's and your eyes, and focus all your attention on touching and being touched. Explore your partner's body with your eyes closed: Let yourself go and explore even the most unlikely areas of the body with your fingers as well as with your lips to fully penetrate the world of the senses and reach a state of total ecstasy. Remember, it's very important to ask your partner what he or she likes, and how he or she likes it. Communication is one of the most important ingredients of any Love Diet you may follow: Make sure you say what you feel, and forget about conventional morality.

In this exercise, by closing your eyesight with the blindfold,

you can further listen to your lover's provocative whispers. When your bodies begin to tremble with passion, and your desire can no longer be contained, make love as if it were a sacred rite.

A DIET FOR EVERY PALATE

I'd like to taste you.

To discover all the flavors that are inside of you.

I'll give you so much pleasure if you'll let me,

Every cell in your body will smile.

The Flavor Map

We have more than 10,000 taste buds that allow us to savor the many different flavors of life. How do they work?

These taste detectors are organized on the tongue according to the flavors they perceive. Acidic tastes are detected on the sides of the tongue, bitter tastes at the front. Salty tastes are perceived in the middle of the tongue, and sweet ones can be found at the tip. You can experience the wide range of flavors that your tongue can detect. Take a bite of something and then kiss your partner to see if he or she can detect the same flavor from your tongue.

If you'd really like to spend some time on this exercise, try to do it with just two different flavors at the same time so as not to oversaturate your taste buds. For example, try something sweet, like a spoonful of whipped cream or vanilla ice cream, and share it. After tasting that, wait for about ten minutes, and then try an acidic flavor such as a lemon or green apple and compare the sensation. Notice how different it feels.

Kisses are another excellent form of experimenting with flavors and sensations in your mouth. In the Kiss Diet section (page 55) you will find an extensive list of kisses that you can try out with your partner. Have fun!

Oral Sex

Oral sex is another fun and sexy way of experiencing your lover's flavors to the fullest. Not only can you find out what he or she tastes like, but you can also discover how your lover reacts to the unique stimulation of your mouth's attentions.

Oral sex is a very sophisticated way of exploring, provoking, and measuring your partner's sexual rhythm. As you begin to get more practice, you will be able to see the development of your partner's sexual response until reaching orgasm. With this technique, you can both regulate and control the sexual energy, as well as provoke unlimited sensations of ecstasy in the person you love.

Some Tips for Performing Oral Sex

Be very careful with your teeth. While a carefully measured, extremely light contact from the teeth may be okay, for the most part refrain from using your teeth while performing oral sex, for it can provoke sensations that are anything but pleasurable in your partner.

As you notice your partner's excitement increase, also increase the speed and vigor of your attentions.

Always be very aware of your partner's gestures and body language. That will tell you what excites him or her most, and what you need to continue to do to give them pleasure.

FELLATIO

Fellatio is an oral sex technique that consists of stimulating the male genitals with the mouth or tongue until he achieves a state of full excitement (erection) or ejaculation. Here are some tips to maximize pleasure for both partners.

1. Form an O with your lips, carefully placing them over the head of the penis, and move your head in small circles.
2. Run your closed lips over the length of the member, first on one side, and then the other.
3. Take the tip of the penis lightly between your lips, gently sucking it, drawing in the softness of its skin.
4. Let the entire member into your mouth, and apply firm pressure to its length with your lips. Hold the pressure for a moment before releasing it.
5. Again make a circle with your lips, and kiss the entire length of the penis, sucking and kissing at the same time.
6. While you're covering his penis in kisses, let your tongue lightly flutter all over it, finishing at the tip. Lick the tip repeatedly, as the head is the most sensitive part.
7. Take his member as deeply into your mouth as you can (without suffocating!), while gently sucking and applying pressure with your lips.
8. Always be very careful when caressing the testicles: This is an extremely sensitive area for men, but if they are gently, sensitively touched, they can provoke very high levels of pleasure.
9. Never blow inside the penis. This can cause dysfunctional problems.
10. The big finish: This is your decision. You can take him to climax, and if you do, it's up to you to let him ejaculate in your mouth. If you do let him come in your mouth, you can either swallow it or not, depending on whether the taste is pleasing or disagreeable to you.

The taste of a man's semen depends in large part on his diet. Asparagus and alcoholic beverages can make a man's semen extremely bitter, while on the other hand, milk, honey, and natural fruit juices (aside from citrus) can produce a sweeter taste.

A few condiments that can add to a fantastic session of oral love-making are honey, cinnamon, apple juice, and chocolate syrup.

CUNNILINGUS

Cunnilingus is when oral sex is performed on a woman, stimulating her entire vulva and clitoris. Women who enjoy oral sex often form a special emotional bond with their partners, and in some cases can even reach orgasm more quickly this way than through penetration.

If your partner knows how she likes oral sex and you'd like to become an expert in this art of love, listen to her, let her guide you, pay attention, and ask her to tell you what she wants so that she will feel more comfortable. Also, try following these tips to become a consummate expert in oral sex:

1. Using your fingertips, play with the pubic hair, lightly pinch the outer labia, bring them together and slowly kiss them.
2. Gently separate the lips of the vagina with your nose and let your tongue caress her sex.
3. Slowly trace little circles with your nose, lips, and chin, and press your lips to her vaginal lips. Kiss her passionately—as if you were kissing her mouth. You can also gently nibble and suck on her clitoris, holding it between your lips.
4. When her sex has become very moist, gently blow on it. This causes a highly pleasurable sensation for many women.

5. Form a U with your tongue and slowly lick her, using long strokes of your tongue, starting at the clitoris and ending at the entrance to the vagina.
6. Make your tongue stiff, and tease the vaginal opening. Try to insert your tongue inside. If you want to insert a finger inside her vagina, don't do it right at the beginning—wait. The pleasure that the sensation of your finger can provide may “distract” from the exquisite pleasure of your tongue's attentions, which is more sensual but less intense.
7. For some women, as they come closer to reaching orgasm, and for a short time afterward, they become so highly sensitive that they cannot tolerate having their clitoris touched at all. If this is the case with your partner, stop for a minute and wait until she signals you to continue with your caresses and kisses.

A MATHEMATICAL FORMULA THAT NEVER FAILS:

THE 69 EQUATION

This recipe for pleasure was first experimented with by the Taoists in China. Taoism teaches that mutual oral sex forms a highly stimulating energy circuit for the couple, bringing the systems of the body into perfect harmony and fomenting vitality in the body's erogenous zones.

The 69 position is one of the most pleasurable positions of all the many variations of oral sex; it consists of inverting your body in relation to your partner's, so that while the man sucks on his partner's clitoris, the woman kisses her partner's penis and caresses his testicles.

Usually, the woman lies on top of the man, positioning her genitals over his face, her mouth over his penis. But there is another alternative position that is much more comfortable, allowing both partners to feel much more relaxed. In this position, both partners lie on their

sides, facing each other in an inverted position, with their heads over the genitals of the other.

This is one of the most successful positions for oral stimulation because it allows for a more intimate, perfectly balanced exchange, and lets both partners achieve orgasm simultaneously.

For women who enjoy oral sex, there are many products on the market to make it even more interesting, such as creams and oils. You can apply them to the area around your vagina. You can surprise your man with new flavors, like almond, vanilla, or apple, among many other possibilities. These products can change the taste of a woman's fluids, while also strengthening the body's immune system. In some cases these products even help eliminate the presence of unwanted bacteria.

Aphrodisiac Recipes for Lovers

A healthy diet can help you and your partner taste better during oral sex. Taste can be stimulated with delicious, tasty meals that also contain aphrodisiacal properties to stimulate the body and mind. Here are four of my very favorite recipes for aphrodisiacs, which you can lovingly prepare at any time of day.

Liquid Orgasm *(perfect for breakfast or as a light snack)*

INGREDIENTS FOR TWO SERVINGS

- 6 strawberries (frozen or fresh)
- 1 banana
- 1 cup apple juice
- 1 tablespoon liquid ginseng
- 1 tablespoon honey
- 2 strawberries, for garnish

PREPARATION

Mix the first five ingredients in a blender. If you'd like, you can also add ice. Serve the smoothie in tall glasses, garnished with the strawberries.

Venus Avocados
(a succulent appetizer for lunch or dinner)

Refreshingly flavorful, and a powerful aphrodisiac.

INGREDIENTS FOR FOUR SERVINGS

- 3 avocados
- 1 small head of lettuce
- 5 celery stalks
- 4 tablespoons peeled almonds
- Oil and lemon juice, to taste
- Salt and pepper, to taste
- 3 teaspoons cream
- 3 hard-boiled eggs or tomatoes, for garnish

PREPARATION

Peel the avocados and chop them into cubes. Separate the leaves of lettuce, wash them, and line a salad bowl with them. Chop the celery into small pieces. Spread the avocado, celery, and almonds over the lettuce leaves and season with oil, lemon juice, salt, and pepper. Add the cream last, spreading it evenly. Garnish with hard-boiled egg slices or tomato wedges.

Gingseng Salmon (for lunch or dinner)

This is the perfect dish to serve as a prelude to lovemaking. It strengthens sexual potency, it energizes, and in the summer, it provides the necessary nutrients to prolong the act indefinitely.

INGREDIENTS FOR SESAME SOY SAUCE

- 2 tablespoons soy paste
- 1 tablespoon green pepper sauce
- 2 tablespoons sesame seeds
- 2 tablespoons minced garlic
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 tablespoon vinegar
- 3 tablespoons white wine
- 1 tablespoon sesame oil

INGREDIENTS FOR FOUR SERVINGS

- 1 small root fresh ginseng
- 1 red pepper
- 1 cucumber
- 1 radish
- Lettuce
- 12 filets smoked salmon

PREPARATION FOR SAUCE

Mix all of the ingredients and pour into a salad dressing bottle.

PREPARATION FOR SALMON ROLLS

Wash the fresh ginseng with a brush, and cut it lengthwise into three parts. Cut the pepper into lengthwise strips, and julienne remaining vegetables. Rinse with cold water. Spread

the vegetable mixture over a flattened salmon filet and roll it up. Serve the salmon rolls with the sesame soy sauce.

Passion of the Gods (perfect for dessert)

This recipe is a chocolate mousse that you can share with your lover at the dinner table or in bed. Let your imagination run wild...

INGREDIENTS

- 1 packet nonflavored gelatin
- 2 tablespoons cold water
- ½ cup hot water
- 1 cup whipped crème chantilly
- 6 ounces semisweet chocolate, melted
- 2 egg whites, well-beaten until frothy
- 1 sponge cake

PREPARATION

In a mixing bowl, add the gelatin to the cold water. Let it sit for a few minutes and then add hot water. Stir until the gelatin dissolves completely. Let it cool. In another bowl, add the whipped cream and then add the lukewarm melted chocolate. Add the gelatin mixture and the well-beaten egg whites and mix. Set aside. Cut the sponge cake into slices and place them in a square baking dish. Pour the chocolate mixture over the cake slices. Cover and refrigerate for a few hours. Serve cold.

A DIET OF SMELLS

You are a mystery of countless energies coming together in endless dimensions. Accept it, and move with exquisite sensitivity and clarity, picking up

the scent of love. Each one of your senses is the integration of ecstasy that you can give and receive to your lover. This action will be a perfume for all of creation.

Aromas and Dimensions of Pleasure

Our culture places so little value on the sense of smell that we haven't even developed an adequate vocabulary to properly describe it. It's almost impossible to describe how something smells to somebody who has never experienced it. An infinite array of words exists for the subtlest variations of color, but very few exist to describe the different shadings of scent.

There are some scents that can heighten eroticism to its maximum, since scent functions on a subconscious level. These scents allow us to evoke very early sensual experiences that we may not even remember, like something from our earliest childhood, or something that gave us great pleasure. It could also evoke a blocked memory from adolescence, which nevertheless awakens in us a refreshing feeling of liberation.

To be more consciously aware of the sensuality contained in each scent and how they connect us to our lovers, you can try one of the following exercises.

- ♥ **For both partners' pleasure:** Remember how your partner smelled that very first time you made love. Remember how his or her scent made you feel.

- ♥ **To stay close:** When he's away on a trip, you can wear one of his shirts when you go to bed. When she's away, pack one of your shirts or handkerchiefs in her bag to remind her of you and shorten the distance that separates you. In doing this, you can have your partner's scent with you all night long—even when you're apart.

- ♥ **To intensify the moments after sex:** Take in the aroma of the sheets after you make love, and talk about how it feels or what you associate with that scent.

- ♥ **A wonderful little recipe for helping you and your partner make up after a fight:** Evoke the other person's uniquely erotic scent by remembering the hottest moments you have shared together in bed.

Recipes for Natural Scents

We can use natural perfumes and scents to strengthen our sex lives and intimate relationships. Stimulating the sense of smell causes pheromones—the natural chemical signals between organisms that stimulate sexual attraction or other genetic responses—to react. Although pheromones themselves do not appear to have a specific odor, they provoke erotic reactions through scent receptors. It has been scientifically demonstrated that these substances are particularly active in women who are ovulating. Scientists are currently investigating just how stimulating these chemical substances—which are naturally produced by the body—are and how they cause a reaction in the olfactory receptors of the other person. Science hopes to eventually explain the great mystery of attraction between men and women, and what exactly it is that we call sexual chemistry.

Using their sexual intelligence, a couple can make a ritual out of using certain scents in a room or on their bodies that will produce the desired sensory response or level of excitement in the couple. Couples can use natural perfumes to make any day a special day.

PERFUMES AND SCENTS

Formulating a perfume is an art because it embodies the natural expression of all the senses that human beings experience. People have

always associated the scent of wood with sensuality, the scent of flowers with romance, and the scent of citrus with vitality.

In ancient times, while the Romans—renowned connoisseurs in the art of physical pleasure—focused their efforts on the sensuality of appearance, the Egyptians concentrated on creating ointments to perfume their bodies, and associated the use of scent more with bolstering physical health than with sensuality.

Here are some recipes for perfumes that you can make yourself to bring love's magic into your home.

Water of Venus, a Natural Perfume

The ingredients of this perfume are stimulants, meaning they have the power to awaken the senses. They let your mind relax, revitalize the skin, and have a positive effect on the circulatory system. If combined as in this recipe, they can create a highly erotic atmosphere. The effects of this perfume are especially potent when a woman applies it in a circular motion to her erogenous zones, such as around the nipples, in the armpits, under the breasts, on the nape of the neck, at the small of the back, and around the navel. It's also helpful to apply a few drops to the hands or wrists.

INGREDIENTS

- 4 tablespoons fresh rosemary, crushed
- 3 tablespoons fresh mint, crushed
- 3 tablespoons rose petals, crushed
- 1 tablespoon grated lemon peel
- 2 tablespoons orange-flower water
- 2 tablespoons alcohol (vodka works best)

PREPARATION

Combine all the ingredients in a hermetically sealed crystal or glass bottle and let them sit for two weeks. After two

weeks have passed, filter the ingredients thoroughly. The resulting liquid perfume should be kept in a bottle for two more weeks, until it matures.

Essence for Soulmates, a Natural Perfume

The ingredients of this perfume can be varied, and it can be used by both partners to provoke a perfectly synchronized sexual chemistry. The combination of aromas for both sexes neutralizes the masculine and feminine energies, creating a more balanced harmony for the couple. You can choose three different essential oils to use, according to your personal preferences.

INGREDIENTS

- 14 tablespoons common alcohol
- 2 tablespoons rose water
- 6 drops each essential oils

Choose one of the following combinations:

- ♥ LAVENDER, ROSE, BERGAMOT (refreshing aromas for spring or summer; can be used in combination for both sexes)
- ♥ ROSEMARY, SANDALWOOD, AND YLANG-YLANG (a perfect essence to enhance a man's magnetism)
- ♥ LEMON VERBENA HERB, JASMINE, AND LEMON (energizing, rejuvenating aromas for the body and mind; can be used in combination for both sexes)
- ♥ ORANGE BLOSSOM, ROSE, GINGER (most popular combination with women, since it creates a delightfully seductive ambiance)

PREPARATION

In a hermetically sealed bottle, combine the alcohol, rose water, and the essential oils of your choice. Place the bottle near a sun-exposed window or other warm place, as in the kitchen, and leave it there for three weeks. Important: Shake the bottle every day. After three weeks, filter the ingredients and bottle them.

ELABORATION

This perfume can be diluted with distilled water. When you do this, only produce a small quantity at a time because the essential oils are highly volatile and break down over time. A perfume can be stored for up to two years.

Immersion Baths

These baths give us a sensation as soothing as returning to the womb, where liquid totally surrounds us, infusing us with love. They are as sensual and comfortable as immersing yourself in a crystal-clear lake; as stimulating as a long night's sleep, filled with pleasant dreams; as cleansing as our souls taking flight, soaring toward the heavens.

Immersion baths are a very special ritual for the stress-filled world we live in, so they require a little bit of planning. Although you do not need to meet all these suggestions for an immersion bath, you should try to meet the following conditions as much as possible to achieve the desired romantic, sensual climate:

- ♥ Choose a time of day when your home will be quiet.
- ♥ Create as peaceful an environment as possible.
- ♥ Have a positive attitude.

- ♥ Focus on your desire and visualize that it has been attained.
- ♥ Keep an open, peaceful mind, so that the energy will flow toward the object of your desire, like a magic ritual.
- ♥ A dimly lit, romantic atmosphere will help your romance take flight.

Some optional ingredients for a romantic bath:

- ♥ Champagne to sip
- ♥ A cream liquor
- ♥ Some food with aphrodisiac properties, such as chocolate, fruit, honey, etc.
- ♥ Lemonade or fresh fruit juice
- ♥ Incense

Flower Caresses: Natural Bath Gel

If you and your partner would like to set aside some private time to bathe together—it will strengthen your bonds of intimacy and romance—you can try this natural flower bath gel. It soothes the skin and benefits circulation. This gel also increases your energy flow because its aroma acts as a mood elevator, creating a positive state.

INGREDIENTS

- 1 tablespoon fresh or dried lavender
- 1 tablespoon fresh or dried thyme
- 1 tablespoon fresh or dried chamomile

- 1 cup water
- 12 tablespoons grated hand soap (about 1 bar of soap)
- 5 drops essential lavender or thyme oil

PREPARATION

1. Grind the herbs with a mortar and pestle until they form a fine paste.
2. Heat the water over a strong flame in a saucepan and, as soon as it boils, add the soap, stirring until it is completely dissolved.
3. Remove the pan from the stove and add the ground herbs and essential oil.
4. Let the mixture cool. Pour it into bottles, label them, and put them in the refrigerator.

DIRECTIONS FOR USE

Put 3 or 4 drops of gel onto a damp washcloth and rub it over your body. You can massage each other's bodies with the washcloth, using a circular motion, gently stimulating the erogenous zones in a tender, delicious way.

Wings of an Angel: Immersion Bath

This milky bath serves as a relaxant, and it can be used to nourish and soften both partners' skin before making love. Milk contains essential nutrients the body needs, especially for soft, young-looking skin, and men as well as women will benefit from this terrific recipe.

INGREDIENTS

- ½ cup powdered milk (soy milk may be used as substitute)
- ¼ cup cornstarch

¼ cup honey

5–9 drops jasmine oil for a woman, rosemary for a man; if a couple wishes to bathe together, use lavender or chamomile

3 tablespoons spring water or distilled water

PREPARATION

Combine the powdered milk, cornstarch, honey, and chosen oil in the blender or food processor. Slowly add water until the mixture is creamy. This can be prepared and stored in the refrigerator for up to one week, but no longer.

DIRECTIONS FOR USE

For an aromatic, relaxing bath, add the delicious bath milk to a tub full of hot water. Enjoy the wonderfully sweet sensation that will overtake you.

FURTHER OPTIONS

Light a scented candle.

If your partner is with you, give each other a foot massage while you bathe.

You can listen to your favorite music while getting ready to be tenderly caressed and loved.

One partner can begin by gently passing a soft-bristled brush over the other partner's entire body (except the breasts and face). The bristles of the brush should be soft enough that they won't irritate or damage the skin. This stimulates the circulation and gets rid of dead skin cells. Then the oils in the bath will be even more effective. Start with the soles of the feet, then move to the toes and the tops of the feet, and work your way up. Give special attention to areas that are overdry and brittle (but avoid raised moles). Your skin will feel energized and radiant after this treatment. Then change roles with your partner, and get ready to make love.

Sexy Bubbles: Bubble Bath

You don't have to have a Jacuzzi in your home to enjoy a good bubble bath. With some candles and soft, romantic music, you can create your own sensual atmosphere. This recipe is for a bubble-bath gel that has several beneficial qualities: It helps the skin retain water, fighting dryness and dehydration. And it also protects the skin from harmful external agents and promotes elasticity and smoothness.

INGREDIENTS

- 2 eggs
- 1 cup olive oil
- 12 tablespoons almond oil
- 2 tablespoons honey
- 12 tablespoons milk (soy milk may be used as substitute)
- 8 tablespoons vodka
- 1 tablespoon soap flakes (such as Dove, Unilever, Zest, Irish Spring, or another brand of mild soap that you like; it could be a glycerin soap)
- 5 drops essential lavender oil

PREPARATION

Beat the eggs and blend in the olive oil, almond oil, and honey. Add the milk, vodka, soap flakes, and essential oil. Mix well. Once it is well blended, store in labeled glass bottles in the refrigerator.

DIRECTIONS FOR USE

Add a large spoonful to a tub filled with warm water. Enjoy this wonderfully stimulating bath.

The Properties of Incense

Facilitates concentration and individual or group meditation

Creates a pleasant environment at home or at work

Dispels negative energies

Attracts positive energy and purifies the environment

Helps channel positive forces toward our desired goals

Relaxes the mind, bringing it into harmony

Incense

Since the beginning of recorded history, incense has been used for all kinds of celebrations and rituals. It has been incorporated into sacred religious rites as well as into everyday life, and of course, wherever love's magic wants to make its presence known.

Climax: Natural Incense

This incense blends two elements: cinnamon, which acts as an aphrodisiac and mental stimulant, and sugar, which infuses the environment with tender sweetness. This combination creates a very powerful energy and a unique scent. This incense will facilitate complete sexual enjoyment.

INGREDIENTS

1 cinnamon stick, in pieces

1 cup fresh mint

1 tablespoon brown sugar

Organic charcoal briquets for burning

Where to Find the Ingredients to Make Incense

The ingredients listed in this section can be found in supermarkets and farmers' markets, held in many cities. They can also be found in stores that specialize in organic foods and products.

PREPARATION AND DIRECTIONS FOR USE

Mix together the cinnamon, mint, and brown sugar. Burn the mixture over red-hot coals that have been previously lit. Burn the incense a half hour before you plan on making love so the evocative aroma will still be potent.

In case you don't have time to make your own incense, you can buy ready-to-use incense in sticks or cones.

Sunday: The perfect incenses are cinnamon and sandalwood, which have magical aromas to favor a loving union, good health, and success.

Monday: Patchouli and jasmine favor a good mood, necessary to face the coming week with a special spirit of romance.

Tuesday: If you want to awaken passion, stimulate attraction, and bewitch your partner, use rosemary and rose incense.

Wednesday: Mirra and Benjui are two scents that act as a sexual tonic and dispel negative energy, improving and strengthening positive emotions in the home.

Thursday: Many people choose this day for first dates, and many couples who are dating go out on this day, before the weekend. To strongly attract and retain sensuality for a couple, laurel and lavender incenses are perfect.

Friday: For this especially romantic day, using amber and cedar will have a powerful sedative effect, good for eliminating any stress built up over the week, clearing the way for love.

Saturday: To strengthen positive energy and open a new mental dimension to prepare for a Saturday of fiery passion, use violet and lemon incense.

Endless Sensual Attraction: Natural Incense

The aroma that this incense gives can be used to strengthen and reaffirm your relationship. You can use this during quiet, romantic moments with your partner, to accompany a candlelit dinner, for everyday use, or for lovemaking.

INGREDIENTS

- 1 teaspoon geranium
- 1 teaspoon apple skin
- 1 teaspoon honey
- 1 teaspoon orange blossom
- A pinch cinnamon
- A pinch brown sugar
- Organic charcoal briquets for burning

Prepare the incense and burn it as explained in the previous recipe.

Scents are a fundamental ingredient when it comes to establishing a relationship that is satisfying and complete, in harmony with your body and your partner's. And it can be used as a fun way to make the first move and create a seductively aromatic atmosphere for

your first date. The sense of smell forges an intimate bond with the other person, for when we get close enough to smell someone's perfume on his or her skin, we show that we are not inhibited, and we can easily give ourselves over to our sensual nature, our most fascinating, liberating side. Don't hesitate: Seduce and captivate with the scents contained within these pages.

DIETS TO ENHANCE YOUR EROTIC VISION

I feel your excited, sensual look

and I recognize myself there.

I'm a reflection inside you,

I live in your eyes.

I perceive my existence only through your own light.

Look, and You Will Find

Romantic encounters always start with a look full of admiration or desire for our lover's body. Fully dressed or completely nude, the body is a physical presence. In the instant we want to express our desire or love for someone, it becomes the most important object in the whole world.

We use our sense of sight to observe the object of our affection, and we try to detect in their gaze if they desire us. We see the body in all its splendor. We watch as our lover's skin seems to join with our own, forming a new, perfect substance in the alchemy of love.

Maybe at that moment in time we are no longer seeing: We simply perceive a world filled with tastes, whispers, visions, shadows, lights, textures, etc. It's important that this marvel which begins with a flame of desire, the very first time we see each other, is reflected in ours and our lover's gaze. The higher the level of conscious awareness in every act of love, the better we will capture the heart of our beloved.

Love's intensity does not have to subside, as long as we can learn to replicate the same innocence, that fervent desire and longing, that we felt the very first time.

The Positions and Their Advantages

Every romantic situation is totally unique and cannot be repeated, even if we make love to the same person for our entire lives. Our moods change, our bodies need change. Our souls are constantly detecting and resonating with new realms of existence; our relationships are in a permanent state of transformation because we are constantly transforming ourselves.

Similarly, during sex, by changing positions and experiencing lovemaking as a continuous flow of transformations, we slowly learn to awaken all of our senses—especially our sense of sight.

In this section of *The Love Diet*, you will find detailed descriptions of all the positions of the Kamasutra. They will help you stimulate your sense of sight and keep learning about the art of love, enjoying it to its fullest.

When the Woman Can't . . .

Women often feel that their partners are in a rush when they make love, racing ahead to the finish line. Sometimes the woman may need a little help relaxing. To attain this, it can be a good idea for her to ask the man to lie back and relax while she kisses and caresses him for several minutes. Men who fail this test are usually the ones who rush or skip over foreplay, making for a generally unsatisfactory lovemaking experience from the woman's point of view.

For a woman to have multiple orgasms, she needs more than just her partner's help; it's very important that both partners feel great trust and affection for each other. If you are in a relationship with a woman who has difficulty in reaching orgasm, you need to sit with

your back to the wall and let her head rest in your lap as you caress her and tenderly embrace her. Feel your partner's affection for you. Find her or his heartbeat. Then change places, and rest your head in your partner's lap. You can do this exercise dressed or undressed, as a prelude to lovemaking or at any time.

To heighten your sexual satisfaction, it's important to focus on your own pleasure. Autoeroticism, or masturbation, can often provoke a special sexual concentration for women, and they can experience the most intense sexual pleasure through exploring themselves and touching their own erogenous zones.

What is a woman's biggest impediment to reaching orgasm?

Generally speaking, these women fear their lover's gaze. When you feel overly self-critical when you are nude, when you feel insecure about your physical appearance, your sexual energies are blocked. But if your partner is understanding, caring, and kind, he can work with you to find a solution to this problem.

Signs of insecurity in the sexual relationship:

- You usually want to have sex in the dark.
- You rarely let your partner see you naked.
- You worry about how your body looks while you're having sex.

To stop these anxieties from getting in the way of sexual pleasure, it's important to concentrate on being "in the moment." Fully experience every caress, every kiss, every touch, and every sound. Feel absolutely beautiful in the eyes of the person who loves you.

A DIET TO SERENADE YOU

The sense of hearing plays an active role in all the techniques in this section. By carefully focusing your attention on the sounds and tones of lovemaking, with each exercise your hearing should get a little sharper.

Communication is one way we use our hearing; the fewer prejudices and the less emotional baggage we have as listeners, the better we will be able to understand and empathize with our partners.

The following suggestions will not only help you develop your sense of hearing but will also help you become completely in synch as a couple—physically, emotionally, and spiritually.

The Art of Erotic Sounds and Their Different Styles

Listening is an art, and in the erotic sense of the word—even more than a musical symphony or a chorus of angels—it's very interesting to listen to the almost animalistic tone of humans making love. They can be very creative and even stunningly beautiful.

Who hasn't gotten excited just by listening to a lover's passionate moans? Sexual moans are an irresistible part of sex. Although most of the time they are spontaneously produced during the sexual act, they are involuntary and sometimes unavoidable. It's important to make these sounds in order to satisfy our partner's egos and to nonverbally communicate the pleasure we are experiencing. So, with a little bit of intelligence, sex appeal, and practice, you can create your own art form of erotic sounds. Here are some of the different types of sounds, for either gender.

- ♥ **Moans:** These are a form of expression between verbal and guttural that can serve as an excellent guide to help our partners understand what we like, to confirm the right kind of touch, or to simply express what we are feeling.

- ♥ **Panting:** This usually indicates that a climax is fast approaching. Panting—jagged, light breathing—is such an integral part of the orgasm that in the East, the technique of co-breathing has been invented to synchronize the lovers' respiration. It's an interesting technique because the panting happens in unison, using abdominal breathing, so that all of the air accumulates in the genital area and is then expelled in panting breaths.

- ♥ **Sighs:** These are verbalized aphrodisiacs that can be real or overdramatized, as part of sex play. The most beautiful sigh that a man or woman can make is something like, "Oh, yes, yes, that feels so good!" Some people even find dirty talk extremely stimulating and they will use as many sexy words as possible to excite their partner. All couples have "dirty" vocabulary that they share with no one else.

- ♥ **Savage Sounds:** Vatsyayana, the author of the Kamasutra, advises imitating the grunts of wild animals to further enhance the sexual experience.

So there is a whole world of possible sounds that you and your lover can discover together, starting TODAY. Delve into this instinctive part of yourself, and listen carefully with your ears and senses to what your partner is trying to say to you.

LOVE'S SIXTH SENSE

Up to this point, we have developed and strengthened all of the senses: touch, sight, taste, sound, and smell. Now is the perfect time to explore the sixth sense of Love.

Intuition is, by definition, "the deep, instantaneous perception of an idea or truth. The human mind's ability to understand something without reason, logic, or senses." Thus anyone, without having to be

clairvoyant or psychic, can experience this intuitive understanding at some time.

The problem is that our conscious mind is generally used to discard anything that doesn't come from a logical process, and we don't tend to be consciously aware of these messages. Many of us don't understand that we can use our minds in two different directions: either externally or internally. The external mind is obsessed with our contact with the physical and mental world on both the emotional and sensory level: that is, our sensations, reactions, and everything that comes through the five senses and the brain. The internal mind, on the other hand, is concerned with thoughts associated with imagination. We could also refer to it as intuition.

The brain is composed of two hemispheres that are connected but carry out separate functions. The brain's left hemisphere directs rational, analytical thought, language, and mathematical functions. It also connects us to external reality. The right hemisphere focuses on all things artistic and intuitive. It helps us communicate with our interior world.

In this way, the mind lets us process external sensations and our own internal reality. The mind has a level of conscious awareness that is in contact with both sides of the brain, and it expresses the different realities we perceive.

By following certain techniques, such as relaxation and visualization, one can lower the defenses of the rational ego and thus become more receptive to the world around us. Every time we have a sudden feeling that prevents us from doing something, or we have a premonition that later reveals itself to be accurate, we are using our intuition. This can be, for example, when we suddenly decide to call people we haven't seen in a very long time only to find out that they need our help, or when we make a difficult decision that later turns out to be the best one. Some people say, "I don't know how I knew it, but I knew it."

Intuitive thought is manifested in four psychic forms: instinc-

tively (when you “sense” a danger that didn’t exist up until that moment), emotionally (immediate attraction or revulsion for someone or something), mentally (an instantaneous solution to an intellectual problem), and spiritually (when something is spontaneously illuminated or revealed to us). Intuitive intelligence is innate in all of us, and it holds a specific part of our brains. The question is, how can we enter into the mind? If we’re talking about the mind, first we have to look at the different functions of the brain.

The Joy of Mental Balance

The mind has a subconscious level that is constantly at work beyond the constrictions of space and the present time, ruling over all of the functions of our beings and receiving the energies of all the different dimensions of the collective consciousness. The human organism generates various energies: electromagnetic, electrostatic, magnetic, and gravitational. These energies can interact, and the phenomenon of forming a connection between the internal senses of two or more human beings is called *telepathy*.

WHAT IS TELEPATHY?

Telepathy (*tele* meaning distance; *pathy* meaning sensation) consists of knowing the content of a psychic act from a distance. Direct communication can exist from one conscious mind to another, and it can also occur on a subconscious level.

Spontaneous telepathy happens subconsciously. It has been shown that spontaneous telepathic transmissions are closely related to the levels of affection that two subjects have for each other. A couple can generate a kind of “energy of love” that facilitates the connection between the two as well as transmission and reception of their thoughts.

COOK UP A RECIPE FOR LOVE TELEPATHY

Play the following game with your partner to reaffirm and strengthen your love connection. If you are not in an intimate relationship, you can practice this with a good friend.

- ♥ Try to predict what your partner wants to eat one day.

- ♥ Ask yourself if you know, or can somehow perceive, what your partner dreamed about last night.

- ♥ Get in touch with a particular feeling or emotion that your partner experienced at a certain point in life or a certain experience you think your partner must have had that has had an impact on your present relationship. Ask him or her if your intuition is on target.

- ♥ Look at the clock to make a note of the time, then close your eyes and try to visualize exactly what your partner is doing at that moment. Later, ask your partner if you were right.

- ♥ Receiver or transmitter: With your partner, pick a time later that day when you will be apart. Decide who will try to transmit a thought and who will receive it. The next day, reverse roles. After trying this exercise many times, you will see which role—receiver or transmitter—is more comfortable for you. Remember that transmitting and receiving communications is a very important skill to utilize during sex.

- ♥ Try to anticipate a particular sexual desire your partner may have that day.

- ♥ When the phone in your office—where you receive many calls from various people during the day—rings, try to perceive if your partner is the one calling before you answer. Make a note of all the times the phone rings and you intuitively know before answering it's your partner calling.

Become an expert in knowing and predicting your partner's likes and dislikes, desires, dreams, needs, and thoughts. If you can develop your sixth sense, you will be irresistible, and more sensual with each passing day.

Five

THE COLOR DIET— COLORS THAT LEAD THE WAY TO LOVE

When making love, a couple creates rainbows, brilliant colors, cosmic vibrations, and the sweetest of nectars. While they dance to their erotic rhythm, lovers grow and change, transforming, melting together, embodying the timeless symphony of the natural world in all its awesome power.

COLOR AND SEX

If you want to make an impact on your partner and incite desire and passion—creating a magical atmosphere and generating sexual chemistry—you can use different colors and prolong and heighten your pleasure.

Have you ever tried to imagine how color influences your love life? It's important to keep in mind that the energy of color also affects relationships. The light from the sun provides heat and energy for our planetary system and gives off rays of light that are divided into seven different colors: red, orange, yellow, green, blue, purple, and indigo.

To create a special loving environment for your relationship, you can use colors in many ways. For example, one way to heighten the erotic energy of your relationship is to use colorful candles to change a room's atmosphere.

To inspire passion, vitality, and potency, use red candles or lights. Orange acts as a source of replenishing energy, and it is especially recommended to correct communication problems and strengthen the physical connection. Women can wear lingerie in different shades of reds, oranges, and yellows to accentuate their feminine curves. Violet, on the other hand, contains the vibrant masculine energy of red and the soothing, tranquil feminine energy of blue. Use violet to keep emotions in harmony, since its vibrations are highly stimulating for the nervous system, provoke higher levels of mental and sexual activity, and stimulate the reflexes.

Black is a color generally associated with the night or the unknown. The color black is paradoxically simultaneously associated with death and sensuality or sex. It can have a positive impact on anxious people. Using black light can stimulate relaxation before the sexual encounter.

The color gold can help to solidify love, romanticism, and eroticism. It's important to have some object of this color on hand.

If you and your partner want to nourish your spirit with hopes, dreams, and harmony, it's important to visualize the colors blue and dark turquoise, which act as wonderful relaxants, like a celestial music inside of you, especially just before making love.

Also, you can visualize, paint, or decorate a space or wear the color green to favor balance between your logic and intuition.

Visual Impact

One thing we need to pay particular attention to is how we prepare ourselves for lovemaking. This needs to be a passionate ritual that reinvents itself. It is important to give thought to what clothes we wear, what makeup—if any—we use, what music we play, what lighting we use, and even what color combinations we utilize in order to make the sexual encounter as visually stimulating as possible.

These colors have the same magnetic effect as the colors used in public transportation systems. These colors must be effortlessly visible against any kind of backdrop, to call our lover's attention to us, and help him or her focus on our bodies.

Here are some color combinations to consider:

- ♥ Black over yellow
- ♥ Green over white
- ♥ Red over white
- ♥ Blue over white

Incorporating any of these color combinations into the immediate surroundings of a sexual encounter will heighten the visual impact and get his attention, incite her curiosity, and stoke a couple's passion.

The Protective Circle

A human being is a confluence of energies as vibrant as a colorful field of wildflowers. Before making love, you and your partner can practice an exercise that will help you to leave behind the stresses and distractions of the day. For five to ten minutes, you and your partner can try to visualize a blue circle surrounding your bodies, enveloping you spiritually from your feet all the way up to the top of your heads.

For this exercise to work, you must envision it as a protective circle of energy. You need to visualize yourselves making love while both your bodies are wrapped up in a spiral of blue—the color that symbolizes the power and will of the energy of the Universe.

The idea is to visualize a powerful, very bright blue light that surrounds your body with a field of energy. If you can successfully envision yourselves enveloped within this protective circle, you will be able to protect your relationship against all types of negative forces that can influence it, whether they are external forces or negative energies arising from within yourselves in the form of negative thoughts or emotions. The point of the exercise is to enable the mind and the soul to achieve a higher level of focus. It's good to do this exercise before there has been any physical contact. If you'd like to remember this feeling of protection, excitement, and affection at a later time, after you've finished the exercise, focus your gaze on your partner's eyes—the color and shape—so that when you're alone, you can recall the image of your partner's eyes and evoke that special energy.

Bring Your Personality and Your Senses into Harmony

Our sense of sight is not the only sense that reacts to the vibrating energies of color. The rest of us—our skin, cells, brain, emotions, mental energy, etc.—react to all of the vibrations that can be found in our universe. So all of the natural phenomena around us, whether they are sounds, heat, scents, colors, energies, or even thought waves, are a kind of light and radiation that form a part of the vast electromagnetic field surrounding us.

That's why the colors you choose reveal something about your personality and your personal relationship style. Your favorite color is in fact closely related to favorite fragrances or smells. From the following list, you can choose the colors and scents that conform to your personality and that of your lover.

RED

People that have a preference for red like active fragrances, charged with vitality. They like dynamic, compelling scents that strongly excite and attract the opposite sex. Red-lovers like to use a fragrance that makes a lasting impression.

PINK

People that gravitate to pink prefer more subtle, finely tuned, harmonious fragrances. Because they tend to be very affectionate and gentle, they like the perfume they wear to bear a touch of sweetness. They sometimes wear the perfume that has been given to them as a gift as a show of appreciation, to help them think of the person they love. The new floral scents that hide a touch of magnetic sensuality are perfect for pink people.

ORANGE

Orange-lovers like scents that are stimulating, fresh, and vibrant. They are not attracted to the more traditional, discreet fragrances. They like to be the center of attention in everything they do, and they need to set themselves apart from the herd. If you have a passionate love affair with someone who loves orange, you will always remember their scent.

BLACK

People who are drawn to black like sophisticated and refined fragrances. They like to use a perfume that can become their signature scent, unique and exclusive.

BLUE

People who like blue like fragrances that evoke elegance and tranquility, ones that can be worn in any fashion season. Blue-lovers like scents that are harmonious and well balanced.

YELLOW

Yellow-lovers like radiant, refreshing scents. They are not searching for a common everyday fragrance. They generally resonate with the scents of summer—fruity fragrances that inspire strength and energy.

GREEN

People that have a strong attraction to green need a special, delicate fragrance. They typically don't use concentrated perfume that is applied to a few strategic points, instead preferring naturally scented lotions for the whole body.

GRAY

Gray evokes classic, discreet, elegant fragrances. Gray-lovers can stick with the same fragrance for their entire lives in spite of changes in fashion trends. They are very sensitive to other people's scents.

WHITE

People who love white like clean, pure, fresh scents. White-lovers choose somewhat fruity scents blended with a floral element; they will never choose an overly sweet perfume or a concentrated fragrance.

VIOLET

The fragrances preferred by violet-lovers are mysterious, rich, and provocative, usually oriental scents. People who love violet will not be attracted to a run-of-the-mill perfume. They would rather not use any fragrance at all unless they can find one that seems completely in tune with their magnetic personality.

COLORS FOR FIRST DATES

Colors can define different people, moments, and ultimately first impressions. So for a successful first date, use the following guide to choose the colors of your wardrobe.

- ♥ **Red:** Represents the element of Fire, so use this color if you want to incite passion and happiness, get everyone's attention, or facilitate quick and efficient decision-making.

- ♥ **Green:** Can be used to underscore your reliability, stability, maturity, and self-confidence. However, it is not a naturally seductive color.

- ♥ **White:** Use white to create an impression of formality and professionalism, perhaps even distance and seriousness. It's not very well suited for parties, but you can wear this color on a first date if you'll be going to the beach.

- ♥ **Black:** Black is a color that, like water, can adapt to any situation and atmosphere. It always looks elegant, it's always in style, and it even camouflages imperfections. If you want to create an aura of mystery on the first date, black is the perfect color to wear. But if you want to open up the lines of communications for an honest, good-natured, frank discussion, then black should be avoided. It's a naturally seductive, sexually magnetic color—especially for underwear—for men as well as women.

- ♥ **Yellow:** Use this color to generate emotional warmth, friendship, and trust. It favors communication and the exchange of ideas, though it is not well suited for sensuality or seduction.

- ♥ **Blue:** Wear blue if you want to inspire a formal, pleasant, calm environment. But definitely don't use it to inspire sensuality and enhance your sex appeal.

- ♥ **Gray:** Gray is a color that has the ability to neutralize emotions and soften psychological reactions. It's a good color to

use on a blind date, when you don't know the person you'll be going out with and are unsure of what the person's reactions might be.

- ♥ **Violet:** Violet is a color that can be used to attract the opposite sex. If you visualize violet before the first date, it will evoke a certain sexual power and self-confidence within you.

- ♥ **Maroon:** You should dress in maroon on a first date if you want to provoke a blatantly sexual reaction, and if you are sure you would like to establish an intimate relationship with the other person.

- ♥ **Pink:** Pink evokes innocence and sweetness, but it also radiates love. If you want to incite feelings of protection and admiration, you can't go wrong with pink.

Six

THE FLOWERS OF LOVE

The flower is a pure, loving manifestation of art and beauty, a sacred gift from the universe. Flowers are a living, symbolic, spiritual expression of human nature. Their wondrous beauty can be admired, their marvelous perfume infusing our environment with healing energies; they bless our lives with their loveliness.

FLOWERS AND LOVE

As beautiful as they are, flowers have their own language and history. In romantic relationships, they can play a very special part in the phase of courtship. Great loves have been sparked with the help of a simple lovely flower.

Aside from simply admiring flowers in all their power and beauty and using them as a component of our interior decorating, we need to get to know them, understand them, listen to them, sense them, and learn how to interpret them.

Like any other living being, flowers have their own particular energy field, with their own level of vibrations and their own unique qualities. Flowers are like an antenna, constantly receiving the energies of the cosmos through the air and the energies of the earth through the ground, up through the roots, through the stem, and finally to the blossom itself.

In Japanese and other Asian cultures, flowers are an important part of rituals honoring the Creator because they promote harmony with the soul. They are placed at the temple or home altar of the person who wants a life graced with the pure, magical beauty of flowers.

Flowers evoke

- ♥ Feelings of gratitude
- ♥ A good mood
- ♥ Unity
- ♥ A natural affection for others
- ♥ Intense relationships
- ♥ Friendship
- ♥ Freshness and vitality

Advice for Giving Flowers

FROM MEN TO WOMEN

When a man wants to give a woman flowers, he shouldn't wait for an anniversary, her birthday, or Valentine's Day. He should give them to her in person unless they are a peace offering or they need to be delivered by a third party due to other circumstances.

Men and women alike read a lot into the symbolic meaning of flowers. The variety of flowers in the world is such that you can give your beloved flowers every day without ever having to repeat yourself. The simple act of giving, even if it's just a single flower, has conquered many a heart, even that of the most obstinate person. To decide which kinds of flowers you should buy for a certain occasion, study the following section in this book on the language of flowers.

For men who want to demonstrate their devotion, flowers are the perfect token, since women consider the gift of flowers to be a sign of good manners and chivalry.

FROM WOMEN TO MEN

Men love to get flowers at home; they appreciate their positive energy and beauty in the same way women do. They can also be easily pleased with the gift of a plant—for instance, a beautiful bamboo plant.

Men like to get flowers for the same reason they like to give them: to feel appreciated. A bouquet of flowers is not quickly forgotten; while all women clearly remember every time someone sends them flowers, men do, too. In general, colors serve as visual stimulation for men, thus they tend to prefer very vibrant colored flowers, such as yellow, orange, and red.

When you're thinking of sending a man flowers, remember that he'll be thinking of you every time he looks at the flowers you gave him.

FLOWERS AND THEIR MEANING

Every flower has its own language, function, and unique energy. We can send different messages depending on the flowers we use, which will help our intimate relationships flourish into full bloom.

Acacia: This flower is especially recommended for creative people because it stimulates intuitive powers. It represents elegance and unselfish love.

Adonis: This plant is perfect to evoke passionate, romantic memories.

Agrimony: Inspires feelings of gratitude in its recipient. Eases tensions that may exist in a relationship.

Aloe: This plant should be given to people who need to destress or overcome a state of apathy. It inspires relaxation.

Amaranth: This is a wonderful flower to give as an expression of friendship.

Amaryllis: This is a wonderful flower for lovers completely satisfied in their relationships, sexually and emotionally, to give to each other.

Ambrosia (sweet wormwood): This flower generates an even, reciprocal exchange of affection in relationships.

Azalea: This flower emanates vitality, passion, and joie de vivre.

Bamboo: Also known as the “tree of happiness,” this plant is unique and stylish. It is more commonly referred to as bamboo, however, because of its polelike trunk. Its scientific name is *Dracaena sanderiana*, and it belongs to the Agavaceae family. This plant, also nicknamed “lucky feng shui,” meaning “good luck stalk,” is a favorite of men.

Begonia: This flower is associated with friendship and goodwill, and it also emanates passion.

Belladonna: This plant helps improve a couple's communication, inspiring honesty.

Cactus: These plants radiate energy, vitality, and security, and they inspire strength and determination.

Camellia: This flower communicates adoration. It's perfect to make a woman feel special and loved.

Carnation: The carnation is a flower that inspires different feelings in different people; it's typically used as a flower of seduction without expressing too much overt passion.

Chicory: Makes a perfect gift for people who have a fear of abandonment.

Chrysanthemum: This flower embodies friendship; it's not a flower to be used to seduce. Rather, it should be used to delicately emphasize a tender moment.

Clematis (virgin's bower): This flower expresses the beauty of the soul, the dream of love. It's the flower of choice for hopeless romantics.

Climbing plant: This plant can be used to communicate a message of compromise; it symbolizes unity.

Dahlia: The dahlia inspires understanding and facilitates seduction; it's also a good flower to use as a peace offering after a misunderstanding.

Daisy: This flower is a symbol of unity. The daisy's structure—bright yellow center reminiscent of the sun, and petals shooting outward—represents the body and spirit in harmony, and the relationship of

Daisies

are associated with love. Picture a person in love, pulling petals from a daisy, muttering to herself "He loves me...he loves me not." Petals fall off, one after another, until they reach the truth that only the daisy's incomparable tenderness and giving can reveal.

the earthly to the divine. A daisy is like a little sun, symbolizing love and the indestructible life force. It's also a joyful, happy flower that banishes sadness. If your partner is going through a time of personal crisis or if he or she seems depressed, give him or her a bunch of daisies—this flower's presence infuses any environment with a spirit of happiness.

Fern: This plant makes a great gift to give people who work very long hours and whose attention you'd like to capture, inspiring trust.

Forget-me-nots: These flowers literally communicate the message in their name: "Don't forget me, I will always stay at your side, you can count on me." It represents true love and happy memories.

Gardenia: This is the flower of flirting, secret love affairs, and desire.

Geranium: This flower has a mysterious energy. It can be a healing presence for couples in crisis.

Ginger: This flower doesn't come from the ginger root, it simply has the same name. It's a beautiful flower that resembles a pink pineapple. Its energies infuse a home with strength and vitality.

Gladiola: This flower is perfect for blind dates or for a situation that calls for courage.

Holly: Represents maturity, common sense, and practical wisdom, and it inspires compassion. The energy of this plant is recommended for people who want to open up their hearts.

Hyacinth: This represents the energy of the game of love. This is the perfect flower to give at the very beginning of a relationship, or for adolescents, before any serious commitment has been made.

Hydrangea: After one partner has treated the other insensitively or thoughtlessly, this is the perfect plant to give to ask for forgiveness.

Iris: This is France's national flower. It is often associated with faith, hope, and justice.

Ivy: This plant symbolizes fidelity and lifelong commitment.

Jasmine: This flower can be used to capture your beloved's heart with class, charisma, generosity, and tenderness.

Larch tree: The flower of this tree is a perfect expression of bold daring and conquest, and it inspires spontaneity and honest communication.

Lilac: This flower communicates the giver's need to be loved. It also represents tenderness and the surrendering of one's heart.

Lotus: This flower represents new love. It expresses the purity of the soul, and it is a good flower to use in meditation, for it banishes false pride.

Magnolia: A symbol of nobility, magnolias emanate sympathy and generosity.

Mimosa: This is a flower that frees us from crippling fears of rejection. It represents youth and newfound love.

Mistletoe: This plant was regarded as sacred in ancient Druid culture. It's ideal for helping to overcome any problems in an intimate relationship. It's an invitation to a kiss and a loving heart.

Myrtle: This flower is often used in wedding rituals.

Narcissus: As its name implies, the narcissus represents vanity. It should be used to capture the hearts of people who are a little too self-centered.

Orange blossom: This flower can be used to free us from the past and banish painful experiences in relationships. It symbolizes innocence and matrimony.

Orchid: This flower relates to the emotions, and it provokes the discovery of new sensations through the senses. It enriches emotions and sensuality, gracing us with beauty and distinction.

The History of the Orchid

Legend has it that one hot, steamy morning on the coast of Java, a goddess appeared wearing a delicate, sweet-scented shawl. She peacefully walked through a forest of sandalwood trees, oak trees, chestnut trees, and magnolias, the rays of the sun gently filtering through the forest canopy, casting light and shadow. As the goddess walked, her shawl got caught on a branch and hung there, the lights and shadows dancing on its delicate surface until the shawl turned into a beautiful, mysterious flower: the orchid, one of the most beautiful and delicate flowers in the natural world. The plant died when men carelessly and clumsily trampled over it. Only the goodwill of the goddess could make the seeds of the trampled flower take root and blossom, and since then these flowers have bloomed and been admired by everyone who has been lucky enough to have one.

Palm branches and palm trees in general: These represent success and triumph, and they indicate a need to define a relationship.

Pansy: This is a very subtle flower. It's perfect for expressing a desire for commitment and love.

Pine: The pine tree can be given not only around the holidays but also for any special occasion: when a person wishes to be remembered or to bury the hatchet of old conflicts.

Poinsettia: This makes a wonderful, unusual gift for a woman to give a man around Christmastime. It represents commitment to family or marriage.

Poppy: This flower speaks a very romantic language because it tells us that our dreams can come true. It also inspires success and triumph.

Rose, the queen of flowers: The rose helps people open their hearts, since it emanates love more strongly than any other sentiment. Red roses will always incite passion no matter what the situation may be. During a moment of crisis, yellow roses are not recommended, but red or white roses can be given when one partner suspects the other of being unfaithful.

Rosemary (flower): Rosemary is particularly appreciated by people with solitary, loner tendencies; it helps people come together in a spirit of unity.

Silver birch flower: Inspires harmony and tenderness in relationships.

Sorrel: Symbolizes happiness and celebration. It can also be used by people who want to move a relationship forward quickly and don't have much patience for waiting for it to unfold naturally.

Spruce: Symbolizes stability and longevity in a relationship.

Sunflower: The sunflower symbolizes the purest energy. Giving this flower to somebody sends a message of true adoration to the receiver. It's like saying, "I would give you the sun!"

Thistle: This plant enhances our talents; it makes a perfect gift for artists in any creative field.

Verbena: This flower radiates a passionate, charismatic energy. It evokes strong, clear feelings and firm convictions.

Violet: The person who gives this flower will earn the recipient's trust. The violet has such a high emotionally charged vibration, it attracts and wins the heart of whoever receives it. Giving violets is like casting a magical love spell.

White lily: This is the perfect flower for teenagers to give each other because of its originality and association with first love.

Wisteria: This flower embodies freshness, innocence, and originality.

Tulip: The tulip is a popular flower to use when making a declaration of love, especially when they are red. For a marriage proposal, white tulips are especially recommended.

Yellow wallflower: This flower inspires fidelity and steadfastness in the face of any hardship. It is also a plant that reveals something about our own personal qualities of modesty and tenderness.

COOKING WITH FLOWERS

Researchers who have studied the first alcoholic beverages have found that the mysterious potions held as magical elixirs by the ancient Egyptians were actually wonderful homemade liqueurs, many of which had flowers as their main ingredient.

Liquors have always been the perfect accompaniment to an excellent meal. A small glass of fine liqueur makes the perfect aperitif. Initially, in the Middle Ages, liquors were concocted by chemists and alchemists as medicinal remedies, love potions, aphrodisiacs, and cure-alls. There are different types of liquors:

1. Liquors made from a single herb that dominates in its flavor and aroma.
2. Liquors made from a single fruit, with its flavor and aroma.
3. Liquors made from a mix of fruits, herbs, and flowers.

There are two basic methods of liquor production. The first consists of distilling all the ingredients at the same time and then sweetening the distillation and sometimes coloring it. The second method consists of adding herbs, fruits, or flowers to the distillation base. The base of the liquor is made using brandies or cognacs, which

function as preservatives, conserving the flavor, texture, tint, and bouquet of the other ingredients.

Things You'll Need to Make a Liqueur at Home

A few of these items are used exclusively for making a liqueur and may have to be specially purchased, but most of them are things that you already have around your kitchen.

- ♥ Large saucepan, for preparing the syrup
- ♥ Set of standard measuring cups
- ♥ Several glass mason jars, for fermenting
- ♥ Colander
- ♥ Cloth filters and sieves
- ♥ Wooden spoons
- ♥ Sharp knives
- ♥ Blender
- ♥ Food processor
- ♥ Labels
- ♥ Bottles

Valentine's Day Liqueur

This is a wonderful cordial for lovers who want to surprise their partners on Valentine's Day.

INGREDIENTS

- 100 red rose petals
- 10 jasmine flowers
- 10 orange blossom flowers
- ½ stick vanilla
- 3½ tablespoons currants
- 4 cups brandy
- 2 cups sugar
- 2 cups water

PREPARATION

1. In a large bowl, combine the rose petals, jasmine flowers, orange blossoms, vanilla, currants, and brandy.
2. Pour the mixture into mason jars, hermetically seal them, and let them ferment for a month, shaking occasionally. After a month has passed, make a syrup by mixing the sugar and water in a saucepan, slowly dissolving the sugar over a low flame. Once the sugar has dissolved, let the mixture come to a boil for five minutes. Then remove the pan from the stove and let the syrup cool.
3. Once it has cooled, mix the contents of the mason jars and the syrup in a large bowl, filter the liquid through a sieve, and bottle the resulting liqueur.

Cooking with Flowers

Aside from wine, flowers have been used as sacred offerings on the altars of the love gods—Aphrodite and Eros, among others—in ancient cultures. As decorations or as part of a recipe, flowers emanate aromas, colors, and flavors that awaken very favorable energies for love. Flowers incite desire, happiness, and vitality when consumed, and they can be used as an effective means of stimulating the body and soul. Note that not all flowers are edible.

Some Ways to Use Flowers in the Kitchen

- ♥ Cook recently cut rose petals in a frying pan by themselves, without any oil, and then sprinkle with sugar.
- ♥ Rose petals can be used in salads with fruit. The stronger their scent, the more flavor the rose petals will lend the dish.
- ♥ Salads with chrysanthemum or magnolia petals, or jasmine or hibiscus flowers make a perfect garnish for duck and fish dishes.
- ♥ Jasmine flowers are often used in Indonesia to complement chicken and other fowl.
- ♥ Mint leaves, thyme, and chives are a wonderful complement to fish.
- ♥ Some types of butter are made using jasmine, orange blossoms, or lemon blossoms.

- ♥ Violets combine especially well with endive, and they can be used as a filling for tortillas. They lend a delicate flavor and can be eaten fresh, dried, or sweetened.

- ♥ The lavender flower can be used as a garnish with rabbit, chicken, or rice, and it can be used in making candy and ice cream.

- ♥ Marigolds were highly regarded for their flavor in the ancient cultures of India, Greece, and Arabia. The delicate, slightly bitter flavor of their petals and leaves were used in stews and beverages.

Zucchini Flower Quesadillas

This exotic recipe can be traced back to the Aztecs. Zucchini flowers, aside from being very flavorful, also have a very interesting function—the zucchini plant has both masculine and feminine flowers. A female flower can be fertilized with a little help from the bees through the pollen carried from a male flower of the same plant.

In Mexico, cheese quesadillas are a favorite recipe, and they have become very popular in the United States too.

INGREDIENTS FOR FOUR SERVINGS

- 1 pound zucchini flowers
- 1 tablespoon oil
- ½ green serrano chile
- 2 chopped peppers
- 1 teaspoon finely chopped onion
- Salt and pepper, to taste
- ⅙ pound crumbled fresh cheese
- ¼ pound cornmeal, or a package of corn tortillas

PREPARATION

1. Clean the flowers, separate, and chop them.
2. In a saucepan, combine the oil, chile, peppers, onion, and salt. Cover the saucepan and cook over a low flame. It's important that the mixture be thoroughly cooked.
3. Remove from heat and add the cheese and zucchini flowers.
4. Make small tortillas with the cornmeal, or use store-bought tortillas. Spread the mixture onto the tortillas, fold them, and cook them in a frying pan or in the oven. Serve warm.

STEP TWO

*Maintaining
the Love Diet*



One

THE DIET OF CREATIVE SPACES—OPENING YOUR BEDROOM TO THE SECRETS OF SENSUAL PLEASURE

I dream of being alone with you, in our own secret paradise, far from the rest of the world. Stunning landscapes are all around us. The music we hear is the song of our bodies coming together in this magical place, beyond the sun.

KEEP THE FLAMES OF PASSION BURNING

In every diet, once your desired weight or goal has been reached, you have to start a maintenance plan. And *The Love Diet* is no

exception—you need to put time and effort into it. In love, time is one of the ways in which we relate to our partners, and this can be difficult to measure. You have to plan it and measure it yourself. When it comes to love and sex, our physical environment should function as a refuge from the rest of the world, our own private paradise on earth.

To keep the flames of passion burning, couples need more than just affection in their Love Diet, they also need constant attention and creativity. It's important that in *The Love Diet*, you devote as much attention, love, and dedication to the sexual relationship as you would devote to your career, your studies, or your family.

Whether you've been dating only a short time or you've been married for several decades, any couple can easily fall into a rut, perhaps due to external circumstances. Because of working long hours, being overstressed and overtired, couples don't realize how critical it is to their relationship's well-being that they carve out some space and time specifically for connecting sexually in a deep, full way.

Some couples find that, no matter how much they still love each other, the passion in the relationship has bottomed out. Sex is less frequent and becomes routine. Everyday preoccupations distance one or both partners from their sexuality: That gym class on Sunday morning becomes a higher priority than enjoying a relaxing breakfast in bed together. Watching TV seems more important than taking a romantic walk in the moonlight.

In early 2005, the news channel CNN reported the following statistics on sex in the United States:

57 percent of Americans admit that they have had sex outside or in a public place.

51 percent of those surveyed tell their partners that they fantasize about making love in unusual places.

70 percent of men think about having sex right where they are, at least once a day, and get excited no matter where they are.

34 percent of women think of sex every day and would like to have sex in an exotic place outside of their home.

83 percent of men and 59 percent of women highly enjoy having sex somewhere other than their usual location.

48 percent of women have faked an orgasm at some point or have had sex in an uncomfortable place to satisfy their partners.

55 percent of those surveyed describe themselves as “traditional” when it comes to sex.

29 percent would like to be “more adventurous” sexually.

41 percent would like their partners to be bolder.

66 percent have used a sex toy at least once.

30 percent have gone somewhere with their partners to watch a pornographic video.

14 percent have participated in a threesome.

74 percent of adults with partners have sex at least once a week.

33 percent of those without partners have sex at least once a week.

8 percent of couples have sex every day.

0 percent of singles have sex every day.

3 percent of those surveyed have never had sex.

The average age of the first sexual experience is seventeen for men and eighteen for women.

THE QUINTESSENTIAL LOVING SPACE DIET

Perceived misunderstandings, conflicts, and feelings of rejection can damage a relationship over time and be a contributing factor in cases of infidelity. This process can tear a couple apart. That's why it's so important to cultivate a pleasing environment devoted to fostering intimate contact. We must consciously create an erotic space, whether it's physical or imaginary. If the sexual relationship of a couple who has lived together for some time needs a creative approach, what is the solution?

The Desired Space

To sustain a long-term relationship, it's important to carve out a private, clearly defined space as a refuge for love. A place where once or twice a week—or even just once a month—for a few hours, the couple can find refuge in each other, far from the ringing telephones, work, kids, other family members, and friends.

Ideally, this intimate, private place should be used for practicing erotic exercises such as Tantric meditation, erotic massage, exploring new feelings and sensations, trying out new sexual positions and lighting a sexual fire hotter than you've ever imagined possible.

A Passionate Ritual

Once a month, if possible, the couple should try to rendezvous at the same place they first met and fell in love, or to re-create a similar space. This ritual should be carried out in a specific way, creating a climate of sexual adventure. The environment will stimulate your heart's memory and generate a certain magical aura, overpowering any external obstacle or crisis the relationship may be facing at the time.

Romantic Getaways

On the weekend, a couple can choose a romantic, peaceful destination to lose themselves in nature's beauty, completely disconnected from daily routines. When you want the getaway to help facilitate communication and reflection, strengthen the bonds of intimacy, participate in an athletic activity together, or to create a sense of adventure to strengthen your partnership and open up emotionally, you should travel to

- ♥ Locales in a cold, dry climate
- ♥ Lake regions
- ♥ Snow-covered peaks
- ♥ Mountain ranges
- ♥ Desert valleys

If the goal of your getaway as a couple is to improve your sex life and increase creativity, spontaneity, honesty, and playfulness, as well as get in touch with your basic instincts and impulses, you can travel to

- ♥ Places with windy, airy environments
- ♥ Forests
- ♥ Country fields
- ♥ The beach
- ♥ Rivers

For a weekend or vacation filled with passion, joy, fun, and conversation, the best places to go are

- ♥ The ocean, especially during the summer
- ♥ Valleys
- ♥ Lakes and big rivers
- ♥ Resorts or camping sites with organized activities

The Sexy Bedroom

The bedroom is the most important room of the house. What can we do to make it warmer, to infuse it with positive energies, to make it the heart of love and passion? The bedroom—the most personal, intimate room—is the space where we rest, where we come together as a couple, strengthen the bonds of love, create life itself, and wake up to a new day.

To bring our energies as a couple into harmony and stimulate desire, certain patterns of energy can enrich this most fundamental aspect of all human beings.

DIRECTION

The energy emanating from the southwest is associated with love. To facilitate uncomplicated, pleasurable encounters, the lover's bodies should be facing southwest when they make love.

ENERGY ELEMENTS AND CHINESE ASTROLOGY

- ♥ **Water:** represented by the color blue or black, and corresponds to the rat and the pig in Chinese astrology. Its symbols are fountains and fishbowls.

- ♥ **Fire:** represented by the color red, and corresponds to the snake and the horse. Its symbols are bright lights.

- ♥ **Metal:** represented by gold or silver, and corresponds to the chicken and the monkey.

- ♥ **Earth:** represented by all shades of maroon, and corresponds to the ox, the dragon, the dog, and the goat.

THE ELEMENT OF LOVE: THE EARTH

Earth elements are charged with fostering stability, security, devotion, family harmony, maternity, the energy of the home, and precaution. Objects that symbolize this element are those that are made of materials from the earth, such as wood and stones. In the bedroom place porcelain objects facing southwest.

THE SPACE

It should contain some object that sparks romance. It could be a plant with intertwined stalks, a nice photograph of you as a couple taken at a happy time, or a small sculpture of two lovers embracing, for example.

- ♥ **Floors:** Small rooms will seem larger with marble or ceramic floors. And large spaces seem clean and elegant with wood or carpeted floors. Wood floors are very favorable for bedrooms, since they represent wood as an element and evoke feelings of freedom, sensuality, and a connection with nature. Wood helps infuse your sexual relationship with a spirit of constant change.

- ♥ **Ceilings:** Very low ceilings will seem a little higher with marble floors. Ceilings will feel a little lower with carpeted floors.

- ♥ **The Bed:** Don't put anything under your bed. Objects can be charged with energies that will disrupt your peaceful slumber. The bed should not directly face the door because sexual energy can quickly dissipate from an uncomfortable feeling that someone could walk in, even if the door is closed. It's important to sleep with your head facing north, to strengthen a couple's sexual connection and bond of matrimony.

To create an atmosphere that incites the sexual desires of both partners, make sure the foot of the bed does not face a door, either. This can cause constant arguments and disagreements. And the distance between the bed and a window should be great enough to avoid distractions and to give the bedroom a sense of ample space.

When it comes to colors, you can use orange for the bedcovers to improve your physical vitality as a couple. Use red to inspire happiness and passion (but don't overuse it—a loving relationship cannot be based solely on passion). Aquamarine facilitates deep communication and sexual activity; green fosters creativity and spontaneity. Use each color according to the result you wish to achieve (see the section on colors and sex starting on page 102). Your sheets and other bedclothes should not be made of synthetic materials because they won't feel as soft to the touch and they cause allergies and other health problems. The more natural the fabric, the better. Cotton or silk sheets are the most comfortable.

You can put a picture on the wall in front of the bed that symbolizes what the couple wishes to have, or an image that emanates love, union, and strength. It could be a representation of a love goddess from any religion—for example Kuan Yin, the Chinese goddess of compassion and love. In Japan, they call this goddess Kanonn, and she represents the same energies. Or it could be a picture of a flower, or some other work of art or photograph that symbolizes feminine energy in its purest form. I would recommend any image associated with Venus, the goddess of love.

LIGHTING

The lighting in the bedroom should be indirect but sufficiently bright. Over the bed, it should be subtle. You can use candles to infuse the room with romance. Try to avoid having electronic devices in the bedroom because they can provoke feelings of anxiety. If you must have a television, you can put it in a wooden armoire that has doors you can close when you go to sleep. In the bedroom, our last refuge from the world, you shouldn't have computers, televisions, or stereos of any kind.

THINGS THAT DECREASE SEXUAL ENERGY

You should try to avoid clutter because it causes the energy of the room to stagnate, interrupting the flow. Don't bring food into the bedroom unless you're going to incorporate it into your lovemaking. If you get sick and have to eat in bed, have someone immediately take away the dish when you're finished. Food smells tend to weaken sexual desire and communication between a couple.

THINGS THAT STRENGTHEN ENERGY

There are several things you can use in the bedroom to generate positive energy, such as plants, crystals, wind chimes, and decorative hanging mobiles made of wood or metal.

- ♥ **Objects:** The quantity, form, orientation, cleanliness, and positioning of the furniture and other physical objects in the bedroom exert an influence over a couple's overall sense of well-being. Don't fill the entire room with pictures, accessories, end tables, and small appliances. They take up space and crowd the couple, provoking a sensation of restless suffocation, which exerts a negative effect on intimacy and sexuality and leads to a constant postponement of sex.
- ♥ **Impeccable Closets:** Clean out your closets thoroughly, taking everything out that you don't use and that has nega-

tive memories associated with it—especially if you're single. If you want to start fresh, clean the slate both emotionally and sexually; neat, uncluttered physical space with a lot of room and a minimalist feel can work wonders. It's important to clean your bedroom regularly to dispel the energies of old conflicts, disappointments, sadness, and resentment, to raise your self-esteem, and to breathe a sigh of relief. Designate a space in your closet or armoire to store notes and work papers, if necessary, so they're not out on top of a dresser or nightstand.

There should be no objects in view that bring to mind your day-to-day obligations or that otherwise distract you. If you don't have any space in your closet, you can get a decorative box or basket with a lid or an attractive small storage unit to store your laptop computer, keeping it out of sight.

Mirrors are not recommended for bedrooms. They should be hung on the inside of the closet door so when you close the door they won't be seen.

- ♥ **Furniture:** Before you start moving furniture around in your bedroom, carefully analyze your relationship to each piece.

Don't move it around just for the sake of moving things around. Find a meaning to each object and each place. Try to avoid buying furniture that has been previously owned—try to make it yourself instead. Buy unassembled pieces and put them together, or purchase them new and already assembled. The energy radiated by a piece of furniture is very personal for every person, and personal energy tends to infuse objects in the environment.

Aggressive furniture—pieces with sharp edges and

corners—tend to provoke constant arguments and selfishness. Ideally, all of the furniture in the bedroom should have rounded corners and edges.

Fertility

If you and your partner would like to have a child, you should make love in a position facing north or northeast. If you would like to have a girl, face east or southeast. Avoid making love over any kind of glass or metal surface. Your conjugal union will be more fertile and enjoyable near the elements of water, wood, or earth.

- ♥ **Doors:** If the bedroom has doors that are right next to each other, it's important to hang a little picture or object at eye level on the door frame that evokes love, like a small drawing of lovers or an inspiring landscape. If the bedroom has two doors and one of them is obstructed or opens directly facing a wall, hang a mirror on the wall facing the door so that the energy can penetrate the space partially blocked between the door and wall.
- ♥ **Fountains:** The element of water encourages deep thoughts, adventure, and freedom, although in excess it can cause feelings of loneliness. Place a water fountain in the bedroom or near the bedroom door to stimulate communication and a sense of freedom and play in your sex life. Never place a fountain on the right side of the door or behind it because it stimulates infidelity in your partner. Ideally, you should place a fountain to the left of the bed to increase the flow of emotions, love, and tenderness.

Love Spells for the Bedroom

If your intimate relationship with your partner comes under attack from outside rumors and gossip, put some salt in a porcelain cup and place it on the southeast corner of the bed. Leave it there for one week, changing the salt every day.

To stimulate romance and the free expression of natural instincts, put fresh, colorful flowers in a glass vase in the bedroom, or a small, eye-catching metal sculpture.

To treat a case of diminished sexual desire, use pillows in pastel tones (such as pink, peach, or beige) and sheets in fresh, soft tones contrasted by a strong tone like orange or yellow.

- ♥ **Fabrics:** Longtime married couples who want to cultivate a calm, relaxing atmosphere in their bedroom can use sitting chairs upholstered in soft fabrics, such as cotton and linen, in such soothing tones as green and blue to inspire creativity. Wool and suede and bright colors like orange, red, and yellow create a festive atmosphere, stimulating a couple's sex life.
- ♥ **Plants:** Roses are a symbol of love; carnations are recommended for good luck in love; orchids represent robust fertility. The flower of the raspberry bush inspires generosity. (See section on flowers on page 110.)
- ♥ **Stones:** Those that favor the energy of love are citrine, white quartz, shining quartz, smoked quartz, aventurine, pink quartz, emerald, jade, rhodochrosite, and green, red, or pink tourmaline. Place them in pairs in the southeast corner of the bedroom.

To Promote Fidelity Strategically place objects in your bedroom that inspire love:

- Place some candy in a small, attractive crystal candy jar with a lid.
- A faceted crystal ball can bring a couple's energies into harmony.
- Figurines or works of art that depict pairs of animals—geese, seahorses, ducks, penguins—characterized by their instinct for loyalty and monogamy. Pictures of two birds or a pair of butterflies represent romantic love and fidelity.
- Place objects that represent your interests in pairs around the room.

PLAN A WELL-BALANCED, HARMONIOUS BEDROOM

If you need to decorate your bedroom, it's very important to keep in mind all of the things we've already discussed. Remember that sexual energy is a palpable force that we first and foremost perceive through the senses. To lovingly apply this concept to our intimate environment, we first need to closely examine our own perceptions.

Make a list of the following with your partner or by yourself if you are single:

1. Three colors you like the most
2. Three fragrances you like the most
3. Three textures you find most pleasing
4. Three songs or pieces of music you like the most

Then write down what specific memories, things, or people you associate with each of these things. Partners can share their lists with each other and talk about them, finding a way to express both of their likes in their intimate environment. By exploring your lover's likes and dislikes you will connect with him or her on a deeper, more meaningful level.

If you are single, all of the elements you incorporate into your bedroom should be associated with well-being, pleasure, and love. This is so that you will not repeat old patterns that may result in sadness.

The Perfect Places for Love

THE BATHTUB

The bath is a classic that will never go out of style. The combination of pleasing scents, the steam rising from the water, and some stimulating, aromatic bath salts can produce a pronounced state of relaxation ideal for making love. It encourages taking all the time in the world to gently explore each other's bodies. Then a shower together can provide the perfect grand finale, allowing for a more energetic encounter.

PUBLIC PLACES

At one time or another, we've all fantasized about making love in a public place. The exhibitionist in all of us should be allowed to come out to play, just a little bit at least. To satisfy those impulses, there's nothing better than letting passions run wild on a dark street, out on a terrace, in an elevator, or in the stairwell of the apartment building where your in-laws live. Even though there's a risk of getting caught, the taste of danger is incredibly sexy. Stairwells are great for oral sex, especially ones that are carpeted so you'll be more comfortable.

THE GREAT OUTDOORS

Making love on the beach in front of the crashing ocean waves or beside a lake or outside in the mountains is something you should try at least once. Especially make sure you try out a body of water, like the ocean, lake, or river. When you and your partner are deciding where to go for your next vacation, remember to take this into consideration. You can create your own little amusement park for two, out in the wild!

EXPLORE UNCHARTED TERRITORY IN YOUR OWN HOUSE

Get out of your bed once in a while and make love in an unexpected place, like on the kitchen counter, on the dining room table, or even in your backyard. The important thing is not to get too used to one particular place because that kind of rut is very bad for your libido.

Places to Be Avoided

THE MYTH OF THE CAR AS EROTIC HOTBED

A car is nothing more than a very small cubicle, about eighty square inches; it can seem exciting for a first encounter, but the truth is, it's more uncomfortable than anything else. It can suffice when there's nowhere else to go, but it is not a particularly inspiring environment for sex. It can lead to a lot of bruised elbows and head-bumping—things that make it very difficult to maintain levels of excitement.

WOOD FLOORS

If you feel a sudden surge of passion that cannot be ignored, remember, you don't have to unleash your desire right there on the cold floor. The back, joints, and knees can never fully relax against that surface, and you could come away from the encounter feeling somewhat disillusioned and bruised, to say the least. At least put some pillows on the floor to ensure a minimum of comfort and pleasure.

Mental Space

You don't necessarily have to be in the right physical space to send your sex life into orbit. The imagination can create an endless variety of environments for us, much more comfortable than anyplace we've ever been and without any architectural rules to follow.

To turn up the heat and put more imagination into your relationship, you just need the following:

- ♥ Love yourself and give yourself the pleasure you need. Let your partner know what your needs are, too.
- ♥ Share your fantasies with each other.
- ♥ Maintain a positive attitude to understand and overcome the relationship's shortcomings.
- ♥ Tell your partner what you like and what turns you on.
- ♥ Ask your partner to tell you what he or she likes and what his or her fantasies are.
- ♥ Use your imagination to make up scenes of seduction.
- ♥ Show your partner that you are willing to play and have fun with sex.
- ♥ Try to overcome your fears of rejection.
- ♥ Be compassionate and tolerant with yourself and others.
- ♥ Make a commitment to yourself and act decisively.

- ♥ Be understanding with others and your partner, as long as it doesn't inhibit your personal freedom.
- ♥ If you want to receive love, first love yourself.

Suggestions

So that your life is as sexy in reality as it is in your imagination, follow these suggestions. You'll soon hear love knocking on your door.

- ♥ Focus on positive feelings and enjoy them.
- ♥ Don't dwell on negative memories. When they surface in your mind, don't give them any power.
- ♥ Don't take your relationship with your partner for granted. Set aside one day each week to specifically tend to it.
- ♥ The best way to free yourself from mental distractions is to acknowledge them and then let them go. Why not spend a weekend morning in bed with your partner, enjoying each other's company, watching a sexy movie? Or go away some weekend, just the two of you, without the kids; even spend just one night away from home, at a hotel?
- ♥ Let your imagination run wild. With some soft music in the background, close your eyes and let all kinds of erotic images play through your mind. Fantasizing doesn't mean you ever have to act those scenes out in real life; they can function strictly as a powerful aphrodisiac that you can use any time, anywhere.

- ♥ Playing is fun, and only real intimacy lets us play with different costumes, creating different personalities and characters. Some couples like to play “doctor” and some like to play “teacher and student.”

- ♥ Playing erotic games in new environments, outside the bedroom, allows you to have fun as a couple—laugh, compete, joke around. Go somewhere new each time.

- ♥ Use verbal aphrodisiacs. Romantic expressions, compliments, and more provocative comments get many women very excited. You can also invent a common erotic language that is exciting for you both. (See the chapter on jumpstarting desire on page 149)

- ♥ The sounds of love—sighs, moans, and whispers—are exciting for women as well as men. And the act of producing those erotic noises can be a turn-on in itself.

- ♥ Some men and women enjoy talking dirty. If that is the case in your relationship, don’t ignore it. Be sure to use those words that excite you or your partner. (See the chapter on jumpstarting desire on page 149.)

Two

THE QUICKIE SEX DIET

Quickie sex is a sexual encounter carried out rapidly and spontaneously, with an element of surprise and a high degree of creative expression.

ANYPLACE, AT JUST THE RIGHT TIME

A “quickie” has nothing to do with premature ejaculation, rapid penetration, or finishing as quickly as possible. That kind of sex is normally very frustrating. What we’re talking about is letting yourself surrender to your sexual impulses in a frenzy of passion. Sex within earshot of other people’s footsteps or conversation can be just as passionate as a candlelit serenade. The keys to success are surprise, desire, and a positive attitude.

It’s best when

- ♥ Both partners feel a sudden surge of desire at the same time.
- ♥ When you're both very excited but in a semipublic place and you can't justify a prolonged absence.
- ♥ When both partners work long hours and are too tired for a full-blown sexual encounter, but are sufficiently excited to want sex.
- ♥ When you need to release some tension.

Your quickie will be a success under the following conditions.

- ♥ It is a mutual decision: Both partners should be in agreement so that they can both derive pleasure from it.
- ♥ Surprise! The element of surprise is the key to quickie sex. Don't plan it out beforehand—if you do, it won't have the same passion.
- ♥ Places: The best places for a speedy encounter are the environments that will get the adrenaline flowing, inducing you to act quickly and concentrate even more on your sexual partner. You can try it in an elevator, at the beach, in a plane, on a train, in the car, at the gym, at the office, on the kitchen table, in the bathroom at a friend's house, in the woods, on a swing at a deserted playground, in a movie theater . . . the possibilities are endless!

- ♥ Discretion: Even though you're giving in to temptation, you should always be aware of the possibility of someone discovering you in a compromising position in a public place. You should be able to stop before that happens.
- ♥ The right clothing: You don't have to take all your clothes off to have quickie sex because it's even more fun when you leave them on. Neither do you have to rip off your clothes, causing tears and lost buttons, to have a passionate, even forceful, encounter.
- ♥ The right position: If you have a chair handy, perfect. The other position often used for quickie sex is standing up, against a wall. You can find the best positions in the chapter on the Kamasutra on page 185.
- ♥ A sense of humor: Sometimes, even if we're usually very traditional and conservative when it comes to sex, it can be fun to inject a little sense of humor, making jokes and laughing before the act. A healthy diet of smiles can strengthen moments of sensuality and affection. Giving yourself permission to follow your sexual impulses, getting lost in the moment, relaxing, and letting a sense of humor into the act can be a healthy part of your sexual relationship. Loosen up, laugh with your partner, and have fun.
- ♥ Oral sex: It can be highly pleasurable for a couple to engage in oral sex before going out. The woman could perform oral sex on the man from under his desk at the office or in the car during rush hour (see the chapter on erotic intelligence on page 69.).

It's not necessary to have penetration during quickie sex; the important thing is to stimulate fantasies, trust, and friendship. Find in love your own inner space where you nourish yourself, the foundation of your heart. Follow the recipes of *The Love Diet*, and your relationships will be incredibly pleasurable and satisfying from now on.

Three

THE DIET TO JUMP- START DESIRE—RECIPES TO REIGNITE THE FLAMES OF PASSION

“When did our passion disappear?” I asked myself again and again. “Every night your body lies next to me, within my reach, but I still cannot bring myself to touch you. Where did the desire go? I keep hoping that there’s a magical, hidden place where our burning emotions retreat, where we can still get them back.”

WHY SOME RECIPES FAIL

Maybe you have personally experienced the pain of helplessly watching the sexual appetite in a relationship wane. It’s the mo-

ment when the intimate connection completely disappears and the bond between the couple begins to deteriorate, even though there are still some factors—respect, trust, and shared memories—that can help sustain the relationship for a long time afterward.

Faced with the damning evidence of lost passion, we begin to ask ourselves if we really even want to get the desire back. Is the effort even worth it? Frustrations surface when we tell ourselves that it can never be regained.

In spite of having tried everything, drawing on all our creative resources to try to reestablish the physical connection, we've run our hands over our lover's body and failed to ignite sexual chemistry. We've tried acting out our sexiest fantasies, but they don't seem to work. And even though we try to force our bodies to get excited by the person who used to drive us crazy, our desire has disappeared.

Most couples who complain of a lack of sexual desire are haunted by two powerful ghosts: routine and habit. To keep feeling that their partners find them attractive after many years together, some people will wage a battle of hand-to-hand combat against wrinkles and the inevitable ravages of age. Others try to keep their sex lives alive by using different strategies in bed, relying on artificial means that don't solve the problem, only sweep it under the rug, keeping the couple from facing reality.

Negative Attitudes That Block Sexual Energy

- ♥ Fear of routine when a relationship is firmly established.
- ♥ Inability to forgive past conflicts.
- ♥ Repressed anger with our partner.
- ♥ Personal frustration, projected onto the relationship.

- ♥ Fear of experiencing pleasure, of being loved and feeling secure within the partnership.
- ♥ Misinterpreting another problem as sexual rejection.
- ♥ Constant arguing that masks a lack of desire.
- ♥ Not respecting our partner's decisions.
- ♥ Unrealistic expectations: We expect too much from our partner. We demand too much for no good reason.
- ♥ A fear of hurting: Sometimes communication and sexual desire wane out of fear of hurting our partner or being hurt by misunderstandings that are never cleared up.
- ♥ A desire to change our partner: This is one of the most common problems in a relationship, and one of the most difficult to resolve. If we want to make a positive change, it's best to start with ourselves.
- ♥ A lack of attention to details and small expressions of love: those little things like sweet talk, small demonstrations of affection, tender caresses, etc.

Practical Solutions and Recipes for Overcoming a Lack of Desire

- ♥ **Stop wanting to always be right.** The need to tell the other that he or she is wrong all the time or the need to always be right can be a fatal error that the other may never forgive.

- ♥ **Be a partnership of equals.** In a mature relationship, neither partner has to feel wrong or right. There isn't a right way to be or to think. Each partner has the right to his or her own point of view.
- ♥ **Give your partner space.** When you love someone for who they are or because they satisfy you and not for how you'd like them to be, you must naturally give them the space they need. Each partner has the right to be themselves and to spend time on their own interests.
- ♥ **Accept your partner the way he or she is.** You don't have to understand exactly why they act or think a certain way. You must be able to say: I don't understand, but I accept it and trust your decision.
- ♥ **Stop asking why.** In a partnership, you must get over the need to understand why others like certain television shows, why they go to bed at a certain time, why they eat what they eat, read what they read, like certain people or films or anything else. Having a partner is not like having a Siamese twin who is identical to us in every way. You must respect people's individuality and personal history.
- ♥ **Let go of personal pride and defensive posturing.** This one can kill a couple's desire in short order. You don't need to defend your reasons for doing things. You don't need permission, but communication and a friendly explanation of your needs without employing defense mechanisms in anticipation of an attack. We often are already defending ourselves before our partner has even said anything, thinking that we're going to get in trouble, like little children who have done something wrong.

Four

UNLEASHING YOUR SEXUAL PASSION

The art of making love can transform sexual energy, connecting us with the most sacred part of our soul's power.

WHEN DESIRE HURTS

Forgiveness and affection are two factors you must think about when both partners are willing to make a concerted effort to correct the problem of decreased sexual desire. To recapture sexual chemistry and make the relationship as filled with passion as it once was, you should recognize which of the previously described attitudes played a factor in weakening the desire in the relationship in the first place.

Step One

Try to relax, breathe deeply, and in your mind replay those particular moments when you have gotten angry with yourself or with your partner.

Step Two

Identify what your “sensitive spots” are. Those are things that drive you crazy and provoke an intense reaction—stronger than the reaction most people would have. Identify your automatic or conditioned thoughts—those thoughts that arise out of nowhere and cause you to react without a clear reason.

By definition, automatic thoughts are involuntary: They just pop up in the mind. They are not reflective thoughts, nor are they the product of analysis or logical reasoning. They are instinctive reactions to unexpected situations. Generally, automatic thoughts are internal dialogues and are the product of fear, a lack of confidence, low self-esteem, and guilt. These reactions are learned in childhood, as an instantaneous response to certain attitudes and beliefs. They usually come from family, school, and other social influences during a period of growth in which the individual has not yet fully developed the capacity for rational analysis. The individual assimilates—accepting these thoughts as his or her own—and they accumulate in the memory “waiting” to be triggered by situations loaded with heavy emotion. At that moment, when the person doesn’t feel capable of solving or dealing with a situation, the thoughts come up like a gun that accidentally goes off.

The first step to changing this mode of thought is to become consciously aware of these automatic thoughts. Every time you’re in a situation that makes you feel uncomfortable, pay close attention to the following:

What you say to yourself. The more intense the emotion, the clearer (and easier to detect) the automatic thought will be.

Mental images. If you imagine yourself in a humiliating situation, for example, it's very likely that you'll feel ashamed. This will block sexual desire.

Your internal dialogue. When you talk to yourself in your mind, for example, do you criticize yourself, insult yourself, and order yourself to repress things? Remember that all of these things are important because you could be repeating this type of mental behavior subconsciously, without even being aware of your negative emotions and self-criticism.

Step Three

This exercise will become easier and easier with practice, and you will develop an acute awareness of your internal mechanisms. You will be able to modify and change your attitudes in your relationships with yourself and your partner. Some memories from your childhood may surface, perhaps of events that you hadn't consciously remembered previously.

Try to understand the motivation: Ask yourself why you bring this negative feeling or automatic thought on yourself. You can also follow the Relaxation Diet, explained on page 243. The relaxation exercise will help you better understand yourself.

Finally, after developing a conscious awareness of your thought processes, you should forgive yourself. The easiest way to do this is to write the following down in a notebook:

"I forgive MYSELF. I will try to be conscious of my automatic responses."

"I will allow myself pleasure WITHOUT GUILT. I deserve to be happy and to make my loved ones happy."

Step Four

You can write down these affirmations every time negative feelings or reactions against pleasure surface. And it's important to take some time to mentally repeat those affirmations.

Step Five

Make a list of the people you need to forgive. Forgiveness, like love, enhances vitality and personal satisfaction. Get your courage up and take the test. You don't have anything to lose, and a wonderful future to gain!

THE IMPORTANCE OF INTIMACY

Most people cannot talk about their sexuality without getting embarrassed. Few people can refer to their genitals in conversation without feeling some embarrassment. Some people cannot even touch their own bodies when they're alone or see another naked body without experiencing feelings of guilt or nervous anxiety.

Intimacy, playfulness, and love should be reciprocated by both partners so that they freely express themselves through their bodies, showing their feelings. But when partners reject their own sexuality, their own body and emotions, fearing that their partner will not accept their most private self, they feel fear, anguish, or anxiety when making contact with their partner. They experience feelings of self-criticism and learned feelings of guilt in the face of sexuality. A wall goes up, a sense of distance, and sexual or emotional impotence occurs.

Expressions of affection will then diminish. The body gives us the potential to experience high levels of pleasure, but that potential can be blocked by the numerous contributing factors already mentioned as well as other elements yet to be discovered in spite of all the

scientific and social progress that has been made in recent years. In this section, we will learn to unblock our natural sensuality.

The Two Faces of Sexuality

If a person feels too inhibited or blocked to explore his or her own body and pleasure responses, this can lead to impotence or a lack of satisfaction in a couple's intimate relationship. If the negative situation persists, the couple can feel frustrated or afraid to face a sexual encounter with their partner.

Following are descriptions of two real-life situations. They both feature a couple about to make love. How are the two scenarios different? In the first one, routine, lack of desire, and exhaustion prevail. In the second, some changes put the couple on the path to affection and sexual satisfaction. Do you dare to follow their example?

SCENE 1: CAN'T GET NO SATISFACTION

A couple is lying in bed. She seems troubled by something and tries to initiate a dialogue.

"We can never talk honestly about our feelings."

"That's true," he agrees. "Every time I try to talk about something serious with you, you change the subject."

"Why don't we stop blaming each other and try to start talking?" she suggests.

"All right. I want to tell you that I love you, but lately I feel like I have no sexual desire," he explains.

"It must be because you're so stressed out," she says.

"Yes, but you always wait for me to make the first move, and really I am tired."

"I don't get it. What are you trying to say?" she asks.

"It's simple: I want you to seduce me," he replies.

"That's what I want too," she insists.

"It's all a series of things that add up, sweetheart. Maybe we need to try something new."

"I don't need any kinky toys or props," she says.

"Okay, whatever . . . I'm going to sleep." He turns on his side. Then she starts to caress him, seduce him. He is receptive to her gestures and starts to touch her in return. But then she says, "I'm going to sleep too," and irritated, she pulls her hand away.

How many times has this scene been played out in your relationship? What can we do to put an end to this extremely unsexy behavior?

INTERMISSION: SUGGESTIONS TO CHANGE COURSE

Create a special ambiance before making love, even if it's only once a week.

Put on some music that your partner likes.

Burn incense or scented candles before making love.

Light candles of the color you consider most romantic.

Give your partner an object as a present that will serve as a reminder of your love.

Prepare an interesting, constructive topic of conversation to share with your partner.

Find ways to help each other in daily activities and tasks.

Call your partner once a day just to say "I miss you."

Compliment your partner frequently in front of other people. That will bolster his or her self-esteem.

If possible, watch an instructional sex video together. You could also watch sexually explicit movies with story lines that are more graphic than the instructional kind.

Communicate openly about your secret fantasies, and listen to your partner tell you about his or hers.

Men should remember that flowers are a magical gift;
women should keep in mind that preparing a romantic
dinner with a good bottle of wine or champagne will
please any man.

SCENE TWO: THE ROAD TO PLEASURE

The same couple is sharing a romantic dinner.

*“Darling, are we celebrating something? You look beautiful, and this
dinner is delicious,” he says.*

*“I love you, and I want to win your heart every day. That’s why I made
myself beautiful for you.”*

“I want you to tell me all your fantasies,” he says tenderly.

*“You are my fantasy come to life, and thank you for bringing me my fa-
vorite flowers,” she says.*

*“I love making you happy. What do you want me to do tomorrow? It’s
good to make a fresh start every day,” he affirms.*

*“Nothing, my love. Just your smile as you say ‘good morning,’ or when
you call me just to say ‘I love you.’ That’s all I need,” she replies.*

*“Okay, now I know that giving you something is easy and
economical too.”*

They both smile their agreement, happy and satisfied with each other.

As you can see in this example, the key to being successful in love is to work on your relationship every day, starting fresh, leaving behind misunderstandings and bad times.

When my husband and I go through a time of high stress because of work or other circumstances, we often like to take a “virtual vacation” for a week. What is a virtual vacation, exactly? It consists of

- ♥ Not criticizing or making negative comments.
- ♥ Not reacting defensively. We focus on building a spirit of companionship, accentuating the positive, bringing out the affectionate and sensual nature in the other.

This week can be extended, it just depends on us. Keeping the fires of love burning is a beautiful task. Always remember that just like when you're on a diet, when it comes to love, every day you have to make a fresh commitment and do your workout with conviction, enthusiasm, strength, and discipline.

Five

THE GIFT DIET

To receive is the gift of giving.

Giving is the gift of the soul.

It is the same thing.

It is opening the palm of your hand

As you open your heart.

THE POWER OF GIFTS

We tend to forget how important a present can be and how meaningful it can be for another person. A gift can be seen as a social behavior or an action taken to benefit the other person. Ultimately, the gift itself reminds us of the giver, and we transfer to the object the feelings we have for that person, creating a new dialogue with the token of affection and the person.

A present can send messages like

- ♥ I love you.
- ♥ I want you to love me.
- ♥ I appreciate you.
- ♥ I desire you—I want to make love to you.
- ♥ I want you to accept me as I am.
- ♥ Thank you.
- ♥ I haven't forgotten you.
- ♥ I want you to think of me.

There's no doubt that special days like Valentine's Day, Mother's Day or Father's Day, Christmas, New Year's Day, anniversaries, birthdays, or weddings are occasions synonymous with gift giving. But within the context of a relationship in trouble, a gift can do much to improve the situation. For example, a gift can

- ♥ Help to improve relationships with others.
- ♥ Communicate feelings of empathy or affection to the receiver.
- ♥ Show a desire to express and affirm our relationship with someone.
- ♥ Demonstrate a concerted effort to satisfy or meet the other's needs.

- ♥ Represent an attempt to satisfy a material need that the other person has.
- ♥ Invoke reciprocity.
- ♥ Be a pleasant surprise and source of reassurance.

When giving a gift, remember: Don't think about what *you* would like, think about what the other person would really enjoy.

A List of Gift Ideas

Some things on the following list can serve a practical purpose, like jumpstarting a couple's sexual desire, and can then become symbols that affirm the affection you feel for your partner:

- ♥ A clothing accessory
- ♥ Jewelry
- ♥ A plant
- ♥ A tea set
- ♥ A car
- ♥ A house
- ♥ A book (*The Love Diet*, for example!)
- ♥ A trip
- ♥ A computer

- ♥ A date book or electronic organizer
- ♥ A card
- ♥ Flowers
- ♥ Candles or candlesticks
- ♥ Wine or champagne
- ♥ Perfume
- ♥ A pet—but ask first to make sure it's something the person really wants
- ♥ Chocolates
- ♥ A picture frame with a special photo in it
- ♥ A camera
- ♥ A special dinner
- ♥ A toy—even as adults, we enjoy getting sweet, nostalgic gifts like a teddy bear or toy car
- ♥ A crystal box or other decorative object
- ♥ A painting
- ♥ A poem
- ♥ A DVD of a film or music CD of your partner's favorite group or artist

- ♥ A special email

- ♥ A passionate love letter

There are many gift cards that you can buy from different stores that can be used to purchase books, dinner at a restaurant, services such as housecleaning or a special spa treatment, etc.

If someone sends us a card during the holidays, we feel obliged to reciprocate. If a friend gives us a present on our birthday, we think of returning the gesture on their birthday. If a married couple invites us over to their house, when we say good-bye we ask when they can come to ours. The same thing happens in a relationship: A gift invites reciprocity, it causes us to think of our partner, and it can break a pattern of disinterest because sometimes we all need a clear demonstration of appreciation. Somewhere in our hearts, we're still little children, waiting and hoping to get that special present on our birthdays.

Six

SECRET CONFESSIONS OF THE EROGENOUS ZONES

*When the earth touches the sky
When fire and water become one
And all the miracles of the world come to life,
Nothing can compare to the instant a man joins with a
woman's body.
Only the masculine coming together with the feminine can
give rise to the universe itself through its wondrous seed.*

EROTIC MESSAGES

How should we interpret body language? Is there such a thing as subliminal erotic messages? While the latest feminist literature bemoans women's sexual

dissatisfaction, psychological studies proclaim the masculine organ as sexuality's focal point. Can men and women reconcile and transcend their physical and sexual differences?

We are evolving as a society, and this process brings with it changes in fashion, ideas, and attitudes. All of these manifestations of change have something in common: the couple's connection. In the present, new forms of expression emerge to define and open up impulses, emotions, thoughts, and ideas about sexuality. In spite of the similarities and differences between the sexes, some limitations of gender persist. Can human beings transcend their own personal histories to fully understand the vast variations of sensation that each person experiences within his or her own personal sexual relationships?

Let's imagine that your partner's erogenous zones are having a dialogue with yours: What would they say? What do they need? What are they hiding?

I suggest you do the following: Open up the virtual screen of your imagination, using the animation program inside of you. Want to try? Then hit the "tenderness" key to continue the exercise, and practice with your partner today. Don't be shy, just approach it as a playful game of "truth or dare" that will help you love each other with the same passion you felt that first time, when you were still discovering each other. Do the following exercise.

Confessions of a Lady

What confessions would a woman dare to make to a man from the point of view of her most intimate part?

- ♥ I want to feel amazing pleasure.
- ♥ I want you to surprise me.
- ♥ I need a deeper, special touch.

- ♥ I'll give you all of my energy to open up to your world.
- ♥ I hope that you can understand my feelings without judging me, unlike some men from my past, or my mother or grandmother.
- ♥ I hope that you can respect my rhythm. It's always changing and sometimes it's slower.
- ♥ I need you to get to know me in all of my different dimensions.
- ♥ All of the aromas and fluids that emanate from me represent my love, waiting to mix with yours.
- ♥ I'm sorry that I wasn't able to open myself more to your desire today. I did what I could, but I didn't feel your power like I did last time. I'm sorry.

These are just some of the many things that a metaphorical vagina might say.

Confessions of a Gentleman

What do you think a dialogue between a man's most erogenous zones and a woman's would be like?

- ♥ I want to give you all of my strength so that you always feel something different inside you.
- ♥ I'm afraid that every time I penetrate you, you're comparing my virility with another man's, and I'm losing you.
- ♥ I feel so desperate to possess you that I get lost inside of you, and I can't give you what you want.

- ♥ It's painful for me when every time you open your legs and offer me your sanctuary, I repress my impulses and feel frustrated.
- ♥ Why don't you recognize my power? Why won't you let me in?
- ♥ Today I felt like I could fulfill your desires, and I saw the stars dancing in your eyes.
- ♥ I want to explode inside you until I die.

Men guard their erogenous zone's secrets deep inside their bodies and minds, just like women do.

Body language is subtle, but it can also be clear, direct, and even so obvious that it fails to register with us. How many delicious confessions are we failing to express every day? How different would the letters between a man and a woman be, if the correspondence had been composed by their bodies and not their minds? To understand the full potential of human experience, the important thing is to open up our internal limits, stand naked before our partners, and make love with our bodies and souls.

Now, the question is this: Will you explore and unlock the language of your desire in your own way from now on? That's up to you, and the answer is your sacred truth.

Seven

THE HOW-TO-TALK- SEXY DIET

*While I whispered in your ear: I want to make love to you!
In between every sigh, a word slipped out, and I started
to play a new game.*

*Making pleasure ever sweeter, we created a new verb
together.*

*We sowed the seeds of a sensual language with penetration
and passion.*

They were new secret codes rising up from our fire.

SENSUAL WORDS

Language is dynamic and constantly evolving. In all areas of life, people have different modes of expression, and these forms of communication change, going in and out of fashion according to

people's ages and the trend of the moment. The same thing occurs in our sex lives, and the possibilities are endless. The vocabulary of sexual expression is always growing, and day after day, new terms arise that you won't find in any dictionary. They make their way into the popular lexicon literally by word of mouth.

Some of these brand-new terms come from English, others are Latinisms, and some street terms simply sprang directly from the spicy imagination of the spirit of eternal lovers. Get a pen and paper, take notes, practice and learn. When you're at the hottest moment of a sexual encounter, you can use the following terms, either as a game or as a way to feed your fantasies.

A Glossary of Sexy Words

A la napolitana: Anal sex play where the woman stimulates the man with sex toys, her fingers, or any other creative trick.

Amrita: This means nectar of the gods, and it can refer to the woman's orgasmic fluid.

Bondage: A kind of masochistic game where one partner ties up the other and stimulates the other with the intention of bringing him or her to orgasm.

Brazilian wax: When women wax all the hair from their genital areas so they are totally nude and exposed, like newborn babies.

Cherry: When a woman is a virgin or has had very little sexual experience.

Coitus interruptus: When a person has multiple orgasms and can't stop.

Coitus reservatus: Prolonged coitus where ejaculation—but not orgasm—is intentionally suppressed.

Cuban style: When the woman masturbates the man between her breasts.

Finger play: Using the fingers to increase erotic stimulation; many women use their fingers to perform anal sex on their male partners.

French kiss: Deep, openmouthed kisses.

Hard core: Strong sex with no limits.

Hawaiian style: Running the fingertips over the whole body, using aromatherapy, and ending with masturbation.

Hentai (jentai): This literally means “perverted” in Japanese, and it refers to unusual sex practices, pornographic materials that depict it, and people who practice it.

Horny: A man or woman who is very desirous of sex.

Japanese style: Sex on the floor or on pillows, with many different squatting positions.

Key kiss: When the lovers’ tongues find each other and unlock love’s door.

Lingam: Instead of referring to the penis in explicit terms, you can use this Tantric term.

Lolita: An attractive woman who is perfectly well aware of her physical charms and uses her sensuality to the fullest.

Maching: A man or woman who engages in sex in a methodical way for a prolonged period of time.

Ménage à trois: The fantasy or reality of three people making love at the same time.

Metrosexual: A certain kind of straight man who takes care of his body, is not afraid to show his feelings, and is in touch with his feminine side.

Petite mort: Literally meaning “little death” in French, this is a postorgasmic state where the woman momentarily leaves her senses; that is, a state of maximum climax.

Russian style: A massage at the base of the penis meant to delay ejaculation.

Sappho: Female homosexuality. It comes from the poet and courtesan Sappho, of the island Lesbos in the Aegean Sea. She was said to have engaged in homosexual sex with her disciples.

Sky dancing: A term used to describe a transcendental sexual experience, in which the lovers literally “overcome their differences and dance together in cosmic space.” Now there’s a challenge.

Spanking: Slapping the buttocks.

Striptease: Making a game of taking your clothes off.

Sulam: An older man’s preference for prepubescent girls. Comes from the Sulamites, sexual partners of King Solomon.

Sweet banana: Refers to the man’s semen when he ejaculates.

Swinger: An international term to identify people—groups, individuals, or couples—who like to change partners.

Thai style: A massage using the breasts over the whole body.

Toy love: Sex toys and instruments.

Water sports: A person who derives sexual pleasure from being urinated on.

Yab-yum: A position where both partners are sitting, the woman on top of the man.

Yoni: A Hindu word for vagina.

Use all of these words with your partner to start spicing up your sex life right away.

*A*nother tool for jumpstarting desire is to have phone sex or virtual sex by sending emails or instant messages. You can use the hot glossary for that, too.

A RECIPE FOR PHONE SEX OR VIRTUAL SEX

When you want to fan the flames of passion with your partner or lover, a good exercise is to explore your fantasies without being together physically. Phone sex or virtual sex can serve to overcome inhibitions—since you will not feel your partner’s eyes on you, you may feel free to say things that you might find difficult to express face-to-face.

Dialogues over the phone or computer create an atmosphere of forbidden love, a fantasy that always ignites and stimulates love. To have phone sex or virtual sex, follow these suggestions:

1. Find a place where you’ll be alone and you’re sure you will not be interrupted or overheard.
2. If you have virtual sex using your computer at work, it’s important to keep the contents of your conversations in a place where no one can discover it.
3. Save your erotic messages on your computer’s hard drive (at home) or on a computer disk so that you can compile them later and use them as a reference in case you find yourself in need of a little sexual imagination.

4. It's best to make a date for phone sex or virtual sex with your partner beforehand. Although you may want to surprise him or her, it may not be a good time at that moment. Give your partner advance notice so you won't feel rejected.
5. Start in right away by communicating sensually and provocatively.
6. Try to find erotic sounds that will excite your partner, like blowing, sending kisses, or making sexy sounds on the phone. If you're having sex over the computer, you can record your voice and send a voice file through email. Use your imagination. Here are a few things you can try:
 - Moans
 - Grunts
 - Erotic words or body parts
 - Pieces of a phrase
 - Stream-of-consciousness dialogue
 - Describe how your body feels when you talk to your partner
 - Describe how excited you are becoming
 - Tell your partner what you want or what you imagine
 - Say what you would do if you were together
 - Ask for everything you want him or her to do to you later
7. If when you first do this exercise you feel a little ridiculous or uncomfortable, the important thing is just that you focus on having fun and regaining your partner's desire and attention.

Use quick provocative phrases so you won't have to think too much. These phrases can be used in a computer chat, too. For example, to get a man excited, you can say:

- ♥ "You are insatiable. You won't stop."
- ♥ "I love to look at your body."
- ♥ "I love you . . . I need you because you turn me on so much."
- ♥ "I want to make love with you for the rest of my life."
- ♥ "I need you inside me."
- ♥ "Your voice really turns me on."
- ♥ "Your penis is like a chocolate ice cream cone, and I want to have some."
- ♥ "I want to feel your tongue between my legs."

To get a woman excited, you can say

- ♥ "Just thinking about you turns me on all day."
- ♥ "Just looking at you makes me hot."
- ♥ "I love watching your breasts when you walk."

You can also write poems or quote passages from an erotic book.

These phrases just get your sex play going. Once you have had some practice with phone sex, you'll be amazed at how creative you can get. Maybe you can let yourself get excited enough to bring yourself to orgasm . . .

Eight

THE STRIPTease DIET

*You undressed my soul while I made love to you.
Nothing got in the way of showing you my whole self.
My milky thighs, my breasts of honey and roses,
My sighs and moans all through the night,
Where our love was so real.
My dangerous curves moved in the rhythm of our love.
I offered my whole being to you, without hesitation.
I don't regret giving you my body and soul.
I only hope that you will always want me, just like the first time.*

HOW TO STRIP

The act of undressing with style can strengthen a relationship in an exciting, unforgettable way, generating a unique sexual chemistry for those two lovers alone. Putting on a show in the nude is only a matter of conviction. We can see some examples in Hollywood

movies such as Kim Basinger in *9½ Weeks* or Demi Moore in *Striptease*, although keep in mind it's best not to imitate anybody else's technique—just watch these films for entertainment. It's more difficult to find examples of male strippers, but there are some clubs that serve a clientele of “bachelorette parties.” In these places, the male strippers have a very masculine way of stripping, and many women love getting into the act. When stripping for your partner, whether you're a man or a woman, follow your own personal style.

It's important to mention some of the key elements you'll need for your striptease diet to be a success, leading to a night of passion, entertainment, and fun:

Women can use

- ♥ Lace, satin, and sheer fabrics

- ♥ Sexy lingerie with a sheer blouse or robe

- ♥ Stockings with garters

- ♥ Fishnet stockings

- ♥ Lingerie: There are different styles of lingerie to satisfy every imaginable taste. You can choose what you and your partner both like. You can even find sexy lingerie or underwear to act out different characters; this drives younger men wild. You can dress up in the style of a schoolgirl, a teacher, a nurse, or anything else you can imagine. Some men enjoy looking at men's magazines; you can buy a few to get ideas as to what kind of lingerie he may like.

- ♥ Wigs or clothing made from leather

- ♥ Fetish wear, made from leather or vinyl and very tight-fitting
- ♥ Sexy, sensual music. It could be a favorite record of yours, or something that will remind your partner of a special romantic time.
- ♥ Soft, provocative lighting. Candlelight tends to create the perfect atmosphere for seduction.
- ♥ Do-not-disturb: Before you start the show, turn off the telephone, lock all the doors, and draw the shades so you won't have any interruptions.
- ♥ A nice drink. But don't drink too much alcohol because this can inhibit sexual desire.
- ♥ Accessories and jewelry, such as rings, bracelets, scarves, watches, gloves, hats, and belts. The more you have on, the more you'll have to take off, making your striptease as long as possible, which makes it sexier.
- ♥ A nice relaxing bath beforehand. Rub your body with oil so that your skin will have a luminous glow.
- ♥ A good perfume
- ♥ High-heeled or stiletto-heeled sandals or boots

In this diet, the following elements are *not* recommended for women:

- ♥ Cotton underwear (not very sexy!)

- ♥ Control-top pantyhose
- ♥ Pants
- ♥ Everyday street clothes
- ♥ Lingerie too complicated to easily take off
- ♥ Nothing that has a high collar
- ♥ Low-heeled shoes
- ♥ Lingerie that doesn't push up the breasts
- ♥ Leotards or bodysuits

The apparel for men is simpler in general, but there are some types of clothing that are more sensual than others and can be used in a striptease:

- ♥ Cotton boxer shorts—black, if possible
- ♥ A jockstrap under the boxers, leaving the buttocks totally exposed.
- ♥ Button-fly jeans
- ♥ A tight-fitting shirt
- ♥ Cotton socks that match your underwear
- ♥ A black jacket, Chinese style or traditional

- ♥ A denim shirt or cardigan
- ♥ A hat
- ♥ Dark sunglasses

Men should *not* use:

- ♥ Shoes with laces
- ♥ Top-Siders or loafers
- ♥ Ties
- ♥ Street clothes
- ♥ Brightly colored or patterned underwear
- ♥ Long underwear
- ♥ Pants with zippers
- ♥ Beach clothes
- ♥ Sneakers or tennis shoes

32 Tips for Stripping

Practice stripping with these invaluable tips, using the clothes and props previously mentioned according to your gender.

1. Don't rush or plan out every movement in advance.
2. Inspire a sense of anticipation in your "audience"—for example, loosen an article of clothing, but instead of revealing what's underneath, move on to something else, saving the first article for later.
3. Don't try to look like anybody else. There are as many ways to perform a striptease as there are people.
4. Tell a story, something that's meaningful to you, while you strip.
5. Don't make a total joke of it. Have a sense of humor, but respect that stripping is a serious erotic game.
6. Sing a song that turns you on, or if you don't want to sing out loud, sing it in your head and strip to your internal rhythm.
7. Use different facial expressions, like blowing kisses or moving your mouth in different ways.
8. Reveal your body with an air of distraction. For example, women can casually let their bra straps fall, and men can casually drop their belt to the ground after they unbutton their pants.
9. Take off some articles crudely and quickly, almost violently; at other times make your movements slow and tantalizing.

10. Try to surprise yourself as you strip, playing and moving sensually.
11. Touch your own body's erogenous zones.
12. Keep moving the whole time so you don't have time to think too much about what you're doing.
13. Move close to your lover and touch him or her, but then step back and go on with the show.
14. Hold still in one position for a few seconds. For example, bend over or arch your back.
15. Use a chair or a cane as in the movie *Cabaret*.
16. Play with transparent things, like sheer curtains.
17. Dance slowly and sensually, always moving your hips.
18. Look your partner in the eyes.
19. To create even more anticipation when it comes time to take off your last articles of clothing, do it slowly. Don't rush or anticipate your movements.
20. To make your partner think that the best is yet to come, always imply that you have more to offer.
21. Make your partner want to touch you, and then back away, teasing, always remaining just slightly out of reach.
22. Don't worry about whether your body looks beautiful or not—just concentrate on stripping and exciting your partner.
23. Play with putting things in your mouth and licking things while you strip, like a berry or a chocolate (see the Kiss Diet on page 55).

24. If you are in a relationship, you can videotape your striptease and watch it later. See what worked best and what you'd like to change.
25. While you're stripping, think about which part of your body excites your partner the most, and don't reveal that part until the very end.
26. Draw on all of your fantasies to excite your partner while you strip. This will keep you excited, too.
27. Ask your partner for a special present after the show as a mark of appreciation.
28. Don't forget to keep your body relaxed as you dance.
29. If you feel distracted or self-conscious, try not to think about your partner.
30. You can always rely on self-stimulation.
31. You don't have to continue with the striptease if your partner loses interest for whatever reason. That can be very frustrating. Try it again some other time. (Men sometimes feel a little frightened the first time. It's not uncommon for men to enjoy watching a woman strip, but then they can sabotage her free expression. This rarely happens the other way around—women tend to be very turned on by anything new and exciting.)
32. Let your partner strip with you.

The main goal of the striptease is to express sexuality, overcome inhibitions, and awaken desire, sensations, new possibilities, playfulness. Learn to love your body. Remember that stripping is a game infused with mystery, magic, and sensuality. Try it today!

Nine

THE DAILY KAMASUTRA DIET

Balancing the erotic and love energies and the connection between the mind and the spirit, with our partner as well as with ourselves, is the Kamasutra's reason for being.

THE POSITIONS OF LOVE

Western cultures tend to associate the Kamasutra with multiple physical positions achieved during lovemaking, a jumble of acrobatics and pornography. In the Eastern world, the true Kamasutra has little to do with this completely physical sexual interpretation because at its core this discipline posits a spiritual practice through sexuality without limits. The Kamasutra aims to elevate sexual energy in our consciousness to achieve enlightenment and a certain sense of complete unity with the world, where we clearly perceive

the universal and experience total harmony in every aspect of our being. The most amazing thing about this text is that no other classic literary work has been as celebrated in the West as the Kamasutra has. This world-renowned book of erotica was written by Mallanaga Vatsyayana in the third century.

The objective of the Kamasutra is to heighten sexual ecstasy and the integration of the woman and the man, with all the divine power that sex can awaken and express in all human beings. This technique promotes the idea that each sexual encounter with our lover is a celebration, a magical, extraordinary event, different and unique each time. The couple can together channel a powerful divine sexual energy. This is accomplished by using a combination of sexual techniques, especially different positions for lovemaking.

The daily Kamasutra diet recommends experimenting and practicing with a different position every day to improve the balance of your physical, mental, and emotional energies as you enjoy a new way of experiencing a healthy, robust sex life.

With the keys to each position of the Kamasutra, an ordinary,

*Vatsyayana, the author of the
Kamasutra,*

asserted that in the first sexual encounter, the man's sexual passion is intense and climax is reached very quickly. In subsequent encounters with the same partner, the reverse is eventually true. On the other hand, the first encounter produces tentative passion for the woman and much time is needed to reach climax, but over subsequent encounters with the same partner, she feels her passion grow and reaches orgasm more and more quickly. The Kamasutra points out that every sexual relationship needs erotic play, and different postures need to be used to enable both partners to get to know each other more deeply, and to enjoy sex to its fullest.

ho-hum sexual relationship can be transformed into something exciting and different. This diet will help develop creativity, making sex a new, wondrous experience.

How to Enjoy Each Posture to the Fullest

It's important to recognize that the movements of our bodies, minds, emotions, and spirit are energies that flow in a spiral. This applies to the sexual act or any other situation in human existence. This diet is most successful when we are consciously aware that the mind vibrates at a much higher frequency than the body, so for each posture to flow like a dance, it's important to achieve equilibrium between the mind and the energy of the body. The best way to do this is to consciously slow your breath down and let the body gradually relax. Here are four concepts that apply to energy in its various dimensions.

- ♥ **Be aware:** In the heat of the moment of a sexual encounter, it's important that the couple stay relaxed so the lovers can move properly with their whole bodies. Reaching a state of calm serenity through controlled deep breathing is one way to get in synch with the Kamasutra diet's perfect rhythm.
- ♥ **Coordination:** When the mind is trained to be consciously aware and focused on each movement during the sexual act, the body begins to feel the energy of pleasure and the integration of emotions provoked by erotic stimulation as well as feelings of affection for one's partner.
- ♥ **Integration:** All of the postures, or *asanas*, involve rhythmic movements. With practice of the Kamasutra, a couple will begin to feel that each posture increasingly joins them into one entity.

- ♥ **Will:** Persistence is very important to transcend the mind and transform the sexual experience from something ordinary into a divine, cosmic event.

These themes are all interconnected and they must be carefully considered in order to get the most out of the Kamasutra diet. The more relaxed the body and mind are, the more sexual pleasure the couple will experience. But in the West, sexual excitement is associated with a state of tension, and this muscular and mental tension is no doubt what causes difficulty in achieving orgasm in women and premature ejaculation or impotence in men. There are some golden rules for completely mastering the postures, which are based on verbal and nonverbal communication, while practicing the art of the Kamasutra.

II GOLDEN RULES FOR KAMASUTRA PRACTICE

The human mind is constantly agitated by thoughts, and these can sometimes make pleasure elusive. For a totally harmonious relationship with ourselves and our partners, while we move through the various postures we can use verbal communication to express ourselves. Very few people fully understand that sex does not correspond with the body's language, but with the mind's.

How can you initiate a dialogue using body language? This kind of nonverbal conversation occurs when we focus all of our attention and concentrate on what we are feeling. The body responds better when we pay full attention to the physical sensations, rather than focusing on thoughts. This form of expression puts us in closer contact with ourselves and our hearts, so we can feel love fully in all of its depth and intensity. To experience this kind of communication, it's important to

- ♥ Focus on the rhythm of your breath and that of your partner.

- ♥ Slow your breath down until your body is relaxed as you move and assume various postures.
- ♥ Practice nonverbal communication, gazing into your partner's eyes, absorbing his or her feelings with each gesture.
- ♥ Express to your partner through your body everything you are feeling.
- ♥ Be consciously aware of how your body responds to every sexual stimulation your partner offers.
- ♥ Listen attentively to your body's sensations so you will grow increasingly relaxed.
- ♥ When you experience a particularly pleasing sensation, try to relax your body as much as possible. Tune into your conscious awareness and enjoy it deeply.
- ♥ When a certain sensation is uncomfortable, try to gently change your position, smoothly communicating this to your partner without interrupting his or her pleasure.
- ♥ Let your partner express him- or herself.
- ♥ The man must be careful not to make overly abrupt, sudden changes of position because this can affect the woman's receptivity to penetration and block the transition to the next posture.
- ♥ Let your body freely experience every sensation without judgment. Enjoy!

DAILY DIET OF KAMASUTRA POSITIONS

The sexual positions of the Kamasutra will stimulate your imagination and enhance your pleasure. Here you will find a different position to practice with your partner for every day of the month. As you practice each position, you will develop heightened spontaneity and fluidity with your partner. Each position will form a unique dance that can be compared only to the movement of the stars in the sky.

1. THE CRAB

The man leans his back against a table, taking his partner by the hips and bringing his penis slowly toward the woman, who has her back to him. As the woman is penetrated, she leans forward as far as her flexibility will allow. This posture should be practiced when the woman is very well lubricated to allow for the deepest penetration. This position is very satisfying for the man, as it allows him to touch his partner. It can also be used for anal penetration. It can be a dramatic contrast to a previous more comfortable position when the couple prepared for lovemaking. The man can gauge his movements; the woman can support herself and lean into her partner's pelvis, varying the position and increasing the penetration.

2. THE SURRENDER

The woman lies on her back with her buttocks at the edge of the bed, letting her legs fall to the floor. Then she waits with open arms and open legs to be penetrated by her lover. He kneels in front of her and puts his penis between her legs, grasping her thighs with both hands to increase the penetration.

This position is perfect for women who need to feel profoundly penetrated by their lover and for those who need to self-stimulate their clitoris. It's also ideal for the man because he can more easily control the rhythm of his thrusts with his hands on his partner's legs.

3. THE BOA

The woman lies on her back, lifting and opening her legs. In this way she beckons to her lover to enjoy her. He lies on top of her and fully penetrates her. Once he does this, she bends her legs to encircle her partner's hips. Then she raises her crossed legs to her lover's waist and embraces him even tighter. She also wraps her arms around her partner's neck and shoulders.

This position can be especially comfortable for the woman and enhance her pleasure because of the positioning of the legs. This position is sweetly satisfying for lovers who need to feel completely joined to their partners and feel comfortable embracing with their whole bodies.

4. THE TAO

The man squats on a stable, solid surface; facing him, the woman sits on his lap. For more stability, the man can lean his back against the corner of the bed or some other vertical support.

The advantage of this posture is that it's original and fun, for a change of pace. The disadvantage is that the man can end up moving around too much if he feels his legs are not stable under the weight of his partner. This can result in him losing his erection or being unable to sustain a sexual rhythm.

If the man is particularly flexible and strong, this position has a variation that will please lovers who enjoy a swinging sensation during intercourse: While squatting, his movements can imitate a hammock, rocking backward and forward, with his feet firmly planted on the floor. Or he can stay perfectly still, letting her move until reaching climax.

5. THE SEDUCTRESS

The woman lies on her back with her legs slightly parted while he leans over her. This position is a variant of the catapult, but this is much more comfortable for the woman because her pelvis is sup-

ported by the bed. The woman raises a leg above her lover's chest. To prolong the excitement, the man holds back the leg to increase the level of penetration. Then he returns it to its original position.

This position can be enhanced even more if the woman can place her feet against her partner's buttocks. The woman will experience an extraordinarily pleasurable sensation when the man's pubic bone lightly presses against her clitoris.

To obtain even more pleasure, she can bend a leg and place her foot flat against her lover's chest. In this way, she can receive or deflect her lover's thrusts as she likes and impose her own rhythm. This is only a slight variation on the traditional position, but this simple change will have discernible effects on your erotic experience.

6. THE EXPLOSION

This position is a variation of the complete embrace, and it is recommended for quick sexual encounters. Overcome with erotic desire, the couple stands facing each other. He leans against a wall with legs apart to ensure a firm footing, and she raises one of her legs to rest it on her lover's thigh. The man can help the woman by holding her leg.

A pronounced difference in height could make this position more challenging. If the man is much taller, he can place his feet farther apart or bend his knees slightly, permitting a better angle to enter the vagina, or the woman can stand on tiptoe. Face-to-face, sublime penetration is achieved, with the man's movements gradually building.

7. THE MONKEY

The man lies on his back with his legs slightly bent, raised and resting on his chest. Facing him, the woman sits on the back of the man's thighs and allows him to penetrate her. Her legs closed in front of her, she slips her thighs between the man's legs and holds on to his feet for stability.

The man can then gently lift his partner with his feet to initiate vertical stimulation. She is over him, her thighs closed. Because her thighs are closed, greater pressure is applied to the penis, which can produce a very agreeable sensation. And the woman can provide even further stimulation by moving her pelvis in a horizontal, circular motion. These sensations can be very intense and normally will bring most men to orgasm very quickly.

8. THE SCISSORS

This position is highly original and requires a great deal of agility in the woman. The man lies on his back, resting his shoulders on a cushion to help keep his head elevated so that he can observe his lover.

The woman opens her legs and straddles her partner, facing his feet. The penetration should be slow and sensual. The rhythm of coitus should be shared by both partners, although the man can grab his partner's thighs and increase the speed. The man can stimulate the woman's anus with his fingers.

9. THE HAMMOCK

To use this position successfully, the man should sit on a hard, flat surface (not a bed) with his legs bent and knees raised. Facing him, the woman, with her legs open, sits on top of him and lets him penetrate her, nestling in the space between his legs and chest.

He presses against her body with his knees, pushing her toward him, bringing their bodies close together, while he kisses her breasts, which are at the level of his face. This stimulation is delectable for the woman and intoxicating for the man. With her neck bent back, the woman submits to the exquisite pleasure, enjoying the wonderful sensations her partner gives her.

10. THE MATRIX

With the legs together (to increase stimulation of the penis and clitoris), the woman lies on her side and inclines her head back as he

penetrates her from behind, either vaginally or anally. This is an excellent position for anal sex. The woman who dares to experience the pleasure of anal sex will make her body a complete, perfect, limitless universe for love and pleasure. The couple's movements should be gentle and well coordinated, the penetration slow and deep. Both bodies will fit together like two perfect puzzle pieces.

This position is great for women who have difficulty achieving orgasm or who like to enhance stimulation of the clitoris during intercourse because keeping the legs together produces this wonderful effect. You just need to relax and surrender to pleasure.

11. THE TRAPEZE

The man sits with his legs open and his partner straddles him while being slowly penetrated, feeling full and completed by her lover. The man takes hold of her wrists and is almost overwhelmed with pleasure as she relaxes her body and leans backward until she falls back completely. It's important that the woman be fully relaxed and succumb totally to her lover as he then pulls her to him, provoking the necessary friction for the sexual act.

This posture is composed of various movements, so the woman needs to be light. The couple should be evenly balanced, and the man should be strong and dexterous. This position is ideal for changing your routine and provoking new emotions. After experiencing these sensations, you'll never say no to sex again!

12. ENDLESS PLEASURE

She lies on her back and raises her legs while breathing deeply and reveling in the ecstasy of showing her sex to her partner. She lets him hold her legs while he penetrates her, dominating and controlling her. This position allows the man to vary the penetration and the position of their legs.

The lovers cannot bring their faces together, and the man's hands cannot do much in this position because they stay immobile, which generates an exquisite tension. Both bodies follow the path to or-

gasm, and reflect in each other all the various signs of pleasure, sensuality, and affection.

13. THE BUTTERFLY

For this position, the woman should lie on her back on a comfortable, flexible surface, like a bed or sofa. He lies on top of her. In this way, their bodies are molded together, a perfect position for very affectionate couples to express all kinds of tender gestures.

With a little dexterity and a high level of excitement, the woman wraps one leg around the small of her lover's back, opening the gateway to pleasure. The man penetrates her, using her leg as a kind of pleasure lever as it rests against his hip. The lovely sweet nothings that the man can whisper in his lover's ear are the perfect condiment to reach maximum pleasure, combined with the delicious kisses he can give her. The woman is overcome listening to his tender words, carried away by his kisses, and shows her pleasure through tantalizing moans, affirming her lover's sweet power. The penetration goes halfway, which means pleasure comes hand in hand with ever-increasing desire, exploding in a passionate orgasm.

14. THE SPIRAL

There's nothing better for a woman who has difficulty reaching orgasm during intercourse than the positions that put pressure on the clitoris during vaginal penetration. Orgasm is always achieved in this position, and the multiple stimulation is an unforgettable sensation for the woman. She lies on the edge of the bed with her legs bent at one side of her body. This allows the clitoris to be squeezed between their best allies in reaching that coveted orgasm: the vaginal lips.

The woman can contract and relax the entire genital area while the man, standing, leans before her, and gently penetrates her. To make this position into a delicious main course, while the man penetrates the woman, he should caress her breasts, while she moans in pleasure to urge her partner on.

15. THE AMAZON

Assuming a totally active position, the woman can be on top and control the rhythm of intercourse, straddling her partner with her feet planted firmly on either side of his body. This position is perfect for active women who are comfortable in a dominant role and like to control the pace of sex.

For the man, this is an amazing experience because it gives him permission to be passive, allowing him to relax during the sex act. The man can touch his lover's breasts, kiss her neck, and caress her hair while she moves over him. The visual angle this position provides is one of the most exciting for the man, as it allows him to clearly see every movement his lover makes. And the woman will derive much pleasure from the simple knowledge that she is in control of the sex act, and her lover knows it.

16. THE REFUGE

With some comfortable pillows or cushions on the floor, the man sits with his legs bent and partially open. This position lets the woman comfortably settle in the space his body creates, stimulating protective feelings that naturally surge in this posture. Using his hands and arms, the man positions his partner over his erection, controlling the rhythm and intensity of the penetration. This is a highly satisfying encounter for both partners. Then the woman brings her legs to rest over her partner's shoulders, who has his head nestled between her thighs. The man can touch her clitoris as he forcefully holds her around the waist.

The distance between the lovers' faces in this posture and its bold nature make this position an exciting, extremely sensual proposition.

17. THE DISTRACTED ONE

The woman lies on her side and the man presses against her back to penetrate her. She stretches one leg back and rests it around his waist.

This position is great for men who are accustomed to making love in the standard missionary position, as well as for very flexible women who want to utilize their whole bodies in the sexual encounter.

Also, it fulfills certain desires for decadent lovers: First of all, the woman is facing away from her partner, yet at the same time his head is close to her neck and face. Secondly, he has easy access to her clitoris and breasts.

18. THE SURPRISE

In this position, the man is standing so he can grab his partner from behind, penetrating her while holding her around the waist in a sensual, somewhat dominant manner. The woman relaxes her entire body until her hands touch the floor in a gesture of total submission, demonstrating trust in her partner. The man “surprises” the woman from behind, playing a deliciously erotic melody.

For her, the pleasure comes from the angle of the vaginal opening that, being limited, provokes a very pleasing sensation of tightness. For him, the most powerful sensations come from the head of the penis, as it moves in and out of the vagina in plain view and caresses the clitoris with its most audacious movements. The man’s view also takes in the anus, the buttocks, and the back, extremely erogenous zones to many. The way that this posture accentuates the man’s domination over the woman and her complete relaxation can facilitate an audacious seduction on the man’s part. He can introduce a finger into her anus during the act, heightening her pleasure even further. This position is perfect for couples who like to engage in the most primitive, savage sex.

19. THE MEDUSA

The couple should kneel on a comfortable surface, but not as soft as a bed. In this position, the man surrenders to the woman’s desire. She will descend onto his sex and let him penetrate her as she pleases. Before this, they can kiss, their chests touching, embrace, caress each

other's backs. She will let the head of the penis lightly touch her labia and clitoris, creating a very pleasant, unique sensation. In this way, complete penetration will be even more exquisitely pleasurable and highly anticipated. During the sex act, if the man cannot contain himself and patiently submit to her movements, he can also control the rhythm by holding his partner around the waist and pulling her body toward his.

The close proximity of the couple as they face each other gives them the delicious opportunity to watch each other, revel in each other, whisper into each other's ears, and kiss on the mouth until orgasm overtakes them.

20. THE FUSION

For this position, the man sits, slightly leaning his body back, supporting himself with his hands at his sides. The legs can be straight or bent, whatever's most comfortable, and both partners' heads should be relaxed. The woman, assuming the more active role, positions herself over her partner and leans back, also supporting herself with her arms slightly behind her body. To get the maximum enjoyment out of this position, the foreplay preceding the sex act should be very intense, since in this posture the hands cannot be used and the mouths will be too far apart for kissing.

The woman controls the rhythm of intercourse and the contact of their genitals with very definite movements. It's essential that the clitoris benefit from the contact against her lover's body to maintain maximum excitement, and that he sustain a firm erection until she decides to explode in pleasure.

The lovers' mutual gaze plays a very important part here, and so does sensual, provocative verbal communication, because sexy words are charged with very strong erotic energy during the sex act. Using them can be a very potent pleasure tool in this position, making total "fusion" complete.

21. THE POSSESSION

As its name would imply, this position is captivating and has a special allure for women. The man can use his sexual magnetism to the fullest, completely enjoying his own erotic energy in this posture.

The woman lies on her back, her legs bent and open invitingly as she waits for her partner to penetrate her. Facing her, he sits between her legs and penetrates her, grasps her shoulders to control his movement. Both partners' legs intertwine in this sensual posture. The male member moves in and out of the woman in a downward motion, since the woman's body is raised slightly higher than the man's, and in this position the man can explore her G spot and her entire genital area, giving her all the pleasure she craves.

22. THE TAMER

The man, in a comfortable seated position, receives his lover, who wraps herself around his body, sitting over his erection. The woman can seduce her lover in many ways in this posture. She can touch and caress her partner's genital area, taking hold of his member and helping him penetrate her, or she can playfully caress her own genitals with his. The man can actively impose his own will if both partners desire it, slowly pressing the woman toward his member while looking deeply into her eyes. Some condiments that can be served with this sexy dish are a passionate embrace, delicate licking, heated kisses, and sensual, soft caresses over each other's backs.

23. THE SUBMISSIVE

In spite of its name, this tends to be the most highly preferred position of the entire Kamasutra by men. The male's submissive role can be extremely stimulating for both partners, especially if they have sustained a relationship for a long time. The man lies down comfortably on his back, leaving his body at the mercy of his partner.

The encounter can begin with the woman kissing and caressing

her partner as he stays in the same passive position, culminating in deep penetration as she straddles him, her back facing him, controlling the movements with her arms. It's very sexy for the partners to try to make eye contact as she looks back at him over her shoulder. Also, in this position, the man has easy access to his lover's anus and buttocks. The woman controls the speed and movements of the sexual act in this posture.

Depending on her movements, both partners can enjoy anal and genital stimulation in this position, which has many possible variations for fun experimentation.

24. THE CLASSIC

This is the most universal, classic position known in the art of making love, but it is very fulfilling for many lovers, especially when the woman needs to feel the man's physical, sexual, and tender protection. Being face-to-face allows for endless possible variations that can make this posture very alluring and exciting.

The easy mobility of the hands, the close proximity of the faces, and the comfort of the bodies are some advantages that have made this position a classic. You don't have to be afraid of trying new kinds of contact during lovemaking in this position. She can touch her partner's buttocks and anus, trying out new experiences. He can touch his partner's clitoris or let her stimulate herself. The lovers' legs can be closed to create even more friction in penetration.

Many people identify this position with love and romance at the beginning of a relationship, and it's worthwhile to keep exploring all the possibilities of this position to get the most out of it throughout all the stages of your partnership.

25. THE ECSTASY

This position should be practiced in a comfortable, very intimate setting to enjoy it to its fullest. In this posture, the woman sits on the edge of a low bed, chair, or sofa. The man kneels in front of her

partner to penetrate her, his genitals on the same level as hers. The woman relaxes her body, slowly leans back, and spreads her legs wide to receive her lover. At the same time, the man's body is surrounded by the embrace of her legs. The woman can control the rhythm of intercourse in this position, but if both partners find a harmonious, satisfying movement that pleases both lovers, their mutual pleasure will be truly explosive.

26. THE ASCENSION

One advantage of this position is that it allows for total penetration—hence its name. Lying down, with her legs raised and spread, the woman waits for her partner to penetrate her. She raises her legs until they are above her partner's shoulders.

The man supports himself with his hands on the floor or bed to control the rhythm of intercourse. Many women think that this position is too complicated, uncomfortable, or painful, but you really must try it, especially if you're in a long-term relationship and have plenty of time to experiment with different positions.

The man's excitement is very intense in this posture, and the shared pleasure for both partners can be immense. It allows for complete, deep penetration and a unique contact of the genitals, as the testicles brush against the woman's buttocks and the clitoris is stimulated from the unusual positioning of the legs.

The distance of the faces makes kissing a real challenge, which can be very provocative for partners as they feel compelled to draw near to each other and find themselves limited by the position of their bodies. In this way they consciously experience the exquisite, tantalizing pleasure of their very desire for each other.

27. THE RUBBER BAND

This posture is recommended for couples who are well trained in the art of making love, who have highly flexible bodies, and who are prepared to experience very intense, pleasurable movements.

He lies back, relaxed and very excited, his member totally erect. Her back is facing him, and she lets him penetrate her, bending her knees and leaning her body back, so her partner can deeply penetrate her vagina. To facilitate sufficient movement for the sex act, the woman should lift her waist and let herself relax against her partner. In this posture, the man will have easy access to her clitoris and breasts.

The woman needs to focus on relaxing the rest of her body. The muscle tone and the concentration on every part of the body is what makes this position so delightful. The woman especially can have a wonderful orgasm, leaving her completely exhausted.

28. THE BOW

This is a variation of the face-to-face position, but it radically modifies the sensations. The woman lies back, her legs open and bent, leaning on her elbows. When her partner is ready to penetrate her, she pushes on her feet and raises her hips and lets them rest over her partner's bent legs. Her pleasure is focused on the deep penetration and also the very pleasant sensation of feeling protected and covered by her partner's warm skin against hers. Maintaining this position can provide exquisite pleasure and bring both partners to orgasm, especially if they can establish a rhythm that will result in a simultaneous climax.

29. THE DOG

This position carries an animal's name because the man can utilize his wildest sexual instincts to the fullest. And his partner will experience total surrender to the act of love. In this posture, the woman gets down on her hands and knees on the floor. The man positions himself behind her, in the same position, but covering his lover's body. To be most comfortable, the woman needs to use her arms and knees for support and open her legs. To protect their knees, both partners should place pillows on the floor first.

The man puts an arm around his partner's waist and deeply penetrates her, either in the vagina or anus depending on the couple's desire. The man can also massage his partner's breasts during intercourse. Or, for a very special pleasure, he can penetrate her very slowly, lifting her torso with one arm while supporting himself with the other arm on the floor. The man's completely active control gives this position a very exciting dimension.

30. THE COLUMN

When the woman discovers a sensual movement focused on the positioning and elevation of her hips in any position, it can be an especially potent source of pleasure, since it brings her into contact with the man's body in ways that are not possible in more traditional positions.

In this case, the man kneels and penetrates his lover, who lies back before him. He penetrates her as her buttocks graze against his thighs. The woman can stretch out her legs over her lover's torso or bend them and plant her feet against his chest, which can provoke very pleasurable sensations in the man as she playfully caresses his chest with her feet.

In this position, the man has easy access to his lover's clitoris, and he can stimulate her entire genital area manually. Both partners can exert some control over the rhythm of intercourse, according to their desire and flexibility of their bodies.

31. THE EMBRACE

This position makes for a very passionate, creative encounter, with complete physical contact of the lovers' bodies. In general, to practice this posture, there should be a profound depth of feeling between the lovers because it is a truly extraordinary experience.

The lovers stand, facing each other, ready to make love. She climbs her lover's body, her arms tightly clasped around his shoulders, her legs wrapped around his waist, to embrace him com-

pletely with all of her limbs. He grabs hold of his lover's buttocks and pulls her to him to penetrate her. The rhythm of intercourse can be established in two ways: moving up and down, or moving forward and back, depending on the desire and particular physical needs of both partners.



STEP THREE

Special Cases



One

RECIPES TO BANISH TOXIC EMOTIONS— JEALOUSY, GUILT, ANXIETY

Love is vast.

It never ends or runs out.

Your mind wants to convince you of this.

Don't believe it. Always listen to the

Steadfast truth of your heart.

TOXIC EMOTIONS: JEALOUSY, GUILT, ANXIETY

Bodily toxins can make us sick the same way our negative emotions can have a toxic effect on our personality. But what, exactly,

are toxic emotions? Toxic emotions are internal defense mechanisms that the mind generates to defend itself against natural emotions it perceives as threatening. Of course, these denied emotions wind up being projected onto relationships in a variety of ways, and they give rise to conflicts. These conflicts, in turn, generate toxic emotions, and it becomes a never-ending cycle. Toxic emotions are not genetic, but they do spark certain behavioral patterns in parents that are imitated by their children later in life. In domestic abuse, for example, children that were abused by their parents often grow up to abuse their own children, since that is what they are familiar with.

Intimate relationships start naturally through friendship, a love affair, or dating, and as we begin to feel more deeply involved, our emotions and feelings begin to surface. Although this process is completely normal, conflicts eventually arise, creating anxiety and fear—and before we know it, we begin to project our own internal conflicts and insecurities onto the relationship.

The more we get to know someone, the more susceptible we are to having toxic emotions erode the relationship. We begin to experience misunderstandings, abandonment, fear of commitment, betrayal, etc. The relationship begins to deteriorate in different ways, under various guises. If it's true that each person has unique characteristics, as every relationship does, it's also true that there are common emotions that we all feel in our relationships, even if we were to change our partners every day.

If we were to analyze the exact causes of toxic emotions, they could be

- ♥ Our own innate negative psychological mechanisms
- ♥ Immaturity or childish reactions
- ♥ A lack of awareness of our own identity or individuality
- ♥ An inability to communicate or understand our partner

- ♥ Not having a clear understanding of our own needs
- ♥ Fear, jealousy, envy, insecurity, etc.
- ♥ Arguing as a normal, frequent means of relating
- ♥ Unspoken hurts
- ♥ A desire to control or exert power over others

This list summarizes the most frequent toxic emotions. There are certainly many more possible combinations, as many as the vast number of individual and unique couples in the world could create.

Anxiety and Fear

Anxiety and fear seem to go hand in hand in life. When we are consciously aware of our inner selves, we can recognize these emotions and attempt to modify them. If we could somehow dramatize anxiety, it would be those fluttering butterflies we feel in our stomach right before a first date, the muscle tension we feel before an important moment in our lives. The heart beats faster whenever we have to do something new or exciting. The subtler physical manifestations we may experience are a dry throat, sweaty palms, dilated pupils, etc. Those are the physical signals. Still, anxiety could be caused by a variety of factors, such as

- ♥ Lack of confidence in ourselves
- ♥ Fear of failure
- ♥ Exaggerated expectations
- ♥ Excessive worry

- ♥ Suspicion
- ♥ Tendency to isolate ourselves from others
- ♥ Anger
- ♥ Pessimism
- ♥ An overly self-critical attitude
- ♥ A tendency to focus on the negative
- ♥ Emotional instability
- ♥ Self-pity
- ♥ Feelings of guilt, confusion, etc.

These are just some of the possible causes. One positive thing that we can say about anxiety is that it can compel us to act and help us face all kinds of difficult situations—especially those situations that we have overidealized or excessively feared. Anxiety can be our friend because it can be a mobilizing force.

WHAT HAPPENS WHEN ANXIETY AND FEAR TEAM UP?

Fear is like a little voice in our head that says, “Don’t do it, it’s dangerous, you can’t.” In that moment, the resources that we have to confront a situation become limited. This is not the end of the world or anything remotely similar. We’ve all felt this sensation—it can be powerful enough to temporarily paralyze us. But usually we try to actively overcome the fear, and our mind repeats affirmations like “Don’t be afraid, you can do it.”

IS THE MENTAL NEGATION ACTUALLY POSITIVE?

Actually, negating fear or not accepting it is not positive, no matter how you look at it. Ever since childhood we've been taught to try to control fear instead of trying to simply understand it as a natural feeling. Society programs us to not feel afraid, and nothing is less human than never fearing anything. Fear is a natural mechanism, and denying it is what causes toxic emotions. Rejecting it requires such a considerable expenditure of energies that it can literally make us sick.

There are many possible reactions to fear, and the correct approach depends on the individual. The important thing is that we all need to make friends with our own fear and anxiety.

One approach that always works is to put the feeling right in front of us. Get to know it, accept it, understand it, and finally, make friends with this scary monster that our mind has created.

Most of us have a tendency to blame or project our fears onto our partner. Then something in our conscious minds snaps and our egos start up the engines of the vicious circle.

A RECIPE TO BREAK DOWN TOXIC EMOTIONS

The following exercise will help you avoid arguments with your partner and dissolve toxic thoughts, emotions, and actions that can trigger a negative reaction. It will help you not only improve your personal relationship but also gain a better approach to life in general. (The relaxation diet is included in the last step of this book. Relaxation will help you get even better results for all of the exercises explained throughout *The Love Diet*.)

Transforming Guilt

If you are experiencing chronic feelings of torturous guilt, take the following personal inventory. Set aside some time to ask yourself the following questions, and the answers you get will be very instructive. Make sure you are in a relaxed state. Follow the instruc-

tions on relaxation outlined earlier, and then do this exercise one step at a time:

1. Focus all of your attention on your innermost private self, and try to complete the following phrase: "The guilt that I feel is like a voice inside me accusing me of _____."
2. Once you have heard and recognized this accusing inner voice, imagine it is a person. Let it speak freely and listen to its accusations. For example:
 - a. *I am accusing you of _____.*
 - b. *What you've done makes me feel _____ about you.*
 - c. *I punish you by _____.*
 - d. *The rule that you have broken is the one that says _____.*
3. Think about everything that has been said in your inner dialogue and start to organize it. This will help you see clearly what code of conduct has been written into the depths of your being. It's very important that you define as clearly as possible the typical dialogue that goes on between your inner accuser and your inner guilty party.
4. Once you have completed the first three steps, write down everything your inner accuser says to the guilty party. The accuser often displays a desire to dominate and rule over the guilty party.
5. Let the dialogue continue until both sides reach an agreement. This means that both sides must feel that they have not been defeated in any way by accepting the agreement. Recognizing the new relationship that you have facili-

tated between your two sides is not only possible, it is desirable and necessary.

The mutual agreement will result in resolving the conflict. The person who was experiencing guilty feelings will feel that he or she is finally free of the problem, and his or her negative feelings will dissolve. By truly understanding the underlying mechanisms, you can learn to manage your feelings the way they really are.

Often, when people successfully free themselves from an inner conflict, the people that they had been attracted to in their lives—who supported that ongoing conflict—also disappear. That is what we intuitively knew would happen, and we feared this, holding ourselves back from taking steps to resolve the conflict.

To be happy and content, we need to cultivate completely guilt-free relationships in our lives.

WHAT IS JEALOUSY, AND HOW DOES IT AFFECT THE LOVE DIET?

The first thing we need to acknowledge is that jealousy is a personal reality that has repercussions for our partner. This reality affects both partners in many ways. And it can sometimes have negative effects on outside third parties.

Jealousy has nothing to do with betrayal, infidelity, or disloyalty. There may be situations that can exacerbate jealousies later, but they are not the cause. Jealousy is a personal reality that exists within the mind of the jealous person.

Basically, jealousy is the opposite of trust. It is an inevitable presence in relationships, whether it surfaces in the beginning, somewhere over its course, or at the end. It can be normal and mild in some people, or reach the level of a sick obsession in others. In any case this type of emotion can have very serious consequences in personal interactions.

Many people use jealousy as a way of sparking desire; this is the

most powerful game a human being can play. The opposite can also happen: There are people who actually need to fantasize about possible betrayals in order to stimulate their relationship. For example, there are women who fantasize about their men lusting after another woman, and they launch an all-out attack to win back his attentions: They wear his favorite perfume, get a flattering haircut, wear a sexy new dress, etc. And some people derive sexual pleasure from jealousy. While they are having sex with their partners, as a way of heightening stimulation, they ask their lover specific questions about their sexual histories, former partners, and how they rank in comparison.

This form of self-stimulation by generating feelings of rivalry and competition can be exciting to both partners. It can be a way for both to feel dominated and dominating, simultaneously.

JEALOUSY ≠ LOVE

Some couples believe that jealousy is a sign of love. On the contrary, trying to get attention and affection through hostile emotions is a symptom of a toxic relationship, originating either with ourselves or with our partner.

Never mistake jealousy for love; love is not toxic.

PROFILES OF JEALOUS TYPES

Some people openly admit it (and make a big scene, shouting accusations). Others suffer in silence: They grit their teeth and try to smile as their stomach is tied up in knots. Here are some red flags that will alert you to a jealous type.

- ♥ They always need to monitor their partner's movements.

- ♥ They think you are too naïve and can easily be manipulated.

- ♥ They don't like you to go out with your friends.
- ♥ They don't like you to dress "sexy."
- ♥ They will fly into a jealous rage for no reason.
- ♥ They claim to know you better than you know yourself, and they don't respect your self-image.

There are various archetypes of jealous people. See which one of these you identify with or which reminds you of someone you know.

- ♥ **Possessive:** Their jealousy is not limited to the opposite sex. They hate anyone or anything (mother, brother, aunt, pet dog, houseplant) that takes their partner's attention away from them. They can't stand not being the central focus of their partner's thoughts, even for one second.
- ♥ **Resentful:** They always fear and suspect that their partner is remembering past relationships. They imagine everything that their partner must have shared with other people before, and they suffer for it. They would like to have been their partner's first and only love, to be ever-present in their memories. Their worst habit: They ask questions that they don't want to know the answers to. They also can't stand the thought of not knowing about something.
- ♥ **The Snoop:** Such people go through their partner's date book, open their mail, read their e-mail, and do all kinds of things that would irritate anyone. The worst part: When their partner complains about being spied on, they retort, "Aha! So you *do* have something to hide!"

- ♥ **No Limits:** They have sudden fits of jealousy for no apparent reason. Most accusations have so little to do with reality that they serve only to damage the relationship. “Since when have you liked action movies? Did you meet somebody that changed your mind?” or “You have a new co-worker? Is he single? How old is he? Do you think he’s good-looking?” These sorts of phrases are very common. A person whose jealousy has no limits seems as if all he or she wants to do is ruin the relationship, rather than have an authentic, untroubled partnership.

- ♥ **Threatener:** Even if their partner has never even thought about being unfaithful, such people are already threatening to leave if they are ever betrayed. Threateners make it clear that the worst thing anybody could ever do is lie to them, and they would never, ever forgive a betrayal. They make it clear that they will be out the door the minute their partner is disloyal. Blah, blah, blah . . . But of course they never go anywhere.

- ♥ **Silent:** Silent people don’t show any reaction at all in response to their partner’s blatant attempts to make them jealous. This, of course, prompts their partner to wonder if they have any feelings at all or if ice water is running through their veins. But silent types keep quiet out of pride: They think that if they get upset or make a scene, they will be showing their insecurity.

Indulging in jealousy is a dangerous, vicious circle. You could be choosing a relationship that isn’t based on love, but instead on the pleasure of suffering. If you are extremely jealous, it may be that your lover provokes this reaction in you, which you meekly accept. Like an addict who can’t stay away from drugs, you may have become a person dependent on someone else’s manipulations.

If you are a victim of this type of behavior and recognize that you need to change, make an effort to avoid the same mistakes you've made in the past. Jealousy can produce a very gratifying sort of adrenaline rush, there's no denying it, but a truly loving and sexually satisfying relationship is based on healthier values. It will be just as satisfying, if not more.

DIET TO PUT AN END TO JEALOUSY

There are techniques you can use to determine what provokes jealousy in you—whether it relates to a friendship, sexual, or love relationship. To begin, you must perform some relaxation or visualization exercises, following the instructions given previously.

Step One

Once you have achieved a state of relaxation, try to concentrate on the situations that make you feel jealous. Then notice what thoughts run through your mind, such as

- ♥ She doesn't love me anymore.
- ♥ He's looking at other people because he doesn't want me anymore.
- ♥ He's going to leave me.
- ♥ I don't matter to her anymore.
- ♥ Why does he talk to other people?
- ♥ She doesn't have faith in me anymore.
- ♥ He hasn't said "I love you" in such a long time.
- ♥ He goes out with his friends more than he goes out with me.
- ♥ She doesn't have as much fun with me anymore.

Step Two

Consciously think about this: The previous step encouraged thoughts or doubts to surface in your mind. The first thing you need to consider is at what point these thoughts are no longer a projection of your personal desire. If after some consideration, you decide that your thoughts are based on something real, do another relaxation exercise for a few minutes, and think about this:

“In this relationship that makes me so jealous, when exactly did I give my power and my own self-worth away, like when I was a child, completely dependent on my parents?”

Continue in this relaxed state.

Step Three (protecting your inner child)

While you are relaxed and focused, visualize that scared, jealous little girl or boy who is you. Observe her or his emotions. Don't worry if images of insecurity, fear, or neglect surface. Imagine that you take your inner child into your arms, protecting him or her, and giving him or her everything needed.

You need to be very aware of what your true needs are.

*Y*ou are going to be surprised when, after practicing this meditation, the person you are focused on changes his or her attitude and begins to show positive feelings toward you. Whenever jealous feelings arise, do this exercise:

We all have a small, insecure part somewhere inside ourselves that is just waiting to be loved. Remember that jealousies are also born out of a need for you to love yourself.

Two

WHEN A
RELATIONSHIP ENDS—
RECIPES TO SURVIVE
AND THRIVE AFTER
A BREAKUP

Love is an enigma.

We never know why it strikes us.

We don't know from what mysterious place

It came, settling between us two.

When love leaves, we don't know

To what strange, unknown destination it has gone.

THE PAIN OF A BREAKUP

In these times we live in, the challenge of just getting through the struggles of daily life has made human relationships increasingly complicated in every corner of the globe. If you would like to learn more about how to successfully manage a separation, divorce, or breakup, *The Love Diet* can give you some ideas.

Before we go on, I'd like to point out that problems that lead to divorce can usually be worked out if they're caught in time and if both partners make a committed effort. Sometimes the challenges a couple face can bring them together and make their partnership even stronger as they work out their problems as a team.

Whatever the reason—a progressive unraveling over time or a sudden explosive crisis such as an infidelity—ending an intimate relationship or marriage is always painful. The intensity of the breakup experience depends on how strong the intimate connection was and the circumstances that caused it. A completely unexpected, one-sided breakup will probably not feel the same as a mutually agreed upon separation or one that has been building for a very long time.

The Stages of a Breakup

Generally, the stages of a breakup have emotional characteristics that are similar to the grieving process we go through when we lose a loved one. A couple that has decided to end their relationship will generally go through three different stages, which they should be aware of and prepare for.

Stage One

The initial breakup process can include fits of crying, a great sense of loss, worry, and anxiety. There could be a thousand unanswered questions about what exactly led to the breakup. Past events and situations either positive or negative, can be obsessed over.. All manner of guilt and blame can be felt by both partners, no matter

who initiated the breakup. Sometimes, if the relationship was torturous and difficult, there may be a sense of emotional liberation and relief.

Stage Two

Once the first stage has passed, acceptance of the situation sets in, and gradually, newly separated people grow accustomed to their changed circumstances. They begin to focus on new concerns, such as the financial ramifications of the separation, a loss of possessions and joint income, etc. The old social circle that used to include both partners as a couple can shrink, and some formerly mutual friends may drift away.

Stage Three

Reorganization and recovery: In this stage, the new situation has been fully accepted. Newly single people begin to actively reorganize their lives at this point in order to forge ahead into the future. They may engage in new activities, invest in new possessions, and start to enjoy their increased free time. They begin to make new friends and set new goals for themselves. They may become involved in new activities that will allow them to meet different types of people.

Recipes to Surviving and Thriving after a Breakup

Almost all couples will experience an emotional crisis and have disagreements after arriving at the decision to separate. The important thing is to face these problems openly and deal with them as they come up, sincerely trying to find a solution. Here are some suggestions to help you get over a breakup as clearly, calmly, respectfully, and intelligently as possible.

EFFECTIVE COMMUNICATION

Communication is one of the foundations that relationships are built on, both before and after a separation. After a breakup, it is very im-

portant to talk about the problems directly, without subtle accusations or reading between the lines.

It's also critical to avoid unnecessary arguments. Learn to forgive. Accept your ex-partner as he or she is; now is not the time to try to change the other. Try to understand his or her point of view and, above all, don't inject bitterness and personal problems into every situation. Don't forget that it's normal to go through some very difficult moments in times of crisis or after a breakup. Try not to let the other get the best of you.

JOURNAL

Write down what you're feeling during the divorce or breakup process. Write about what you're feeling, your anger, your disappointment, your fantasies. Be sure to write down the positive things that happen every day. Although it may seem superficial, every little detail will help you to go on. Read your journal entries once in a while to see how your emotional state and circumstances are continually evolving.

GUILT

Don't blame yourself for the breakup. Neither you nor your former partner are solely to blame for the separation. Relationships change, and people do, too. The difference between being guilty and being responsible is crucial, especially regarding the postseparation relationship you will sustain with your children, with other family members, and even with a new partner. A parent who feels guilty will have a harder time disciplining the children and exercising authority effectively.

MOVING IN WITH YOUR PARENTS

Avoid this. If there's no way to avoid it, negotiate an agreement with them that covers your responsibilities in their home as well as your rights. If you can, offer to pay for some expenses. Remember that

you can ask your extended family for help. Grandparents, uncles, aunts, cousins, and siblings can help your children get through a divorce. Sometimes family can make your children happy when you need to take some time for yourself.

PHONE CALLS AND PLEAS

In 75 percent of divorces, only one partner wants to separate. Unrequited love needs to be managed very carefully. If you are the abandoned party, no plea or demand you can possibly make is going to convince somebody to stay at your side if he or she doesn't really want to. If you are the partner who has decided to separate and your former partner keeps calling you to try to get you back, be polite but firm and clear in your resistance.

Going through a breakup or divorce is highly stressful. How you get through it depends on how each partner is willing to put an end to a situation that made him or her unhappy, to try start fresh. And once you have exhausted all other possible solutions without success, you must let the other person go, no matter how attached you feel.

PAIN

Give yourself permission to cry over your loss. Crying is very important because tears flush out hate and anger, lessening these feelings. It doesn't matter which partner made the decision to break up. Both partners will feel as if they are losing something, as if a dream has died.

CHANGE YOUR ROUTINE

All couples establish their own particular rituals when it comes to having breakfast or making love. Change the parts of your daily routine that have been carried over from the old relationship. Now is the time to let go of certain things that have become a habit but don't necessarily suit you.

SEEK PROFESSIONAL HELP

If you find that the help of your friends and family is not enough, go to a professional. A few counseling sessions with a specialist will help you get back on your feet.

RIGHTS

Claim what is yours. Don't put yourself in a defenseless position, especially in financial matters. Giving up your rights will not help you feel any better about the situation.

CHANGE ROLES

Trust yourself. When we are faced with a breakup, we must change our role of husband/wife or boyfriend/girlfriend to single, separated, etc. If we don't do this from the start, it will be difficult to actively participate in new activities that have to do with our actual new circumstances. Remember that beginning these new activities is the path to recovery. If you don't accept your new situation, you will be chained to the past and won't be able to move on.

PHYSICAL CHANGES

Allow yourself to change your appearance if you'd like. Get a haircut, change your hair color, lose weight, etc. But you must understand that these changes are not going to make a whole new person out of you. But if some physical changes are positive, they may help you feel better.

NO DRAMA

Once the separation has become a reality, try to avoid bringing up old conflicts. Dramas, fruitless fighting, and arguing serve no purpose. Give up the power struggles that give rise to drama scenes, especially if you have children.

FAMILY AND SOCIAL GATHERINGS

If your family can provide emotional support, don't isolate yourself from them. Attend family functions and gatherings. Treat your breakup as something natural and don't try to hide it. Showing your face will make you stronger. Don't let yourself be overly influenced by comments from people who know nothing about your personal life even if they are related to you. If you pay attention to them, you'll only encourage everyone to interfere in your life. Only you can set your mind on being happy each moment. Enjoy every second. Don't think about the future or the past—the magic word is “now.”

CHILDREN

Communicate your decision to your children once both partners are in agreement that a separation is for the best. Talk to your children together. Explain the situation simply and clearly without making any accusations. It's very important that the children understand that the parents are separating from each other, but not from them.

Once you have negotiated an agreement for visitation, stick to it so you won't cause them any excess feelings of insecurity, distrust, or anxiety. Adapting to their new life as children of a divorce will be easier if, at the beginning, disruption is kept to a minimum. Moving to a new city, changing schools and routines, and leaving friends behind will just be sources of additional stress for everyone. It's very important that the parents put their children's well-being first.

Never prevent your children from seeing their mother or father out of spite. There is no reason to make the children pay the price of your conflicts with your former partner.

Don't neglect your own personal life in an attempt to become the perfect parent. Devoting all of your energy to your children is not healthy for them or for you. You cannot be married to your children.

Give your children time to let old wounds heal, get some closure

on the past, and get over losses before beginning a new romantic relationship or before you introduce your children to a new partner.

BEING ALONE

Don't resist spending time alone. Enjoy it. A person who knows how to be happy alone will be able to be happy in a new relationship. If you know how to live on your own, you are not likely to jump into the arms of the first person that crosses your path. Do exactly as you please. It doesn't matter if that means lying on the couch all day watching old movies.

You could also join a support group for the newly divorced or people confronting difficult situations. Start a new activity. Buy yourself presents. Seek out new situations that you'll find stimulating.

Don't put too much pressure on yourself to be ecstatic all the time or to continue your social life as if nothing has happened. Denying feelings of sadness or depression will only make the recovery process that much longer. Once you have allowed yourself to grieve, it will be a pleasure to go out with your old friends again.

FRIENDS

Usually, the friends of a separated couple decide for themselves which partner they will remain friends with. This doesn't usually have anything to do with which person they think is right or why the pair separated. The friends of both partners will gravitate toward the person they feel the most affinity with. Never try to win over mutual friends in the aftermath of a breakup by speaking poorly of your ex.

GOING OUT

Plan how you will spend your free time in advance: weekends, birthdays, etc. Consider not only where, when, and what you will do, but with whom. Probably the first few social outings after a breakup will not go as you imagined. But the more you plan activities, the better they will go.

SEX

When you find that you are ready for some new romantic adventures, try not to confuse the need for affection with the need for sex. You don't want to end up disappointed. But let yourself enjoy sex.

Give yourself permission to experience new feelings and express love in new ways, discovering the sensuality you give and receive as you relate to other people.

Take all the time you need to reestablish your life. Becoming sexually active again does not necessarily mean embarking on a new, committed relationship. Take your time and think about how you want to live your life from now on. People who are happy and satisfied with themselves can easily spot the right person to give their love to, without repeating mistakes of the past.

If you have temporarily moved back in with your parents, explain to your family that you have the right to date new people if you want to. Refer to these new people as your friends. Don't confide too much in your family or introduce them to every person you go out with until you are completely sure that a new relationship is serious.

The Perfect Places to Find Love Again

Everyone has the right to find love again. Each new encounter represents a certain expenditure of emotion—and anxiety about the future. There isn't any fixed social code that dictates when, how, or where to signal interest in a new potential partner. Anything's possible. The key questions you need to ask yourself are these: What am I looking for? What am I willing to risk in this search?

There will be certain times and places where you can meet a new love or make new friends. And if you know what you're looking for and what you're willing to risk, this clarity gives you the advantage of being conscious of your needs, projecting self-assuredness rather than nervous insecurity, having clearly defined expectations. First dates or initial conversations should simply be an opportunity to talk, without any pressure. Try these suggestions for meeting people.

TAKE A COURSE IN A SUBJECT THAT REALLY INTERESTS YOU

Although it may have nothing to do with your career, you will meet people who have the same inclinations as you.

JOIN A GYM OR SPORTS CLUB

You could make new friends, find a new partner, or just meet someone interesting. And participating in a sport or working out at a gym will get you into shape. You'll enjoy a new social life. You'll fill your free time.

STRENGTHEN YOUR SPIRIT

Go to places that have spiritual significance for you. It could be a church, a temple, a mosque, etc. Learn about religions or new spiritual practices that can strengthen your connection with divine or universal energy.

TRAVEL

Go on a cruise, or travel to a destination where you can meet new people. There are many resorts that make it easy to make new friends.

GO ON THE INTERNET

Thank God for the Internet! I could tell you all about my personal experience in this area, but that would fill up an entire book in itself. I went on one website and—partly as a lark and partly as a test—I posted a photo of myself and listed some of my hobbies. And that's how I met my husband. It's incredible how destiny can bring together two people who live so far apart. I was in Buenos Aires, while he was in New York City. With all the love relationships I have had in my life, I know he is definitely my one and only soul mate. Try it, you have nothing to lose.

VISIT CULTURAL PLACES

Art and beauty bring people together. Go to museums and cultural events.

GO SEE LIVE MUSIC

Music is a force that can tame the wildest beasts. Go to all the shows and concerts that interest you, even if you go by yourself.

ATTEND SPORTING EVENTS

If you like a sport but think you won't meet anyone at an event, I can assure you that many couples out there first met at things like car races, horse races, and other events.

GO TO ALL THE PARTIES YOU CAN

It can be really hard to go to parties and social events when you're newly single—without a partner—but that's the point: You could meet somebody new.

You can try any or all of these suggestions. Try it; get out there. You have nothing to lose. Leave your fears and prejudices at home, and get on a new Love Diet.

The New Partner: After a Divorce

Divorce is probably the most life-altering change that many people will ever experience. As such, it represents an opportunity to confront oneself, get to know new people, place a new emphasis on all kinds of personal relationships, and enjoy your life. The search for a new love becomes more interesting if you have freed yourself from old outlooks. You are newly independent and won't sacrifice your self-esteem.

It's very likely that after a divorce, you will be very interested in finding a new partner. Research has shown that 60 percent of people who divorce will remarry within five years.

Certain things need to be carefully analyzed before deciding that you are ready for a new love. Ask yourself, “Am I really, truly ready for a new relationship?” Being “ready” implies several important factors: Take it slowly. Get to know the person gradually. Don’t let yourself be intimidated, and go at your own pace. Keeping dates short and casual will help you manage your fear and get used to this new situation. Assure yourself with each date that your negative expectations have not been realized.

It’s important that you have a very clear understanding of why you want to embark on a new serious relationship. One of the worst motivations is to combat feelings of loneliness. We need to feel complete within ourselves. We also need to be honest with ourselves and confront feelings of frustration or neediness.

When you begin a new relationship after a divorce, old unresolved emotional issues may surface; it’s very common for unresolved problems in the previous relationship to come up again with your new partner. If you think that may be the case with you, it may be a good idea to see a therapist to resolve your issues before starting a new serious relationship.

It’s very important to give yourself a break and devote some time to simply enjoying your friends, children, and family. You need to understand very clearly why you want to have a new partner. Being confident that you will be able to make the necessary effort to make a relationship work is another factor to bear in mind.

If you have found a new partner and feel sure that this relationship could work, first enjoy your new partner’s company on the weekends. Then, after spending many entire weekends together, you can begin to plan a more permanent partnership. You will feel very comfortable at this point, and sure of your future. The secret is to give each other space and time to adapt to the new relationship and the new roles that you will both take on.

One thing to consider is whether your new partner feels satisfied and fulfilled in his or her work life. It’s very important—especially

after a divorce—to seek out the company of positive people who will enhance our lives.

After recovering from a separation, never pressure your new partner to commit. Try to discern what level of commitment he or she is feeling with you. Whenever you try to force something, you are denying yourself the chance to let your partner spontaneously demonstrate the love that you need.

It's very important that partners consciously evaluate their emotional state and decide if they are ready to change their lives in the ways a serious commitment would entail, especially regarding children. The couple needs to think about assuming new roles in the family that will require tolerance and flexibility.

If you are embarking on a new relationship, it's important that you have fully recovered from the emotional loss of the last relationship so you don't carry old hurts and bitterness into the new one. If you are planning to remarry, you need to accept your new family members with all of their fears and reservations. You need to be tolerant and give them space and time to adapt. You need to understand the conflicted feelings they may have.

The most common problem that members of blended families face is identifying each new family member's place in the family. What space in the home belongs to whom? Where does each person belong? Who makes the rules, and imposes discipline? If you have formed a relationship with a partner with his or her own home and children, this is a crucial subject that needs to be addressed.

Another problem that can come up in blended families is the conflict of loyalties. This has to do with the responsibility that each child feels toward their natural parents. They need to be loyal to them because they gave them life. In a new, blended family, the children have to accept their parent's new partner. They have feelings such as "How can I accept my father's new wife without being disloyal to my mother?" The children need to understand that step-

parents are not competing with parents; they are not replacing the mother or father. The other parent's home is still home.

If you want your new relationship to be on solid footing, you cannot avoid dealing with difficult issues head-on. Problems, especially the most important, sensitive issues, need to be openly discussed. You need to treat the new partnership as it is. Don't try to impose codes of conduct from your last relationship onto this one. And the prior relationship should not serve as a guide for what you should or should not do in this one. Every relationship is different. The key is for both partners to accept each other's feelings and share them.

All of these suggestions will help you form a successful new partnership. You need to think that love is a necessity. Remember that the one person who will always be with you to the end is yourself. Be true to yourself. You'll always be there. Count on yourself.

Important: Don't forget to practice all the techniques in the other sections of this book. Each section will help you love yourself and others. That is *The Love Diet's* raison d'être. Read this book, practice the techniques, and share them with your friends. This diet is for your body and mind. It will open your heart to love—the love that flows to you and through you.

Three

FOOLPROOF TECHNIQUES FOR STRESSED-OUT COUPLES

*Were you happy with me?
You forgot about your stress, your fatigue,
Your boss, the bills to pay.
Because love really is something
So beautiful that there's nothing else
In the whole world, real or imagined, that can stop us.*

WHEN STRESS STRIKES LOVE

Stress is an imbalance between life's requirements—expectations of what needs to get done in our professional and personal lives—

and the perception that we are not capable of accomplishing it. Stress is a condition that grows out of a crisis between social demands and financial needs, and our ability to deal with them. In other words, stress is a sense of inadequacy, sometimes completely subjective, in the face of life's demands. This state of stress can result in heightened levels of anxiety, fear, mental and physical exhaustion, diminished sexual desire, etc.

The Love Diet has some suggestions for these cases, which are, sadly, increasingly common. Follow this advice to stimulate and help the stressed-out man, without nagging or making further demands on him. Don't let yourself feel rejected; try to understand your man because nobody is immune from stress and everybody could experience the same thing. Men's sexual pleasure is much simpler and less romantic than women's pleasure. A man can be sexually stimulated through contact with any part of his body, although we all know that the most sexually sensitive part is his genitals. But what happens when he's overstressed?

On my radio program, to the surprise of my listeners, I stated the following: When a man is stressed out, he wants lots of sex. Many men called in to back up my theory and thank me for the advice to their wives. Countless men confessed that they were tired of their wives' passivity in this area. The calls from overstressed men were so relentless the phones rang nonstop.

To make a man happy, you don't need to possess any special secret knowledge or exotic techniques. If you want to give him an experience he'll never forget, there are just a few things you'll need to prepare beforehand. Here are some suggestions:

- ♥ It's very important that women stop waiting for their man to seduce them, especially when it comes to overstressed men. You need to take the bull by the horns.
- ♥ As soon as he comes home, get his attention. Wear a see-through blouse with nothing underneath.

- ♥ You can take a shower or bath together, following the suggestions outlined in the chapter on erotic intelligence on page 69.
- ♥ Wear provocative outfits and sexy lingerie—red, if possible. Remember, he’s very tired and even color will stimulate him.
- ♥ Choose a part of your home that has the most mirrors, and lead your man there by the hand. You can watch all of his movements and gestures in the mirror. Inject a type of voyeurism into your relationship without anyone else being in the room.
- ♥ Perform a striptease, following the suggestions in the striptease diet on page 177. Afterward, tell him that you have a special surprise for him: blindfold him, tie his hands with a scarf, and tell him he has to stay quiet, he doesn’t have to do anything. The important thing is the element of surprise. Then massage his body using a nice lotion—jasmine is a powerful curative for emotional imbalances and stimulates the body’s energy, strengthening erections. (Review the touch me, hug me, kiss me diets on page 40.)
- ♥ Give him a massage with rosemary: The Greeks and ancient Romans believed that rosemary was a sacred plant with magical powers. It stimulates the glands and respiratory system, improving sexual energy. (All of the steps on maintenance can help you.) If he becomes aroused, you can make love or continue your tantalizing massage, getting him even more excited.
- ♥ A banquet of aphrodisiacs will help him get in the mood: Make up a tray with fruits that possess aphrodisiacal pow-

ers, like banana, pineapple, or melon. Accompany your aphrodisiac banquet with a delicious, well-chilled wine.

- ♥ Feed your man and spill wine on his body. Caress and kiss his body passionately. The golden rule is to constantly stimulate his erogenous zones from the beginning.
- ♥ Remember that he is exhausted, tired out from his everyday tasks, but he wants some action. He wants more adventure, less monotony. The stressed-out man needs a shock to his system from his woman, especially from the stereotypically Latina woman who always waits for her man to seduce her.
- ♥ You can caress his skin, even biting and scratching, and you can hold his testicles in your hand and gently squeeze them, perhaps while simultaneously doing other things with your other hand or mouth.
- ♥ Most men will experience a more intense orgasm if you gently squeeze their testicles together at just the right moment.

Important: Communication during lovemaking is important: Say everything you can think of that will turn him on. Sex is more exciting when it's accompanied with words. When you caress his penis, talk to it, tell it how beautiful it looks. All men have a secret fear that the size of their penis will not be satisfying enough to their partners.

For the overly stressed, tired-out man, it's good to try out new sex positions. The woman can find out for herself if it's a good idea for her to assume an active role in bed—the Amazon position is one of the favorite positions for stressed-out men. (See the daily Kamasutra diet on page 185.)

The Love Diet for Stressed-Out Women

When women are stressed out, they can be affected in different ways. Just like men they can be hypersensitive or not want to talk, they may cry or have childish temper tantrums, or they may be totally exhausted with no desire to do anything.

Men get stressed. But what happens when the stressed-out one is the woman? Never mind if she's married with kids—everything could completely fall apart in the home.

This isn't just a theory anymore. Sadly, the woman who used to wait around for her husband to get home from work no longer exists. Now, she doesn't just have a job of her own, she generally has to do the majority of the housework.

When a woman is stressed out, in contrast to a man, she reaches her emotional limits quickly, and more than anything, she needs her partner to support her emotionally. Now, men, it's your turn to listen carefully, and answer the following questions:

1. Is it true that when your woman is stressed out or overtired, you think that she's going crazy?

If you're nodding your head yes, then you have a big problem. At least with your partner.

2. Do her stress levels seem to be cyclical, or do you always assume that she must be getting her period when she's stressed out?

If you've answered in the affirmative, then the problem is even more serious.

3. Do you think she's lost all interest in sex over the years, or do you realize she's just overstressed?

If you answered yes to the first part, then you really can't put yourself in her place, even if she's your wife.

4. Do you believe that your wife or girlfriend has the right to be tired and stressed out sometimes?

If you've answered yes: Congratulations! You are able to empathize with other people.

The recipes in *The Love Diet* can help you please your woman as she deserves. In contrast to the overstressed man, a woman doesn't necessarily need sexual stimulation to feel good. Women need love, understanding, conversation, respect, and time to relax. Women who are suffering from too much stress need good company and someone to talk to, since for them, conversation can relieve anxiety.

The first thing you need to do is just be with her. Ask her how she's doing, how she's feeling. Find out what you can do to help her. If she doesn't feel like talking, then tell her to just relax, you're going to make dinner or do the grocery shopping. The best time to initiate this tactic is on a Friday evening so you can carry it through the entire weekend.

If you can, take her out someplace special on Saturday night where she can take her mind off things, but where she doesn't have to get all dressed up to impress anybody. Somewhere she won't feel obligated to do her hair or put on makeup, because these preparations can be a source of stress in themselves.

And of course, use all the techniques described in the nineteen keys to being a Latin lover on page 34. Give her as many massages and tender caresses as you can.

Don't expect a superpassionate encounter at this time, just something calm and peaceful. Oral sex can be a great stress reliever for women. If she wants it, give it to her, but don't ask for anything in return. Simply give and receive pleasure without its necessarily ending with intercourse. This will help stimulate her sexual response. You can leave a tender message on her cell phone, telling her you love her in as many ways as you can think of: You're my dream come true, I miss you, you're my life, I love you, call me, my darling.

Write her a love letter and leave it on the bed or on the kitchen table or stuck to the bathroom mirror or anywhere she's sure to find it.

If you follow all of these suggestions with love and care, she will love you forever. Women feel guilty when they're overtired and can't give themselves to their lover as they think they should. Guilt makes them even more stressed, and they get caught in a vicious circle. That's why this diet will help her get back on her feet quickly.

If You're Both Stressed Out

Carve out some time to calm down. Give yourself a break, even if it's just for a half hour, to combat your anxiety. Do the relaxation exercise as outlined in *The Love Diet* on page 243. Assign some time in your day planner for just relaxing. Also make some time to do something you enjoy.

Do some kind of physical exercise: Moderate physical activity, even just a walk for half an hour every day, can greatly improve your health and your mood. Every day, practice *The Love Diet* to keep passion alive and the flames of desire burning.



STEP FOUR

*The
Power Of
Self-Esteem*



One

THE DIET FOR PHYSICAL, MENTAL, AND EMOTIONAL RELAXATION

*There is a safe haven inside of me, where all of my muscles
can relax.*

*Where every emotion breathes softly, and every thought
flows freely.*

From this inner space, I can think of you, and be centered.

Now, here, from this new place, where I am,

I can say with an open heart that I truly love you.

TO IMPROVE YOUR LIFESTYLE

If you want your life to be filled with love and rejuvenating energy, you must devote some time to relaxing and resting in solitude. By

practicing some relaxation techniques, you will be able to perceive the highest possible levels of calm, peace, joy, and happiness.

Relaxation is defined as a state of the body in which the muscles are at rest. However, for people who are constantly in conflict with their partners or others, a state of rest does not tend to be accompanied by a conscious experience of joy.

A state of relaxation is the natural state of human beings, but it is not the usual state. As the individual grows and develops, social conditions oblige him to live in a state of constant stress. One common method that people use to avoid getting in touch with their own emotions is to unconsciously tense their muscles. In so doing, they form areas of such high tension that they turn into a hard shell, making it hard to love freely.

Relaxation is an exercise that I recommend doing before any visualization or interior work that you may want to do as a couple. You can also do this exercise on your own, but it is more effective when performed with a partner. It perfectly sets the stage for accomplishing the goals of *The Love Diet*.

Devoting a few minutes to relaxation every day is critically important to maintaining physical, mental, and emotional health. Here are some of the benefits of practicing relaxation.

- ♥ Diminish anxiety
- ♥ Improve our ability to manage stressful situations
- ♥ Stabilize cardiac and respiratory functioning
- ♥ Strengthen powers of concentration and memory
- ♥ Improve our ability to learn
- ♥ Maintain a relaxed state in combative situations or arguments

- ♥ Bring the mind and body into harmony
- ♥ Improve our ability to reflect
- ♥ Stabilize and strengthen the body's defenses
- ♥ Improve creative capacity
- ♥ Prepare us to effectively manage "toxic" people (those who try to make us feel bad)
- ♥ Facilitate positive thinking
- ♥ Improve self-confidence
- ♥ Foment positive feelings toward others
- ♥ Decrease hypertension
- ♥ Improve blood circulation
- ♥ Improve oxygen flow to the brain
- ♥ Heighten conscious awareness
- ♥ Improve sleep quality

The Diet of Mental Relaxation

Doing this exercise of profound muscle relaxation reduces tension in the body and quells anxiety. And it will help you identify your automatic thoughts. For optimal results, this exercise should be practiced for fifteen to twenty minutes every day for at least two weeks.

Progressive relaxation is based on two things. The first is adequate respiration, including deep breathing—inhaling toward the lower abdomen and exhaling slowly through the nose after holding the breath for three seconds. The second is progressively tensing and relaxing each muscle group of the body in turn. There is also a more abbreviated form that can be practiced in a shorter amount of time, which I'll describe later.

Respiration is a fundamental tool for our bodies to achieve an adequate state of relaxation. This is true as much from the physical side (muscular) as for the mental side (emotional). There is a direct link between thoughts and emotions and the relaxation of the muscles. It's impossible to fully relax mentally if the muscles are not relaxed. And it's impossible to fully relax physically if the mind is not relaxed.

Before beginning a relaxation session, we must prepare the following:

- ♥ We must be in a peaceful environment.
- ♥ Make sure the phones will not ring—turn off the ringer or unplug them.
- ♥ Make sure no one will suddenly enter the room.
- ♥ The temperature should be comfortable. It would be difficult to adequately relax if the room is overly cold or hot.
- ♥ The light should be soft, like a sunset at dusk.

Note: If your session is interrupted for unavoidable reasons, make sure you don't get up too abruptly or suddenly run out of the room.

Posture

The best position for relaxation is lying on the floor flat on your back with your arms extended along your sides, the legs separated slightly, the feet falling outward. The body should be as straight as possible, and the neck should be extended and straight. The mouth should be closed, but make sure your teeth are not grinding together. Your jaw must be relaxed. You should keep your eyes closed or half closed.

Time

Try to establish a fixed time for your relaxation exercise every day so that your body and mind become accustomed to this routine. The duration of the practice should be fifteen minutes to start. Later, you can increase the time.

Clothes

Wear loose-fitting, comfortable clothes with no unnecessary binding, especially at the waist or chest. Avoid clothes with tight straps or uncomfortable footwear.

Preparing to Relax

First of all, it's important not to do this exercise immediately after meals. Wait at least two hours after you've eaten so that you won't fall asleep during the exercise.

1. Before practicing the relaxation exercise, try to remember the last time you and your partner had a fight. You surely felt tense, nervous, or irritated then, and by the time the fight ended, you were in a very uncomfortable state both mentally and physically.
2. Lie down on a comfortable surface with your hands resting on your thighs, relaxing your shoulders. Bring the memory of your most recent fight into your mind. Remember where you were and what exactly provoked the fight. Watch the

scene as if it were on a video and you had it on slow motion. After observing the scene in your mind, pay careful attention to your body's reaction. Focus on your body from your head down to your toes, as if a little cloud were slowly passing over it, going over your head, neck, shoulders, arms, chest, torso, waist, legs, and finally feet. This little cloud will detect high-tension areas. Try to find these areas as if they were emitting a bright red light.

3. Once you have gone over your whole body while you thought about your last argument or a tense scene, rate each muscle group according to the following scale:

0 = no tension or pain whatsoever

1 = slight tension or pain

2 = strong tension or pain

3 = extreme tension or pain

The idea is that you can control and relax your body in the face of automatic responses that surface during arguments. You will be able to relax your mind and open yourself up to a state of calm and understanding.

Physical toxins tend to accumulate in specific areas, and they can in turn generate negative emotions and automatic thoughts and actions. This is a list of the places where tensions build up most frequently. It's important to have this list written out so that you can go over it and make notes as you check your tension levels.

1. Forehead

2. Eyelids

3. Nose

4. Lips

5. Jaw

6. Tongue and inside of the mouth
7. Nape of the neck
8. Neck
9. Shoulders
10. Chest
11. Upper back
12. Lower back
13. Abdomen
14. Forearms
15. Wrists
16. Hands and fingers
17. Buttocks
18. Knees
19. Feet

Once you have gone over your entire body and assigned a numeric value to the tension levels of each area, you can continue with the exercise. Now you have a higher awareness of your body. You also understand how your physical tensions are directly linked to your toxic emotions and automatic responses.

DEEP RELAXATION

1. Sit comfortably in a chair or sofa, or lie down on your back on a bed with both arms parallel to your body. If you do this exercise in a sitting position, place both feet flat on the floor with your hands resting on your legs. Let your shoulders relax.

2. Close your eyes (or if you're more comfortable this way, leave them partially open). Inhale through your nose, consciously drawing the air down to your belly. Don't release the air yet...count in your head, very slowly, 1...2...3...then slowly exhale, letting the air lightly escape through your lips.
3. Repeat this breathing pattern four more times. Now start to go over the main muscle groups of your body that are holding tension, so you can learn how to release the tension from those specific areas. Start at your head.
4. Raise your eyebrows as high as you can. Hold this position for a few seconds. Focus on your forehead, temples, and nose. Try to detect any tension. Now let your eyebrows return to their original position. Notice how good it feels to release that tension. Inhale deeply through your nose, hold the breath...count to three...then slowly exhale through your lips. Repeat these words in your mind: "Calm...relaxed...peaceful..." Repeat this breathing pattern four more times.
5. Now close your eyes as tightly as you can. Observe the tension produced in your eyelids, your eyes, and the areas around your nose and forehead. Then gently release those muscles. Notice how the tension melts away, and how good it feels to be free of it.
6. Turn your attention again to breathing in through your nose, pulling the air down into your belly. Count slowly 1...2...3...before releasing the air.
7. Perform this breathing exercise whenever you feel your tension levels rising. As you release tension from part of your body, remember some past confrontation or fight in

your relationship that has become transformed into physical tension.

8. Now tense the muscles in your mouth and lips—as if forcing a smile—as hard as you can. Hold the tension, then release it. Notice how the tension dissolves. Continue breathing.
9. Now press your teeth together, hard. Leave them pressed together. Then slowly release them. Let the accumulated tension in this area go. Enjoy your continually increasing levels of relaxation as you move through the exercise.
10. Do the same exercise with the rest of your body, tensing and releasing your neck and shoulders. Tense your arms, and relax them, your hands . . . Continue on until you reach your feet. Maintain the same rhythm of breathing that you established at the beginning.

PHYSICAL AND EMOTIONAL CONSCIOUSNESS

Here is another exercise that I recommend you practice once you have mastered the previous exercise of complete relaxation. It's also very helpful to do this exercise together with your partner so that one of you can ask the other some of the questions listed here.

1. Once you are relaxed, try to remember a particular situation that triggered an automatic response, which in turn instigated a fight. Observe your expression, posture, and attitude.
2. Try to understand how your partner would react to your behavior. Put yourself in the other's place. Try to see if

you would react any differently from your partner to your behavior.

Ask yourself the following questions:

Why do I start arguments?

Why did I react that way in that moment?

How do I see my partner?

What posture does my body assume: defensive or aggressive?

Do I allow my partner to freely express feelings?

What part of my body tenses up before an argument?

Do I prejudge what my partner says?

Do I assume that what my partner does is obvious?

Do I devalue what my partner wants?

Do I only listen to my own internal dialogue?

Can I see my partner as someone I love or as the enemy during a fight?

In a heated argument, do I associate my partner with other situations or people from my past?

Do I want my viewpoint to dominate no matter what the cost?

3. Now, imagine that you are a witness to the argument. Try to understand what unfolds, and find a solution for it. Now go back and ask yourself the same series of questions, but this time as if you were an outsider, watching two other people argue. Asking and answering these questions is a very useful exercise. If you do this together with your partner, you will get very positive results. If you can do it as a couple, it's very likely that you will be able to reduce the level of conflict and negative energy in the relationship down to virtually zero. Imagine what questions a completely

objective third-party observer would ask as he or she watched you and your partner fight. Here are some examples:

- What's going on in this relationship? Why can't they communicate without fighting?
- What advice should I give somebody in this situation?
- What is the most practical, effective way to think about what is happening here?
- What is the best way to defuse the tension?
- How can this argument be resolved in such a way that both partners will feel respected?
- What are you prepared to do to make sure this argument doesn't repeat itself?
- How can the relationship improve or change for the better?
- How can they change the toxic patterns in the relationship?
- What negative patterns of relating should be changed?
- What can they do to ensure the relationship won't fall apart completely?
- What can he or she do to ensure the other partner doesn't give up?
- What can they learn from this experience?

Take the necessary time to answer each of these questions as if you were an outside witness to the argument, not a participant. Each answer will help you face your fears and automatic responses. In this way, you will learn from the situation in a very clear, simple way.

These questions are just examples of the kinds of things you can ask. As you observe yourself in the movie in your mind, you may be able to formulate more precise questions that are more relevant to your specific experience and personality. When you begin to be more honest and open with yourself, you will find the answers and solutions to your relationship problems.

Two

LOVING ONESELF— THE PERFECT WAY TO LOVE

There is a love so great that it simply happens. It's so vast that it penetrates us and moves through us. It is not the love for another. Nor is it the love for one's self. It is a love beyond the mind. It is love for creation, love for life, love itself.

THE PERFECT LOVE

Now that we've reached the last section of *The Love Diet*, I would like to share with you my views on what I consider to be love's very foundation: self-esteem.

This subject has been written about and discussed at great length. Many theories have been developed. These theories ex-

plain how to love oneself more than anyone else, or that you should love yourself more than your partner, and more than everyone around you. Love yourself first. The effect of all these ideas is that self-esteem has become confused with egotism.

Self-esteem has been misinterpreted as complete self-sufficiency, and in the worst cases, with a sense of omnipotence.

People often ask me, What can I do to make someone love me?

One answer could be, love yourself, and that person will love you, too. The real answer is: Don't do anything to try to get someone to love you. Just love, make others happy, give of yourself, believe, accept. That is SELF-ESTEEM.

Self-Esteem: Make It a Channel of Love

Love is very far from the mind. Love occupies another dimension, completely different from that of the mind. That is why it is so difficult to put love into words.

When I began writing in a systematic way, I chose to write about love. I was fourteen years old, and I wrote poetry. I wanted to express all of my feelings to the one I loved. I wanted to put down in words how much I loved him. I needed to tell him about my passions, my problems, my desires, and all I had to give. The paper burned as my pencil flew over the pages of my notebook. My desire was so strong, my passion so intense that I also wrote to God. When I wrote to God, it was like a plea, a whispered prayer, asking someone to listen to what I was feeling. It seemed so overpowering and inexplicable.

I believed that the act of writing would essentially serve as some sort of magical ritual. The love would flow out of me, and then I wouldn't feel it so strongly. The desire would dissipate a little. The passion would evaporate a little bit, too. I wouldn't be so desperately

in love. I felt that somewhere deep within myself was a torrent of words that I tried to fashion into poetry. I wanted to control the passion and love that gripped me.

Now, after many years have passed, I write about how to love because I learned you can't talk about love, you can only learn how to love. As I write now, I try to learn more so that I can communicate with love more effectively. The only thing we can try to do is learn how to love every day, letting it flow to us and through us.

How can we communicate with love?

What can we do so that love speaks through us?

What can we do to make love act through us, using us like a bridge?

This is what I've tried to do since I first realized that love is so immense, that all I could do was let it pass through me. Here's an exercise you can do:

Relax, using the methods previously described. Once you have reached a state of deep relaxation, control your breathing. Try to focus on your heartbeat. Breathe deeply, relax, and ask yourself the following three questions:

1. *What am I thinking?* Be consciously aware of all the negative, irrational, automatic thoughts you have. Try to simply observe them, without engaging with them, because when you engage with them you give them power. Try to see what their origins are; automatic thoughts spring from a fear of love.

Don't try to replace one thought with another. Let it pass by, like a wave. Just as it arrived, let it go. Don't identify with a negative thought or a positive one—we know that in human development, what is positive for one person can be just the opposite for someone else. What seems incredibly important and even transcendental at one point in our lives can be completely insignificant at another point.

Exercise

Here is a visualization exercise. Once you are relaxed, imagine that the entire sky is love. I know that it's difficult to picture the sky because actually it's space that is empty and full at the same time. It's the cosmic space that surrounds us.

Still, try to imagine that a beautiful night sky, filled with stars, is love. Notice that the air is love. Float up through the air to touch the sky. See the light shining from every star, and as you're gently flying, feel that you are floating in love. Feel all of the love, and you will understand the secret of why nothing can be held up. The earth is not held up, it is simply floating in the solar system. Its huge mass floats, seemingly in defiance of the laws of gravity. Everything moves so perfectly. Float, turn, and move in love; breathe it in, inhale and exhale pure love.

Fill your inner self with the perfect love that surrounds you; let it dance through you. Repeat this exercise three times per week for five minutes; if you can, do it every day.

2. *What do I feel?* Our feelings are as delicate as a flower. So the more clearly we can understand what feelings we need to experience, the more honest and open our relationships will be. It's important to understand what we're feeling and how our emotions fluctuate within us before worrying about how other people feel about us.

Here is a summary of key principles to guide your emotional well-being:

- ♥ Self-worth: No one else can judge you, nor can you judge others.
- ♥ Try not to pay attention to others' opinions that could affect how you feel about yourself.

- ♥ Don't give personal power away to other people in exchange for their love.
- ♥ Self-criticism generates negative energy. Focus all of your energy on evaluating your actions, changing or eliminating what's unnecessary, without putting your feelings at risk.
- ♥ Be aware that when people ask for, demand, or look for love, they need to see what kind of energy they are attracting. They need to see what they bring to their partner as a result. Many people attract negative relationships into their lives out of a fear of being alone.

Exercise

Reach a state of relaxation, following the steps explained earlier. Imagine that love is the ocean—ride its waves. Feel yourself relax in its buoyant salt waters. Notice how the water penetrates your skin, refreshing you. Imagine that you are a small child and you've never been in the ocean before. Play in the waves, follow them, surrender to them. Let your body become one with the ocean. Feel yourself open your heart to the ocean. The waters seep into your heart and cleanse out all of the hurts from your past. The water cleans the abuse, disappointment in love, and misunderstanding from your veins. Sometimes we automatically reach negative agreements with people. These unspoken agreements are prompted by fear. Clean out any preexisting negative agreement or arrangement. Let the waters of love cleanse every area of your life, every part of your existence.

Imagine your relationships as fully cleansed and transparent. Visualize your life in perfect harmony with love. Repeat this exercise for five minutes every day. If you are experiencing a particular problem in your relationship, try to do this exercise twice a day.

3. *What do I do?* Every harmonious action replicates itself and multiplies. This is a universal law. Love is like an echo—it always comes back. All of the exercises explained in the first part of this book should be practiced together with your partner. Each exercise, technique, recipe, and diet was formulated to help you nourish yourself with love.

Exercise

Visualize a field of roses, fruit trees, and fragrant flowers. Birds are singing, butterflies flutter about. Watch yourself walking around in this magical, beautiful place. Imagine that it is paradise. See all the people around you, all loving one another. They respect and care for one another. You are feeling better and better, happier for participating in this grand love-fest. Take a piece of fruit from a tree and eat it. As you chew it, feel that it is pure love. This fruit will give you energy and stimulate your body. Your imagination will expand. This fruit, with its sweet juice, will cleanse all fear from you. The energy of this magical meadow will enlighten you and increase your personal magnetism, attraction, and powers of seduction. You will feel strong and invigorated. You are ready to love. Do this exercise in the morning. As you become more skilled in reaching a relaxed state, you will notice that it will be increasingly easy for you to get the desired results. The three components of this practice are thought, feeling, and action. They are interrelated in such a way that by working on just one, we can enhance the other two.

*S*elf-esteem, defined as the channeling of total love, allows people to become fully realized human beings and to develop their divine potential to its fullest.

YOU ARE UNIQUE: THAT'S WHY THE UNIVERSE LOVES YOU

No one can take your place. Without you, love would miss you. The whole Universe would miss you. The stars, the sky, the trees, the flowers, the birds, and the earth. The cosmos would sense a small empty space that no one else could fill. No one except you. Once you realize that you are this precious, brilliant, endlessly shining treasure, you will feel the immense love that moves in you and through you. That is the true love that will let you draw the whole world into your embrace.

THE LOVE DIET CONTRACT WITH MYSELF

While the alchemists tried to turn metals into gold, the spiritual seekers sought to prove that the spirit lives in all things. Scientists can explain the reason for every cell and every empty space. Doctors cure the body. For my part, I have written these words so that *The Love Diet* can nourish you.

Any diet's ultimate success depends on your commitment to it. A love diet ends with a commitment. You cannot love someone you don't know. You can't love someone who has nothing to teach you. You can't love someone who hurts you. You can make a commitment to go on a diet for your body because you know what shape you'd like to be in and how you'd like to look. But you don't know what your style of loving is, how much you can love. This is what you must ask yourself after reading this diet. In contrast to other kinds of diets, before deciding what to do, you should practice it.

There is one thing that you should know: Love is not the relationship. Love is forever. Relationships need to be fed and nourished, or else they will die. They will go through rough patches and will be damaged if you don't give them the proper nourishment at the right time. That's what the Love Diet is for—it gives you all of the ingredients you'll need to have in reach. You need to have

the know-how to combine all of the critical elements in just the right proportions, like an alchemist. You need to get to know your body and your lover's body, like a scientist or a doctor following the Love Diet.

You must acknowledge the sacred in love, and in every action in your relationship, like a spiritual guru.

Write a letter of commitment to yourself every day, and sign it.

I, (your name), promise to do today, (today's date),

the Love Diet.

This will help me to...

I am going to achieve...

My partner (partner's name) loves me because I understand that...

I promise to give...and to receive...

I need to feel...

I need to change...

I would like to improve...

I (your name) am the only channel this love can move through.

I (your name) would like to accomplish...to grow, evolve, and give love.

I (your name) have all of the tools to be happy, and I promise, today, to experience love fully.

Signature:

Date:

If you sincerely make this commitment to yourself, you will attract good people into your life, people dedicated to making the world a better place. I suggest that you do what I do. I make a com-

mitment every day in writing—sometimes I change a few lines. I send an email to myself after I've signed it, to remind myself of the contract every time I check my email (I check it at least thirty times a day). If you do this you will open your life to love and joy. You will clarify your ideals, setting standards for yourself. Life will be simpler. You will have all the energy you need. You will look in the mirror and will feel loved and appreciated by yourself. You will feel a strong sense of self-worth. Most important of all, you will look into your own eyes and gaze into the soul of a person who is filled with love and who is loved. You will find a safe haven; you will feel at home wherever you are; the whole world will welcome you.

You will be a model of love. And love will shape and mold you, like a beautiful sculpture, every day. You will find love's sweet nourishment coursing through you.

A Confession from the Author

Each book is a learning experience. While I write, I learn something more about myself and about you. I like to express it in poetry because that is how the Zen masters reach a higher level of understanding, drawing closer to enlightenment. They receive all of the pure beauty of love's shining light through a poem. I learned this from a Zen master at a course I took recently. But while I was writing *The Love Diet*, I didn't know it yet, even though I had always included a poem in the conclusion of my previous books.

So today, to realize my commitment to *The Love Diet*, I declare with an open heart:

I, Mabel Iam, offer this poem to you, dear reader, as a token of my love for you. I hope it brings you joy and that I have touched your heart.

A Confession from the Author

I love being a human being.

Because I can see my husband laugh.

Because I can help an elderly person to cross the street.

I can play with a child.

I can touch another human being.

I can kiss, and feel the softness

Of my lover's skin, every day.

I can be an angel, but the Angels

Cannot do what I can do.

That is why I love being an ordinary human being.

Someday I will die, and I will still live forever

In another human being's heart.

A handwritten signature in cursive script, reading "Chabellaur". The signature is written in black ink on a white background. The letters are fluid and connected, with a prominent loop at the beginning of the word and a long, sweeping tail at the end.

Glossary

The key words used in this book in alphabetical order, for quicker reference and better understanding. Words bearing the asterisk (*) are also defined in this glossary.

A

Affection: The pattern of observable behaviors that express feelings (emotion) experienced subjectively. Examples of affection are sadness, happiness, and anger. The display of affection varies not only from culture to culture but also within one culture.

Affective impulse: The innate tendency by which an organism longs for the psychical or emotional contact with another.

Aggression: An emotional state that consists of feelings of hatred and the wish to do harm to another person, animal, or object. Any form of behavior that intends to hurt somebody physically or psychologically.

Alchemy: The theses and practices of the ancient chemists, who fostered modern chemistry. It was carried out for mystical and philosophical purposes.

Anal sex: A form of sexual union (hetero- or homosexual) where a man inserts his penis in his partner's anus.

Angel: In Greek, *Angel* means messenger. Angels in the Bible are intermediaries for the communication between God and man. Since the Middle Ages, the word has been used to name created beings, superior to man—pure “spirits.” Angel is also the inner archetype that transcends the personality. It is the creative, all-encompassing, divine, and at the same time protective energy of human beings.

Anguish: A state of great emotional activity characterized by a feeling of fear or apprehension. Clinically, it is defined as the fearful reaction to an unknown and blurry danger. It is also used as a synonym of anxiety, or to refer to anxiety's most extreme manifestation.

Anguish crisis: The sudden fit of anxiety at its most intense. The typical crisis generally shows up suddenly, without prior signs. Patients experience crises of this kind as if death were imminent. The intensity of their suffering is equivalent to that of a person who feels he is going to be killed. It comes with physical symptoms of panic: cardiac arrhythmia, palpitation, accelerated breathing, the feeling of choking or lack of breath, nausea or stomach pains, dizziness, faintness or confusion, a pale complexion, cold feet and hands, a sensation of chest oppression that sometimes becomes pain, sweating, the sensation of numbness, the fear of losing control or going crazy, and the fear of death.

Anxiety: The anticipated fear of suffering a misfortune in the future, together with a feeling of fear or somatic symptoms of tension.

Aphrodisiac: Any substance or object that apparently increases sexual arousal. Some aphrodisiacs act directly upon the senses (sight,

touch, smell, hearing), while others are taken in the form of food, drink, remedies, and “love filters.”

Archetype: According to Carl Jung, the innate image or expression that all people share in common. It resides in the unconscious collective mind and is equivalent to instinct in animals.

Association: A mental process by which an idea is spontaneously associated to another.

Attitude: A person’s disposition to respond to a stimulus in a certain way, having assessed it as either positive or negative.

Aura: An emanation, generally colored, that can be perceived by certain clairvoyants around the human body, and sometimes around animals and plants. In metaphysics, the aura is the luminous vibration around all living beings that can be perceived by very sensitive people. The human aura is the physical body’s counterpart and embodies three types of energy: physical energy, astral energy, and mental energy. A device to capture this energy has been developed: the Kirlian camera.

B

Barrier methods: The use of physical barriers—such as condoms, diaphragms, cervical caps, spermicidal creams, pills, foams, and sponges—to prevent pregnancy.

Behavior: The global reaction of a person to different environmental situations.

Biological impulse: A set of innate movers of behavior that reflect the needs of the organs and physiological processes of the body.

Body language: The nonverbal form of communication realized through gestures, movements, etc.

C

Climax: The topmost momentum of a harmonic period, which is reached gradually. In this context, it is associated with the culmination of sexual pleasure (orgasm).

Clitoris: A cylindrical organ situated at the intersection of the minor vagina lips. It is covered by a lid, similar to the male prepuce. It is made of a sensitive tissue that becomes erect when stimulated due to the increase in blood flow through the local arteries and the decrease in the blood drain through the veins. Stimulations of the clitoris is important when it comes to helping women reach orgasm.

Coitus interruptus: The withdrawal of the penis from the vagina before ejaculation. As a contraceptive method, it produces psychic tension and is not very reliable because the secretion of the Cowper glands that precedes semen also contains sperm.

Collective unconscious: According to Jung, the set of ideas and memories belonging to the whole of humankind that are a product of the collected memories after the experiences of countless generations.

Compulsion: The unnecessary repetition of actions, derived from a feeling of need uncontrollable by will. It is different from delirious ideas in that the person who exhibits compulsions is aware of the absurdity of his behavior.

Conditioning: A type of learning by which the behavior of an organism has immediate impact on the immediate environment. The organism “operates,” so to speak, on the world around it.

Conflict: The simultaneous presence in one person of two opposing motivations with the same degree of intensity.

Conscience: The personality structure in which the psychic phenomena are fully perceived and understood by the person.

Creativity: An intellectual process characterized by originality, the spirit of adjustment, and the possibility of concrete realization.

Cunnilingus: The stimulation of the woman's genitalia (including the clitoris, lips, and vagina) with the mouth, lips, and tongue of another person. It is used for stimulation purposes, as foreplay, or as a means to reach orgasm.

D

Defense mechanism: An automatic psychological process that protects the person from anxiety and the awareness of inner or outer threats or dangers. Defense mechanisms act as mediators in the face of emotional conflict and external threats. Some of them, like projection, dichotomization, and acting out, are almost always maladaptive. Others, like suppression and denial, can be either adaptive or maladaptive as a function of their seriousness, inflexibility, and the context in which they are developed.

Denial: A defense mechanism by which the aspects of reality that are considered unpleasant are rejected. The person faces emotional conflict and inner or outer threats, denying the recognition of certain painful aspects of outer reality or subjective experiences that are clear to others. The term *psychotic denial* is used when the capacity to capture reality is fully affected.

E

Effect, law of: The principle by which effects can be obtained only after an effort has been made.

Ego: The conscious affirmation of man as a rational being.

Ejaculation: The expulsion of semen through the penis.

Emotion: An affective state, a subjective reaction to the environment. It is accompanied by organic changes (physiological and endocrinologic) of innate origin, influenced by experience and requiring an adjustment. It refers to inner states such as desire or the need that directs the organism. The basic categories of emotions are fear, surprise, aversion, anger, sadness, and happiness.

Empathy: The mental state by which a person identifies with another group or person, sharing the same emotional state and mood.

Erogenous zones: More receptive than others, the most common erogenous zones are the lips, nipples, genitalia, inner thighs, earlobes, back of the neck, instep and the soles, armpits, wrists, ribs, inner knees, and spine. Buttocks are also erogenous, but need more vigorous stimulation.

Expressing: Saying what one means with words; showing thoughts or impressions through looks, gestures, or attitudes; displaying like an artist, with liveliness and accuracy, the effects of a situation.

F

Fantasy: The free activity of thought through which the premises and conclusions ignore reality. In sexual terms, situations or events that are a product of the imagination, involving real or imaginary people.

Fear: The emotional reaction in the face of a known danger in the state of consciousness.

Fetishism: A form of compulsive sexual behavior in which the manipulation of an inanimate object or some part of the human body other than the genitalia is necessary for sexual satisfaction.

Frustration: A situation when a person finds an obstacle that prevents him or her from satisfying a desire or reaching a goal.

G

G spot (Grafenburg point): A small area in the inner wall of the vagina that can produce orgasm when stimulated correctly. However, not all women have it. G spot response is acute sensitivity that leads to orgasm and in some women, some sort of ejaculation. Women have reported that out of five G spot orgasms, only one includes ejaculation.

Guilt, feeling of: A painful experience that derives from the more or less conscious sensation of having broken personal or social ethical rules.

H

Habit: The tendency to act in a mechanical way, especially when the habit was acquired through exercise or experience. It is characterized by its great hold on the person and it can be carried out automatically.

Hatred: The reactive emotion to a person or experience that hurts or poses a threat.

Hypnosis: A state of alteration of conscience induced in a willing person. It is characterized by a narrowing of the focus and an increase in suggestibility.

I

Identification: An unconscious psychic mechanism by which a person is made to behave, think, and feel like another acting as his or her role model.

Identity: A clear and distinct concept of oneself.

Image: The mental representation of an object, person, or event.

Imagination: The ability to conceptualize objects, people, and situations in the mind that are not present in the real world.

Immaturity: An insufficient affective development that can be experienced by adults who are chronologically and intellectually grown up.

Impression: The immediate vision or general opinion of any event about another person.

Impulse: The tendency to act without forethought. It is opposite to an act of will.

Individual self: The Superior Self, Spirit, or Ego; the entity or divine indestructible spark that reincarnates or is reborn in successive lives in the material plane.

Inhibition: The lack or decrease in certain types of behavior, especially aggressive behavior.

Inside lips: The two tissue folds situated inside the outer lips.* They are thin and hairless. They are made up of the feminine equivalent of the tissue that makes up the penis. They enclose numerous nerve terminals that are very sensitive. Like the penis, blood flows toward them during sexual stimulation.

Instinctive behavior: An innate behavior, considered somewhat higher than a reflex, that encompasses a complex repertoire and depends on maturation rather than learning.

Intelligence: In general terms, the mental capacity to understand, remember, and use knowledge practically and constructively in new situations.

Intimacy: According to transactional theories, it is a state of emotional proximity to another person, characterized by the absence of manipulation and the presence of authentic communication.

Intuition: A form of direct knowledge characterized by immediacy and simultaneity.

K

Kiss: The contact with the mouth and lips by which a sexual or affectionate approach is realized. Not all cultures resort to this practice. Some substitute it for the sniffing of each other's bodies. Sexually, a kiss is part of foreplay, as well as a fundamental form of erogenous arousal. It can simply be a soft touching of the two mouths or the mouth and the other person's body. Sexually charged kisses are directed to the erogenous zones and the tongue and the teeth play a major role.

Kiss, black: A kiss in the anus.

Kiss, French: A kiss where the tongue is inserted in the other person's mouth.

L

Latex: The synthetic material used to make condoms.

Lesbian: The use of this word dates back to the nineteenth century. It refers to remote times, around 600 B.C., when the great poetess Sappho lived on the Greek island of Lesbos. Sappho wrote about friendship and love among women. A Lesbian is a woman who is attracted to other women, and that's why female homosexuals are called Lesbian. The ancient Greeks believed homosexual love was the highest form of love. In the ancient Greek city-state of Sparta—around 1000 B.C., for example—two masculine lovers were placed in the same platoon so that they would fight more passionately to make an impression on their lover. The Spartan army was one of the most powerful and feared armies in ancient Greece.

Libido: Sigmund Freud (1856–1939) used this term to refer to the instinct that produces a sexual response. His thesis was that apart from fostering procreation, this powerful force determines a great deal of human behavior.

Lubricant: A liquid devised to increase the natural body secretions or to decrease friction during body contact. It is better to use water-based products made with special formulas for the genitalia, for they are safe with condoms, diaphragms, and other rubber objects.

M

Magnetism: One of the forms of universal energy encompassing the whole of the cosmos, from the smallest particles to the planets.

Masochism: Sexual orientation in which a person derives sexual pleasure from physical and psychological pain.

Meditation: The mental process through which a person reaches his or her deepest self.

Memory: The reproduction of something already lived or learned.

Mental confusion: A decrease in the consciousness, from slight numbness to a state of stupor.

Mental plane: This is made up of those living things very well known to us in our everyday lives that are invisible to the five senses. It is divided into sublevels according to the level of intelligence development, including feelings and thought.

Mood: A generalized and persistent state of mind that influences our perception of the world. Typical moods are depression, happiness, anger, and anxiety.

Motivation: The set of motives involved in an act of free will. According to their origins, motivations can be physiological and innate (hunger, sleepiness) or social. The latter are acquired during social-

ization and are formed as a function of interpersonal relationships, values, rules, and social institutions.

Motive: A motive is an organism's presupposed inner state, aimed at explaining its choices and behavior oriented to goals. From the subjective point of view, it's a wish or a desire.

N

Nightmare: A terrifying and anguishing dream, without any pathological relevance unless it is very intense and recurring.

O

Obsession: The eruption of an idea, feeling, or tendency contrary to conscious thought that appears in a patient, but persists in spite of his or her efforts to get rid of it.

Onyric: Related to the world of dreams.

Oral sex: Sexual activity that involves the use of the mouth coming in contact with the genitalia or the anus of another person. It may be kissing, licking, or sucking.

Orgasm: The climax* of sexual arousal. It is characterized by deep sensations of pleasure and rhythmic and involuntary muscle contractions. In men, orgasm comes with the ejaculation of semen.

Orgasm, multiple: Unlike men, women can have more than one successive orgasm. It is more usual to experience multiple orgasm during masturbation or oral sex. Hence, direct clitoral stimulation can be said to improve the possibility of reaching multiple orgasm. In theory, all women can reach multiple orgasm, but cultural and psychological factors may be important. For some women, the continual stimulation of the clitoris is uncomfortable.

Outer lips: The two outside folds around the inner lips and the vaginal opening and the urethra (the tube transporting urine). They are soft skin folds covered in hairs and made up of the same tissue as the man's scrotum. They extend toward the anal region.

P

Panic: An acute episode of a state of anxiety characterized by an intense and irrational fear.

Passive aggressiveness: A defense mechanism by which an individual shows signs of aggression toward others indirectly or unassertively. There is an external mask of submission, but this really hides resistance, resentment, and hostility.

Penis: The masculine genitalia. It is made up of a cylindrical body and a pyramidal tip, called a gland. Every man has a different type and size, which also vary if the penis is erect or flaccid. The size has no bearing on sexual might.

Perception: A psychic function that allows the body to receive and elaborate upon outside information coming through the senses and make the organized meaningful wholes.

Personality: The psychic structure of every person; the way in which a person reveals himself or herself through his or her thoughts, expressions, attitudes, interests, and actions. It is a sustained pattern of perception, relation, and ideas about the environment and oneself. The personality traits are those outstanding characteristics manifested in a wide range of relevant social and cultural contexts. They become a disorder only when they are inflexible and maladaptive and produce a feeling of unease or a significant functional deficit.

Personal self, ego: The inferior, mortal self. According to Freud, it is the reality principle. It is fully aware and functions as a check on reality and the wishes and impulses coming from the id. Its task is

self-preservation, for which it uses all the psychological defense mechanisms.

Pheromones: Chemical substances produced by animals to communicate through smell. There is no proof that human beings produce them, but it is reasonable to believe they do. According to Dr. Alex Comfort from the London University College, we have all the organs and glands necessary to create and receive them, but we may have evolved in such a way that we have lost the capacity to respond to them.

Phobia: A persistent and irrational feeling of fear toward a certain object, situation, or activity (the phobic stimulus) that produces an uncontrollable desire to avoid it. This usually leads the phobic person to avoid the stimulus or face it with a great amount of terror.

Physical plane: Material things, forces, and manifestations, including everything we call matter (solid, liquid, or gas) and all forms of energy or force (divided into sublevels, such as heat, light, magnetism, electricity, and attraction, including gravity, cohesion, and chemical affinity).

Prejudice: An attitude, belief, or opinion not based on enough information or experience to lead us to a clear-cut conclusion. Literally, it means a judgment prior to assessment.

Premature ejaculation: A sexual disorder in which the man comes before, or immediately after, introducing his penis in his lover's vagina.

R

Recognition: The ability to identify a certain number of elements in a previously known set.

Reflex: A spontaneous, unlearned, organic response.

Relaxation: A state of muscular distension used in psychiatry for the patient to be able to express his conflicts in an open way.

Repression: A defense mechanism that prevents memories, wishes, and conflicting impulses from becoming conscious.

Resistance: The unconscious, or perhaps conscious, unwillingness to withstand past experiences, ideas, or affections that produce anxiety.

Role: In social psychology, *role* is said to be the public personality of every person; that is, the more or less predictable role a person plays in order to adjust to the society he or she is part of.



Sadism: Sexual orientation or behavior in which the person enjoys producing physical or psychological pain in his or her lover.

Sadomasochism: Sexual orientation or behavior in which pleasure is achieved through both giving and receiving physical and mental pain.

Safe sex: Sexual activity carried out with contraceptive or protective measures.

Self-assertion: A characteristic of behavior that encompasses a positive social behavior tending to defend a right or reach a goal.

Selfishness: An excessive affection toward oneself, whereby one's own convenience is held superior to any other consideration.

Self-observation: A mechanism by which a person reflects upon his or her own thoughts, feelings, motivations, and behaviors, and acts accordingly.

Self-stimulation: Masturbation. Sexual stimulation of one's own body.

Self-suggestion: A generally unconscious process by which a person convinces himself/herself of something.

Semen: The fluid ejaculated by the man. It is made up of sperm produced by the testicles and seminal liquid produced by the seminal vesicles and the prostate. The seminal liquid contains chemical substances that help activate and protect the sperm. On average, a man produces between two and six milliliters.

Sensation: A process by which the sense organs convert the stimuli coming from the outside world into the basic data or raw material for experience.

Sex show: Any sexual montage that involves more than two people.

Sex toys: Any object introduced into foreplay to increase pleasure.

Sexual orientation: The erotic and emotional attraction of a person toward another of the same sex, the opposite sex, or both.

Sexual repression: The set of attitudes intended to prevent the full and free manifestation of sexuality through restrictive and rigid moral or legal regulations.

Social behavior: Any form of behavior that entails an interaction between two or more human beings.

Soul: A philosophical concept that defines immutable human essence. For some, it's merely our psyche, or the spiritual in us. However, the idea that humans are a composite of body and soul has been set aside in favor of the idea of the person as an indivisible whole. For a long time, sexuality was restricted to the physical only, and the soul played no part. The distinction between pure love and erotic love is founded on this idea.

Spiritual plane: Related to invisible divinity, the living power, the animate force, the inner essence, the essence of life, the animating principle, or the spirit.

Stress: Any demand that produces tension in a person that requires a change or adjustment on his or her part.

Subconscious: The "submerged" area of our personality of which we are not directly aware. It is organized according to the principles of

condensation and displacement. Its attempts to resurface into consciousness are stopped by repression and succeed only when, through the deformations caused by censorship, they produce compromise manifestations, like dreams, slips, etc. It is basically made up of psychological material coming from the desires we had as children.

Superior self: The supreme divine spirit, the beam inseparable from the universal self, the crown of the superior triad in man.

Symbol: Any stimulus that represents an idea or object different from itself.

Symbolization: A defense mechanism in which a mental image or a conscious thought is used as a symbol to disguise an unconscious thought that produces anxiety.

Symptom: A subjective manifestation of a pathological state. They are described by the individual rather than observed by the examiner.

T

Telepathy: In parapsychology, the power of thought transmission. The direct communication between two minds. Objectively, telepathy is a coincidence not due to random factors; it is a perception or a conscious or unconscious thought between the behavior or psychophysiological states of two individuals.

Temper: The set of characteristics that distinguish one person from another.

Testicles: The egg-shaped glands situated under the penis and contained in a hanging bag (scrotum). During puberty, the testicles start working in two ways: They produce reproductive cells (or sperm) and testosterone (responsible for the development of secondary sexual characteristics such as the breaking of the voice and the beard). To

generate sperm, the testicles must be at a lower temperature than the rest of the body.

Thought: A generic term used to indicate a set of mental activities like reasoning, abstraction, generalization, etc., whose purpose is, among others, the solution of problems, the making of decisions, and the representation of external reality.

Transmutation: The process of changing a form or substance into another. The expression “mental transmutation” is usually used in spiritual literature to define the change of negative thoughts into positive ones. In alchemy, the term connotes the transformation of low metals into gold.

U

Unconsciousness: A state in which our ability to perceive and act consciously is nullified. The deepest state of unconsciousness is the state of coma.

Universe: Our Universe is just one of an infinity of Universes. A link in the great cosmic chain.

V

Vibration: The third fundamental principle of hermetic philosophy, according to which nothing is absolutely motionless because everything moves and everything vibrates.

Vital space: The physical and psychic space that all living beings need for their normal development.

W

Will: The psychic quality of a person that allows him or her to choose between carrying out or not carrying out an action. It depends directly on the desire and the intention to carry out an action.

Z

Zen: A meditation or contemplation process. The results achieved in experiences or states of consciousness that are beyond human perfection but that are nonetheless accessible through the technique of meditation.

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