KEYS OF INTERCOURSE

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Abstract- **Sex is often not about sex. Most of the time it is about closeness, connection and feeling desired. Often you can meet these needs for each other through hugs, kisses and just giving him your time and unconditional acceptance of partner. When it is actually about the intercourse, you can meet these needs through foreplay without the actual intercourse. It is necessary to have a balance between the biological natural energy the food energy to complete the sexual intercourse. The keys to intercourse include feeling that you deserve sexual pleasure, participating in foreplay, achieving orgasm, scheduling time, and locking eyes with your partner. Good and connected intercourse can hold your bond together during stress.**

Key Words: **Foreplay (F), Intercourse (I), Self Aware and Acceptance (SAA), Sexual Empathy (SE), Environment (E), Open Communication (OC), Privacy (P), Energy (E), Mindfullness (M), Microflow (M), Play with newness (PWN), Flexibility (F)**

INTRODUCTION:

"All that matters is that you and your partner are happy"

On earth there are various elements of life like microorganisms, plants and animals including human beings. No matter how much materialistic lifestyle a human being adopts, naturalization is the need of the hour to sustain its existence. Even when humans do a complementary work to nature for its own benefit, nature returns the complementary work in various ways. Humans are the most intelligent creatures on earth and are mutable. If you consider the structure of living organism as a whole, you can see the structure of energy → atom → molecule → cell → tissue → organ → organ system → body.

Humans are also a part of life and human body also has biological energy naturally. But this energy works in different forms according to intellectual, physical, mental capacity in different conditions and according to natural structure in all living beings. Although this energy works in the human body in an invisible form, it can be experienced through the senses and we can realize it in various forms in new activities. In nature all living organisms as well as humans have sexual instinct. Humans engage in sexual intercourse for pleasure and procreation when libido is aroused. But all other organisms do this in particular seasons for reproduction in certain seasons. Human sexuality is influenced by genetics, environment and lifestyle. It takes time to understand and accept its various aspects and take action to reach the peak of sex. A good sex life is not only pleasurable , it also adds valuable emotional connection to relationships.

Foreplay:

It is part of the way you act with each other before you are actually engaged in any kind of technical sex. It is an art of physical, mental and sexual balance between the senses and the genitals to reach the pinnacle of supreme pleasure. It is important to stimulate each other in foreplay. Eyes (vision), ears (hearing), skin (touching), nose (smelling), tongue (tasting) and genitals are used in courtship to stimulate each other. In foreplay, the body is very sensitive and eager for sex.

Every cell in a person's body needs to be stimulated in foreplay. That is what creates a strong libido in a person. The chemicals, pleasure hormones, and lubricants needed to reach climax (physical, mental, sexual) are released due to stimulation by foreplay. The intensity of stimulation of an organ depends on nerves in that organ. The structure of the human brain is very complex and each center is interdependent and has different functions. The sensual center, the genital center and every cellular center should be stimulated by the sexual activity to achieve the highest pleasure in intimacy. So that pleasant sensations can be experienced. Although foreplay is used for mutual stimulation, it can be used until the last moment of sexual intercourse to experience pleasurable sensations.

Eyes (Vision)

A person can be aroused in foreplay by looking deeply into each other's gaze. A person can also be aroused by seeing the other person's beauty, cuteness, style of speaking, different facial expressions and body parts of each

other. When a person engages in the act of seeing in different ways to open up to each other, he is communicating a lot with his eyes. Therefore, it is necessary for a person to keep the vision center awake.

Ear (Hearing)

It is important to have a sense of voice in foreplay. This mainly involves listening to different sounds while or after stimulating each other, mesmerizing all the cells and taking each other to a higher level of arousal. Arousal talking to each other, listening to music you like, listening to different sounds and also due to the flow of breathing, the ups and downs of foreplay and sexual intercourse, the whole vital is stimulated. Sweet pleasures in foreplay also help to reach climax in intercourse.

Smell (Olfaction)

Humans naturally have a specific sense of smell. When one's libido resides in the body, it is to be experienced. This smell stimulates the person physically and mentally in foreplay. Both (partners) are excited by each other's scent and the olfactory center is satisfied. But due to artificial fragrance, the person's natural sense of smell disappears and the olfactory center is not stimulated. Inner energy can be awakened by making olfactory center aware in foreplay.

Tactile (Touch)

The most sensitive center for stimulating each other in foreplay is the tactile center. Touching each other's bodies can create sexual arousal in foreplay. These mainly include kissing each other's body, massaging the whole body, touching the body, physical pressure, tapping, hugging. Hair centers on the body can also be stimulated by touch to give pleasurable pleasure. Hence the touch center has a very important place in foreplay.

Taste (Gustatory)

The taste center also plays a very important role in sexual stimulation. It should be used according to each other's preferences. A deep kiss in romance leads to an exchange of internal secretions. Also by having other physical pleasures one can become more aroused and fill different colors in foreplay. Physical, mental, and sexual health of each other is essential to stimulate the taste center in foreplay. It is also necessary to have physical and mental cleanliness.

Intercourse:

Sexual intercourse is the pleasure achieved by voluntarily harmonizing physical, mental, and sexual tendencies according to one's body structure and without harming each other, by understanding each other as they are. It is the supreme pleasure obtained in greater or less proportion by means of actions performed equally by each other. Sex is an art and it is a natural basic human need. In order to achieve high level of pleasure during intercourse, every cell should be stimulated and must be satisfied. Consciousness is created through the natural energy in each other's body from the moment of arousal to climax. In intercourse, one wants to experience the satisfying and pleasurable sensations that flow slowly into the inner body by mingling with these consciousnesses. Sex is the integration of the physical, mental, and consciousness of every excited cell with the beating of the heart, the ups and downs of the breath, the increased flow in the arteries and the increased bodily activity.

Keys of Intercourse:

Self-Aware and Acceptance:

Acceptance of every element, factor, action and situation in life means acceptance of life. person needs to be aware of him and others and accept the facts. One should know one's inner self through one's own insight. You should understand yourself as you are and accept yourself by maintaining self-respect, self-belief. Also, in sexual intercourse, it is necessary to understand the whole personality of oneself and the partner and accept each other unconditionally. Being aware of oneself and one's partner unconditionally means accepting each other's rights, roles, health, strengths, capacities, potentials, interests, weaknesses and limitations etc. A deep sense of mutual caring, acceptance should be there. Due to this during great sex one feel adored and wanted, accepted and cherished.

Sexual Empathy:

In intercourse, it is necessary to have sexual feelings towards each other. It mainly includes knowledge about sexual identity, sexual needs, reproductive organs, reproductive health, sexual hygiene, self-hygiene, mental hygiene and how to act. It is necessary to be completely familiar with sexual activity by understanding the exact purpose of work force, its ways, methods, work energy.

Environment:

Happiness from the natural world lasts longer in the body than the happiness derived from action in the artificial world. Therefore, it is necessary to have a complementary environment according to the preferences of both (the partners) for sexual intercourse. It mainly includes river bank, lake bank, reservoir, favorite place, close to nature, musical surrounding, cleanliness, dim or colorful light etc.

Open Communication:

Nothing can ever change if you don't talk to each other about your needs. Communication is very important to complete any task in life and it can be done verbally or non-verbally. In order to freely communicate about sex, it is necessary to have physical, mental and intellectual maturity in a person. Freely communication is also necessary to complete the act of intercourse. In intercourse one should be able to communicate freely about each other's preferences, differences, libido, needs, interests, desires, lusts, self-concepts, attitudes, feelings, etc. Complementary closeness cannot be achieved unless there is open communication.

Privacy:

Privacy is an important element in life. Every organism needs to have privacy based on natural values. Each other should maintain intellectual, emotional, sexual and functional privacy even during intercourse. It mainly includes mutual interest, hobbies, adornment, clothing, food, gossip, silence etc. When each other preserves each other's privacy, a strong bond is formed in the relationship and it is beneficial to achieve the highest pleasure.

Energy:

It is the energy between people that wraps itself around them like a blanket to the point where you notice the creation of body between them more than you notice either one of the individuals involved. A person has two types of energy, a biological natural invisible form of energy and a functional energy obtained from food. The single highest energy in the human body that function is the biological natural energy that works by using the food energy. It is necessary to have a balance between these two energies to complete the sexual intercourse.

Mindfulness:

Both the body and the mind are dependent on each other and it is important to strengthen the interaction between the two. A person needs to have willpower and imagination to get sexual pleasure and to keep the individual happy and also to please the partner so that functional obstruction does not arise. For that, each other should do activities of each other's liking as well as make pleasant comments on the moment so that both are happy. There should be a sense of complete immersion or feeling fully conscious of all their senses.

Microflow:

It is important to experience the pleasurable sensations that come from the subtleties of sexual intercourse to achieve the highest pleasure. Every quanta in the human body must be satisfied by each other's subtle actions. After experiencing the subtle pleasure of sexual intercourse, a flow of pleasant sensations begins through the body. Subtle pleasure can be doubled by making subtle movements, talking, touching, gentle biting, sounding a favorite word etc. to each other to perform subtle actions.

Play With Newness:

In order to overcome the monotony or mechanicalness of intercourse, new methods of intercourse should be discovered and used. In order to maintain the charm of intercourse, it is necessary to experience complementary actions in various aspects to help eliminate mechanicalness. In those actions, the mechanicalization of intercourse can be removed mainly by using dramatic communication with each other, symbolic language, childishness, pretending, acting like an animal, experiencing different postures, experiencing each other's fantacy, changing the physical environment, changing the place, staying away for a while, etc.

Flexibility:

Human beings can bring resilience in themselves and in others by using their own abilities in life creation. It has become the need of the hour for humans to bring resilience for their own survival. It is necessary to be flexible with each other to complete intercourse. It is mainly necessary to understand each other's ideological, physical, mental, emotional and sexual needs and be flexible with time. Love does not have to be for supreme happiness.

Self love

Self-love is the flexibility to understand yourself and permanently adopt for yourself.

Other Love

Your love for other person is the flexibility you have permanently incorporated into yourself by understanding yourself and that person.

Conclusions:

1. There should be a deep sense of fundamentally being "in sync" with one's partner.
2. There should be communication, coupled with deep empathy among partners.
3. One should be fully present and absorbed in the moment of intercourse to feel embodied.
4. One should be authentic, genuine, uninhibited, and transparent to enjoy sexual pleasure.

5. One should be adventurous, exploring, and should be experimental while having intercourse.

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