

Guide to Sex Toys

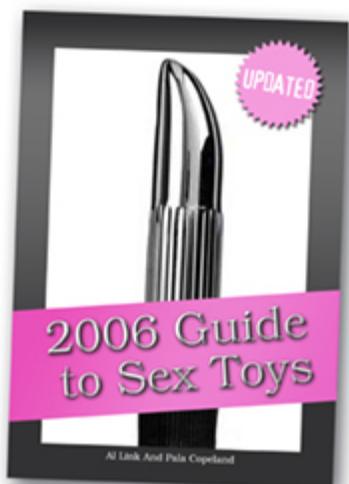
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A 4 Freedoms Relationship Tantra eBook

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Guide to Sex Toys from 4 Freedoms Tantra

There are an amazing variety of sex toys and sexual aids available on the Internet and in sex shops for men and women. Most products mentioned in this introductory guide are available online at our [Sex Toy Store](#).

Dildos/Dongs/Cocks

Dildos, dongs and cocks may be plain or include vibrators (a small motor that vibrates). There are [rubber dongs](#) (usually black or beige), and some have wires inside so if you bend them they will hold the new shape. Rubber cocks can actually be carved to any shape you want after you get them home. You will have to use a condom after you carve them because they will flake apart, but they are so inexpensive that you can afford to use them up rapidly this way.



Jelly cocks are soft, slippery and smooth, and come in every possible color. They are also inexpensive, but are not of equal quality to cocks made from silicone. Both ordinary rubber and jelly rubber are porous materials, so if you are sharing your dildo, or using it vaginally and anally, you'll need to use a condom to keep it clean.

On the other hand, silicone is a unique material manufactured by a vacuum process that increases the density of the atoms in the rubber to create a special feel on the non-porous surface. **Silicone cocks** will not only last much longer, but they can actually be boiled for sterilization, which you cannot do with rubber or jelly dongs. Most silicone cocks are hand made by small manufacturers.



Cocks are also made from **Pyrex glass**. Pyrex is a stronger, safer form of glass and with proper care these products could last for hundreds of years. There is also a new synthetic "**cyberskin**" material with the look and feel of a real penis. This material simulates the softness of skin and the rigidity of erectile tissue - truly a feat of engineering and quite an advance over the older rubber based products.

Hygiene and Safety

* Because rubber and jelly rubber are porous it is impossible to keep them properly sterilized. The risk is obvious if you are sharing your toys or using them for both the vagina and anus. These toys cannot be boiled and even

bleach will only clean, but does not sterilize them. Furthermore, bleach will cause the rubber to disintegrate rapidly. The only way to use rubber and jelly rubber toys safely is to use them with condoms. After use, discard the condom and wash the toy with warm water and mild soap. Silicone on the other hand is non-porous. It can be easily cleaned and can be boiled for sterilization or run through the dishwasher. Silicone sex toys have many advantages and are definitely worth the extra cost.

- Hypoallergenic (many people are allergic to latex and other forms of rubber)
- Warm to the touch (responds quickly to temperature, will match and retain your body heat, can be quickly warmed under hot water)
- Sterile, does not retain bacteria like rubber and soft vinyl
- Cleans easily with soap and water
- Can be boiled (four minutes kills anything)
- Suitable for dual use in anus and vagina or for sharing between partners if cleaned properly
- Odor free, does not retain smell like rubber and soft vinyl
- Non-porous, does not absorb fluids
- Does not flake or break apart like rubber and soft vinyl, can last a lifetime

Many people are allergic to latex. Most sex toys are made from non-latex rubber, but even supposedly non-latex products may contain a little bit of latex. If you are concerned about a latex allergy, select hard plastic, silicone rubber, metal or glass toys only.

Don't submerge in water the part of a battery vibrator that holds the batteries. Do not submerge electric vibrators in water at all. Exceptions to this are **waterproof vibrators**.

Leather harnesses can be cleaned with a damp cloth, and nylon harnesses can go in the washing machine with your laundry.

"Real Men"



Some cocks are actually molded from the erections of **real men**, for example **John Holmes** the legendary porn star whose character was featured in the Hollywood hit, Boogie Nights. John Holmes, "The King", appeared in over 2500 adult films and reputedly made

love to over 15,000 women during his lifetime. Other "big" names in this industry, with dongs named or molded after them are: **Dean Phoenix**, **Adam Hart**, **Marc Wallace**, **Steve Rambo**, **Jeff Stryker**, **Sean Michaels**, **Ron Jeremy** and **Bam**.



If you are looking for **large**, some of these cocks are up to 16 inches long and 7 inches around - very meaty.

Here is the humorous description of a **"Kong Dong"** in a sex toy catalog. *"Free Kong - If you Dare - The only Realistic 'Monster' cock in captivity for you to set free... and unleash the animal in you. A king size 9" long and a meaty 6" around (2 1/2" wide) cast directly from the massive member of an actual hulking stud, Kong includes every vein, bulge and fleshy detail of the massive original. Caution: Please do not*



order unless you understand the size. The picture is small but the dong is not!"

There is also a selection of **smaller cocks** ranging in size from 3 inches to 5.5 inches. And there are many other variations. One dildo variation has **two probes**, one for the vagina and the other for the anus, so you can simultaneously probe both areas. Another variation **ejaculates on demand!** There are **double dongs** (16-30 or more inches long) with a head at each end. You can get them with movable balls. Some have **suction cup stands** so they stay where you put them, e.g., on a smooth surface such as the floor, a table or the wall. There are dildos you can fill with **hot water** (they stay hot for about an hour). Others **glow in the dark**, and some are **inflatable**.

Price

Prices vary from \$10 for one that might only last a few months, to \$200 for beautiful hand-blown **solid glass models** that would last a lifetime, and could be a fashion statement displayed on your coffee table! Vibrators in the cheaper models typically stop working within a few weeks or few months. Vibrators on more expensive models will also typically stop working, but after 1-2 years. Electric vibrators can last many years.

G-Spot and Clitoral Stimulation

Most women do not experience orgasm through intercourse alone and unfortunately many men have not yet learned to **delay ejaculation** long enough to give their partner satisfaction during intercourse. We recommend helping your woman to have a clitoral orgasm using oral or manual stimulation before there is any penetration with the penis. Cunnilingus is preferred to manual stimulation with your fingers, because the hands can be rough and may not have the softness required for the extremely sensitive vaginal tissues. The tissues of the lips and tongue are of the same sensitivity as the tissues of the vagina.

It is very difficult to stimulate either the clitoris or the G-spot with vaginal penetration by the man's penis. The clitoris can be stimulated to some extent by the weight of the man's body against it. If the man holds himself above the woman, supporting his weight with his arms extended, he can possibly move the penis in such a way that it rubs across the clitoris with an in-out motion of the penis. The Goddess spot can be stimulated to some extent if the man enters from the rear. The woman is lying face down with her buttocks lifted into the air. She can support her abdomen with pillows. The man can then insert the penis into the vagina with a shallow thrust and this angle may make it possible for the tip of the penis to rub against the G-spot.



There are vibrators designed to **reach both the clitoris and G-spot** at the same time, e.g., the **G-spot Tango Vibrator**. Another version, **The Ladybug**, is a small personal vibrator which stimulates the pelvis while two feelers surround the clitoris with exquisite vibration. The Ladybug can be worn during intercourse, allowing full penetration or alone for intense private pleasure. New 'softer than skin' material adds comfort to every

erotic experience.

It is important to know where to look for **the Goddess spot**, but it is equally important to know when to look. The G-spot is approximately 1-2 inches inside the vagina on the upper wall. If a man inserts his middle finger up to about the second knuckle and rubs the tip of his finger against the spongy tissue of the upper wall of the vagina he is in the right area to find the G-spot. But he is not likely to find it unless he is looking at the right time. The right time is after the woman is very highly aroused, or better still, after she has already had a clitoral orgasm. This is because you may or may not actually feel any difference to the touch of your finger against her vaginal tissues even if you do touch the right spot, and also because many women actually find stimulation of the G-spot unpleasant until they are sufficiently aroused.

In some women, but not all of them, stimulation of this area may cause it to swell and may lead to deeper vaginal orgasms, and possibly to female ejaculatory orgasms. Not all women like to have this area stimulated even after they are fully aroused. The only way to know for sure is to find it and try. If she does like to have her Goddess spot touched

and she is sufficiently aroused, when you do touch it you should get a strong reaction of pleasure from her! This spot, once properly awakened is so intensely pleasurable, that she will almost certainly let you know with sounds, words, and body movement, how much she likes it when you touch her there in the right way at the right time.

Dildos can be useful in this instance. A dildo artfully applied in lovemaking can help a woman to go on from clitoral to the deeper vaginal orgasms, including ejaculatory orgasms. The dildo can be used before there is any penetration with the penis. Or the man may withdraw his penis for a rest, and apply the dildo in its place. This alternating penetration with your penis and with a dildo can be repeated as often as necessary to enable the man to delay ejaculation and successfully extend the active lovemaking for hours at a time. The dildo can also be used after the man has ejaculated. In this way even the most aroused and hungry woman can be given complete satisfaction regardless of your capacity to maintain an erection or delay ejaculation.



There are **dildos specifically designed to reach the G-spot**. They have a crook in the end, so that when they are inserted into the vagina, the crook can be turned to exactly the right angle to reach the Goddess spot and drive her wild with excitement. If you can find the G-spot and stimulate it until your woman has her first vaginal orgasm, this is the perfect time to insert your penis. You are still fresh and she may be so highly aroused that she immediately goes on to have multiple deep vaginal orgasms within minutes of your penetration. She may even ejaculate.

If you have never experienced it when your woman ejaculates, it is a wonder to behold. No one knows how many women could learn to have vaginal ejaculatory orgasms, but many women stop themselves because they feel as if they were going to urinate. It is a good idea to make sure she urinates before lovemaking starts, so she will know that the feeling she has does not mean she has to urinate. If she can relax enough to get beyond this feeling of having to urinate, this type of orgasm may be the most intense she will ever have. The fluid that is ejaculated can be quite a quantity - she can really soak the bed, but it is clear, odorless, tasteless, and does not stain! This fluid is not urine. Knowing this may help her to let go into this wonderful experience.

Size Matters

Generally we recommend average size dildos, close to the size of an average sized penis. Most penises are 6-8 inches in length when fully erect. Huge size is not usually any advantage unless the woman has an unusually large vagina. The average woman will not appreciate a giant sized dildo. It is a good idea to start with a smaller model and work up to larger only when you know your partner would appreciate the larger size. Skill, technique, and heart opening (making an emotional connection) are the really important factors rather than size. Of course this is true of your penis as well. A skillful, careful, attentive lover, who can delay ejaculation even when highly sexually aroused, is a great lover, regardless of the size of his jade stalk.

Lovemaking and Prostate Health

Any man who practices prolonged lovemaking without ejaculation will likely experience some discomfort in his prostate. This is not dangerous and is not related to **BPH (benign prostatic hyperplasia)**. The healthy normal prostate is about the size of a chestnut and weighs about 20 grams. With the onset of BPH, for reasons we do not know, the prostate may start to enlarge and can grow to the size of a lemon or an orange or even a grapefruit!

Because the prostate surrounds the neck of both the bladder and the urethra (urine and ejaculate fluids travel out through the urethra), enlargement of the prostate can cause problems. The most notable symptoms include difficulty with urination, including that it is hard to start and the flow will be obstructed. You may also find yourself having to get up to go to the bathroom frequently in the night, or having to go to the bathroom frequently during the day. Actually BPH is a condition that will affect almost all men who live long enough, and has little to do with sexual activity. This condition is usually not a factor until the man is at least 40. If you are a younger man and feel discomfort in your prostate, you might wonder if you already have BHP. This is not likely. Much more likely is that you are sore because of delaying ejaculation or you may have some sort of infection.

It is true that as lovemaking progresses, sexual energy builds up in the prostate and if the man has not learned to move that energy out of the prostate by circulating it through the rest of his body, that pressure can cause prostate discomfort. If you feel such discomfort, ejaculate

and discharge the pressure. If discomfort continues after ejaculation has removed the pressure, see your physician to check for other possible problems such as infection.



To comfortably practice prolonged lovemaking without ejaculation, a man must learn to move his sexual energy out of his prostate. You can use Kegel-style exercises to help you do this. You can also do prostate massage. It turns out that the same **vibrator** with the crook in it that you use to reach the woman's G-spot, can also be inserted into the man's anus because it is also perfectly shaped to reach his prostate. It is interesting to note that the man's prostate and the woman's g-spot are often referred to as being similar to each other in the pleasure they can allow you to experience.

If you are not into anal prostate massage, try regularly massaging the prostate through the skin of your perineum. The perineum is that patch of skin between the anus and scrotum. Pushing on this spot will enable you or your partner to stimulate the prostate and will encourage your sexual energy to move from the prostate up through the rest of your body. This will make it possible for you to last much longer in intercourse without ejaculation and will prevent the prostate from getting sore.

If you are already experiencing problems with your prostate, such as BPH or perhaps even prostate cancer, or you wish to prevent such problems from arising, we have reviewed a **[selection of excellent books](#)** with information about the care and healing of the prostate.

Vibrators/Massagers/ Stimulators



These come in an endless variety of shapes, sizes, colors and materials. Very popular are vibrating **eggs and bullets** that can be inserted into the vagina or anus. Eggs are the shape and size of a small egg. These are available with or without vibrators and are beautifully painted. They are popular now as vaginal exercise aids to help women gain strength and control over their vaginal muscles. Women who have practiced Kegel exercises, i.e., repetitive contraction and relaxation of the genital muscles, including the vagina, sometimes graduate to inserting these vaginal eggs into the vagina and strengthening their muscles by holding onto the eggs. She may get strong enough to add weights to the eggs. Imagine your woman doing vaginal weight lifting!

Bullets are shaped like a bullet and are usually 2-4 inches long. These can easily be carried in a purse or pocket. One variation is a tiny vibrator that fits onto the end of your **fingers**.

Some of these toys are a real combination of high touch - high tech. The higher priced ones offer more precise and variable vibration controls, e.g., an LED display shows 10 levels of exact power. These high quality controllers are compatible with many different vibrators. Prices range from about \$90 up. Generally vibrators made in Japan and Germany are of significantly higher quality (and price).



There are also many vibrators specifically **designed to stimulate the clitoris** as well (as opposed to just being inserted into the vagina or anus) by vibrating and rotating.

Almost all of these vibrators have dual multi-speed controls. One control rotates within the vibrator shaft. The other engine vibrates the shaft and clitoral stimulator. Some of these vibrators also have beads in the center of the shaft to enhance the feeling from the inner multi-speed rotation.

Plug-in or Battery?

Vibrators can be **electrical** (plug into a wall outlet and may be rechargeable), may have wireless **remote control** up to 50 feet away, or they can be powered with batteries. Electric vibrators provide a better quality alternative to battery-powered vibrators, with stronger vibrations, warranties, will last for years, and are much more expensive. Battery powered vibrators tend to be more versatile, more portable, offer softer vibrations, and are much less expensive. Hard plastic battery vibrators tend to be louder than soft rubber vibrators. If it is important to be very quiet, keep this in mind. Most people seem to find the hard plastic vibrators better for external stimulation and the soft rubber vibrators preferable for internal stimulation, because the hard plastic transmits stronger vibrations than the soft rubber.



Many vibrators are manufactured in **micro sizes**. Some vibrators may be **worn discretely under a woman's clothing**, or carried in a **pocket** and no one would know they are there. This can add a very

interesting variation to standing in line at a bank or grocery store! You can also wear them **during sex**. Some are **waterproof** and can be used in the bathtub. There are even battery operated **vibrating panties** for women and a **vibrating thong** for men!

Consider this description: "***Venus Butterfly*** was developed exclusively for women. This unique pleasure device can be worn anywhere, providing maximum freedom of use, even in public, yet allowing ultimate privacy. It is specifically intended to stimulate the most sensitive parts of the female anatomy. The continuous control wire remote power pack can easily be slipped into a pocket. Adjustable straps fit comfortably around the waist and legs and the unit comes ready for use. The Venus Butterfly massager will turn an ordinary day into an exciting erotic adventure."

One vibrator called the **Dragon Lady** automatically changes rotation direction. The **Pink Pachyderm** has gyrating head, quivering tusks, and a tickling tail. The multi-speed vibrations are powerful and quiet from a Japanese quality motor. These are quite lovely to look at!



A popular variation of the clitoral/vaginal vibrator is **The Tongue** by Lady Calston, a Canadian manufacturer. There are other "tongue" manufacturers as well. Here is how one manufactured in Japan is described: "*The 8 inch long Tongue twirls, spins, flicks and wiggles with multi-speed vibrations, while it rotates a full 360 degree circle. Dual controlled by Japanese high tech quality integrated chip controller.*" Holy high tech, Batman! The name suggests a certain feel of the material that The Tongue is made of, as well as the motions this vibrator is capable of making.

In a class all by itself is **The Eroscillator**, recommended by none other than Dr. Ruth. The Eroscillator is not to be confused with vibrators. It does what no vibrator can, it oscillates, rather than vibrates, at 3600 constant oscillations per minute. This unique back and forth motion, delivered with a gentle touch, produces highly erotic sensations and intense orgasms.

Women can learn to experience many different types of genital orgasm from both external (clitoral) stimulation and internal (g-spot and other vaginal) stimulation. Each woman has her own "orgasmic fingerprint". Get to know your woman's. Take your time to relax, tease and please her with a variety of toys, your tongue, your fingers, your penis. Using vibrators clitorally is a particularly helpful way to assist a woman to become orgasmic.

Erection Assistance

There are certainly those among us who have difficulty getting and keeping erections. Various aids are available to assist you.

Penis Extensions



There are a variety of rubber, cyberskin, and wireless remote penis extensions that you can slip onto the top of the penis to extend your length and offer deeper penetration. Put this on the end of your penis, then roll the bottom rubber piece over your penis like putting on a condom. An interesting variation of the penis extension is the French Tickler. These are colorful, sexy and fun for all lovers-buy them by the dozen!

Harnesses for Men and Women



There is a wide variety of harnesses, for example the Vac-U-Lock Harness system with the Ultra Harness for men and women. These harnesses can hold a wide range of attachments. For men there are attachments for an erect or non-erect penis. There is also a soft latex vibrating prosthetic penis attachment extension to lengthen the short penis. For women the cyberskin realistic cocks are harness compatible. Harnesses come in leather (most expensive, last longest), rubber and nylon (least expensive) versions. Attachments can be regular or vibrating. Prosthetic penis extensions are

quite inexpensive (under \$20), as are the simple harnesses for them (from under \$30 up to \$100 for leather).

Instructions for the **Ultra Harness**: "*Securely strap on your secure leather harness then attach any of a selection of dildoes. This harness has an adjustable waist up to 44 inches, an open crotch for maximum comfort, easy access, and non-slip action; all designed to give you command and control for your erotic pleasures. The Vac-u-Lock plugs attach with velcro or snaps. This Harness can be used by women or men. The opening under the plug is high enough to allow the man's penis to hang below.*"

Penis Enlargement Pumps

For those of you who are concerned that your penis is too short, you might consider Dr. Joel's vacuum pump system for penis enlargement. Believe it or not this system is FDA approved in the USA. To get this approval does require clinical trials showing effectiveness. Some Men swear by the use of pumps as effective tools for increasing size while others think pumps have no lasting effect. Pumps can extend length while using, but the question is, "Will the penis return to original size afterward?" Unfortunately we do not have that answer. The size of a man's penis can have such a profound affect on his self esteem, and psychologically affect his sexual performance so strongly that it is easy to see why these pumps are fairly popular.

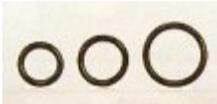


Dr. Joel's Pump, complete with quick-release air valve penis cylinder and easily readable pressure gauge costs about \$200 USD. Cylinders come in smaller and larger sizes. There is also an option for enlarging the scrotum as

well as the penis.

Who is Dr. Joel? Dr. Joel Kaplan is a graduate from the University of Chicago and Saybrook Institute in San Francisco, where he received his Ph.D. in clinical psychology and human sexuality. Dr. Kaplan has also been awarded Diplomat status with the American Board of Sexology in Washington DC and is a registered sex researcher and certified sex therapist. He is currently in private practice and has been a pioneer in the usage of vacuum pump therapy for penis enlargement and sexual dysfunction. Here is how he describes what his pump does: *"When the first airtight vacuum pump cylinder is placed around your penis, blood rushes into the muscle portion of your penis. The muscle tissue expands to the maximum, breaks down, and then rebuilds into larger and stronger muscles, similar to body-building."*

Cock Rings



If you have plenty of equipment but sometimes ejaculate sooner than you want, consider **cock rings**. Some of these are very inexpensive at under \$10. For just a bit more you can get variations that fit around the man's penis and also stimulates the woman's clitoris and anus. Some are equipped with vibrators, others with **ball spreaders**. Cock rings come in leather, denim and plastic. They are adjustable to fit around the penis and scrotum. Put them on before you commence lovemaking and once you are erect the blood will be restricted from leaving the penis, helping to maintain an erection.

Another variation is a strip of velcro called **Control for Men**. This device allows you to savor your excitement and

control ejaculation until you are ready. You wrap the velcro Control strip around the entire scrotum above the testicles, prior to arousal. Place the black velcro strip onto the white velcro strip to form a continuous loop, with the narrowest part of band across the back of the scrotum. Leave the "Tab-Tail" available to grasp between thumb and finger when ejaculation is desired. You may have noticed that a man's testicles pull up into his body when ejaculation is imminent. This velcro strip prevents the testicles from rising and this delays the ejaculation. To permit ejaculation, pull the "Tab-Tail" free, this will allow the testicles to rise, releasing the semen. Note: sprinkle this item with talcum powder for increased comfort.

Anal Play



Anal climax beads are available in small, medium and large size. The small beads are about the size of cranberries. The beads are strung together with a pull ring at one end. There are usually 8-10 beads on a string. These beads are inserted into the anus of either the man or woman during lovemaking and are withdrawn at the exact moment of orgasm. This has the delightful effect of noticeably prolonging the orgasm and increasing its intensity. Be very careful, gentle and playful when inserting the beads to avoid discomfort. Use lots of lubricant. This might take some getting used to, but is definitely worth trying. This is an excellent tool to help men learn to surrender and let go, allowing their lover to take charge completely. Combine this with tying the man's hands (a common fantasy of men) and it will be quite an experience for him. Anal beads are quite inexpensive, starting at under \$10.



There are a large variety of anal **butt plugs**. The variations in butt plugs are the same as for dildos: with or without vibrators, rubber or silicone material (the latter is highly recommended for butt plugs because they can be boiled for sterilization), all possible colors, sizes and prices.

One interesting variation is the **inflatable** model. This is especially desirable if you are just beginning to explore anal play. There is also a two-person **"double hitter"** model, so both partners can be anally stimulated at the same time. You can get one that **ejaculates**. Prices start at under \$10 and go up to about \$100. If you are into fisting, there is an **arm with fist** version. With butt plugs hygiene is crucial. We strongly recommend **silicone** butt plugs that can be boiled (four minutes kill anything).

Body Massagers

In working with couples one of the most common complaints is not enough time and being so tired out that there is a loss of libido. One of the best ways to revive your energy is through massage and accupressure (applying pressure with your fingers and hands to specific energy meridian locations on your partner's body). **Electric vibrators with multiple speeds and multiple attachments** are available from about \$50 to several hundred dollars. Some of these do more than vibrate, they can also twirl, spin and gyrate, doubling as clitoral stimulators and vibrators. An excellent electric massager is the **Hitachi Magic Wand** (approximately \$50).



Without a Partner? ~ Solo Sex for Men

We strongly recommend that people explore their own bodies with masturbation whether you have a partner or not. This is one of the best ways to learn about your sexual arousal process and to learn to work with your sexual energy.

If you do find yourself without a partner there are many toys you can use to pleasure yourself. Besides the vibrators and dildoes we've already mentioned for women there are realistic vaginas, female, animal and alien love dolls, and blow job simulators that suck, stroke and vibrate men to ejaculation.



The [Virtual Sex Machine](#) with  is coordinated with sexy videos. What happens in the video happens to you! Any video CD or downloadable file with the  logo is compatible with the Virtual Sex Machine.

- Step 1: Put the machine on your penis.
- Step 2: Select your virtual sex partner on the video.
- Step 3: Sit back, watch and FEEL it!

Watch the FREE online demo video (high and low connection speeds available). Virtual Sex Machine Complete Includes: massage mechanism, digital interface, power supply, all necessary cables, lubricating solution, cleaning solution, installation disk with software and videos.

At the [web site](#) you will find links to news coverage from: ABC News, PC Magazine, Washington Post, Playboy, Gear Magazine, Los Angeles Times, and many others.

Virtual Sex Interactive DVDs

Join in the action with VCA Interactive's True Virtual Sex DVD - FANTASEX. Nothing you have experienced can prepare you for the most versatile, complete and realistic virtual sex title ever made! You must experience it for yourself.

In **CHASING STACY**, you can catch super-sultry superstar Stacy Valentine and ask her out in our exclusive True-to-Life Interactive Game, take her out on an intimate one-on-one Virtual Date and then star in your own Virtual Sex action!

Choose where to go, set the mood and control the hot hardcore action any way you like. You can play hard. You can play soft. The hotter you make it, the more you turn Stacy on. And, the more you turn Stacy on, the harder she gets you off!

VCA Interactive fully harnesses the awesome power of DVD technology and gives you the tools you need to take

part in the most explosive movement in adult history. The FantaSex Revolution has just begun!

Realistic Vaginas

These vaginas are molded directly from top **porn stars**! Some of the ladies featured include: **Juli Ashton**, **Christy Canyon**, and **Nikki Tyler**. These items are usually made with Cyberskin, a unique new material that is firm but with a super soft real skin feeling. The material expands to give every man a perfect fit. Most of them are powered by the very high quality, solid state **MSX controller** for reliable multi-speed vibrations. Some of them feature both vagina and anus, e.g., **Chasey Lain**. Prices from about \$100 up to \$450.



Masturbators

All of these **masturbator** toys are made of the super soft material Cyberskin. The entry holes are very small but will stretch open to fit you, and will ensure a tight fit. One size fits all. The hole opening opens up through the entire toy so that if you are larger than the toy, you will pop out the other end. Vibrating bullets can be inserted into these toys to add vibrations (2AA batteries). Prices from \$50 to \$100.

Venus 2000 ..For Men**Find out More
Order Now****Venus 2000 ..For Men**

VENUS 2000.....an erotic enhancement for men

- Climax without erection.
- Overcome erectile dysfunction. Achieve erection using the recreational vacuum pump that pulls blood into the penis. Tone and strengthen the penis, and attain maximum possible size.
- Use V2000 to train yourself to delay ejaculation (overcome premature ejaculation).
- Use V2000 to learn to separate orgasm from ejaculation to become a multi-orgasmic man.
- Protect yourself against disease in the age of AIDS.
- Use in any position-up, down or sideways.
- Adjustable stroke length and speed.
- Durably built for a lifetime of use.
- Portable, lightweight, compact, and quiet. Take it with you when you travel and are away from your partner.

- Set-up takes only two minutes. Easy to clean.
- 6" high, 8" wide and 9-1/2" long. Weighs only 11 pounds.
- Operates on standard electricity (115V or 230V).



- Variety of attachments available, for example vacuum pump, head massager, and nipple massager.
- 45-day trial period with a HASSLE FREE return policy.
- Two-year warranty.
- Shipping anywhere in the world.
- Demonstration video available.

Blow Job Simulators

One variation is in the form of a **sleeve or sheath**. Just a drop of lubricant inside the sheath creates the slip and sliding feeling of tongue and lips. The **Oro Stimulator** re-creates the sucking sensation of oral sex. **Multi-speed vibrations** enhance sensations with a battery operated model. Other variations feature the faces of **Devinn Lane**, **Anna Malle** and **Jill Kelly** in super soft cyberskin with luscious cock craving lips and vibrating action, for a great

blow job simulation. If you prefer a man's mouth, try Mr. Jack **with** or **without** mustache.

While you are traveling, try this 12-volt blow job simulator that plugs into the **cigarette lighter** of your car. Please do not use this while driving. But what better way to break up those long drives than to please yourself at the next rest stop. Prices from \$25-\$250.



Love Dolls

Love dolls are available in **male**, **female**, **animal** and **she-male**! The male and female models are usually created in the likeness of a famous porn star. Animal love dolls are usually sheep or pigs, but could be goats or gorillas! Prices for female dolls start at about \$70 up to \$700. Prices for male dolls range from about \$70 up to \$250. Prices for animal and alien dolls are under \$50. **Latex Lover** is one of the more expensive female versions. Here is what you pay for: "*Latex Lover is made of Latex which makes her softer and more realistic than the other dolls. (Other Dolls are made from a Vinyl plastic sheeting.) She has three openings: the mouth, vagina, and anus. She also has real blonde hair and 2 vibrating bullets*". Also comes with an air pump for easy inflation.

Another one is a look-like **Chasey Lain**. "*Original molding of face includes crystal eyes, long silky hair and her mouth has soft lips and a realistic feeling rotating tongue. Chasey's hands and feet are molded to match the real Chasey with painted finger and toe nails. Her breasts are life size and include realistic feeling nipples. Chasey's*

Vagina and Anus are a special one piece design for anatomically correct proportions. The vagina and anus vibrate (uses 4 AA batteries)." The female dolls typically hold 250-300 pounds of weight.



There is also a selection of solid **silicone love dolls**, very realistic and very expensive—ranging in price from \$500 to \$6,000! For example, consider the **silicone lover** for just under \$6,000. The Doll is made of a soft, flesh-like silicone rubber. With three SUPER REALISTIC entries, a skeleton articulated with stainless steel bones and specially designed stainless steel joints. She is quite durable but should be treated with the care she deserves. Made from the highest quality materials, and was designed from the ground up to "take it". Care should always be used especially when moving her around. The unique silicone blend will stretch up to 5 times it's normal state, and all stress areas are reinforced by Kevlar. That's the same stuff used to make bulletproof vests for the police and military! If a fingernail should fall off or in the unlikely event a silicone tear occurs, a repair kit is provided.

Weighs almost 100 pounds. Modeled after the body of Vanna Lace (Miss Nude World) to ensure that proportions were very realistic and attractive. (Vana is the real woman in the picture on this page.) 5' 5", 38DD, 23, 36. she has a very life like mouth and lips. She even has removable soft silicone teeth and extendable and removable tongue. The vagina and anus are so life like... and she truly is one size fits all. There is a "lift" that suspends her from a hidden

connector in her head. Which makes movement, storage, and dressing a breeze. If that is a little out of your price range, here is a selection of [seamless latex love dolls](#) ranging in price from \$200-\$400.

Bondage Fantasy

Mild forms of **bondage play** are very common with lovers who trust one another. This can be extremely exciting,



offering the lovers the feel of danger without the risk! Some of the bondage fantasy tools include restraints for the wrists and ankles, and collar harnesses. **Restraints** come in many different materials including leather, nylon and metal. There is a **kit** for beginners who wish to play at the amateur master

and slave roles, featuring:

- Includes instructional video.
- Leather wrist restraints.
- Black latex whip.
- Dog collar
- Leather Paddle
- 2 tie-off straps/leash
- Blindfold
-



Of course there are **blindfolds and masks**.

These come in cloth, satin, fur, leather or latex. Bondage latex masks come in three variations, dominator, obedience, and discipline masks. And we mustn't forget

whips (latex, rubber, and horse hair), slapper paddles (plain and ping pong), and ticklers!

A recently introduced product is **liquid latex**. You paint it on your lover, let dry and repeat. A few coatings may be necessary. This is like applying a second skin. Comes in a variety of colors including fluorescents.

Lotions, Creams & Oils

Water Based Lubricants

Men
sort of
water-



and women both prefer some lubricant when massaging their genitals, but it's best to use based lubricants on women's genitals to avoid encouraging

vaginal infections. For all other parts of a woman's anatomy, and for men anywhere on their bodies, you can use any lubricant, including oil-based, water-based, or silicon based lubricants. For genital massage on men, or for massage elsewhere on a man or woman's body, you can purchase special massage oils at massage supply shops (preferably made with essential oils, not chemical perfume scents), or else just use a light vegetable oil (such as Safflower, Sunflower, or grapeseed) from the supermarket and add your own essential oils to create a scent you prefer.

Water based lubricants are safe with condoms and wash off easily. They tend to get very sticky as they dry out, but can be refreshed with a bit of water. Three common brands are Astro Glide, Wet and K-Y Jelly.

Astro Glide: While many other lubricants are more like syrup or Vaseline, this lube is light yet maintains lubrication. Astro Glide is water based and water-soluble and is condom compatible. This petroleum free lubrication mimics the body's own lubricating fluids, is non-staining and tasteless.



Wet Original contains Nonoxynol-9, Aloe Vera, and Vitamin E. This is the number one selling water based formula in Europe, Australia, The Orient, South America, Canada, and the United States. Nonoxynol-9 is a mild chemical detergent that kills sperm and has been found to also kill some STD causing organisms. Some experts believe nonoxynol-9 may kill the AIDS virus. However some men and woman have a sensitivity or allergic reaction to nonoxynol-9 that may irritate the delicate tissues of the vagina or the male urethra. If irritation occurs, you should discontinue use. Wet Light is a thinner, lighter water based formula for sensitive skin and does not contain nonoxynol-9. Both are water based and safe for condoms.

Silicone Based Lubricants



Silicone based lubricants are safe with condoms and they stay slippery longer than water based lubes. Silicone lubes stay lubricated even under water and they are not absorbed into your skin. Two common brands are Eros and Wet Platinum.

Eros - Body Glide Lotion: Unlike water or oil-based lubricants, Eros is formulated from a clear synthetic that doesn't absorb into the skin. So you don't have to reapply. It is latex and rubber compatible and can be used for latex or rubber shining. Eros is tasteless, odorless, and fragrance free. It is hypo-allergenic. This is an excellent non-staining massage oil that always feels silky and smooth and never dries out. It also allows the skin to breathe without blocking pores.

Wet Platinum is a silicone based lubricant that is safe to use with condoms. It stays lubricated longer than water based lubricants. It can be used to shine latex and rubber. It stays slick even under water. These lubricants are excellent, but if you don't mind spending a bit more money, Eros works even better.

Oil Based Lubricants

Oil based lubricants are NOT safe with condoms or any kind of latex, but are great for lubricating and for massage. The oil lubricants interact with condoms causing them to break down and you may lose the condom's protection. Two common brands are Kama Sutra and Elbow Grease. Vaseline is petroleum jelly, which is not water-soluble. When you put it on your hands and try to wash it away with water, it doesn't budge. It just sort of moves around, but it doesn't dissolve. That's why it increases the chances of getting a vaginal or anal infection when used during vaginal and anal sex, since bacteria don't easily wash away.

Kama Sutra Oils of Love are both scents and sensations. Apply a few drops to your skin and enjoy the delicate scent. Then blow on it and feel the tingling glow of warmth. Lick the oil off your partner's skin. Oils of Love are completely edible and have a wonderfully delicate flavor. Light and silky, without being greasy the oil washes away easily with soap and water and leaves no residue. Although the oils appear tinted in the bottle, all of the oils are colorless and will not stain the skin.

Many of these lubricants, whether water, silicone or oil based are available in a variety of flavors. You can get some, e.g., Motion Lotion, that heat up when you apply them to skin and blow on them or rub them. Another

interesting variation is edible, washable body paint. Turn your lover into a work of art. This can be amazingly erotic. Body paints are great fun in the tub or sauna, but not recommended for hot tubs or whirlpools because of the water circulation jets.

Orgasm Enhancement Cream for Women

In her groundbreaking book **She's Got To Have It**, Dr. Betty Kamen writes, "Female sexuality has finally been recognized as an important part of a women's health, her quality of life, and her general well-being." In early 2000 the Journal of the American Medical Association released a report that stated 43% of American women suffer from some form of sexual dysfunction and even more startling 25% never achieve orgasm. There are a number of **orgasm enhancement creams** to choose from.

Edible Sex

Edible sex means edible oils, lotions and creams, body dessert toppings (for example, **Peaches 'n Cream body butter**), **edible underwear** (for him and her), edible condoms, pasta in the shape of penises and boobs, penis and boobs gummies, sexy snack cookies and **body paints**.

Love Swings



If you have the right room (at least 8 foot ceiling recommended), a love swing can make for quite an eventful evening! Use your imagination. Prices

range from about \$150 - \$400 USD.

The **bungee swing** has suspension from an actual bungee cord and this gives a feeling of weightlessness with a bounce. Includes chest, butt, and leg straps to allow comfort and ease of movement. Positions that may be difficult in bed become effortless while bouncing weightless in mid-air. This swing is comfortable and fun even without having sex, so you can just imagine how exciting sex on the swing can feel!

The straps for arms, legs, and behind are made from foam surrounding nylon and their length can be adjusted. Those arm, leg, and behind straps are attached to the bungee cord which is 32 inches long. The bungee can either attach directly to an attachment on the ceiling or can attach to an extension strap. The extension strap is 32 inches long, and the bungee can attach to the extension strap at any height within the 32 inches. This device comes ready to hang, but you must provide and are responsible for a securely fastened "O-ring" or something from which this device can be safely hung.

Two other variations are **The Swing** and **The Love Swing**. The Swing hangs from one hook so it balances easily. There are two straps for the legs and another strap that runs across the device to act as a back or butt support. The Love

Swing has hundreds of combinations of positions with soft padded stirrups for feet, ankles, calves and thighs.

The Sex Harness features:

- Hundreds of combinations of positions for one or two people
- Soft padded stirrups for feet, ankles, calves, or thighs
- Soft padded stirrups for back and butt supports are fully adjustable
- Fully adjustable, extra wide, ballistic weave nylon straps for maximum comfort
- Fully adjustable hanging hardware for different heights and bounce

Become Multi-Orgasmic: Sybian

Many sex therapists and counselors believe that a majority

SYBIAN ..For Women



of women can be multi-orgasmic, including during lovemaking with a partner! To become multi-orgasmic requires two things: permission and time. Proper attitude has to do with the way a woman thinks and feels about sex. The brain is the

primary sex organ and a woman must learn to give herself permission to be fully sexually responsive. Simulated intercourse with Sybian can produce very intense stimulation and can break through mental barriers created from sex-negative conditioning or bad sexual experiences. By having positive sexual experiences with Sybian, a woman can replace negative memories with pleasure memories. This will enable her to become more sexually responsive with her lover. For a woman to become multi-orgasmic she also needs time, which means the lovemaking must last much longer than fifteen or thirty minutes, but many men have not learned to delay ejaculation for long periods of active intercourse. Involuntary ejaculation before the woman has been completely satisfied can lead to a great deal of frustration for the woman. Sybian can be used to satisfy a portion of her needs before having intercourse, or afterwards, until she is satiated.

Make your own Dildo!

Using the bodydouble complete dildo kit you can safely, quickly and easily make a perfect, realistic, life-size rubber copy of any penis and balls in intricate detail. Every kit comes with simple, easy to follow instructions, a bucket to mix the compound in, a cylinder to make the replica in and top quality rubber compound to make the perfect replica of your penis and scrotum. Add a vibrator to your cock!

Liberator® Shapes



Liberator® Shapes are the modern day Kama Sutra. They will make everyday positions better and your fantasy sexual positions a reality. With this new comfort comes longer-lasting sex, more intense sex. That's why Liberator® Shapes are for everyone, from familiar long-time sex partners to tantric chandelier - swingers. They're for anyone who wants to try something truly unique, besides the same old sex toy.

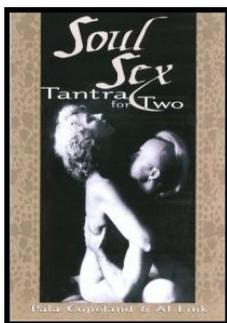
“It’s only a matter of time before you unlock the kind of sexual mysteries depicted on ancient Hindu temples.”

...*Men’s Fitness Magazine, May 2003*

About 4 Freedoms Relationship Tantra

We are Al Link and Pala Copeland, hosts of 4 Freedoms Relationship Tantra website. We have been practicing Tantra since 1987 and teaching since 1997. Writing and teaching about relationship as spiritual practice is what we do full time. Al and Pala facilitate sacred relationship and spiritual sex weekends monthly near Ottawa Canada. We have been featured on radio (Playboy Radio), television (Discovery Channel and the Women's Television Network), magazines (Ladies Home Journal, Redbook), and newspapers (Wall Street Journal), etc. According to the Discovery Channel, "Al and Pala teach couples how to have the best sex of their lives." (The Sex Files)

Books by Al Link and Pala Copeland



Soul Sex: Tantra for Two, by Pala Copeland and Al Link, New Page Books, 2003

Our emphasis in *Soul Sex* is on ardent monogamous relationship, why it is a spiritual practice, and how through it we can know God and serve the world. Thought-provoking discussions, personal anecdotes and precise but simple techniques inspire readers to apply these concepts in their daily lives.

The observations and exercises we include are drawn from our own heady partnership and from the hundreds of couples we have had the privilege to teach at our Tantra sacred sex workshops. Detailed references to books, videos, music and online resources provide readers with opportunities to further explore relationship, sexuality and spirituality.

“*Soul Sex* is a guide for those who want to leave the old western perception of love making behind and shift to the art of divine humans expressing love through the channels of our soul. The authors share an authentic and wholistic view that brings new hope to couples who desire to stretch beyond limitations and move into a more thriving partnership that deepens and brings true connection of union in the soul sex experience.” *Claire Papin, Co-host of Wisdom Today Radio Show*

Listen to [4 radio interviews](#) with Al and Pala on Wisdom Today Radio about relationship as spiritual practice based on their book *Soul Sex: Tantra for Two*

Get our **FREE** eBook in Adobe pdf format with excerpts from *Soul Sex: Tantra for Two*.

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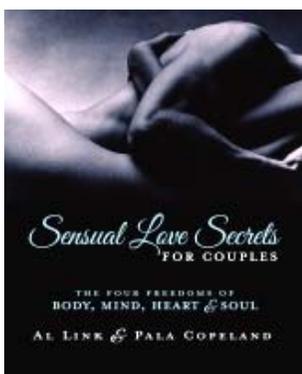
[*The Complete Idiot's Guide to Supercharged Kama Sutra*](#), by Al Link and Pala Copeland, Alpha Books, Division of Penguin, 2007

The *Kama Sutra* teaches that extraordinary sex is a worthy element of a full and rich life. Everyone deserves the satisfaction of sex that's truly supercharged. And everyone, including you, can



learn to make that kind of love. Whether you're a novice in the arts of love or know your way around the bedroom quite well, you'll find ideas and practices that will add spice and satisfaction to your love life. Gorgeous full-color photos show you how!

“Al and Pala teach couples how to have the best sex of their lives.” Discovery Channel, *The Sex Files*



Sensual Love Secrets for Couples: The Four Freedoms of Body, Mind, Heart and Soul
by Al Link and Pala Copeland
will be published by Llewellyn
Worldwide, 2007

Sensual Love Secrets for Couples offers a simple yet profound idea for stoking the fires of lifelong intimacy: awaken your body, mind, heart, and soul. These four “freedoms”—the essence of human nature—have the power to transform a partnership into a divine union of desire, pleasure, and lasting love. Unlike other relationship books that focus on problems and how to fix them, *Sensual Love Secrets* reveals how couples can keep a sense of discovery, pleasure, and appreciation alive in a monogamous relationship by connecting with and exploring each other on all four levels.

Sharing proven “four freedoms” techniques and secrets of sacred loving, *Sensual Love Secrets for Couples* features over one hundred playful and creative activities designed to help you and partner establish trust, cultivate emotional

intimacy, embrace commitment, open up to pure sexual pleasure, and build spiritual bonds that last a lifetime.

"Body Pleasure, Relationships and the Integration of Body, Mind, Heart, and Soul are the central organizing themes of this journey to find happiness and love. This is not...easy to realize in our violent, authoritarian, sexually exploitive culture... We need miracles and *Sensual Love Secrets* provides a path to the discovery of those miracles."

James W Prescott, Ph.D., Neuropsychologist; Director - Institute of Humanistic Science; Assistant Clinical Professor of Pediatrics, University of California Medical School, San Diego

Tantra Sex Step By Step: 28 Days to Ecstasy, by Pala Copeland and Al Link, Llewellyn, 2007

Tantric sex, the art of sacred loving, elevates your sexuality beyond the physical. This ancient practice of uniting sex and spirit is especially relevant for modern lovers who long for deeper connection and greater pleasure. This book shows you that Tantra is a practical approach to intimacy that can have a profound impact on your life, without requiring a great deal of extra time.

Tantra Sex Step by Step contains a 28 day plan with concise instructions for simple, fun to do activities that will strengthen your relationship and intensify your sexual/spiritual connection. The exercises are quite short—on average you'll spend no more than 20 minutes per day on your sacred loving practice—less time than you may spend watching a TV sitcom or the evening news. Once per week there are longer lovemaking periods in which you reap great delights from the skills you've been learning. By the end of the 28 days you'll have changed your life.

Audio Books by Pala Copeland and Al Link

“[The Complete Secrets of Lovemaking](#)” by Pala Copeland and Al Link



We have had three of our electronic books professionally read and digitized into MP3 files that you can listen to on your iPod, your car or home stereo. Listening to these wonderful sacred sexuality guides gives you a completely different perspective than reading them on your computer. You can listen to samples from each of the audio books by [visiting our website](#). Get a \$50 discount coupon toward your purchase of this multi-media set when you join our mailing list. You can join our mailing list by entering your name and email in the box at the top of our [homepage](#). You will get a confirmation email. As soon as you confirm your subscription you will be sent the discount code by email.

Here are a few teasers about what you will learn when you listen to these audio books.

- Lifetime sexual fitness in just three minutes per day with one simple exercise...
- The secret to finding any woman's g-spot instantly...
- The three ancient secrets for making any women multi-orgasmic...

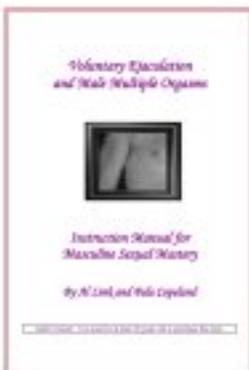
- Open your heart and really feel love in one minute with this technique...
- Pump up the passion, keep monogamy hot, with the 10-second kiss...
- The one thing about sex you learned in high school that is invaluable now...
- Two simple things men need to learn in order to separate orgasm from ejaculation...
- Three types of orgasms for men, and you can have them all!
- Gain a serious competitive advantage in sports or business over ordinary men who do not know how to do this...
- Four stages of erection and what they mean...
- Breathe this way and delay ejaculation indefinitely...
- Squeeze here at the right time and stop any ejaculation...
- How to have energy orgasms—ooh la la...
- Control is the enemy of ecstasy...
- How to break the sound barrier—sounds to set you free...
- The butterfly pelvic technique...
- How to breathe for deepest intimacy...
- Go out of your mind and get into your body—focus on your senses...
- Stop distracting thoughts that take you out of the lovemaking...
- The sexual fire breath—hot, hot, hot...
- The passion pump—oh my goodness!
- The big draw method for really big orgasms...

eBooks by Al Link & Pala Copeland



100 Ways to Keep Your Lover, by Al Link and Pala Copeland, 2004 available in Adobe (PDF) and MS Reader (lit) formats: as **downloadable files** and on **CD-ROM**

Tantra & Kama Sutra Sex Positions, by Al Link and Pala Copeland, 2004 available in Adobe (PDF) and MS Reader (lit) formats: as **downloadable files** and on **CD-ROM**



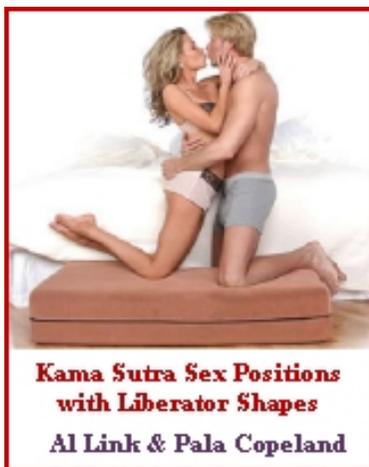
Voluntary Ejaculation and Male Multiple Orgasms, by Al Link and Pala Copeland, 2004 available in Adobe (PDF) and MS Reader (lit) formats: as **downloadable files** and on **CD-ROM**

Awakening Women's Orgasm, by Al Link and Pala Copeland, 2004

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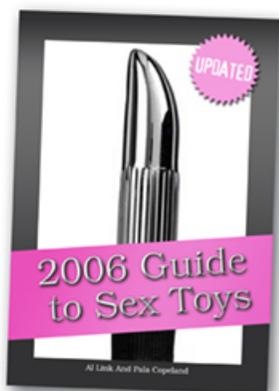
***Kama Sutra Sex
Positions with Liberator
Shapes®***, by Pala
Copeland and Al Link,
2007, Adobe pdf format.

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You will get a confirmation

email. As soon as you confirm your subscription you will
be directed to the download page for the FREE ebook.

Liberator Shapes "...can inspire a couple's sex life
regardless of ...their age, size, or health condition..."
Philadelphia Daily News

“Whether you are a sexual neophyte, in a new relationship, have mastered the Kama Sutra, or are physically challenged the Liberator Shapes offer an amazing assortment of sexual positions and possibilities.” forcouples.com



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- Romantic's Guide to Popping the Question
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- 4 Women Orgasms
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- The Five-Minute Facelift
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- How to Relieve Pain Naturally with the Gentle Touch
- Dr. Sylvia Hartmann's Adventures in Emotional Freedom Technique
- The Choices Energy Psychology Manual (EFT)
- How to Attune Yourself and Others Into Any Healing System
- Hypnosis & NLP Audio Products and eBooks
- Psychological Self Help
- Qi Gong
- Natural Hair Re-Growth and Your Diet
- Boost Your Anti-Aging Enzymes

- Honey Magic
- Rapid Stress Relief
- Garlic Magic
- Vinegar Magic
- Home Made Medicine
- Hair Loss No More!
- Five Tibetan Secrets of Rejuvenation
- 2003 Astrology & Feng Shui Guide

Intimate Relationships

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- Intimacy: A Green Light for Red Hot Sex
- Couples' Guide: The Art of Lovemaking
- Real Foreplay
- 50 Secrets of Blissful Relationships
- 1000 Questions For Couples
- Instant Love Letters
- Relationship Breakups
- Save Your Marriage

Masculine Sexual Mastery

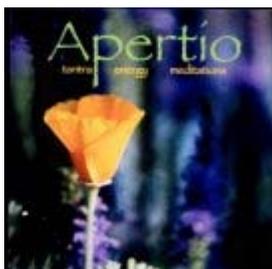
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- Sexual Mastery
- Ultimate Ejaculation Mastery
- Orgasm Mastery: Premature Ejaculation Control
- How to Get a Male Multiple Orgasm
- Erectile Dysfunction & Impotence
- Curvature Treatment Method

Moms

- Mid-Life Moms
- The Single Mom's Survival Guide

Sexual Techniques

- A-Z Guide to Perfect Fellatio



Pala has also produced “[Apertio: Tantra Energy Meditations](#)” CD with music by Jeff Davies.

You can [order any of our products at our website](#).

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