

*100 Ways To
Keep Your Lover*

Al Link & Pala Copeland

100 Ways to Keep Your Lover

An Erotic Adult Activity Picture eBook

By **Al Link and Pala Copeland**

Photographs by Al Link, unless otherwise noted

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Revised and expanded Internet interactive edition
with:

- 111 erotic photos and illustrations,
- and 169 hot links.

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Introduction

We make everything you need to live the good life—a sensual sexy romantic life—only a simple click away with this proactive and interactive ebook.

It is proactive in that we encourage you to take positive action to put love, passion and romance at the center of your life together. We have distilled the essence of nurturing relationship, keeping monogamy hot, and sustaining passionate romance into 100 sexy activities you can implement immediately. We tell you exactly what to do. All of these ideas and activities are quite simple, but some of them may challenge you to push your envelope, to go beyond your current comfort zone.

All that we recommend here are things we actually do in our own relationship to keep it fun, hot and steamy. As you continue your journey together, let your love shine, let your greatness out, dare to be outrageously creative in your sacred loving.

Pick and choose from the ideas and activities presented here as they appeal to you. Over time, you will probably become comfortable enough and confident enough to play with all of them. You'll notice as you read that we use “he” and “she”, “him” and “her” interchangeably throughout. Unless we specifically indicate male or female all activities are designed for both partners.

Take your time. There is nowhere to get to. Open your heart and allow yourself to be right here, right now—
together. “One plus one makes two. These two are one.” The experience of sexual/spiritual ecstasy is your

birthright as a human being. In lovemaking it is possible for the lovers to merge together as one. “Whose orgasm is it anyway?” For this to happen you must completely surrender to each other and dare to become emotionally transparent. Control is the enemy of ecstasy. Surrender, let go, open yourself wide and let love in.

This document is also interactive. A wonderful advantage of the eBook format is that it is easy to add hot links that put you only one click away from more information about any item mentioned in the text. You don’t have to go looking for something we mention, just click on the link and you will be instantly taken to a web page featuring that item or giving you more information about that idea.

Some of the links go to web pages on the Internet, but other links make it easy for you to navigate through this document. You can instantly move forward to some other place in the document by clicking on a link. You can also return to your previous spot by simply hitting the back button, the same way you navigate through a web page on the Internet.

We have intentionally kept the main body of text short and precisely to the point. We don’t want you to have to think a lot about what we describe, rather we want you to dive in and do the things we suggest. We encourage you to go out of your mind and get into your body and your heart.

We have also included sections with [additional exercises](#) (many of them drawn from our book “*Soul Sex: Tantra for Two*”) and [previously published articles](#) containing detailed instructions on key topics,

for example: ejaculation mastery for men, freeing the female orgasm, the health benefits of sex, and Tantra step by step.

We have illustrated the text lavishly with color and black and white photographs and a few illustrations. Many of these are beautifully erotic and tastefully explicit. It is our desire that these images will also act to powerfully motivate you to undertake the actions described in the text. In this case a picture is definitely worth a thousand words.

You cannot improve your lovemaking by thinking about it. You must take action. Start your playful experimentation today or tonight. Pick out at least one thing to try and take the next step on your sacred loving journey together.

This eBook is revised and updated continuously with new contents and refreshed links. If you need an updated eBook send an [email](#) alerting us to a link that is not working and we will send you a FREE replacement version electronically by email as soon as it is ready. This offer is valid for one year from the date of your purchase and you can ask for any number of updates during that time.

This document is also available on a [CD](#).



4 Freedoms Relationship Tantra



100 Ways to Keep Your Lover

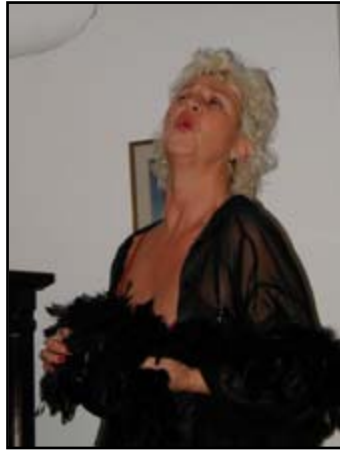
I used to pray, "Lord, give me chastity, but not
yet."

St. Augustine, Confessions

**Here are 100 sexy ways you can take
action to help you keep your lover
happy and satisfied—at home! Doing
these things will *keep monogamy
hot!* And they are all such fun.**

1. Find out what [music](#) your lover likes, and play those CDs.

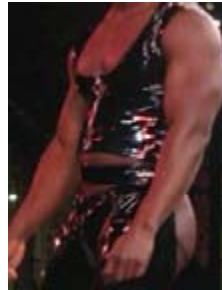
2. Sing to each other, *especially* if you can't sing. Listen to a song that turns you on and write the words out so you will remember them. Then without any music sing that song as a surprise gift to your lover. Watch the tears come to her eyes. Here are some links where you can find the words to popular love songs: [The Romantic Juke Box](#), and [Romantic Love Lyrics](#).



3. Find out what scents your lover likes, e.g., [perfumes](#) and [essential oils](#). Try an [essential oil diffuser](#). Select a [custom perfume](#) especially for her.

4. Pheromones can drive you crazy wild with sexual desire. [Pheromones](#) are chemicals produced in your body that act as powerful attractants to the opposite sex for mating. The pheromone sexual “scent” is sensed with a special organ (the vasometer) located in the nose, but you can’t really smell them like ordinary scents. Try some [sexy products with pheromones](#) such as bath gels and massage lotions. Use a perfume with pheromones added for [him](#) or [her](#), or get [pheromone concentrate](#) and add it to your favorite perfume.

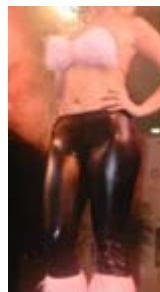
5. Wear the sexy [clothes](#) your lover likes, for example [sexy lingerie](#), [leather](#), [PVC/Vinyl](#), [rubber and latex](#). Don’t forget [lingerie for men](#)! Consider luxurious [Turkish cotton bathrobes](#).



Experiment with: Classic Lingerie



Contemporary Playful ~ for Her and Him





Love That Latex



6. Ladies, wear a [garter belt and stockings](#) instead of pantyhose. Very sexy!



7. Serve the [food](#) and [wine](#) your lover likes. Prepare sensual meals together. Fondle and tease each other as you work/play. Prepare your food together in various stages of undress or completely nude, except for your aprons—and oh yes, you can leave your hat on. Here are some sexy [cookbooks](#).





- 8.** Feed each other food and drink. Eat an entire meal by feeding each other with your fingers. Make a mess.



- 9.** Dress up for a romantic dinner. Why save your tuxedo just for strangers?



10. Eat dinner and make love by [candlelight](#)—use lots of candles.



11. Select interesting and unusual locations for lovemaking. Be bold and daring in your experiments. For example, slip into the small public washroom at the art gallery, lock the door and have a hot quickie. Become a member of the mile high club and use the washroom on an airplane. Stop along the road and use a farmer's field—carry a couple of blankets for just such an occasion.



12. Try different lovemaking positions. Boldly experiment! There are many [books](#), [electronic books](#) and [videos](#) featuring Tantric and Kama Sutra sex positions.

Playful Positions for Pleasure

